

**Course Name: 30 Hours Online Student Development Programme
on the Indian Knowledge System.**

Date: 28th September, 2021 – 13th October, 2021

Curriculum/Course Outline:

Module 1: (10 Hrs)

- Introduction to Yoga Asanas
- Indian Philosophy
- Indian Literature

Module 2: (10 Hrs)

- Ethics and Values
- Introduction to the life of Swami Vivekanand
- Women in Ancient India
- Introduction of the Future and development of India & its prospects.

Module 3: (10 Hrs)

- Common basis of Hinduism.
- Theory of Vedanta
- How to handle the stress and negativity and focus on positivity

ASSESSMENT PROCEDURE:

Assessments are done through viva-voce, quizzes and presentation. All students successfully completed the course for the given year.

SUMMARY REPORT WITH OUTCOME:

30 HOURS ONLINE STUDENT DEVELOPMENT PROGRAMME ON THE INDIAN KNOWLEDGE SYSTEM. 28th Sep 2021 – 13th Oct 2021

The 15 days program on the Indian Knowledge System in collaboration with CHD, IQAC, and Vivekanand Kendra was a great success. The program was all about Vivekanand's Teachings & intellectual yoga sessions. The program included a 1hr lecture session which was given by various eminent speakers followed by 1hr of a Yoga session. Oureminent speakers were Swami Shyama Chaitanya Ji, Dr. Arpita Mitra, Satish Kumar Ji, Pushkar Pandey Ji, Dr. Mayank Pandey, Mr. Om Prakash, Mr. NikhilYadav, and many more. Our yoga instructors were Satish Kumar Ji & Pushkar Pandey Ji who guided all the participants throughout the yoga sessions. All the faculty members including Dr. Ruchika Ramakrishnan mam, Dr. Gayatri Chaturvedi mam, Dr. Mast Ram sir, Dr. Vivekanand Nartam, Dr. Sunita Pooniya, Ms. Pooja Devi, Dr. Reshu, Dr. Seema Dabas(CHD Convenor) and Prof. Kusha Tiwari(IQAC Coordinator) helped a lot in making this program a success.

On the first day, (28th Sept) of our program was an inaugural session wherein all the participants were welcomed and then the lecture by Mr. Nikhil Yadav was given.

On the second day, (29th Sept) Mr. Nikhil Yadav motivated us with the famous quote of Swami Vivekanand-"ARISE AWAKE AND DON'T STOP UNTIL THE GOAL IS REACHED". Followed by this, an amazing & insightful session of yoga asanas & their benefits.

On the third day, (30th Sept) Dr. Arpita Mitra gave us an introduction to the life of Bhagini Nivedita and her struggle in India.

On the fourth day, (1st Oct) Mr. Pushkar Pandey gave us a brief on the Introduction of the Future and development of India.

On the fifth day, (2nd Oct) Mr. Mayank Pandey discussed the future of India & its prospects.

On the Sixth day, (3rd Oct) Mr. Mayank Pandey sir again enlightened us with India's next generation and what can we do for our next generation that will help India in the future.

On the seventh day, (4th Oct) Swami Shyama Chaitanya Ji enlightened us with the power of unity and kindness towards others. He further discussed how we can overcome negative thoughts and be positive even in our bad times.

On the eighth day, (5th Oct) Mr. Om Prakash highlighted the importance of our ancient land & the common basis of Hinduism.

On the ninth day, (6th Oct) An interactive session was conducted by Mr. Om Prakash discussing the common basis of Hinduism.

On the Tenth day, (7th Oct) Swami Shyama Chaitanya again enlightened The Session by Discussing Vedant under The Common Basis Of Hinduism.

On the eleventh day, (8th Oct) Dr. Anant Vijay Paliwal Ji explained the meaning and theory of "Vedanta". He further explained about two worlds in which we live i.e. one is external and one is internal.

On the twelfth day, (9th Oct) Dr. Anant Vijay Paliwal Ji again explained how Vedanta teaches us to audit every experience and transaction that we have in life and how to manage our emotions to reduce or remove the stress.

On the thirteenth day, (10th Oct) Mr. Trivendram Pratap Singh Discussing The Work Before Us. The Speaker helped us compare our tragedies with the tragedies faced by the Europeans. He Told Us That Indian tragedies are like the mesmerist's power, quiet, silent, but as you go on studying them they fascinate you.

On the fourteenth day, (11th Oct) MR. Pushkar Pandey commenced the session by introducing Hinduism and how it's influencing people. He also explained spirituality and peace. MR. Sathish Kumar also shared his knowledge about reaching our goals and positive thoughts.

On the fifteenth day, (12th Oct) Mr. Satish Kumar Ji and Mr. Pushkar Pandey Ji Discussing The Work Before Us. He explained about Superstitions. He further explained about The Rishihood & Enlightened Us About The Power Within Us.

On the sixteenth day, (13th Oct) Valedictory Session - The session has been initiated by Mr. Vivekananda Nartam, by giving warm welcome to everyone. Prof. Rabi Narayan Kar, Principal, SLC mentored everyone with his words of honor. Prof. Kusha Tiwari & Dr. Seema Dabas encouraged everyone and made the moment even more memorable. Shri. Nikhil Yadav Ji, Vivekananda Kendra, guest of honor, also mentored everyone and marked his great presence. The session was interactive & students were asked to share their thoughts & doubts. Swami Shyam Chaitanya Ji, enlightened everyone with his deep knowledge and with grace answered everyone's question.

Total of 53 participants received certificates for their regular participation.


SLC (University of Delhi)
Shyam Lal College
Centre for Holistic Development (CHD)
 in collaboration with
Vivekananda Kendra and IQAC
 organising
30 Hours Online Student Development Programme
on
Indian Knowledge System

The whole program (2 hours) is mainly divided into:

<p>Physical Portion</p> <p>Yoga Sessions (1 hour) 45 minutes for Asana and Pranayama and 15 minutes for samvad in which "Ashtanga Yoga" will be discussed briefly.</p>	<p>Intellectual Portion</p> <p>Lecture and study circles of 1 hour interactive session.</p> <p>The topics for the study circle are as follows:</p> <ol style="list-style-type: none"> 1. Life and message of Swami Vivekananda 2. Life and message of Sister Nivedita 3. Some selected lectures of Swami Vivekananda <p>A. The future of India B. Common basis of Hinduism C. The work before us D. The Vedanta</p>
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Date:- 28th Sept - 13th Oct Time:- 4:30pm - 6:30pm

Dr. Seema Dabas Convenor, CHD	Prof. Kusha Tiwari Coordinator, IQAC	Prof. Rabi Narayan Kar Principal
Nikhil Yadav Prant Yuva Pramukh, VK	Satish Kumar Coordinator, VK	Pushkar Pandey Coordinator, VK

Dr. Ruchika Ramakrishnan, Dr. Gayatri Chaturvedi, Dr. Mast Ram, Dr. Prabhakar Sharma, Dr. Vivekanand Narain, Dr. Sunita Pooniya, Ms. Pooja Devi & Dr. Reshu
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REC | Satya Mishra is presenting

Satya Mishra

Kamakshi Abrol
 1862 Sec A Sparsh...
 7639 Yashika Cho...
 23 others
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Yoga session showing a person performing a pose on a red mat.

Dr. Seema Dabas
 Dr. Ruchika Ramakrishnan
 Dr. Mast Ram
 Dr. Prabhakar Sharma
 Dr. Vivekanand Narain
 Dr. Sunita Pooniya
 Ms. Pooja Devi
 Dr. Reshu



