

Rayat Shikshan Sanstha's
Karmaveer Bhaurao Patil College, Vashi
Annual Report of Self Development Committee (SDP)

Academic Year 2022-23

The “Self Development committee” was formed in our college in association with Heartfulness Institute, which is a non-profit, volunteer based organization and offers unique yet simple and secular practices of relaxation, meditation, rejuvenation and connecting with our source. The main aim of this committee is to help students and faculty members to know and connect to them in a better way and lead a happy and successful life.

It is one of the best practices of our institute.

In academic year 2022-23 SDP committee celebrated International Day of Yoga on 21st June. A three days program was organized for the students, teachers and for non-teaching staff also. On day-1 Yoga awareness quiz and surya namaskaar competition was organized. On day -2 a guest lecture of Ms. Neha Kerure from Yoga Vidya Niketan was organized on yoga in daily life. On day -3 a workshop on Pranayama was organized by Mr. Durgadas Sawant vice chairman of Yoga Vidya Niketan. A 21 Day Yoga course for students was also launched for students for extra 2 credits. The program was conducted successfully and appreciated by all.

In the month of August, total 270 students and 18 faculty members registered and attended 3 days “**International Rising With Kindness (RWK) Youth Conference**” organized by Heartfulness Institute in association with UNESCO & AICTE at Kanha Shantivanam, Hyderabad, from **12th to 14th August 2022**. All participated with great enthusiasm. Every day was kick-started by Heartfulness Yoga session followed by meditation in the auspicious presence of Revered Kamlesh ji Patel-the current Master of Sahaj Marg System, fondly called “Daaji”.

Student’s orientation was taken and Pre-EQ test was arranged for all F.Y. classes to start Discover-1 modules under Self Development Program. Discover 1 & 2 was completed successfully in semester-1 and semester-2 respectively. Assessment of Discover-1 & 2 was done in online mode and Post EQ test was conducted for EQ analysis. EQ analysis is done and results will be analyzed on the basis of report and action will be taken accordingly.

In September 21 Days Yoga Course was started in association with Yoga Vidya Niketan. Around 128 students registered and completed the course successfully. Our 7 faculty members attended 5 days residential FDP at Kanha Shantivanam from 7 to 11 Sep 2022.

In the month of November weekly meditation session was planned w.e.f 19th Nov 2022 onwards every Saturday at 10:30 am for all teaching & non-teaching staff. For many staff

members 3 days master classes were also arranged under the guidance of Hon. Principal Prof. (Dr.) Shubhada Nayak.

Riyat

Manminder Riyat
(Chairperson, SDP Committee)

Approved By,

Shubhada

Principal
Karmaveer Bhaurao Patil College
Vashi, Navi Mumbai-400703.

Prof. (Dr.) Shubhada Nayak
I/C Principal



Brochure of International Day of Yoga Celebration Program for 3 days



Rayat Shikshan Sanstha's

KARMAVEER BHAURAO PATIL COLLEGE, VASHI

[Autonomous College]

Re Accredited by NAAC with A+ (CGPA 3.53)

ISO 9001:2008 Certified Institute "Best College Award by University of Mumbai"

Self Development Programme Committee

in association with

National Service Scheme (NSS) & National Cadets Corps (NCC)

Celebrates

International Day of Yoga



DAY 1

20th June 2022
Yoga Awareness Quiz
&
Surya Namaskar
Competition
11.00 AM - 1.00 PM
Venue : Girls Hostel

DAY 2

21st June 2022
Guest Talk
Ms. Neha Kerure
Senior Faculty
YOG Vidya Niketan
11:00 AM - 1:00 PM
Venue : Auditorium

DAY 3

22nd June 2022
Workshop on Pranayama
Mr. Durgadas Savant
Vice -Chairman
Yog Vidya Niketan
11:00 AM - 1:00 PM
Venue : Auditorium

Dr. L. V. Gavali (Chairman NSS) Ms. Manminder Riyat (Chairman SDP Committee) Ms. Gayatri Gaidhane (Chairman NCC) Dr. Shubhada Nayak (I/C Principal)

Launch of 21 Days Yoga Course for Students



Rayat Shikshan Sanstha's

KARMAVEER BHAURAO PATIL COLLEGE, VASHI

[Autonomous College]

Re Accredited by NAAC with A+ (CGPA 3.53)

ISO 9001:2008 Certified Institute "Best College Award by University of Mumbai"

Self Development Programme Committee

Launch of

21 DAYS YOGA COURSE

Date : Tuesday, 21st June 2022

Treat, Mind Body Soul !!!

Ms. Manminder Riyat
(Chairman SDP Committee)

Dr. Shubhada Nayak
(I/C Principal)

Certificate for Surya Namaskaar Competition on the Occasion of International Day of Yoga



Rayat Shikshan Saastha's
KARMAVEER BHAURAO PATIL COLLEGE, VASHI
 [Autonomous College]
 Re Accredited by NAAC with A+ (CGPA 3.53)
 ISO 9001:2008 Certified Institute "Best College Award by University of Mumbai"

CERTIFICATE

This is to certify that Prof./ Dr./ Mr./ Mrs./ Ms. _____
 _____ has secured _____ place in 'Surya
 Namaskar Competition' organized by Self Development Programme Committee in
 Association with National Service Scheme (NSS) and National Cadets Corps (NCC) on the
 occasion of "International Day Of Yoga" on 20th June 2022.

Dr. L. V. Gavali
 (Chairman NSS)

Mrs. Manminder Riyat
 (Chairman SDP Committee)

Mrs. Gayatri Gaidhane
 (Chairman NCC)

Dr. Shubhada Nayak
 (I/C Principal)

Students participating in Surya Namaskar Competition



Guest Speaker Ms. Neha Kerure from Yoga Vidya Niketan while giving talk on benefits of Yoga in day to day life



Group photo of Participants attending RWK 2022 in person at Kanha Shantivanam, Hyderabad



K.B.P.College Participants attending RWK 2022 in Meditation hall at Kanha Shantivanam, Hyderabad



K.B.P.College Participants attending RWK 2022 in Meditation hall at Kanha Shantivanam, Hyderabad



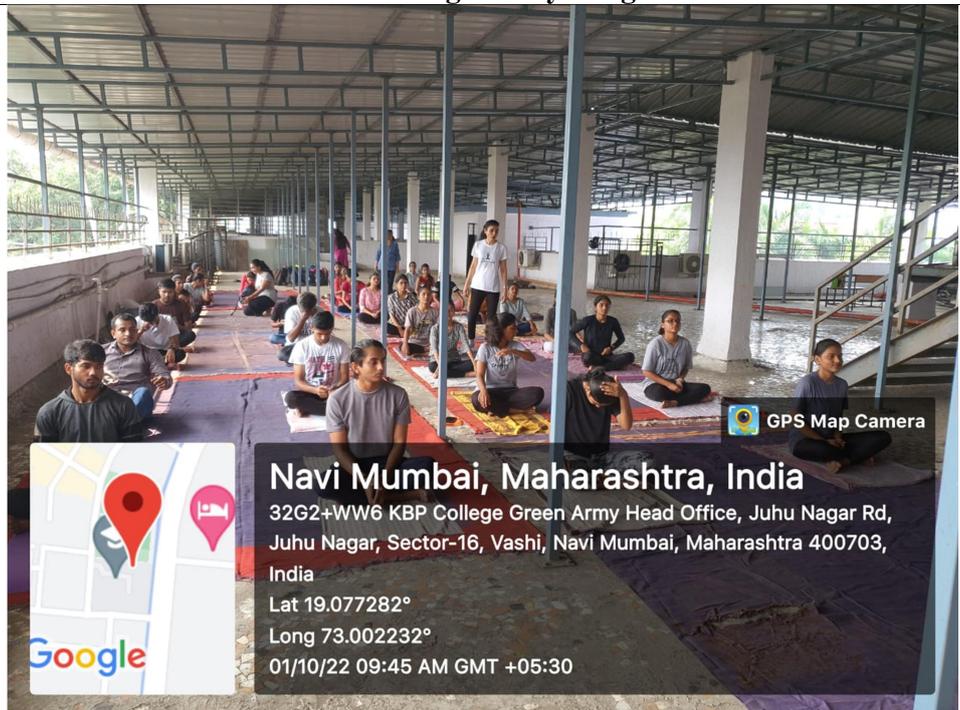
K.B.P.College Participants during tree plantation at Kanha Shantivanam, Hyderabad



Students giving EQ test



Students attending 21 Days Yoga Course



Faculty Members presenting Value Based Education in Kalina University Campus on 11 Nov 2023



5 Days residential FDP attended by faculty members at Kanha Shantivanam from 7 – 11 Nov 22

Nurturing Excellence through Self Exploration
(Exploring all facets of sustainability in depth - Self to Universal)

5 days residential Faculty Development program by Heartful Campus - an AICTE approved initiative of Heartfulness Education Trust (HET)

Dates :
7 to 11 Oct. 2022

Venue :
Kanha Shantivanam,
Global HQ of Heartfulness near Hyderabad

Who can apply ?
Academic faculty, Doctoral students, PG Research Scholars, Management and administrators of Colleges/ Universities

Key highlights:

- Blend of experiential, explorative, interactive and reflective sessions
- Develop projects on sustainability
- Explore Universal Human Values
- Teach Life skills

Last date to register:
20th September 2022

Registration fee:
₹4500 per participant

For queries, email to:
campus.fdp@heartfulness.org

Registration link :

<https://hfn.link/FDP>








GPS Map Camera

Navi Mumbai, Maharashtra, India

32G2+WW6 KBP College Green Army Head Office, Juhu Nagar Rd,
Juhu Nagar, Sector-16, Vashi, Navi Mumbai, Maharashtra 400703,
India

Lat 19.077363°

Long 73.002544°

10/10/22 08:25 AM GMT +05:30

Google