

Report of the Activities arranged by Gayatri Shakti Peeth Khargone

&

Govt.P.G.College Khargone

Under the Mou signed for the period from 2016-17

Training and Practice of Yogasanas and Meditation:-

Trainers from Gayatri Shakti Peeth arranged Yoga training camps twice for college students from 8 August to 13 Aug 2016, as first session, and from 9th January to 14 January 2017 as the second session.

The time schedule was from 6.30 am to 8.00 o'clock in the morning. In both sessions approximately 50 students attended this camp. Various Yogasans including Surya Namaskar, Vrukshasan, Tadasan, Garoodasan, Meditation, Pranayam etc have been practiced. After attending the meditation session and practicing breathing exercises the students got success in overcoming stress to a great extent. Their memory and stamina for mental and physical works also increased. Faculty too overcomes the stress generated problems to a great extent.

Intellectual Sessions:-

Two intellectual sessions had been arranged on the following dates:
19th July 2016, the occasion was Guru Purnima.
5th Sep. 2017, the occasion was Teacher's Day.

Resource persons from Gayatri Shakti Peeth delivered lectures on the topics – “Vidhyarthi Jeevan ki Dishadhara” and the “place and importance of Teachers in the Society”. They enlightened the students with the biographies of great persons of the world. They distributed fine motivational literature in the form of pocket books. Approximately 60 students attended the session.

Kanya Koshal Prashikshan Shivir:-

Activities under this title were arranged especially for girls. This program was held on the last Saturday of each month from December 2016 to February 2017. Fifty students attended this shivir.

The following activities were arranged:-

1. Lecture on the need and importance of balanced and nutritional diet for good health.
2. A counseling session for girls to warn them about the distractions in adolescence and the ways to avoid such situations.
3. A group discussion regarding the important role of girls in the family and how to develop the potential to perform responsibilities at home at the same time balancing career.

Bhartiya Sanskruti Gyan Pareeksha:-

Akhil vishva Gayatri pariwar conducts “Sanskriti Gyan Pareeksha” every year in educational institutes all over India.

In the academic session 2016-17, thirty five students appeared in Bhartiya Sanskruti Gyan Pareeksha.


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Intellectual Sessions:-

Three intellectual sessions had been arranged on the following dates:

19th July 2016, the occasion was Guru Purnima.

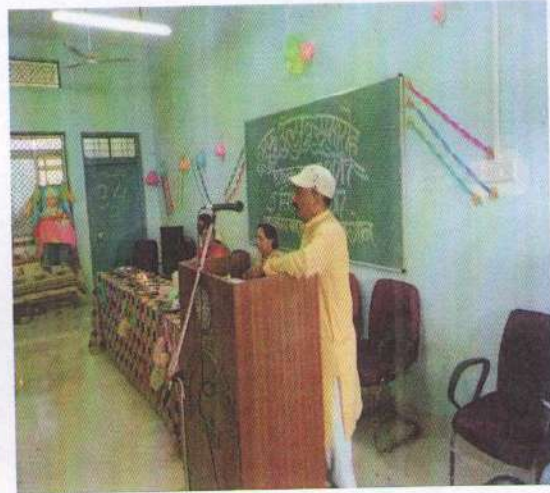
5th Sep. 2017, the occasion was Teacher's Day.

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Resource persons from Gayatri Shakti Peeth delivered lectures on the topics – “Vidhyarthi Jeevan ki Dishadhara” and the “place and importance of Teachers in the Society”. They enlightened the students with the biographies of great persons of the world. They distributed fine motivational literature in the form of pocket books. Approximately 90 students attended the session.

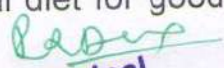


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Under the Mou signed for the session 2018-19

Sr. no	Title of the Activities	Duration	Detail of Activities	No of Student present
1	Training and Practice of Yogasanas and Meditation	I. From 6 Aug. 2018. To 11 Aug. 2018 II. from 14 January 2019 to 19 January 2019	Trainers from Gayatri Shakti Peeth arranged Yoga training camps twice for college students. The time schedule was from 6.30 am to 8.00 o'clock in the morning. Various Yogasans including Surya Namaskar, Vrukshasan, Tadasan, Garoodasan, Meditation, Pranayam etc have been practiced. After attending the meditation session and practicing breathing exercises the students got success in overcoming stress to a great extent. Their memory and stamina for mental and physical works also increased. Faculty too overcame the stress generated problems to a great extent.	40
2	Intellectual Sessions	From 27 July 2018 to 5 Sep. 2018	Resource persons from Gayatri Shakti Peeth Khargone delivered lectures on : "केवल शिक्षा ही नहीं अपितु संस्कार भी" Role & Importance of Teachers in Society.	60
3	Kanya Koshal Prashikshan Shivir	From 3 Dec. 2018 to 7 Dec. 2018	Activities under this title were arranged especially for girls. 1. Lecture on the need and importance of balanced and nutritional diet for good health. 2. A counseling session for girls to warn them about the distractions in adolescence and the ways to avoid such situations. 3. A group discussion regarding the important role of girls in the family and how to develop the potential to perform responsibilities at home at the same time balancing career.	40
4	Bhartiya Sanskruti Gyan Pareeksha	In the month of Oct. 2018	Sanskruiti Gyan Pareeksha was held in objective form. Participant students got certificates after the exam.	50

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Training and Practice of Yogasanas and Meditation 2018-2019



Intellectual Sessions 2018-2019



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Kanya Koshal Prashikshan Shivir 2018-2019



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Under the Mou signed for the session 2019-20**

Sr. no	Title of the Activities	Duration	Detail of Activities	No of Student present
1	Session on Naturopathy and Acupressure	I. 2 Sep. 2019 to 7 Sep. 2019 II. 6 Jan 2020 to 10 Jan 2020	Student were given knowledge about Naturopathy and Acupressure. By practicing these steps one can easily keep oneself healthy.	50
2	Intellectual Session	5 Sep. 2019	Resource persons from Gayatri Shakti Peeth Khargone delivered lectures on : "विद्यार्थी जीवन की दिशा-धारा" Role & Importance of Teachers in Society.	60
3	Kanya Koushal Prashikshan Shivir	26th Dec. 2019 to 28th Dec. 2019	Activities under this title were arranged especially for girls. 1. Lecture on the need and importance of balanced and nutritional diet for good health. 2. A counseling session for girls to warn them about the distractions in adolescence and the ways to avoid such situations. 3. A group discussion regarding the important role of girls in the family and how to develop the potential to perform responsibilities at home at the same time balancing career.	30
4	Bhartiya Sanskruti Gyan Pareeksha	In the month of October	Bhartiya Sanskruti Gyan Pareeksha was held in objective mode. Participant students got certificates after the exam.	57

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Session on Naturopathy and Acupressure 2019-2020

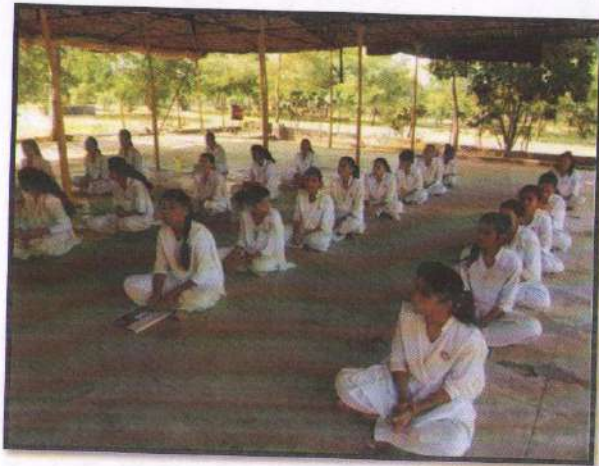


Intellectual Session 2019-2020



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Kanya Koushal Prashikshan Shivir 2019-2020



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