

**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 21<sup>st</sup> 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 **12<sup>th</sup> to 14<sup>th</sup> 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 19<sup>th</sup> 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.



Manminder Riyat  
(Chairperson, SDP Committee)


Approved By,


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



## Brochure of International Day of Yoga Celebration Program for 3 days

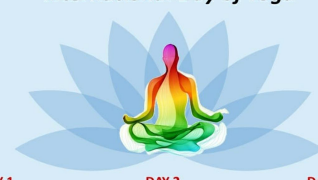


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**KARMAVEER BHAURAO PATIL COLLEGE, VASHI**  
[Autonomous College]  
Re Accredited by NAAC with A+ (CGPA 3.53)  
ISO 9001:2008 Certified Institute "Best College Award by University of Mumbai"

**Self Development Programme Committee**  
in association with  
**National Service Scheme (NSS) & National Cadets Corps (NCC)**


*Celebrates*  
**International Day of Yoga**



<b>DAY 1</b> <b>20<sup>th</sup> June 2022</b> <b>Yoga Awareness Quiz &amp; Surya Namaskar Competition</b> <b>11.00 AM - 1.00 PM</b> <b>Venue : Girls Hostel</b>	<b>DAY 2</b> <b>21<sup>st</sup> June 2022</b> <b>Guest Talk</b> <b>Ms. Neha Kerure</b> <i>Senior Faculty</i> <b>YOG Vidya Niketan</b> <b>11:00 AM - 1:00 PM</b> <b>Venue : Auditorium</b>	<b>DAY 3</b> <b>22<sup>nd</sup> June 2022</b> <b>Workshop on Pranayama</b> <b>Mr. Durgadas Savant</b> <i>Vice - Chairman</i> <b>Yog Vidya Niketan</b> <b>11:00 AM - 1:00 PM</b> <b>Venue : Auditorium</b>
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**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



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**Self Development Programme Committee**

*Launch of*  
**21 DAYS YOGA COURSE**

**Date : Tuesday, 21<sup>st</sup> 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**



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## 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 20<sup>th</sup> 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**

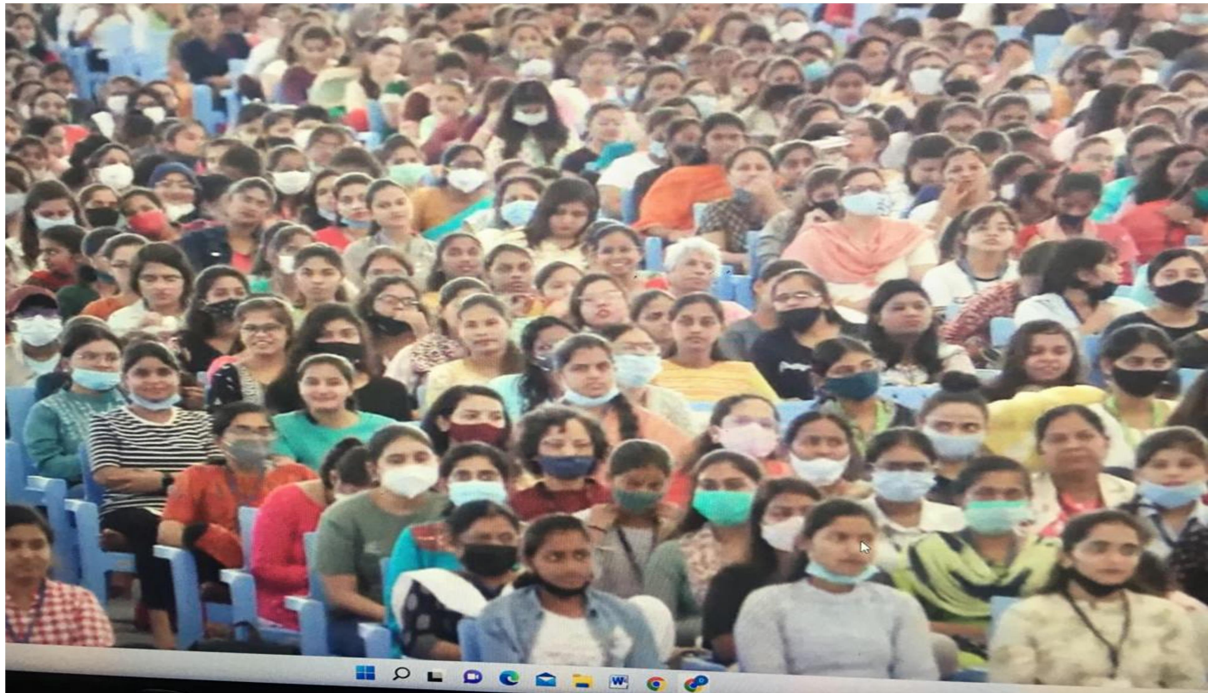


**Group photo of Participants attending RWK 2022 in person at Kanha Shantivanam, Hyderabad**





**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)



**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:  
**20<sup>th</sup> September 2022**

Registration fee:  
**₹4500 per participant**

For queries, email to:  
[campus.fdp@heartfulness.org](mailto:campus.fdp@heartfulness.org)

Dates :  
**7 to 11 Oct. 2022**



Venue :  
**Kanha Shantivanam,**  
Global HQ of Heartfulness  
near Hyderabad

Registration link :  
  
<https://hfn.link/FDP>



