



**GOVERNMENT COLLEGE OF EDUCATION  
SECTOR 20-D, CHANDIGARH  
NAAC ACCREDITED GRADE 'A'**



**3rd Cycle  
Assessment and Accreditation by NAAC  
CRITERION-I  
CURRICULAR ASPECTS**



## Criterion I

### Key Indicator – 1.1 Curriculum Planning

#### 1.1.3 :-Report and photographs with caption and date of teacher orientation programmes

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## Report of the Faculty Development Programme Sept. 06, 2022 to Sept.12, 2022

A 5-days Faculty Development Programme on the theme 'Integrated Yog and Ayurved Wellness Awareness for Teacher Educators' was organized by the Government College of Education, Sector-20 D, Chandigarh in collaboration with Government College of Yoga Education and Health, Sector-23 A, Chandigarh and Lokayurved as the knowledge partner under the aegis of IQAC and RUSA Cell of the college.

Dr. Ajay Kumar Srivastava, Principal of the college welcomed the distinguished guests and resource persons. Prof. Lakhvir Singh, ASPD, RUSA (U.T.) Chandigarh was the chief guest and keynote speaker for the inaugural function of the programme. He dwelt at length on the concept of wellness as presented in the Indian Knowledge System and highlighted the eastern idea of 'Swasthya' in contrast to the western ideology of 'health'. Dr. Sapna Nanda, Principal of Government College of Yoga Education and Health, Sector-23 A, Chandigarh also expressed her views about the importance of the programme for teachers.

In the first technical session, Ms. Shyampriya, consultant, Lokayurved discussed in detail the basics of health wisdom as given in Ayurvedic texts, where she presented in brief the concepts of *dincharya*, *ritu-charya*, *ahaar-vihar* and *doshas* as per Ayurved. In the second technical session, Mr. Roshan Lal, Yoga-Instructor of GCYEH, Chandigarh demonstrated the various simple *asanas* and discussed their procedure and benefits in detail. He answered the queries of the faculty related to performance of different *asanas* and the benefits as well as precautions.

In the first technical session of the second day of the programme, Ms Shyampriya discussed the daily routine concept in detail and explained how it is significant for good health. The second technical session of the second day was devoted to 'Shatkriyas' wherein Ms. Anupama Kaushal, Yoga Instructor discussed the six simple yogic activities to cleanse the body-mind complex for ensuring proper flow of *pranic* energy in the body in order to ensure good physical, mental, emotional, social and spiritual health. On the third day, Ms Shyampriya discussed the idea of seasonal routine in detail with its effect on overall health whereas Dr. Mohinder Kumar, Yoga Instructor explained the details of pranayam and its significance for good health. On the fourth day, Ms Shyampriya explained the concept of diet and diet planning according to Ayurved and highlighted its significance for good health whereas in the second session Mr Sumant Batish, Yoga Instructor explained the details of Mudra and Mudra-bandh for good health. On the last day, Ms Shyampriya explained the concept of mental health as per Ayurved and highlighted various means of ensuring good mental health. In the next session, the theoretical and practical concepts of meditation were explained by Mr. Kulwant Singh, Yoga Instructor. He gave many practical examples of simplified meditation techniques and highlighted their usefulness in day to day life.

The valedictory function was attended by Sh. Nitish Ji, Chief of Vidya Bharati, Punjab Prant, who called upon the teachers and would-be teachers attending the function to ensure good health by adopting the ancient Indian system of Ayurved in daily life, where the emphasis is on prevention as better means of healthcare than therapeutics. The function concluded with a vote of thanks by Dr. Sapna Nanda, the Co-Convener of the programme and Principal, GCYEH, Sector-23 A, Chandigarh.

Dr. Shoojee Singh & Dr. Tilu Ram  
(Co-ordinators)

Dr. A.K. Srivastava & Dr. Sapna Nanda  
Principal, Convener  
Govt. College of Education  
Sector 20-D, Chandigarh

Some of the related photographs of the event are attached herewith:

PHOTOGRAPHS OF FACULTY DEVELOPMENT PROGRAMME



85/11

Sukhdev  
12/12/2022

Tyagi  
12/12/2022

  
Principal,  
Govt. College of Education  
Chandigarh





Dr. Ti

Lilaborn  
12/9/2022

Dr. Do  
12/9/2022

Principal,  
Govt. College of Education  
Sector 20-D, Chandigarh



**Government College of Education**

**Sector 20-D, Chandigarh (U.T.)**

In Collaboration with

**Government College of Yoga Education and Health**

**Sector 23, Chandigarh (U.T.)**

Organizes

**Faculty Development Program**

under the aegis of  
**IQAC and RUSA**

on

**5-Days Integrated Yog and Ayurved Wellness Awareness  
Program for Teacher Educators**

Ayurveda Knowledge Partner  
**Lokayurved**



Date: 6 September 2022 to 12 September 2022

Timing: First Session: 10:00 am to 11:00 am  
Second Session: 11:00 am to 12:00 pm

Venue

**Seminar Room,  
Government College of Education  
Sector 20-D, Chandigarh (U.T.)**

# Distinguished Speakers and Resource Persons



**Prof. Lakhvir Singh**  
ASPD, RUSA (U.T.) Chandigarh



**Ms. Shyampriyaa**  
Wellness Trainer/speaker  
Lokayurveda  
The Wellness Revolution



**Dr. Ajay Kumar Srivastava**  
Principal  
Govt. College of Education,  
Sector 20-D, Chandigarh



**Dr. Sapna Nanda**  
Principal  
Govt. College of Yoga Education  
and Health, Sector 23, Chandigarh



Ms. Anupama



Mr Sumant Batish



Mr Roshan Lal



Dr Mohinder Kumar



Mr Kulwant Singh

Yoga Instructors  
Government College of Yoga Education and Health, Chandigarh (U.T.)



---

**Dr. Ajay Kumar Srivastava & Dr. (Mrs.) Sapna Nanda**  
Convenors

**Dr. Lilu Ram , Dr. Sheojee Singh and Mr. Kulwant Singh**  
Coordinators

Contact: 91-0172-2700075 E -mail:gcechd@yahoo.co.in, gcechd@gcechd.ac.in  
For more information visit: [www.gcechd.ac.in](http://www.gcechd.ac.in), [www.gcyeh.edu.in](http://www.gcyeh.edu.in), [www.lokayurved.com](http://www.lokayurved.com)



## Guidelines For Submission of Papers

Papers are invited for the National Seminar. The soft copy of the paper along with Copyright form duly signed and in JPG format is to be submitted. Soft copy of the paper and copyright form can be e-mailed to the email-id: [seminargcechd@gmail.com](mailto:seminargcechd@gmail.com)

Last date for submission is 18-02-2023. Kindly follow the author's guidelines as mentioned below:

1. Paper should preferably be related to the theme/ Sub themes of the seminar.
2. Paper should be original and should not have been presented /submitted anywhere else.
3. Paper should be free from Plagiarism and comply with the UGC (Promotion of Academic Integrity and prevention of plagiarism in (Higher Educational Institutions) Regulations- 2018.
4. Length of paper should not generally exceed 2500 words and it should be typed in MS -word.
5. The abstract should not exceed 200 words and should state the purpose of the study, basic procedure and main findings.
6. Font size should be 12 for the body of the paper and 14 for main heading in Times New Roman (Alignment Justified)
7. Line spacing should be with space 1.5.
8. Margin should be 1.2 for both left and right side and 1" for top and bottom'
9. Table and graphs should be minimally included and should have appropriate titles.
10. References should be written in APA style 6th Edition.
11. Paper must include name of author/authors with qualification and affiliation along with contact number, E- mail and mobile number.
12. Papers authored by more than two authors will generally not be accepted.

### Note:

1. Submission of paper doesn't necessarily mean acceptance for publication.
2. Papers not considered for publication will not be returned.

Designed By: Mr. Sanjeev Kumar, Department of Fine Arts,  
GCE 20-D,CHD

## PATRON

**Dr. (Mrs.) Sapna Nanda**  
Principal  
0172-2700075

## CONVENOR

**Dr. A. K. Srivastava**  
Dean & Convenor, RDC  
09023645450

## ORGANISING SECRETARY

**Dr. Anjali Puri**  
Associate Professor, (IQAC Incharge)  
Tel.: 09855443240

## CO-ORDINATORS

**Dr. Anurag Sankhian**  
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Website: [www.gcechd.ac.in](http://www.gcechd.ac.in)



## CDC, P.U. SPONSORED NATIONAL SEMINAR

on

**INTEGRAL EDUCATION OF  
SRI AUROBINDO AND ITS IMPLICATIONS  
FOR INDIA'S NATIONAL RESURGENCE  
THROUGH QUALITY TEACHER  
EDUCATION**

On February 22nd, 2023  
(at 09:00 am)



ORGANIZED BY



**GOVERNMENT COLLEGE OF EDUCATION  
SECTOR 20-D, CHANDIGARH**

UNDER THE AEGIS

OF  
**IQAC**

(Internal Quality Assurance Cell)

&

**RUSA**

(Rashtriya Uchchar Shiksha Abhiyan)



### About the College:

A premiere Institute of Teacher Education, Government College of Education was established in August, 1954 under a special scheme of Government of India. The college ranks high among the leading colleges of Education in northern India, is affiliated to the Panjab University, Chandigarh. The National Assessment and Accreditation Council (NAAC) has accredited Grade A to this College. The college in its 14 acres campus has 50 seats for M.Ed (General), 110 seats for B.Ed and 20 seats in P.G. diploma in Guidance and Counselling which has been introduced by U.G.C. through Chandigarh Administration.

**About the Seminar:** This seminar is being held on a very significant theme of education propounded by the revolutionary freedom fighter, educationist, poet, philosopher and Mahayogi Sri Aurobindo at a time when the country is celebrating the completion of 75 years of its political freedom (Azadi ka Amrit Mahotsav) and 150 years of Sri Aurobindo's Birth with a drastically new National Education Policy for reshaping the entire trajectory of Indian Education aiming at making India play significantly its destined role in the emerging world order.

The concept of integral education goes much farther to that of value-based education and holistic education in the sense that it encompasses a complete nurturing of the five main aspects of human personality-the physical, the mental, the vital, the psychic and the spiritual-creating a conducive climate for the emergence of the superman from man. It is indeed the education of the future over which an extensive deliberation is required in the academia of the country.

### Theme of the Seminar

**INTEGRAL EDUCATION OF SRI AUROBINDO AND ITS IMPLICATIONS FOR INDIA'S NATIONAL RESURGENCE THROUGH QUALITY TEACHER EDUCATION**

### Sub-Themes:

1. Sri Aurobindo's concept of Integral Education.
2. Integral Education and Its Practical Implications.
3. Integral Education for the children of tomorrow.
4. Reframing Teacher Education in light of Integral Education.
5. Challenges of Change and Educational Response in light of Integral Education.
6. Towards a Learning Society-From Teaching to Integral Facilitation of Learning.
7. Education of the Future and the Concept of Integral Education.
8. The Three cardinal Principles of Integral Education,
9. *Nothing can be taught*-What does it imply?
10. Free Progress System of Education-What, Why? and How?

11. Integral Education and the recommendations of NEP-2020

12. Azadi ka Amrit Mahotsav-Sri Aurobindo's Contributions towards True Freedom of man.

### Registration : On the spot

Registration Fee: For Faculty:- Rs 500/- (In Cash)

For Research Scholars:- Rs 300/- (In Cash)

Sr. No.	Time	Event
1	09:00 am - 10:00 am	Registration
2	10:00 am - 11:00 am	Inaugural Session
3	11:00 am - 11: 30 am	Tea Break
4	11:30 am - 12: 30 pm	Keynote Speech & 1st Technical Session
5	12:30 pm - 01: 30 pm	2nd Technical Session
6	01:30 pm - 02: 00 pm	Lunch Break
7	02:00 pm - 03: 00 pm	3rd Technical Session
8	03:00 pm - 04: 00 pm	Valedictory Ceremony and Feedback



NIVEDITA TRUST INVITES YOU ALL TO THE

**3** *nu* **ama**

**Aahar Kranti**

**29th April, 2023, Govt. College of  
Education, Sec-20, Chandigarh**

**TIME: 3:30 PM ONWARDS**

**Millet Mom Competition**

[Niveditatrust01@gmail.com](mailto:Niveditatrust01@gmail.com)

[WWW.NIVEDITATRUST.COM](http://WWW.NIVEDITATRUST.COM)

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# AAHAR KRANTI

## Millet mom recipe competition

Will be Held on:

Saturday, 29 April 2023 at 3 p.m

At: Government College of Education sec-20  
Chandigarh



For registration call us:

7973274427







**GOVERNMENT COLLEGE OF EDUCATION**

SECTOR 20, CHANDIGARH



# International Webinar

## 2023

**TUESDAY,  
MAY 30TH**

AT- 3:30 TO 4:30 IST

## A Reflection on Migration, Cultural Understandings and Education

<https://meet.google.com/snx-ncoc-brf>

Organizer:

[www.placementgce2020@gmail.com](mailto:www.placementgce2020@gmail.com)

[www.gcehd.ac.in](http://www.gcehd.ac.in)

OUR AWESOME SPEAKERS:



**PROF. DALON P. TAYLOR**

Faculty of Social Work



**DR. SAPNA NANDA**

Principal  
GCE20, Chd.



**DR. A.K. SRIVASTAVA**

Dean,  
GCE 20, Chd.



**DR. RAVNEET CHAWLA**

Co-Ordinator  
Assistant Professor,  
GCE 20, Chd.



# DALON P. TAYLOR

Professor  
Faculty of Social Work



---

Dalon P. Taylor is a Professor in the Faculty of Social Work at Wilfrid Laurier University in Canada. She is also an Adjunct Professor in the Social Work Department at Trent University and a part-time lecturer in the University of Windsor's Master of Social Work for Working Professionals program.

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**DALON P. TAYLOR**

**Professor**

**Faculty of Social Work**

---

- ❑ Her PhD work through York University focuses on the historical and contemporary functioning of race and gender in shaping the adjustment and labour market experiences of racialized skilled immigrant women from the Caribbean in Canada.
  - ❑ Her research interests include migration, immigration and skilled migration, disrupting colonial construction of women of colour and, in particular, immigrant women, race, racism, anti-Black racism, as well as community development around health inequities.
  - ❑ She is a trained teacher and a social worker and is passionate about working as a collective to achieve social justice for those who are oppressed.
-



# PLACEMENT CELL STUDENT MEMBERS:

---

**STUDENT CO-ORDINATOR**

**UJJAL KHAWAS**

**FLYER DEVELOPER**

**RASHMI**

**IT HANDLE**

**NITISH KUMAR JHA**

**REPERTOIRE**

**ANANYA NAUTIYAL**

**SUPPORTING MEMBER**

**ISHA DUGGAL**



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**ONE DAY INTERNATIONAL  
WORKSHOP**

on

**ART OF MANMAKING THROUGH  
VASUDEVA KRIYA YOGA**

On January 07th, 2023  
(09:00 am Onwards)

**REGISTRATION FORM**

Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Institution: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Pin Code. \_\_\_\_\_

Contact No. \_\_\_\_\_

Email ID: \_\_\_\_\_

Participating as: Delegate / Student / Faculty  
\_\_\_\_\_

*Designed By:*

*Mr. Sanjeev Kumar  
Department of Fine Arts  
GCE, 20-D, CHD*

**CONVENOR**

*Dr. (Mrs.) Sapna Nanda*  
*Principal*  
*0172-2700075*

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Tel. 09815679784

**Dr. Lilu Ram**  
Associate Professor  
Tel. 09417745883

**Dr. Neelam Paul**  
Associate Professor  
Tel. 09814433612

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[gcechd@gcechd.ac.in](mailto:gcechd@gcechd.ac.in)

Website: [www.gcechd.nic.in](http://www.gcechd.nic.in)



**ONE DAY INTERNATIONAL  
WORKSHOP**

on

**ART OF MANMAKING  
THROUGH  
VASUDEVA KRIYA YOGA**



On January 07th, 2023  
(at 09:00 am)

**ORGANIZED BY**



**GOVT. COLLEGE OF EDUCATION,  
SECTOR 20-D, CHANDIGARH**

In Collaboration with  
**VASUDEVA KRIYA YOGA**

UNDER THE AEGIS

OF  
**IQAC**  
(Internal Quality Assurance Cell)





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### Distinguished Guests and Resource Persons



**Chief Guest**  
Sh Dharam Pal, IAS  
Adviser to the Administrator  
Chandigarh Administration



**Guest of Honour**  
Ms. Purva Garg, IAS  
Education Secretary,  
Chandigarh Administration



**Shri. Rajendra  
Yenkanamoole**  
Speaker  
Vasudeva Kriya Yoga  
Melbourne, Australia



**Dr. Sapna Nanda**  
Principal  
Govt. College of Education,  
Sector 20-D, Chandigarh

### About the Workshop:

Vasudeva Kriya Yoga is Kriya, Pranayama and Mantra combined into a Single Formula.

The founder of the Vasudeva Kriya Yoga, Shri. Rajendra Yenkanamoole hails from a small village Yenkanamoole located in the border of Karnataka and Kerala in South India.



Shri. Rajendra Yenkanamoole has Master degrees in Chemical Engineering as well as Business Administration. He began his yoga practice at the tender age of 10 years under the guidance of Sri Yogeeswar in Bangalore. Under the guidance of his Guru Paramahansa Swami Maheshwaranandji, Rajendra further enhanced his understanding of Yoga. Rajendra started teaching yoga in Melbourne in 2004 at the behest of Swami Ramaswarupanandaji. Rajendra believes that the acquired knowledge has to be passed onto others for the benefit of the society.

The workshop will provide in-depth traditional knowledge of yoga and its principles while instilling correct practicing techniques in the students. The session will cover theoretical and practical aspects of yoga asanas, pranayama and meditation.

### Topics of Workshop:

1. Inspirations from Bhagavad Geeta
2. Chakra healing for channelization of energy.
3. Think big and achieve great through yoga.

# PICTURES AND MEDIA COVERAGE OF PROFESSIONAL DEVELOPMENT/ADMINISTRATIVE TRAINING PROGRAMMES





# PICTURES AND MEDIA COVERAGE OF PROFESSIONAL DEVELOPMENT/ADMINISTRATIVE TRAINING PROGRAMMES





**PICTURES AND MEDIA COVERAGE OF PROFESSIONAL DEVELOPMENT/ADMINISTRATIVE TRAINING PROGRAMMES**



# गवर्नमेंट कॉलेज ऑफ एजुकेशन, चंडीगढ़ में अन्तुत्तमा कार्यक्रम का आयोजन

चंडीगढ़। आजदी का अमृत महोत्सव और जी20 के तहत आहार क्रांति के लिए निवेदिता ट्रस्ट की ओर से गवर्नमेंट कॉलेज ऑफ एजुकेशन, सेक्टर 20-डी, चंडीगढ़ में आज ह्यअन्तुत्तमा कार्यक्रम का आयोजन किया गया। निवेदिता फाउंडेशन एक गैर-लाभकारी पंजीकृत सार्वजनिक ट्रस्ट है जिसका उद्देश्य मिशन 3 डी(ऊ) डू पी (जी), धरती(ऊ३) और दरोर (ऊ३ई) का फलन करना है।

यह कार्यक्रम उन कार्यक्रमों की श्रृंखला में से एक था जो मानव के महत्व को उजागर करने और समाज के विकास में महत्वपूर्ण योगदान देने वाली गणमान्य महिलाओं को सम्मानित करने के लिए आयोजित किए जा रहे हैं। आज आयोजित हुए कार्यक्रम में डॉ. श्रीमती मल्लिका नड्ड, अध्यक्ष, विशेष ओलंपिक्स ने नतीर मुख्य अतिथि शिरका की तथा अन्य सम्मानित अतिथियों में श्री संतोष कुमार तनेजा, प्रख्यात सामाजिक विचारक और सुधारवादी, माननीय श्रीमती जस्टिस सबीना, कार्यवाहक मुख्य न्यायाधीश (सेवानिवृत्त) हिमाचल प्रदेश, डॉ. विनोद एन. इंदुरकर, अध्यक्ष, सांस्कृतिक संसाधन और प्रशिक्षण केंद्र और श्री बनवीर सिंह, क्षेत्र, प्रचारक आरएसएस शामिल थे। इस कार्यक्रम



में चंडीगढ़ के विभिन्न सरकारी और निजी कॉलेजों और स्कूलों के प्रिंसिपल, समन्वयक और आहार क्रांति के क्लब सदस्यों सहित लगभग 400 प्रतिष्ठित महिलाओं ने भाग लिया। डॉ. खीरद गग, केंद्रीय स्वास्थ्य मंत्री के ओएसडी और निवेदिता ट्रस्ट के महासचिव के साथ प्रिंसिपल गवर्नमेंट कॉलेज ऑफ एजुकेशन, चंडीगढ़, डॉ. सपना नंदा ने अतिथियों का स्वागत किया। इस आयोजन का एक मुख्य आकर्षण पुरस्कार समारोह था जहां समाज में महत्वपूर्ण योगदान देने वाली गणमान्य महिलाओं को सम्मानित किया गया। पुरस्कार पाने वालों में डॉ. रेणु विग (कुलपति, पंजाब विश्वविद्यालय); डॉ. सुमन सिंह (डीएचएस), डॉ. मीनू सिंह (निदेशक एम्स, प्रशिक्षण), सुश्री कंवरदीप कौर (एसएसपी), श्रीमती बोनू राजपूत (फिल्म निर्माता), सुश्री समापरा संघ

(फिल्म अभिनेत्री), सुश्री जैनिता डोडा (अभिनेत्री), गायिका सुश्री अन्नजोत कौर और सुश्री निधि नारंग, विभिन्न उद्योगी सुश्री मृदुला जैन, सुश्री दीप्ता आरिफ अख्तर, सुश्री पूजा अरोड़ा और सुश्री हिमजा राणा शामिल थीं। पुरस्कार विजेता अपने लिए एक विशिष्ट स्थान बनाने और समाज की फलाई को बढ़ावा देने के लिए अथक प्रयास कर रहे हैं। वे बड़े पैमाने पर उन संस्थानों और क्षेत्रों से लाभान्वित हुए हैं जिनसे वे जुड़े रहे हैं। इस अवसर पर बोलते हुए डॉ. मल्लिका नड्ड, जो विशेष ओलंपिक्स और महिला उद्योगिता को बढ़ावा देने के लिए लगन से काम कर रही हैं, ने महिला सशक्तिकरण के महत्व पर विचार-विमर्श किया। उन्होंने कहा कि महिलारं समाज की रीढ़ हैं और हम शैक्षिक और व्यावसायिक गतिविधियों में महिलाओं की सक्रिय भागीदारी के बिना प्रगति के

बारे में नहीं सोच सकते। विशिष्ट अतिथि श्री. संतोष कुमार तनेजा ने एनईपी 2020 के आलोक में देहलया कि यह नीति भारत में शिक्षा प्रणाली को बदलने और इसे अधिक समावेशी, लचीला और समग्र बनाने का लक्ष्य रखती है। हमारे भाष्य रूप से विशिष्ट देश में शिक्षा के विकास के लिए क्षेत्रीय भाषाओं की आवश्यकता है। हमारी भाषाएं भारत की सांस्कृतिक विरासत और पहचान का अभिन्न अंग हैं। कार्यक्रम का एक अन्य आकर्षण मिलेट मॉड प्रतियोगिता था। इस प्रतियोगिता में विभिन्न स्कूलों और कॉलेजों से लगभग 65 शिक्षक, प्रतिभागियों ने हिस्सा लिया। प्रतियोगिता के जज शेफ जसविंदर सिंह, शेफ संजीव वर्मा और शेफ सुनील कुमार आर्ग थे। टीम निवेदिता के सदस्यों श्रीमती विनाशी अग्निहोत्री, डॉ. नवनीत कौर, डॉ. विप्लव अंजुम, डॉ. हरिश कुमार, श्रीमती अंजु, श्रीमती लिपिका, श्रीमती बबिता, श्रीमती शिवानी, सुश्री कल्याणी श्रीमती पूजा महाजन, सुश्री परमिंदर कौर, डॉ. पूनम अग्रवाल, ममता शर्मा, डॉ. अर्जुन पुरी, डॉ. रवनीत चावला और कुंवर जगमोहन ने इस कार्यक्रम को आयोजित करने में सक्रिय रूप से योगदान दिया। इस कार्यक्रम को ट्रस्ट द्वारा प्रयोजित किया गया था।



## गवर्नमेंट कालेज में योग कार्यशाला का आयोजन

जागरण संवाददाता, चंडीगढ़ : सेक्टर 20 स्थित गवर्नमेंट कालेज आफ एजुकेशन में वासुदेव क्रिया योग के सहयोग से आइव्यूएसी के तत्वावधान में एक दिवसीय अंतरराष्ट्रीय कार्यशाला 'आर्ट आफ मैनमेकिंग थ्रू वासुदेव क्रिया योग' का आयोजन किया गया। कार्यक्रम के मुख्य अतिथि गृह सचिव, नितिन यादव और गेस्ट स्पीकर मेलबोर्न आस्ट्रेलिया

से वासुदेव क्रिया योग के संस्थापक राजेंद्र येनकन्नामूले मौजूद रहे। कार्यक्रम के शुभारंभ में मुख्य अतिथि ने दीप प्रज्ज्वलित किया गया। इसके बाद में कालेज छात्रों ने सरस्वती वंदना प्रस्तुत की और विभिन्न योग आसनों का प्रदर्शन किया। इस मौके पर येनकन्नामूले की लिखित पुस्तक जीवन सूत्र प्रेरणादायक जीवन कौशल के तीन खंडों का विमोचन किया गया।



येनकन्नामूले की पुस्तक जीवन सूत्र प्रेरणादायक जीवन कौशल के तीन खंडों का विमोचन करते गृह सचिव नितिन यादव ● स्थल:



# ‘वासुदेव क्रिया योग के माध्यम से मानव निर्माण की कला पर अंतर्राष्ट्रीय कार्यशाला आयोजित

चंडीगढ़, 7 जनवरी (राम सिंह बराड़) : गवर्नमेंट कॉलेज ऑफ एजुकेशन, सैक्टर 20-डी, चंडीगढ़ में आज ‘वासुदेव क्रिया योग’ के सहयोग से आईक्यूएसी के तत्वावधान में एक दिवसीय अंतर्राष्ट्रीय कार्यशाला ‘आर्ट ऑफ मैन मेंकिंग थ्रू वासुदेव क्रिया योग’ का आयोजन किया गया। कार्यक्रम के मुख्य अतिथि गृह सचिव, चंडीगढ़ प्रशासन, नितिन यादव (आई.ए.एस.), एवं गेस्ट स्पीकर वासुदेव क्रिया योग के संस्थापक राजेंद्र येनकरामूले का कॉलेज की प्रिंसिपल डॉ. सपना नंदा और कॉलेज के डीन डॉ. ए.के. श्रीवास्तव ने स्वागत किया। इस अवसर पर विशिष्ट अतिथि सुश्री योशिता यादव भी उपस्थित थीं। कार्यक्रम के शुभारंभ में मुख्य अतिथि द्वारा दीप प्रज्वलित किया गया, कॉलेज के छात्रों ने सरस्वती वंदना प्रस्तुत की और विभिन्न वोगासनों का प्रदर्शन किया। येनकरामूले द्वारा लिखित पुस्तक ‘जीवन सूत्र- प्रेरणादायक जीवन



चंडीगढ़ प्रशासन के गृह सचिव नितिन यादव दीप जलाकर कार्यक्रम की शुरुआत करते हुए। (छाया : कमलजीत सिंह)

कौशल’ के तीन खंडों का मुख्य अतिथि श्री नितिन यादव द्वारा विमोचन किया गया। नितिन यादव ने अपने संबोधन में शिक्षकों को समाज के शिल्पकार के रूप में नामित किया जिनकी भूमिका क्यों से विकसित हुई है और समकालीन समय में अधिक चुनौतीपूर्ण हो गई है। उन्होंने योग, आयुर्वेद, आध्यात्मिक ज्ञान और भारतीय परंपरिक ज्ञान की पारंपरिक ज्ञान प्रणाली पर आधारित कार्यशाला आयोजित करने के लिए कॉलेज की साहसा की। उन्होंने वर्तमान और

भविष्य के समय की चुनौतियों का सामना करने हेतु छात्र शिक्षकों को कौशल से युक्त करने के लिए ‘द साइंस ऑफ हैमोनेस’, ‘असिक्लिंग द एम्प्लॉयबिलिटी ऑफ प्स्फिट टीचर्स’ और ‘योग एंड फिटनेस’ नामक तीन वैल्यू एडेड कोर्स को शामिल करने के लिए कॉलेज को बर्ध दी। अतिथि वक्ता- राजेंद्र येनकरामूले ने योग प्रदर्शनों के साथ-साथ योग के माध्यम से भावत गीता से प्रेरणा, उर्जा के चैलाइजेशन के लिए ऋक चिकित्सा, बड़ा सोचो और

योग के माध्यम से महानता प्राप्त करें जैसे विषयों पर सत्र को संबोधित किया। योग गुरु ने योग शास्त्र के रूप में हमारे जीवन में भावत गीता के महत्व पर जोर दिया और सभी के लिए जीवन के सौंदर्य मूल्यों के मार्गदर्शक के रूप में गीता योग के महत्व को जीवन में अमनाने पर जोर दिया। कॉलेज के छात्र-छात्राओं ने सांस्कृतिक कार्यक्रम भी प्रस्तुत किया, जिसने दर्शकों को मंत्रमुग्ध कर दिया। अतिथि वक्ता द्वारा ‘द साइंस ऑफ हैमोनेस’ और ‘असिक्लिंग द एम्प्लॉयबिलिटी ऑफ प्स्फिट टीचर्स’ के वैल्यू एडेड कोर्स के प्रतिभागियों को प्रमाण पत्र भी प्रदान किए गए। कार्यशाला में चंडीगढ़ के विभिन्न सरकारी और निजी कॉलेजों के लगभग 350 छात्रों और फैकल्टी सदस्यों ने उत्सहपूर्वक भाग लिया। अंत में कॉलेज के डीन डॉ. ए.के. श्रीवास्तव द्वारा सभी का धन्यवाद किया गया तथा राष्ट्रीय के पश्चात कार्यक्रम संभव हुआ।

**अजीत समाचार**

08-Jan-2023

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उत्तर भारत का सर्वप्रथम अखबार

[http://www.ajitsamachar.com/20230108/14/5/1\\_1.cms](http://www.ajitsamachar.com/20230108/14/5/1_1.cms)

## **Awareness Programme on Millets “Aahar Kranti” organized at Government College of Education**



**C**handigarh: Government College of Education, Sector 20D, Chandigarh celebrated the International year of Millets 2023 through an Awareness Programme on millets “Aahar Kranti” in collaboration with MGNCRE & Nivedita Foundation propagating the use of millets on 7th February, 2023. Dr. Sapna Nanda, (Patron of the event) Principal of the college welcomed the Chief Guest Dr. Virender Garg, OSD to Union Health Minister, Government of India and special guests Ms. Shyampriyaa from Lokayurveda Foundation, Dr. Lipika Guliani, Assistant Professor, UIHTM, PU, Chandigarh and Ms. Kalyani, member of NIVEDITA Foundation. Dr. Virender Garg in his address talked about the importance of a healthy diet and suitable lifestyle. He further reflected upon the severity of prevailing diseases such as diabetes and cancer. The programme proceeded with the presentation given by Dr. Lipika Guliani, a core team member of the Aahar Kranti team which focused upon the daily dietary habits. The various kinds of millets that can be incorporated in the diet were introduced like Sorghum Millet (Jowar), Proso Millet (Chena / Barni), Pearl Millet (Bajra), Foxtail Millet (Kakum / Kangni), Finger Millet (Ragi), Browntop Millet (Korle), Barnyard Millet (Sanwa) & Little Millet (Moraiyo). The consequences of consuming junk food were also discussed such as hormonal changes in males and females leading to early miscarriages in females, diabetes, cancer and early menstruation in girls. Some recipes related to millets were also introduced. The idea behind the awareness session was to make every individual an Ahar Kranti in oneself so that a healthy and conscious society can be developed to nourish our bodies.

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## PICTURES AND MEDIA COVERAGE OF PROFESSIONAL DEVELOPMENT/ADMINISTRATIVE TRAINING PROGRAMMES



Students of Government College of Education, Sector 20, performing yoga asanas during a workshop on Saturday; and (below) Vasudeva Kriya Yoga founder Rajendra Yenkanamoole addressing the event. HT PHOTOS

# Art of manmaking through yoga in focus at workshop

**HT Correspondent**

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**CHANDIGARH:** A workshop on 'Art of Manmaking Through Vasudeva Kriya Yoga' was held at the Government College of Education here on Saturday.

The day-long workshop was organised by its internal quality assurance cell. Melbourne-based Vasudeva Kriya Yoga founder Rajendra Yenkanamoole was the guest speaker, while UT home secretary Nitin Yadav was the chief guest.

Yenkanamoole also released three volumes of the book 'Life Sutras-Inspirational Life Skills'.

Calling teachers the architects of society, Nitin said their role had become all the more challenging in contemporary times. He appreciated the college for conducting workshops based on the traditional knowledge system of yog, ayurveda, spiritual knowledge and Indian traditional wisdom.

He also congratulated the college for including three value-added courses: science of happiness, upskilling the employability of pupil teachers and yoga



and fitness to equip the budding teachers with skills to face the challenges of present and future.

Yenkanamoole spoke on seeking inspiration from the Bhagavad Gita, chakra healing, and thinking big and achieving great.

A cultural programme was also organised where students were presented certificates for participation in value-added courses. Principal Sapna Nanda and Government College of Education, Chandigarh, dean AK Srivastava were also present on the occasion. Around 350 faculty members and students from different government and private colleges of Chandigarh participated in the workshop.

## **350 attend International Workshop held under aegis of IQAC 'Art of Manmaking through Vasudeva Kriya Yoga'**

**PUNJAB EXPRESS BUREAU**  
Chandigarh, January 7

Govt. College of Education, Sector 20-D, Chandigarh in collaboration with Vasudeva Kriya Yoga organized a One Day International Workshop under the aegis of IQAC 'Art of Manmaking through Vasudeva Kriya Yoga' on 7th January, 2023.

Nitin Yadav, Home Secretary, Chandigarh Administration was the chief guest on the occasion. Rajendra Yenkanamoole founder of Vasudeva Kriya Yoga from Melbourne, Australia was the guest speaker of the day. They were extended a formal floral welcome by Dr. Sapna Nanda, Principal and Dr. A.K. Srivastava Dean of Govt. College of

Education Chandigarh. Ms. Yojana Yadav, Senior News Editor, Hindustan Times also graced the occasion as Special Guest.

The event started with the formal lamp lighting ceremony followed up with a Saraswati Vandana. During the event the students of the college also demonstrated varied yoga asanas. Three volumes of the book 'Life Sutras- Inspirational Life Skills' were also released on the occasion by Rajendra Yenkanamoole.

Nitin Yadav in his address designated teachers as architects of society whose role has evolved over the years and has become more challenging in the contemporary times. He appreciated the college for

conducting workshops based on the traditional knowledge system of Yog, Ayurveda, Spiritual Knowledge and Indian traditional wisdom. He also congratulated the college for inculcating three value added courses namely 'The Science of Happiness', 'Upskilling the Employability of Pupil Teachers' and 'Yoga and Fitness' to equip the pupil teachers with the skills to face the challenges of present and future times.

Guest Speaker Rajendra Yenkanamoole addressed the session on the themes of Inspirations from Bhagavad Geeta, Chakra healing for channelization of energy, Think big and achieve great through yoga along with Yoga demonstrations.



# अरबिंदो नाम अपने आप में एक मंत्र है : मिश्रा

● कहा, एक शिक्षक से एक योगी होने की उम्मीद की जाती है

सवेरा न्यूज़/नैना  
चंडीगढ़, 22 फरवरी : स्वर्णमैट कॉलेज ऑफ एजुकेशन सेंटर 20 में श्री अरबिंदो की समा शिवा और गुणवत्तापूर्ण शिक्षक शिक्षा के माध्यम से भारत के राष्ट्रीय पुनरुत्थान के लिए इसके निहितार्थ पर राष्ट्रीय संगोष्ठी का आयोजन किया गया। प्राचार्य डॉ. सपना नंदा ने संगोष्ठी की धीम पेश की और प्रो. सम्पदानंद मिश्रा, निदेशक मानव विज्ञान केंद्र, अरवि हुड विश्वविद्यालय, सोनीपत और पूर्व निदेशक अरबिंदो फाउंडेशन फॉर इंटीग्रेल कल्चर ने चतुर मुख्यातिथि सिरकत की। अरविंद मेहन, पूर्व अध्यक्ष, अरबिंदो सोसाइटी चंडीगढ़ शाखा गैस्ट ऑफ ऑनर, संसाधन व्यक्ति के पवन, अध्यक्ष, अरबिंदो सोसाइटी, पटियाला शाखा और इंजी. नवनीत कुकरेजा, पूर्व निदेशक, एनआईसी, पंजाब, हरियाणा और जम्मू-कश्मीर और इस अवसर पर उपस्थित अतिथि थे। संगोष्ठी का उद्घाटन प्रो. सम्पदानंद मिश्रा, मानव विज्ञान केंद्र, अरवि हुड विश्वविद्यालय, सोनीपत और पूर्व निदेशक, अरबिंदो फाउंडेशन फॉर इंटीग्रेल कल्चर द्वारा किया गया था। उन्होंने अरबिंदो के



राष्ट्रीय संगोष्ठी में उपस्थित अतिथि।

गायत्री मंत्र का जाप कर अपने उद्घाटन भाषण की शुरुआत की। उन्होंने अरबिंदो की 150वीं वर्षगांठ के उपलक्ष्य में एकात्म शिक्षा विषय पर राष्ट्रीय संगोष्ठी आयोजित करने के लिए आयोजन समिति को बधाई दी। उन्होंने दोहराया कि समय शिक्षा का उद्देश्य जीवन, योग और शिक्षा को पुरान विद्या के रूप में समहित करना है। उन्होंने यह भी कहा कि अरबिंदो नाम अपने अंत में एक मंत्र है। उन्होंने जोर देकर कहा कि यह शिक्ष के तीन तत्वों-विद्या, विद्या डेटा और विद्या गृह के बीच सामंजस्य है जो सच्ची शिक्षा को

ओर ले जाता है। इस संगोष्ठी के तकनीकी सत्रों में समय शिक्षा से संबंधित विभिन्न प्रमुख मुद्दों पर विचार किया गया। पहले तकनीकी सत्र में प्रो. सम्पदानंद मिश्रा ने शिक्षक एक नेता के रूप में-आंतरिक परिप्रेक्ष्य विषय पर प्रतिनिधियों को संबोधित किया। दूसरे तकनीकी सत्र की अध्यक्षता रिसोर्स पर्सन के पवन, अध्यक्ष, अरबिंदो सोसाइटी, पटियाला शाखा ने की। विषय पर अपने संबोधन में उन्होंने स्पष्ट किया कि ग्रहणशीलता और परिवर्तन का नई चीजों के लिए खुला होना एक अच्छे शिक्षक के प्रमुख गुणों में से एक है।

उन्होंने अरबिंदो द्वारा दिए गए शिक्षण के तीन प्रमुख सिद्धांतों की सच्ची शिक्षा के रूप में चर्चा की कि कुछ भी सिखाया नहीं जा सकता है। तृतीय तकनीकी सत्र की अध्यक्षता ई.आर. नवनीत कुकरेजा, अपने संबोधन में उन्होंने अरबिंदो द्वारा दी गई साइकिक खोज की अवधारणा के बारे में मार्गदर्शन किया जो मानव को विकास की ओर ले जाती है। संगोष्ठी में देश भर के प्रतिनिधियों ने उत्साहपूर्वक भाग लिया और एकीकृत शिक्षा की अवधारणा पर शोधपत्र प्रस्तुत किए। इसके बाद इंटरैक्टिव और उल्लेख चर्चा हुई।

## **GCE hosts National Seminar on 'Integral Education of Sri Aurobindo and its Implications for India's National Resurgence through Quality Teacher Education'**

**PUNJAB EXPRESS BUREAU**  
Chandigarh, February 22

National Seminar on "Integral Education of Sri Aurobindo and its Implications for India's National Resurgence through Quality Teacher Education" was organized at Govt. College of Education under the aegis of IQAC and RUSA on Wednesday.

Principal Dr. Sapna Nanda introduced the theme of the seminar and welcomed the Chief Guest- Prof. Sampadananda Mishra, Director Centre of Human Sciences, Rishi Hood University, Sonapat & Former Director, Sri Aurobindo Foundation for Integral Culture, Guest of Honor- Er. Arvind Mehan, Former Chairman, Sri Aurobindo Society Chandigarh Branch, Resource Persons- K. Pawan, Chairman, Sri Aurobindo Society, Patiala Branch and Er. Navneet Kukreja, Former Director, NIC, Punjab, Haryana and J&K and guests present on the occasion.

Seminar was inaugurated by Prof. Sampadananda



Mishra, Director Centre of Human Sciences, Rishi Hood University, Sonapat & Former Director, Sri Aurobindo Foundation for Integral Culture. He began his inaugural address by reciting Gayatri mantra of Shri Aurobindo. He congratulated the organizing committee to conduct the national seminar on the theme of Integral education to commemorate the 150th anniversary of Shri Aurobindo.

He reiterated that the aim of Integral education is to amalgamate life, yoga and education as purang vidya. He also added that the name "Aurobindo" is a mantra in itself. He emphasized that it the harmony among three

elements of education- Vidya, Vidya data and Vidya grahita that leads to true education. He also added that a teacher is expected to be a "Yogi" developing a silent mind that is more powerful than a thoughtful mind. He added that a teacher should focus on "growing from within" of the child leading to refinement of senses, developing power of concentration, creativity, imagination.

He also highlighted the concepts of aesthetic development, knowing thyself and discipline as given by aurobindo as instructions (awakening), example (ideal) and influence (your presence) for realisation of "tatvamasi" (you have the potential).