



Tirumala Tirupati Devasthanams
శ్రీ వేంకటేశ్వర కళాశాల
Sri Venkateswara College
(University of Delhi)
NAAC Grade A+

**SRI VENKATESWARA COLLEGE
(UNIVERSITY OF DELHI)**

EVENT REPORT

NAME OF THE EVENT: WORKSHOP ON VALUE ADDITION COURSE ON YOGA: PHILOSOPHY AND PRACTICES			
DATE:	DEPARTMENT:	COMMITTEE/SOCIETY:	COORDINATORS' NAME
22 nd May, 2023		Internal Quality Assurance Cell, IQAC (CRITERION 1 AND CRITERION 6)	Dr. Deepti Jain Session coordinators: Dr. Pooja Gokhale Dr. Anjali S. Nawani Dr. Rajbir Kaur
TIME	VENUE:	NUMBER OF PARTICIPANTS	NATURE:
11:30 am- 05:00 pm	Room No. 57 Krishnamurthi Block, Sri Venkateswara College	25	Indoor; Offline
FINANCIAL SUPPORT/ASSISTANCE (if any):	Sri Venkateswara College		

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	WORKSHOP ON VALUE ADDITION COURSE ON YOGA: PHILOSOPHY AND PRACTICES
OBJECTIVES	The objective of the Workshop was to familiarize the faculty member of the colleges under University of Delhi with the course content and teaching learning methodology of the Value Addition Course (Yoga: Philosophy and Practice) outlined in the National Education Policy 2020.
METHODOLOGY	Introducing the faculties with the aim and objectives of the Value Addition Course (VAC) and lectures by the invited speakers on the objectives of the course and its learning outcomes.
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	PROF. DIVYA TIWARI Professor, Department of Philosophy, Zakir Husain Delhi College, University of Delhi

OUTCOMES	<p>The participants learnt about the purpose and objectives, course content, credits and practical for the Yoga: Philosophy and Practice, Value Addition Course.</p> <p>The following were the suggestions:</p> <p>Yoga classes should preferably be conducted in the morning</p>
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1 Notice & Letters √	2 Number of Participants & Name of participants √	3 Video clip	4 Photos √	5 Feedback Form & analysis √
6 News clip with details	7 Sample Copy of the Certificate	8 Posters/ Invites √	9 Event report Attested by Event Coordinator & IQAC Coordinator √	10 Any other document √

PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

IQAC Document No: IQAC/SVC/2022-2023/IQAC/ 32	Criterion No: 1 and 6
Departmental file no: IQAC/2022-2023/Criterion 1 &6	IQAC file No: SVC/2022-23

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Deepti Jain Dr. Pooja Gokhale Dr. Anjali S. Nawani Dr. Rajbir Kaur	Dr. Deepti Jain	Prof. Swarn Singh

For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

REPORT

The Session I and Session II of the workshop on Value Addition Course on YOGA: PHILOPHY AND PRACTICES were held on 22nd May 2023 from 11:30AM onwards in the Room no. 57, Krishnamurthy Block of Sri Venkateswara College. The session began with Dr. Pooja Gokhale, Assistant Professor, Department of Botany, Sri Venkateswara College welcoming the speaker and participants of the session. She introduced the speaker of the session along with providing necessary details and instructions for the session.



Dr. Pooja Gokhale, Assistant Professor, Department of Botany & IQAC Member, Sri Venkateswara College welcoming and introducing the speakers for the session



Dr. Pooja Gokhle, Assistant Professor, Department of Botany & IQAC Member, along with Dr. Krishna Rao, Assistant Professor Sanskrit Department, Sri Venkateswara College felicitating Prof. Divya Tiwari, speaker for the session.

The speaker for the session Prof. Divya Tiwari, Professor, Department of Philosophy, Zakir Hussain College University of Delhi addressed the participants with the importance of introducing Yoga: Philosophy and Practices as a Value Addition Course for the students. She discussed how involving Yoga in curriculum and making students aware about its philosophy & practices will help in their holistic development.

She talked about the objectives of designing the course and about the benefits a person achieve following regular yoga practices. She discussed the course contents along with the major readings for the course as given below:

- Asanas, Prariayamaand Mudra Bandh, Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India, 2004.
- Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga

She also discussed about the details of different asanas studied as practical component of the course like Surya Namaskar, Pranayama, Relaxation exercises and Concentration on Bhrumadhya. She further mentioned the purpose of adding a Project Work (effect of everyday concentration on breath for 15 minutes: reflections to be compiled in the form of a Project report) in the course. She also took a feedback and suggestions on classroom teaching of Yoga asanas.



New Delhi, DL, India
Dhaura Kuan, New Delhi, 110021, DL, India
Lat 28.588954, Long 77.166989
05/22/2023 12:29 PM GMT+05:30
Note : Captured by GPS Map Camera

Prof. Divya Tiwari, Department of Philosophy, Zakir Hussain College University of Delhi giving her presentation



New Delhi, DL, India
Dhaura Kuan, New Delhi, 110021, DL, India
Lat 28.588941, Long 77.167099
05/22/2023 03:03 PM GMT+05:30
Note : Captured by GPS Map Camera

Group photo of the speaker with the IQAC team , Sri Vekateswara College.

Starting from Left Dr. Anjali S. Nawani, Department of Zoology, Dr. Pooja Ghokhle, Department of Botany, Prof. Divya Tiwari (speaker for the session), Dr. Deepti Jain Department of Mathematics and Dr. Rajbir Kaur, Department of History.



Group Photograph with the participants attending workshop on VAC Yoga: Philosophy and Practice

PERMISSION LETTER



Tirumala Tirupati Devasthanams
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PERMISSION FOR ORGANIZATION OF EVENTS

NOTE: 1. Please ensure that the completion certificate of the event is physically signed by the Convener of the event, IQAC Coordinator and Principal after the event report is made.
2. Please ensure a pre booking of the venue before getting the permission letter signed.
3. A copy of this duly filled form signed by the TIC/ Convener and Principal shall be submitted to ICT sysadmin@svc.ac.in, Caretaker sandeepthra@svc.ac.in, IQAC Coordinator iqac@svc.ac.in, Dr. Arpita Kaul arpita@svc.ac.in for commerce, NSS, NCC, EOC, Empathise, Placement and Sports events, Dr. Urmi urmi.b@svc.ac.in for humanities events, Dr. P. Jayaraj jayaraj@svc.ac.in for sciences events. (Mails mentioned in SOP) and Dr. Nagendra Kumar Kalaparathi nkalaparathi@svc.ac.in , for IQAC/ NAAC criteria 1-7.

EVENT DETAILS

1. Name of the Department/Society /Association: CRITERION I, IQAC
2. Name of the TIC/Convener (if any): Prof./Dr./Mr./Ms. DEEPTI JAIN
3. Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or community outreach/ skill enhancement/others... Workshops for VAC
4. Participants: Student-centric /Faculty/Both
5. Event Type: Offline/Online/Hybrid; Indoor/Outdoor
6. Collaborating Agency /Organization: VAC Committee, DU
7. Proposed Title of the Event: Workshops for Value Addition Courses
8. Tentative List of Speakers with affiliations: PROF. NIRANJAN KOMAR, Chairman Coordinator, VAC Committee & Shri Atul Kothari, National Secretary, Siksha Sanskriti Utthan Mysore. More speakers to be confirmed later.
9. Date, Time from to : 22nd May 2023. 9am-5pm
10. Financial Assistance/ Funding received (if any) IOASSVC, ₹
11. Proposed Budget (please attach details in a separate enclosure):
.....
12. Faculty responsible for Geo Tagged Pictures Criterion I - Team
13. Faculty responsible for Event Report Criterion I - Team
14. ICT support required, if any (ICT Lab, Laptop, LCD projector)
3 Laptops with 3 chargers
3 LCD projector Screens
3 pointers

15. Caretaker support required (tables, chairs, public addressing system, sanitation, manpower assistance) : Lamp, oil, wicks, name plates - 5, pots

16. Room requirement (Seminar/ any other) ... Seminar Room, Room No. 57, Committee Room [Durga Bai Deshmukh Block]

Deepthi Jain
Name & Signature of TIC/Convenor

C. Gula Khand
Signature of Principal

15/5/2023.
Date:

Date: 15/5/23

PRINCIPAL
Sri Venkateswara College
(University of Delhi)
Dhaura Kuan, New Delhi-110021

	Tables	Chairs	Laptop/Projector	Pointer	Microphone
Seminar Room	2	100	1	1	1
Room No. 57	1	4	1	1	1
Committee Room [BDR]	1	40	1	1	1
Room No 313 for refreshments and lunch					

POSTER



A workshop on **YOGA: PHILOSOPHY AND PRACTICE**



Offered by
VALUE ADDITION COURSES COMMITTEE

(UNIVERSITY OF DELHI)



SRI VENKATESWARA COLLEGE

(ACCREDITED WITH GRADE 'A+' BY NAAC)



SPEAKER FOR THE

SESSION :

Prof. Divya Tiwari



COME JOIN US AT

 **22 MAY, 2023**
11:30 AM - 05:00 PM

 **Room No. 57**





VALUE ADDITION COURSES COMMITTEE
(University of Delhi)

In collaboration with

SRI VENKATESWARA COLLEGE
(Accredited with grade A+ by NAAC)

Cordially invites you for the Value Addition Courses (VACs) Workshops

Date: May 25, 2023 Time: 9:30 AM - 3 PM
Venue: Seminar Hall, Durgabai Deshmukh Block, Sri Venkateswara College

Social and Emotional Learning

Yoga: Philosophy and Practice

Exhibition, Seminars and Cinema



Chief Guest
Prof. Suresh Kumar
National Organizing Secretary
Manav Vikas Mission



Patron
Prof. Poojesh Singh
Former Vice-Chancellor
University of Delhi



Guest of Honor
Prof. Vikram Prakash Tripathi
Executive Editor,
Bharat Jagran Group



Prof. Niraj Kumar
Chair and Convener
SAC Committee
University of Delhi



Prof. S. Shashi Reddy
Principal & Patron
Sri Venkateswara College
University of Delhi

COURSE COORDINATORS/RESOURCE PERSONS



Prof. Mandita Bala



Prof. Divya Tiwari



Prof. Shashi Reddy



Prof. Rajni Sabni



Dr. Ramesh Vishwakarma

Guidelines:

- Faculty members of the University of Delhi can register for the workshops by filling up the registration form. Link: <https://www.uod.ac.in/office/academic/online-registration-form>
- Registration for the workshops is only through the online registration form.
- Further details will be communicated to the registered participants via e-mail.
- There is NO registration fee.
- Certificates will be issued to those participants who attend both sessions.

Objectives of the Workshops

The primary objective of the workshops is to assemble academicians, experts, researchers and teachers in facilitating the exchange of knowledge related to the Value Addition Courses. The workshops aim:

- To build a multidisciplinary environment of resource persons and teachers from different disciplines in designing a holistic learning experience for students.
- To develop a pool of learning resources and materials to augment the teaching-learning process.
- To brainstorm and create a comprehensive list of activities for enhanced participative and hands-on learning experiences in the classroom.
- To facilitate a discussion on creating standardized evaluation mechanisms and rubrics.

SRI VENKATESWARA COLLEGE

Sri Venkateswara College is a premier, nationally sought-after co-educational and constituent college of the University of Delhi accredited "Grade A+" by NAAC in the year 2022. The College offers 20 undergraduate courses in Commerce, Arts and Science streams and 9 post-graduate level courses in Arts and Science streams and 1 full-time Post Graduate Diploma (PGD) in Biotechnological Technology. The holistic educational profile of the College has gained recognition because of its consistent excellence in academics, sports and other co-curricular activities. The College champions the cause of inclusive education, aiming at nurturing young minds to cope well with the ever-changing scientific world, meet with technological challenges and contribute to society in a meaningful manner.



Prof. Niraj Kumar
Chairman, Value Addition Courses Committee
Dean, Learning, University of Delhi
Advisor, Minister of State for Education, Govt. of India

VAC Organising Team

Prof. L.K. Parulkar
Convener, Steering Committee
VAC,
Dept. of Anthropology

Prof. Manoj Bala
Principal, Aryabhatta College

Prof. Anil Kumar
Dept. of Commerce, DU

Prof. Prabhat Mittal
Business Data Processing,
Delapark College (Vva.)

Dr. Geeranjali Kato
Cluster Innovation Centre

Ms. Shobana Sinha
Coordinator, VAC

VAC Organising Team

Prof. S. Shashi Reddy
Principal & Patron

Prof. Susan Singh
Coordinator, VAC

Dr. Deepali Jain
Nodal Officer VAC and IQAC member

Dr. Arpita Kaul
Assistant Professor,
Department of Commerce

Dr. Pooja Chhabra Sinha
Assistant Professor,
Department of History

Dr. Anil Singh
Assistant Professor,
Department of Sociology

Ms. Rakhi Kaur
Assistant Professor,
Department of History

Dr. Rakhi Yadav
Assistant Professor,
Department of Chemistry

Dr. Susha Yadav
Assistant Professor,
Department of Botany

Ms. Shera Ranjan
Assistant Professor,
Department of Biology

Dr. Anjali Meherani
Assistant Professor,
Department of Sociology

Dr. Suresh Raj
Assistant Professor,
Department of Botany

Ms. Parvika Meena
Assistant Professor,
Department of Mathematics

ATTENDANCE



Tirumala Tirupati Devasthanams
 श्री वेంकटेश्वर विश्वविद्यालय
Sri Venkateswara College
 (University of Delhi)
 NAAC Grade A+

ATTENDANCE SHEET

TITLE OF THE EVENT: WORKSHOP ON VALUE ADDITION COURSE ON YOGA; PHILOSOPHY AND PRACTICES

DATE OF THE EVENT: 22nd May, 2023

TIME OF THE EVENT: 11:30 am- 4:30 pm

NAME OF THE DEPARTMENT/ SOCIETY: CRITERION 1 AND CRITERION 6, IQAC

NAME OF THE EVENT COORDINATOR: DR. DEEPTI JAIN

S.No.	NAME OF THE FACULTY	DESIGNATION	DEPARTMENT OF FACULTY	NAME OF THE COLLEGE	SIGNATURE FOR SESSION I	SIGNATURE FOR SESSION II
1.	Dr. Gyanasri Boruah		Sanskrit	Hansraj College		
2.	Dr. Suchita Yadav		Sanskrit	School of Open Learning, University of Delhi		
3.	Dr. Shikha		Sanskrit	Maitreyi college.		
81047371 3802270151	Dr. Sunila	Assistant Prof.	Microbiology	Ram Lal Anand College	Sumita	Sumita
	Dr. Vandana Rani	Assistant Professor	SANSKRIT	P.G.D.A.V. College (Day), University of Delhi, Delhi	Vandana Rani	Vandana Rani
891664133	Neha Sharma 9958595511	Assistant Prof.	Chemistry	Gargi College	Neha	Neha
	Prof. Seema Gupta	Professor	Statistics	Ram Lal Anand College	Seema	Seema
	Dr. Munish Kumar		Punjabi	Deshbandhu College	Munish	Munish
71200784	Dipika Bhatia	Assistant Prof.	Philosophy	Indraprastha College for Women	Dipika Bhatia	Dipika Bhatia
	Dr. Shubhra Barwa	Assistant Prof.	Biomedical science	Bhaskaracharya College of Applied Sciences	Shubhra Barwa	Shubhra Barwa
	Dr. Rekha Kumari		Sanskrit	Maitreyi college, University of Delhi	Rekha Kumari	Rekha Kumari
	Dr. Geeta Chauhan		Commerce	Daulat Ram College	Geeta Chauhan	Geeta Chauhan
	Dr. GURLEEN KAUR		Economics	Sggsc	Gurleen Kaur	Gurleen Kaur

14.	M Krishna Rao		Sanskrit	Sri venkateswara college	M Krishna Rao	
15.	Dr. Preeti Khandelwal		Zoology	Sri Venkateswara College		
16.	Prof. Tarak Nath Pramanik		Department of Physical Education and Sports Science	IGIPSS University of Delhi B block Vikaspuri New Delhi		
17.	Prof Akhilesh Kumar Dubey		Sanskrit	SSN College DU		
18.	Dr. Shikha Jha 9213119955		Philosophy	Gargi	Shikha Jha	Shikha Jha
(9891303900)	Dr. Mukesh (9891303900)	Associate Prof.	Chemistry	Keshav Mahavidyalaya	Mukesh	Mukesh
	Dr Mini walia		Commerce	PGDAV Morning		
	Pmarwah@jmc.du.ac.in		Commerce	Jesus and Mary college		
	Dr Neena Bansal		Political Science	Kamala Nehru	Neena Bansal	Neena Bansal
	Manoj Chahal (7755057570)	Asst. and Prof.	Chemistry	Hindu College	Manoj Chahal	Manoj Chahal
	Dr Rupa Basu		Economics	Kamala Nehru College	Rupa Basu	Rupa Basu
	Dr. Pamil Tayal	Assistant Prof.	Botany	Sri Venkateswara college	Pamil Tayal	Pamil Tayal
	Dr. Bimia Pawar		Physical Education & Sports	Shaheed Rajguru College of Applied Sciences For Women		
	Dr. Tarakeswara Rao Kaviti		Electronics	Sri Venkateswara College		
	Dr Rahul		Electronics	Sri venkateswara college	Rahul	Rahul
	Dr. Dhani Ram		Commerce	Ramjas	Dhani Ram	Dhani Ram
	Dr Ceejun C		Political science	Miranda House	Ceejun C	Ceejun C
	DR. RAJESH KUMAR		SANSKRIT	PGDAV		
	Dr Chandra Sekhar Tekuri		Chemistry	Sri Venkateswara college		
	Khoirom Chitaranjan Singh		Philosophy	Gargi college	Khoirom Singh	Khoirom Singh
	Dr Rekha Sharma		Economics	Sri Guru Gobind Singh College of Commerce	Rekha Sharma	Rekha Sharma
	Shipra Singh		Sanskrit	Dayal Singh College	Shipra Singh	Shipra Singh
	Dr. CHINGRISHON KATHING	Asst. Prof.	Chemistry	Gargi	Chingrison Kathing	Chingrison Kathing
	Kuljeet Kaur	Asst. Prof.	Physical education	SRCC	Kuljeet Kaur	Kuljeet Kaur

38.	Dr. Sunita Saikia 9971618641	Asst. Prof.	History	Sri Venkateswara College	Sun Saikia	Sun Saikia
39.	Ganesh Tiwari		Sanskrit	Shaheed Rajguru college applied sciences for women		
40.	Rajbir Kaur 9910784267	Assistant Prof.	Department of History	Sri Venkateswara College	Rajbir Kaur	Rajbir Kaur
41.	Dr. Ashutosh Kumar	Asst. Prof.	Sanskrit	Lakshmbai College	Ashutosh Kumar	Ashutosh Kumar
42.	Dr. Charanjeet Kumar	Asst. Prof.	Phy. Edu.	Matangini College	Charanjeet Kumar	Charanjeet Kumar
(9911945806) 43.	Dr. Anjali S. Nawani	Asst. Prof.	Zoology	for Women Sri Venkateswara College	Anjali S. Nawani	Anjali S. Nawani
44.	Dr. Pooja Gothale	Asst. Prof.	Botany	Sri Venkateswara College	Pooja Gothale	Pooja Gothale
45.						
46.						
47.						
48.						
49.						
50.						

8010269464
Already there in the books.

FEEDBACK FORM & ANALYSIS



FEEDBACK FORM FOR VAC WORKSHOP ON YOGA; PHILOSOPHY AND PRACTICE HELD ON 22 MAY 2023

Attendance and Feedback form

Email *

Short answer text

Name *

Short answer text

DESIGNATION *

Short answer text

DEPARTMENT *

Short answer text

COLLEGE *

Short answer text

How will you rate the value addition course workshop on YOGA; PHILOSOPHY AND PRACTICE * on a scale of 1-5. 1 being poor 2 average 3 good 4 very good 5 excellent

1

2

3

4

5



Was the workshop helpful? *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

Such workshops shall be held every semester as they are very helpful. *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

The session was conducted smoothly. *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

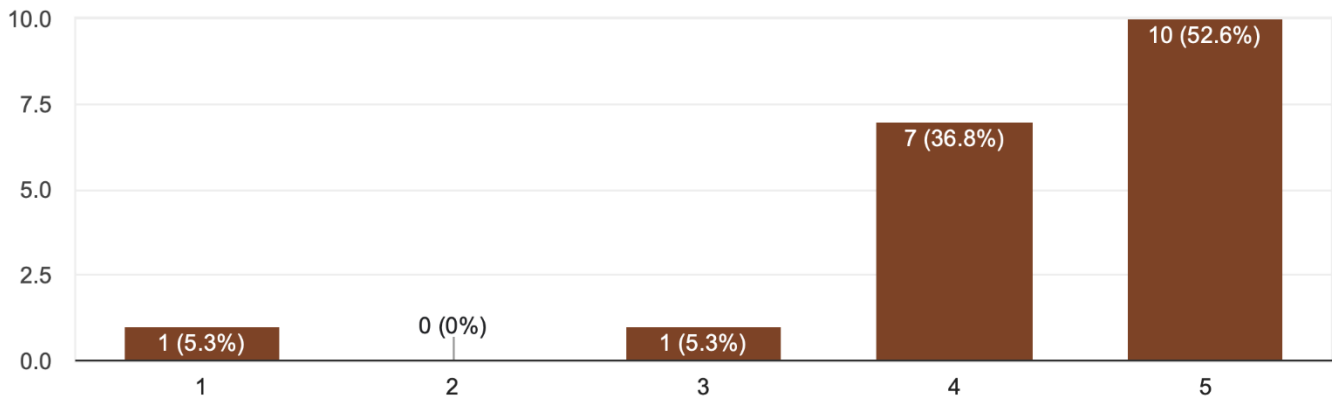
Any other comment

Long answer text

RESPONSE

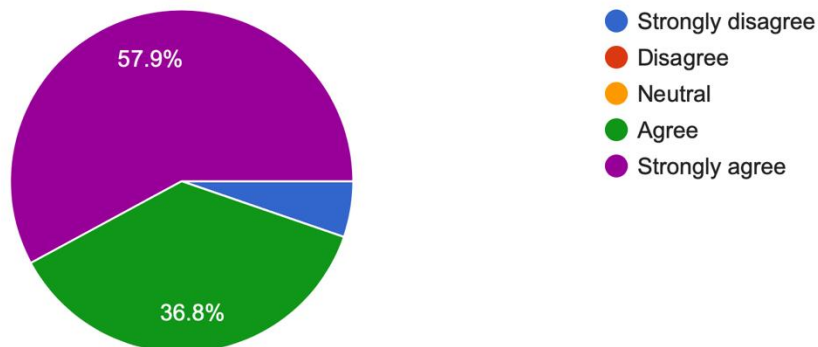
How will you rate the value addition course workshop on YOGA; PHILOSOPHY AND PRACTICE on a scale of 1-5. 1 being poor 2 average 3 good 4 very good 5 excellent

19 responses



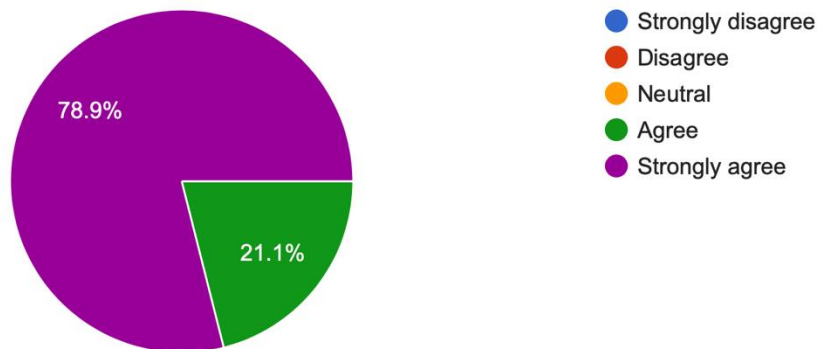
Was the workshop helpful?

19 responses



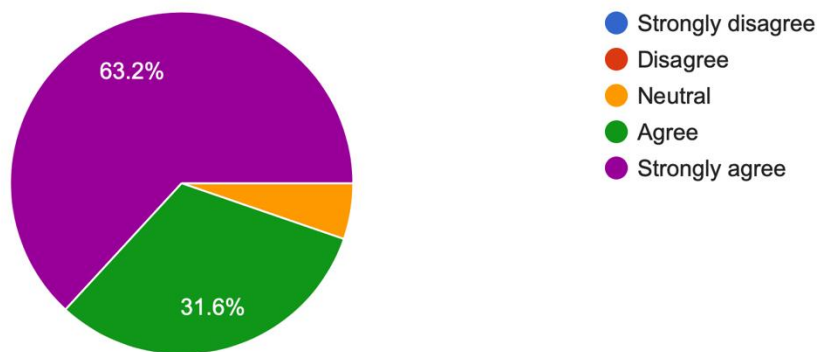
Such workshops shall be held every semester as they are very helpful.

19 responses



The session was conducted smoothly.

19 responses



FEEDBACK SUGGESTIONS

- Yoga Practice should have morning slots in the college instead of afternoon.
- Timing of yoga class should be in morning instead of afternoon ie. 3 to 5 pm.
- Request that an advisory may be issued to colleges to allow one practical session for the VAC Yoga in the morning from 8am to 10am once a week.
- The VAC practical classes should shift for the morning slots.
- The practical session should be in the morning and some more topics to be added in the course.
- Informative. Only one concern is there for YOGA PRACTICAL CLASSES: Please allot morning slots for practical instead of afternoon. If you can forward this request/concern to the University. Thank you for this wonderful workshop.
- This VAC Practical classes should be held in the morning. So that all students can enthusiastically take advantage of these practical classes.



Tirumala Tirupati Devasthanams

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Sri Venkateswara College
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NAAC Grade A+

CERTIFICATE

This is to certify that VAC workshop on Yoga: Philosophy and Practice was successfully conducted on 22-05-2023 from 11:30 am to 5:00 pm by Criteria 1, Internal Quality Assurance Cell, SVC in physical mode and its event report has been submitted to IQAC for records.

Deepika

Event In-Charge

[Signature]

IQAC Coordinator

Coordinator, IQAC
Sri Venkateswara College
(University of Delhi)
Dhaura Kuan, New Delhi-110021

[Signature]

Principal

PRINCIPAL
Sri Venkateswara College
(University of Delhi)
Dhaura Kuan, New Delhi-110021