

VALUE EDUCATION WORKSHOP FOR STUDENTS CONDUCTED BY DISHA BHARAT

REPORT FOR THE YEAR 2016-17

Title of the workshop – Know yourself, Know your country, Know your culture

Dates of the workshop – 28th June 2016 to 17th July 2016

Number of participants – 680 students

Resource Persons – Smt.Rekha Ramachandran, Shri. Pramodh Natraj, Smt. Sneha Damle

Workshop Methodology – Experiential and interactive

Brief Summary – The workshop for students commenced with a prayer followed by yoga for beginners led by Yogacharya Subbu Bhaiya. After a short break the students were engaged in a group counselling session that provided an opportunity for them to understand the self in relation to the world outside. The Namaste India Quiz conducted by Quizmaster Pramodh Natraj provoked students to explore the cultural heritage of our nation and invoked their patriotic fervor. Post lunch, the audio-visual session led by Smt. Sneha Damle addressed students on developing social responsibility and becoming catalysts of social change. Desi games, for infusing the fun element to the workshop, while educating students in leadership and team behavior was well received and highly appreciated. The workshop concluded with a take home message for students on meaning of success by Smt. Rekha Ramachandran.

Yoga session in progress




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YOGA AND MEDITATION FOR BODY AND MIND



INTERACTIVE SESSIONS IN PROGRESS



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