

VALUE EDUCATION WORKSHOP FOR STUDENTS CONDUCTED BY DISHA BHARAT

REPORT FOR THE YEAR 2019-20

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

Dates of the workshop – 26th Aug. 2019 to 31st Aug. 2019 and 24th Feb.2020 to 29th Feb.2020.

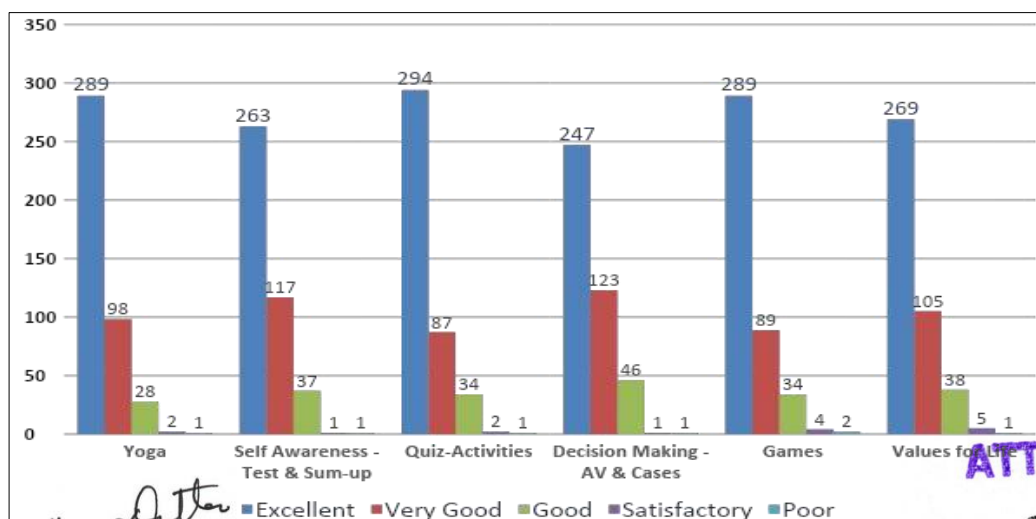
Number of participants – 1497 students

Resource Persons – Smt.Rekha Ramachandran, Ms. Lavanya, Mr.Pramodh Natraj, Mr. Pradeep Natraj

Workshop Methodology – Experiential and interactive

Brief Summary –

- Session 1** – Advanced Yoga - Stretching Exercises, Dance Yoga, Pranayama. The students felt refreshed and energetic after the session
- Session 2** – Self Awareness – This segment helped the students gain deeper understanding about themselves, motivated them to grow, unleash their inner potential
- Session - 3** – Mera Bharath Mahan Quiz – A very inspiring and engaging quiz session that instilled a great ~~sof~~ of patriotism, belonging and love for the country. Glories of the past and pride factors about present India were highlighted
- Session 4** – Decision Making - Case Study, AV and Debate – This segment conveyed the importance ~~f~~ethics, values and responsibility while making decisions
- Session 5** – Activities and Games – that taught Teambuilding, Interpersonal and communication skills
- Session 6** – Conclusion – The final segment of the day that laid a strong foundation of values in the young minds. Values at various levels like personal, family, social, national and spiritual were emphasized



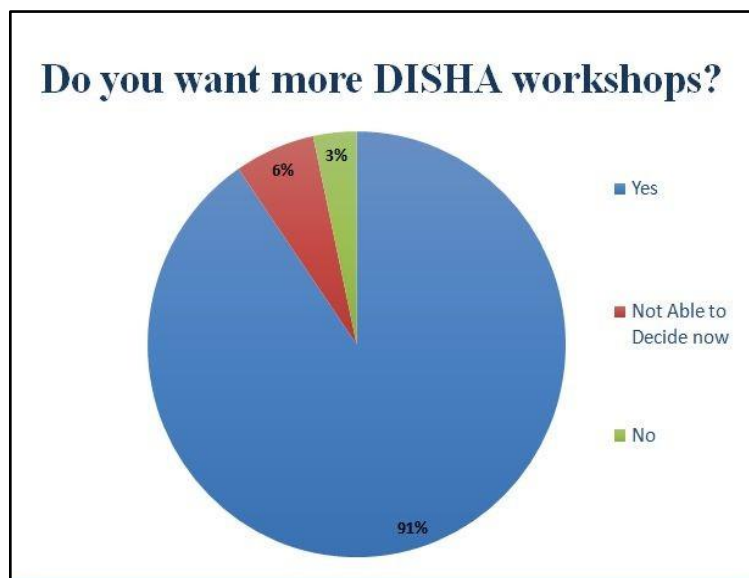
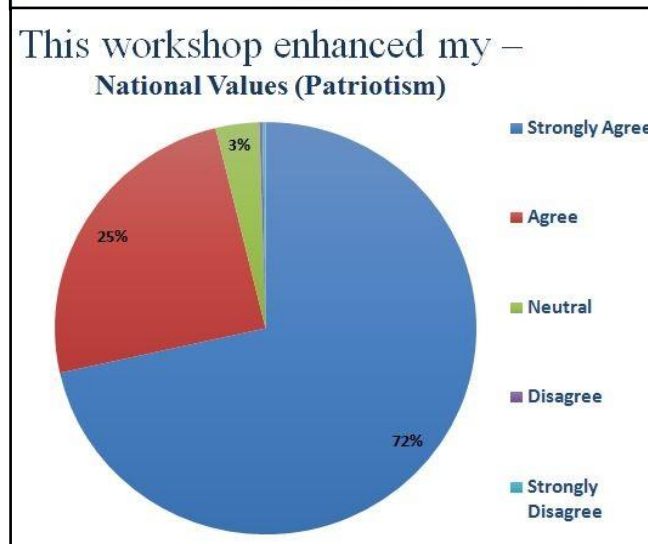
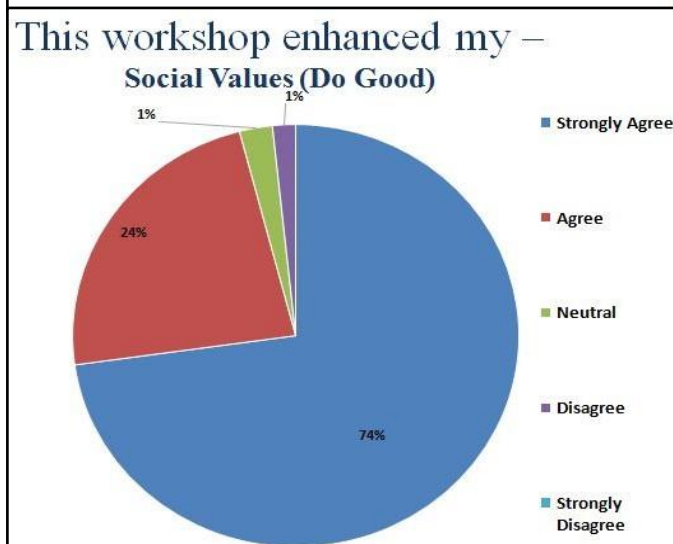
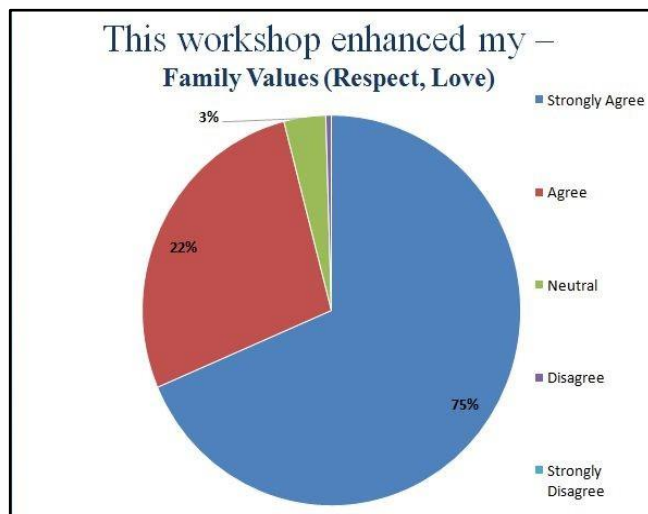
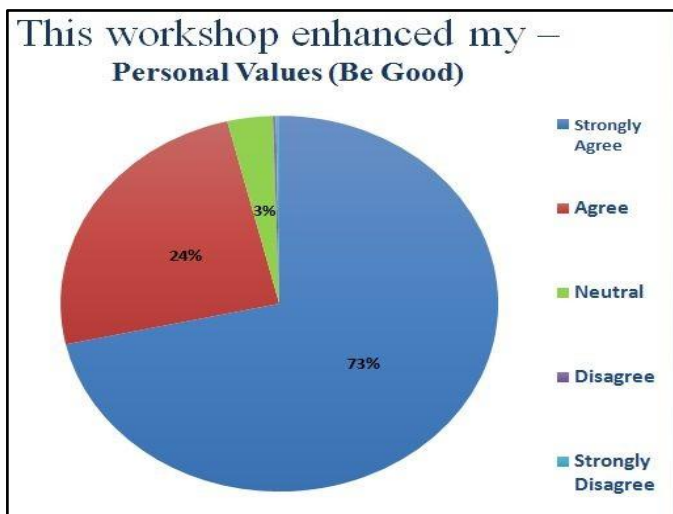
ATTESTED

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IQAC Coordinator
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for Women, Autonomous
Malleshwaram, Bangalore - 560 012

Shashikala A
Principal
Maharani Lakshmi Ammanni College
for Women, Autonomous
Science Post, Bangalore - 560 012.

Following is the feedback from a section of the students on the impact of the workshop:

No. of Online Respondents - 418



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 Principal

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Feedback from Resource Persons

- The Level-2 Personality Development workshop conducted at **Maharani Lakshmi Ammanni College for Women** was a great success witnessing the enthusiastic students waiting for Disha.
- The students were **very proactive** in participation. We were happy **h**they **remembered** all the sessions of **Level -1** and imbibed many of the learning in their personal lives.
- We observed a **positive change** in the participants by end of the workshop. Students' **responses** to a few crucial questions through **h**program was a **testimony** to this commendable change
- We noticed that there was a spike in: **patriotism, family values, personal values and social values**, and **responsibility** towards society.
- Yet another follow up program in their final year will help cement these values firmly in the nature of the students

A Glimpse of the Workshop



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Shamir N. Dutt

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