

**Atmiya Group of Institution- Rajkot
Universal Human Values (UHV) Cell**

**Report on
"Happiness Meet"**

(How thoughts make a life easier?)

Date: 4/10/2020 to 4/10/2020

Facilitator

**Ankit Kalariya
(UHV Cell Member)**

Number of Participants: 35

This event is organized as a part of introducing Jeevan Vidya to the student fraternity of Atmiya Group of Institutions students. The Happiness Meet is an initiative of UHV Cell for interested students who are keen to learn about permanent happiness. Happy Club is a general mental health club that focuses on spreading happiness, logical solutions to daily problems in relation or emotion, etc.

The following important points were discussed during the happiness meet

- There are 4 living domains of human beings
 - **1. realization**
 - **2. thought**
 - **3. behavior**
 - **4. work**
- Among these mentioned 4 living domains realization and thoughts are the most powerful domain.
- Thoughts are a continuous process in our minds.
- Sources of our thoughts are classified into 3 categories: Dabav, Prabhav, and Svabhav.
- so in this happiness meeting session, we discussed the same.

A total of **35** Students from the Atmiya Group of Institutes have attended this happiness meet
Session 2.

Summary Report
Feedback Analysis of 3 Days student workshop
on
Happiness & Wellness

Date
10-12 Jan-2020

Facilitator
Shri Somdev Tyagi
&
Shri Ajay Jain

Organized by
Atmiya Group of Institution- Rajkot

The workshop on Happiness & Wellness (Jeevan Vidya) is a proposal of to make Universal Humanization of Education based on *Madhyastha Darshan Sah-Astitvavaad*, philosophy by *A. Nagraj* and this Workshop is nicely facilitate by *Sri Somdev Tyagi (Raipur) & Shri Ajay Jain (Surat)*.

Following important points were discussed in workshop and student concluded for them self.

- ✓ Workshop is in form of proposal and universal biased.
- ✓ No Do`s and Don'ts instruction were given into workshop.
- ✓ Education should address Human Values + skill.
- ✓ "*Jinda Rehna*" or "*Jeena*" are two different things.
- ✓ For all human being in life there are only two basic question need answer i.e.
 - 1) Why to live?
 - 2) How to live?
- ✓ Basic desire of all human is to be Happy & Prosperity and its continuity.
- ✓ "*Saman se Samman Nahi or Suvidha se Sukh Nahi*"

- ✓ We cannot purchase any physical facility we only paying for Human effort.
- ✓ *Sadupyog hi Sukh Hai and Durupyog Hi Dukh Hai.*
- ✓ *Meri Akshamtaka Pradarshan Hi Krodh Hai*

Total 413 students of Virani Science College has participated in the workshop and schedule was...

Session-1:	08:45 AM to 11:00 AM
Break-1:	11:00 AM to 11:20 AM
Session-2:	11:20 AM to 01:30 PM
Lunch Break:	01:30 PM to 02:45 PM
Session-3:	02:45 PM to 05:00 PM

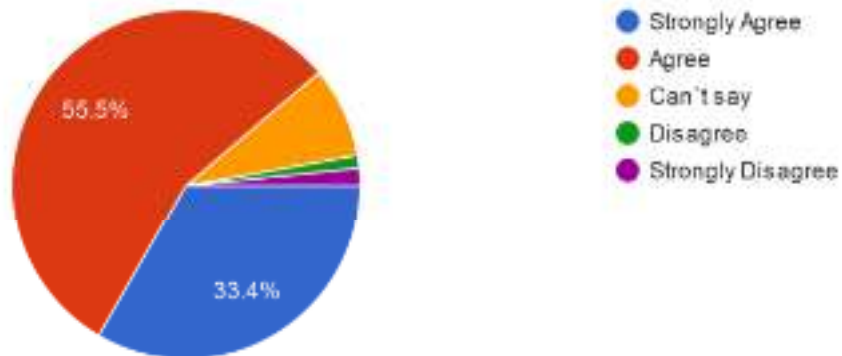
Out Come of Workshop:

- ✓ After attending the 3 days workshop total
 - **128** student registered for 7 days workshop of Happiness & Wellness.
 - **280+** students also want to share this information with their parents.
 - **150+** parents attended 3hr session on Happiness & Wellness in different 3 slots (Slot1:12/01/2020, Slot2:19/1/2020, Slot3:7/2/2020).
- ✓ Some of the analysis shown here that indicate how this workshop positively contributed in their life.

Impact Analysis of Workshop (The feedback is combined of AGI students)

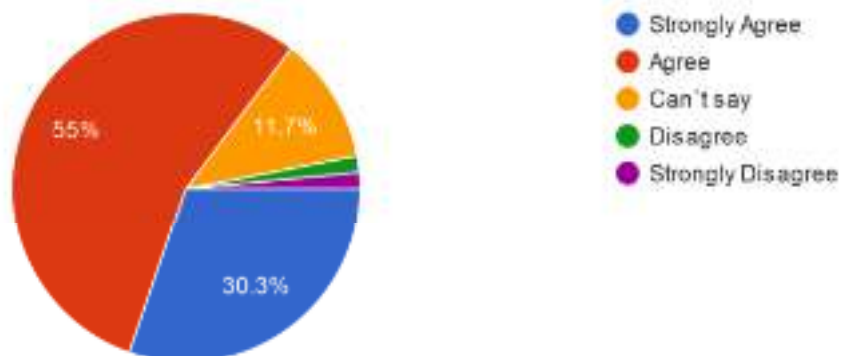
Workshop positively contribute for gratitude towards family & Society(इस वर्कशॉप से परिवार और समाज के प्रति कृतज्ञता तरफ ध्यान गया)

1,793 responses



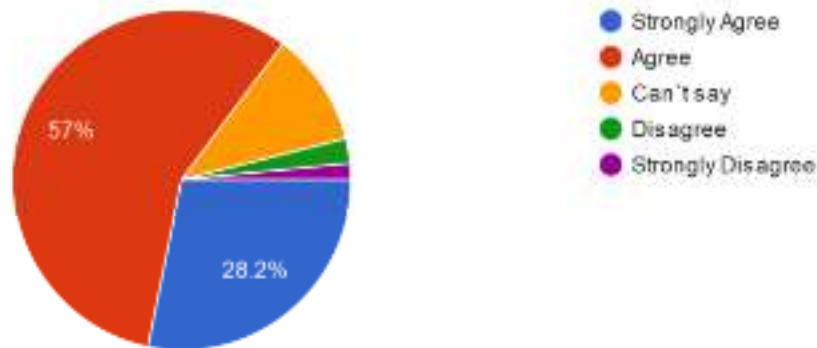
Workshop positively contribute in Strengthening your family Relations(इस वर्कशॉप से आपके पारिवारिक संबंध बेहतर हुए)

1,793 responses



Workshop positively contribute to figure out the reason for stress due to peer pressure, competition(इस वर्कशॉप से सामाजिक दबाव और प्रतिस्पर्धा से तनाव का कारण समाजमे आया)

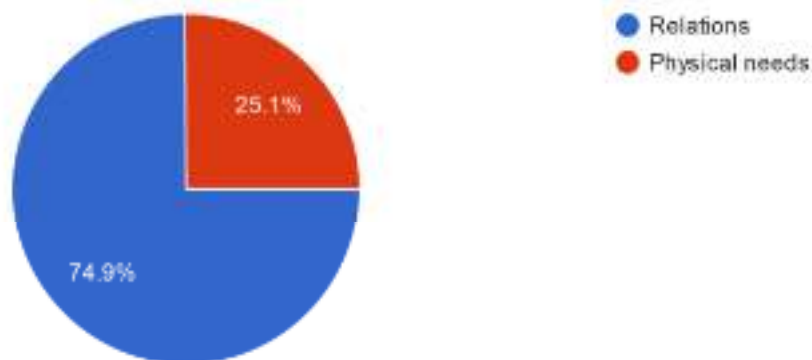
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Before-After Workshop Analysis

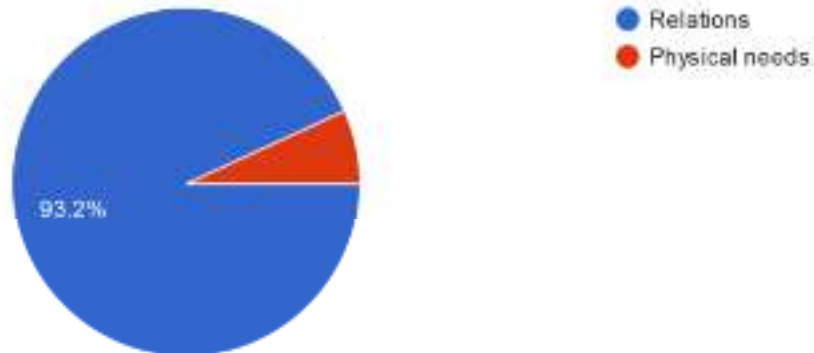
1a.(Before Workshop) Am I clear on Priorities in life - (relations, physical needs)(मेरी जिंदगी मे प्राथमिकता? (संबंध, सुविधा))

1,793 responses



1b.(After Workshop) Am I clear on Priorities in life - (Relations, Physical needs)(मेरी जिंदगी मे प्राथमिकता? (संबंध, सुविधा))

1,793 responses



Priority of relation in life

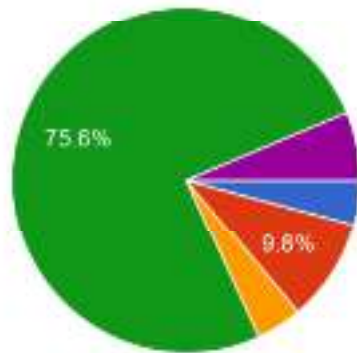
2a. (Before Workshop) Happiness is(सुख मतलब)

1,792 responses



2b. (After Workshop) Happiness is(सुख मतलब)

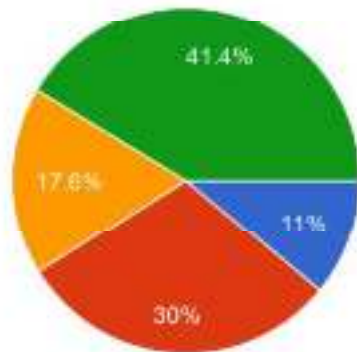
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- A lot of physical facilities (बहुत सारी भौतिक सुविधाएं)
- Ensuring respect from others (दुसरो से सम्मान पाना)
- Ensuring Fame (प्रतिष्ठा पाना)
- Clarity of Thought, Knowing reality as it is and living with value based relationship (विचार की स्पष्टता, वास्तविक...)
- Clarity of Thought, Knowing reality as it is and living with value based relation...

3a. (Before Workshop) Respect means (सम्मान मतलब)

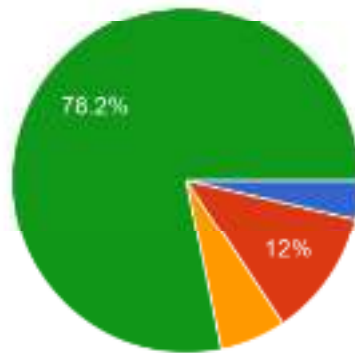
1,793 responses



- Attention from others (दुसरो का ध्यान पाना)
- Fame in society (समाज में प्रतिष्ठा)
- Appreciation from others (दुसरो से प्रशंसा पाना)
- To know our role in existence and to be able to live as per that (अस्तित्व में मेरी भागीदारी को जानना और ऐसा जी पाना)

3b.(After Workshop) Respect means(सम्मान मतलब)

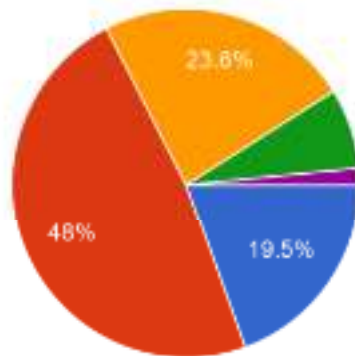
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- To know our role in existence and to be able to live as per that(अस्तित्व में मेरी भागीदारी को जानना और वैसे जी पाना)

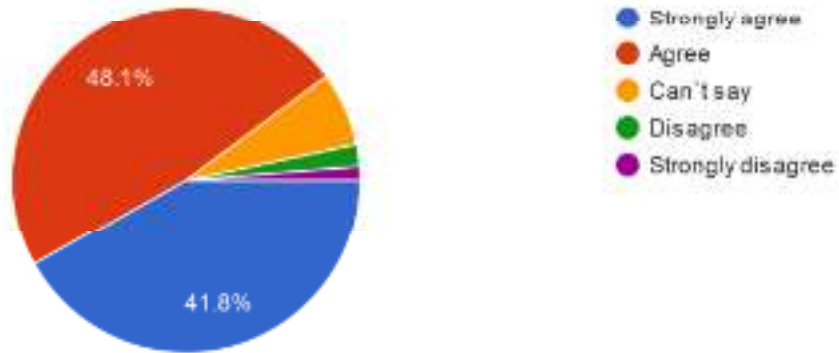
4a.(Before Workshop) I know how to ensure self-confidence in me(स्वयं के प्रति विश्वास पानेकी समझ थी)

1,793 responses

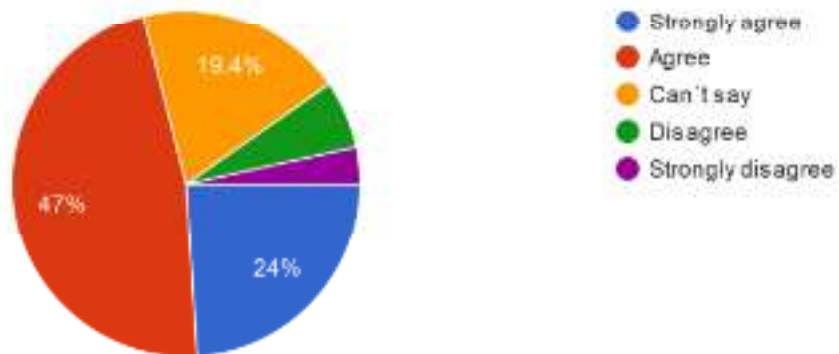


- Strongly agree
- Agree
- Can't say
- Disagree
- Strongly disagree

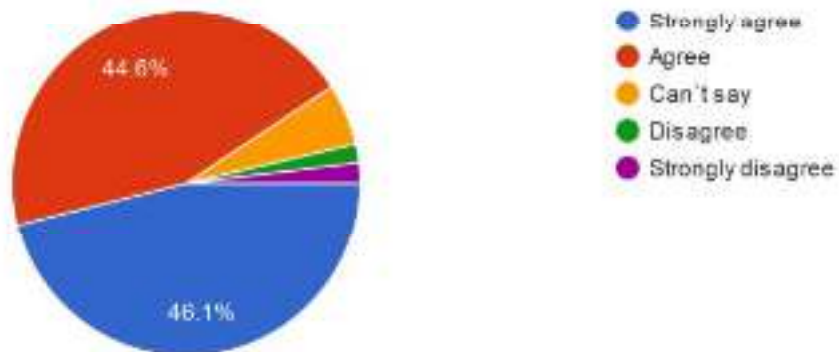
4b.(After Workshop) I know how to ensure self-confidence in me(स्वयं के प्रति विश्वास पानेकी समज थी)
1,793 responses



5a.(Before Workshop) This workshop is useful for my life(ये वर्कशॉप मेरी जिंदगी के लिए उपयोगी है)
1,793 responses



5b.(After Workshop) This workshop is useful for my life(ये वर्कशॉप मेरी ज़िंदगी के लिए उपयोगी है)
1,793 responses



Before After Workshop in feedback Analysis in BAR Chart

Some Glimpses of workshop



Principals of various college attending Happiness & Wellness session



Guest and Prabhakar of Happiness & Wellness workshop



Prabodhak Som Tyagiji addressing student



Students and Faculty & society member attending workshop



UHV Cell members



Ongoing session of Happiness & Wellness



Ongoing session of Happiness & Wellness



Student question and interaction in workshop

Atmiya Group of Institution- Rajkot
Universal Human Values (UHV) Cell

**Report of 8 Days Jeevan Vidya Adhyayanbindu
and Vikalp Shivir**

Date: 17/11/2019 to 24/11/2019

Facilitator

**Shri. Somdev Tyagi,
Abhyuday Sansthan, Hapud, U.P.**

Number of Beneficiaries: 80

Venue: Haridham Sokhda, Vadodara

The Jeevan Vidya Shivir “Adhyayan Bindu and Vikalp” is the proposal of Madhyastha Darshan propounded by Shree A. Nagraj Ji, Amarkantak. The Shivir was held at Haridham Sokhda, Vadodara. Participants were HoDs, Principal, Senior staff members, etc. In this Shivir 80 people participated.

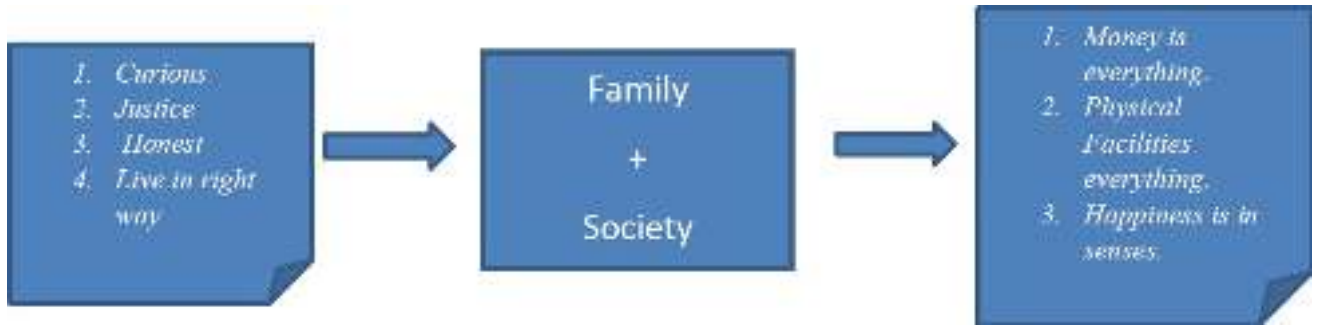
The following important points were discussed during the Shivir

Overall content of the Shivir is divided into 4 stages:

1. Harmony in the self
2. Harmony in the family
3. Harmony in the society
4. Harmony in the nature

Detailed discussion on the activities of self as shown in following chart.

Potential [बल]	Activity in State (pratyavartan) [स्थिति क्रिया]	Activity in Expression (paravartan) [गति क्रिया]	Force [शक्ति]
<i>Atma</i> (Soul)	Realization (anubhav)	Evidentiality (pramaanikta)	<i>Evidence</i> (pramaan)
<i>Buddhi</i> (Intellect)	Comprehension (bodh)	Determination (sankalp)	<i>Truthfulness</i> (ritambhara)
<i>Chitta</i> (Imager)	Contemplation (chintan)	Imaging (chitran)	<i>Desire</i> (ichha)
<i>Vritti</i> (Disposition)	Weighing (tulan)	Analyzing (vishleshan)	<i>Thought</i> (vichar)
<i>Mun</i> (Mind)	Tasting (aaswadan)	Selecting (chayan)	<i>Expectation</i> (asha)



Right now, over all focus is on how to survive rather than how to live life with feelings and maintain good relationships. We are living with animal conscious but want results of human conscious. We want happiness using senses, materialistic things and leads to ego and destroy relation around us.

Health and Hygiene

Water Borne Diseases

01-02-2020

One Guest talk by experiences Dr.(Ved) Prapti Jivrajyani was arranged in Biology Department of our college to make NSS volunteers aware about different kinds of water Borne Diseases in detail. There was discussion on causes and prevention of various water borne diseases. Total 56 NSS volunteers of our college were benefited by this and they further one social activity was conducted in that week to make aware and how to prevent various water borne diseases in the society in different areas of Rajkot.



