

A
Report

On

**One-day Online
National Workshop
On
“Role of Holistic Education in Building
an Equitable, Safer and Happier
Society”**



Internal Quality Assurance Cell



MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR

(A Govt. Aided UGC Autonomous & NAAC Accredited Institute Affiliated to RGPV, Bhopal)

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The IQAC coordinator of Institute has informed the house that a online workshop on "Role of Holistic Education in building an equitable, safer and happier society" was conducted by the Institute through Equity Coordinator Dr. Karuna Markam (Workshop Convener) on 5th June 2021. Following are the details of sessions addressed by three experts:

- Session-1: "Comprehensive approach to inculcate Holistic education in curriculum of students" by Dr. Kalpana Maski, Regional Institute of Education, NCERT Bhopal
- Session-2: " Role of stress management and yogic science in creating a happier and healthier society" by Dr. Rekha Kakodia, Ayurvedacharya Phd. in stress management and yogic science
- Session-3: "Vocational education and its benefits, Social Equality, Cognitive and Intellectual Development", by Dr Shashi Yadav, BUIT, BU, Bhopal
- The workshop was attended by 33 participants from across the country.

One-day Online National Workshop on

"ROLE OF HOLISTIC EDUCATION IN BUILDING AN EQUITABLE, SAFER AND HAPPIER SOCIETY"

IQAC of the institute organized a one-day national workshop on "**ROLE OF HOLISTIC EDUCATION IN BUILDING AN EQUITABLE, SAFER AND HAPPIER SOCIETY**" on June 5th, 2021 with the co-ordination of Dr. Manjaree Pandit, Dean Academics and Dr. Pratesh Jayaswal, IQAC Coordinator and Convenor Dr. Karuna Markam, Equity Coordinator.

OBJECTIVE OF WORKSHOP:

The main objective of the workshop was to promote the idea of creating in a positive and a healthy environment in the current society. **Holistic education** is a relatively new movement in education that seeks to engage all aspects of the learner, including mind, body, and spirit.^[1] Its philosophy, which is also identified as holistic learning theory,^[2] is based on the premise that each person finds identity, meaning, and purpose in life through connections to their local

community, to the natural world, and to humanitarian values such as compassion and peace.

Expert Lecture Details:

- Expert Lecture-1: Dr. Kalpana Maski, Regional Institute of Education, NCERT Bhopal
- Expert Lecture-2: Dr. Rekha Kakodia, Ayurvedacharya Phd. in stress management and yogic science
- Expert Lecture-3: Dr Shashi Yadav, BUIT, BU, Bhopal

Line of Action:

Workshop was inaugurated in the presence of Dr. Pratesh Jayaswal (Workshop coordinator) and Dr. Karuna Markam (Workshop Convenor). Dr. Karuna Markam provided brief information about the workshop. In this workshop, Research Scholars & Faculties from different engineering colleges have participated. The three expert lectures were scheduled to take three consecutive sessions. After that the workshop was completed by vote of thanks given by Dr. Karuna Markam. The schedule of workshop was as follows:

In the first session, Dr. Kalpana Maski, Regional Institute of Education, NCERT Bhopal delivered an expert lecture on a comprehensive approach to inculcate Holistic education in curriculum of student. She also made it a point to connect the dots between covid crisis and the need of a healthy positive environment today. The session was extremely informative and the speaker conducted interactive activities to keep the participants engaged. The second expert lecture was delivered by Dr. Rekha Kakodia, Ayurvedacharya Phd. in stress management and yogic science on how yogic science is the key to a happier and a healthier society. She discussed the benefits of Yoga and highlighted today's health issues which in turn distresses the students and educational fraternity.

And finally there was an expert lecture by Dr Shashi Yadav: BUIT, BU, Bhopal . In this lecture she elaborated Formal & Informal education, Vocational education and its benefits, Social Equality, Cognitive and Intellectual Development. She also threw light on National Education Policy, 2020 and mentioned how it was need of the hour and in line with Holistic approach of education.

Participants: In this workshop, total 55 participants were registered from various universities/institutes from different part of country out of which 33 participants attended the workshop. The details of participant are as follows:

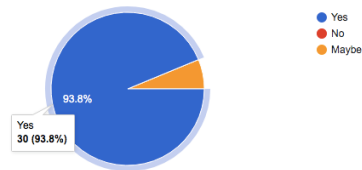
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Feedback Response

Would you participate if more workshops like this, will organized
32 responses



What did you find the most productive part of the workshop
32 responses

Explanation through Practical and real life examples and through ppt was really productive and I have gained very much through it

Motivation

Effective presentation

education and human value

The First presentation was the most productive and attractive for me

Importance of teamwork, Motivation, Cooperation and patience during the tough and struggling phase of life.

Topic on Education Inequality

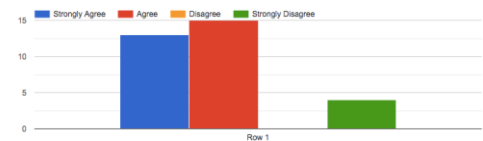
Discussion on Social Development

Holistic education helps to growth of the individual

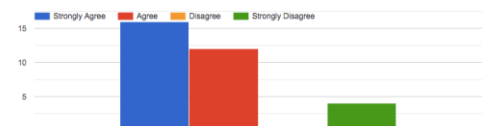
The most productive part of the workshop according to me was when the speaker conducted activities to make a point. It made the point more clear and left an impact.

Information given on educational scenario and laws.

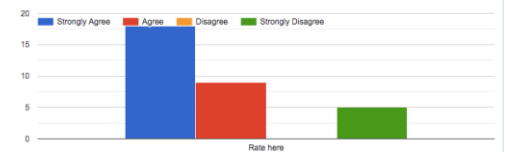
Holistic Education should be the future curriculum of your Institute



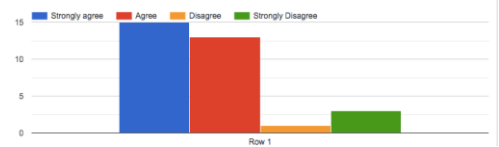
The Subject expert was efficient and well verse with the topic



This workshop was helpful in making you aware about holistic education



This Workshop was Interactive





Outcomes of the workshop:

- Participants acquired a descriptive idea of Holistic education and its importance in today's time
- Participants gained wisdom over different aspects of yogic science and its value in education.
- Participants were also enlightened on major changes required in the approach of teaching.
- Participants acquired knowledge about how the educational sector is being challenged by social inequality and how to combat this.

Link for the Workshop: <https://meet.google.com/hsu-jnph-wdn>

Recording is available at:

https://drive.google.com/file/d/1T3ycLcHawlx_gW6Nk4tVokzUYBdDJyKr/view?usp=sharing



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The IQAC of Institute
is organizing **Virtual WORKSHOP**
on

ROLE OF HOLISTIC EDUCATION IN BUILDING AN EQUITABLE, SAFER AND HAPPIER SOCIETY

Date & Day: 5th JUNE 2021, SATURDAY

Time: 10:30 am - 6 pm



Dr. Kalpana Maski
Regional Institute of
Education, NCERT BHOPAL

SPEAKERS



Dr. Shashi Yadav
BUI, BU, Bhopal



Dr. Rekha Kakodia
Ayurvedacharya, Gwalior

SCAN THIS CODE



TO REGISTER

Convenor- Dr. Karuna Markam, Equity Coordinator
(Contact: 9425300709
karuna_markam@mitsgwalior.com)

Coordinators- Dr. Manjaree Pandit, Dean Academics
Dr. Pratesh Jayaswal, IQAC Coordinator

NO REGISTRATION FEE, URL FOR REGISTRATION : <https://qr.go.page.lnk/YhyJ7>





E-CERTIFICATES WILL BE PROVIDED TO ALL REGISTERED PARTICIPANTS

Glimpses Of the Workshop:

REC kalpana maski is presenting

THE 5 Aspects of HOLISTIC Education:

PHYSICAL,
EMOTIONAL,
SOCIAL,
SPIRITUAL, AND
MENTAL.

When it comes to **holistic** health we are looking beyond the physical body and are addressing physical, emotional, social, spiritual, and intellectual health.

11:20 AM | hsu-jnph-wdn

DR. KARUNA MARKAM
kalpana maski
DR. MANISH DIXIT
Dr. Laxmi Shrivastava...
D. K. PARSEDIYA
Aakanksha Gupta
DURGADEVI Lakshm...
16 others
You

Meet - hsu-jnph-wdn PLAYING

Inbox (215) - ishatagaimits@gmail.com X Microsoft Word - report workshop... X

https://meet.google.com/hsu-jnph-wdn

REC kalpana maski is presenting

DR. KARUNA MARKAM
kalpana maski
18 others
You

In-call messages

Messages can only be seen by people in the call and are deleted when the call ends.

- Dr. Muktak Vyas 11:13 AM
Gud Morning All
- Dr. Pankaj Kumar 11:51 AM
Encourajng with others
- DR.SHISHIR DIXIT 11:52 AM
Motivational effctive
- Sunita Sharma 11:52 AM
Motivation from peer fellowa
- Nagendra A 11:52 AM
horse getting away from mud by others

Send a message to everyone

11:53 AM | hsu-jnph-wdn

11:53 AM 6/5/2021

Meet - hsu-jnph-wdn PLAYING

ROLE OF HOLISTIC EDUCATION | X | Inbox (216) - ishatgaimits@gm... X | Microsoft Word - report workshop... X

https://meet.google.com/hsu-jnph-wdn

REC

kaipana maski | rekha kakodia | DR. KARUNA MAR... | Aakanksha Gupta | DURGADEVI Laksh... | Dr. Pankaj Kumar | vandana Thakare | VISHNU NARAYAN ...

touseef sumer | DR VIJAY BHURIA | PRAVEEN BANSAL | Sunita Sharma | Prabhakar Sharma | Ivan Sunit Rout En... | Puja Pandey | Nagendra A

DR.SHISHIR DIXIT | DR. M.K. SAGAR | Iqra Akram | Poonam Nigotia | GARIMA SINGH B... | Puja Pandey | You

12:44 PM | hsu-jnph-wdn

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REC | SHASHI Yadav is presenting

SHASHI Yadav

DR. KARUNA MARKAM

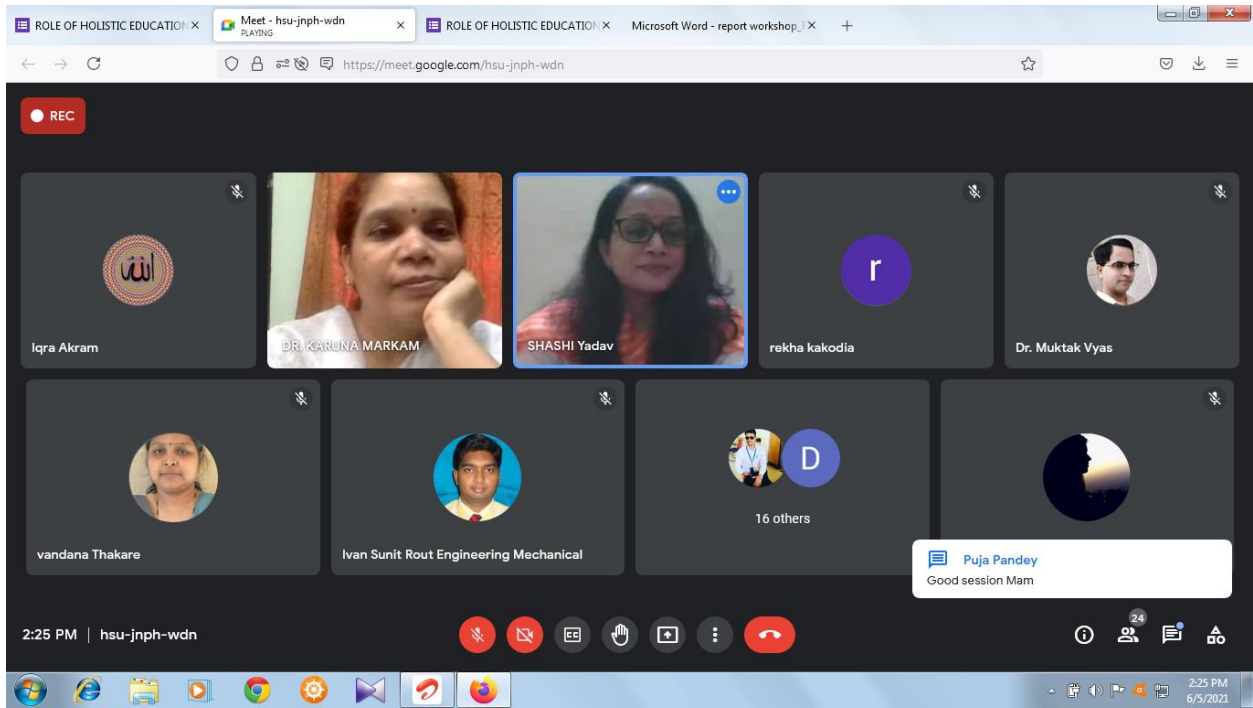
DR VIJAY BHURIA | rekha kakodia

Dr. Muktak Vyas | vandana Thakare

Indrakant Singh | 13 others

You

1:55 PM | hsu-jnph-wdn



Vandana

Dr. Vandana Vikas Thakare
Programme Coordinator