

**Workshop on Value Addition Courses (VAC) for Under Graduate Program  
(University of Delhi)**

**Course: Yoga: Philosophy and Practice**

**Day -1 Session - I (10.00 – 1.00 P.M.)**

**28<sup>th</sup> October 2022**

**Organised by**

**Mahatma Hansraj Faculty Development Centre, Hansraj College  
(A Centre of MoE under PMMMMNMTT SCHEME)**

**at**

**Aryabhata College, University of Delhi**

**Course Coordinator: Professor Ranjan Tripathi**

**Resource Person: Professor Divya Tiwari**

**Programme Coordinator- Dr. R.K. Dwivedi**

Aryabhata College organized a workshop on Value Added Course titled 'Yoga: Philosophy and Practice' on 28/10/2022 from 10 am to 1 pm. Professor Divya Tiwari, Department of Philosophy, Zakir Hussain College, University of Delhi spoke at length and explicated the different aspects of Yoga and its practical implications in life. She emphasized that an entire value system is inherent in yogic practices and by doing yoga any individual can experience its far-reaching positive consequences in life.

The session commenced with the lighting of the lamp. Professor Manoj Sinha, Principal, Aryabhata College, Professor Niranjana Kumar, Advisor (Hony), Minister of State and Education, Government of India, and others participated and created a suitable ambience for discussion on the aforesaid subject. Professor Manoj Sinha and Professor Niranjana Kumar shared their thoughts on the theme of Yoga with the audience. Professor Divya Tiwari took the initiative to outline the holistic approach to the teaching of Yoga to the students of the first semester. At the very outset, she talked about the harmony between body and mind as an ultimate aim of Yoga. Yoga does not concern itself with only the physical well-being of the practitioner: it aims at attaining a tranquil and serene state of mind for the concerned person. She cited the famous line from **Patanjali's Yoga Sutras 'Yogas Chitta Vritti Nirodha'** referring to stilling the mind in order to experience ultimate reality and move towards self-realization. One of the principal ways to control fluctuations of the mental plane is through 'breath'. She referred to **commentaries of Swami Satyanand** that have disclosed the intricate pattern of Pranayama and its implications in a very simplified and transparent manner. The students could be asked to practice Pranayama to garner the benefits of mental peace and tranquillity even within a limited span of time.

The resource person talked about the significance of Asanas in daily life. The different types of asanas make the body flexible, energetic, and poised. The same is achievable within a short span of time. These asanas ultimately benefit in controlling the turmoil and tensions affecting mental peace. These asanas get further boosted by the practices of Dhyana on an everyday basis. This may appear to be a very arduous and complicated process but once a person makes a daily practice of it, it becomes very difficult to renounce.

Professor Divya Tiwari singled out the first two sutras from Patanjali Yog Sutra as being very relevant and appropriate for the study by the students. In this context, the **commentaries made by Swami Vivekanand** seem to be very relevant. She elaborated on the contribution of Swami Vivekanand in vivifying and adducing the multiple benefits and the process of Yoga in a very convincing manner. Professor Tiwari also talked about the seven chakras in the human body that help a person to develop the insight from physical to meta-physical level. These seven chakras are: **Mooladhaara (Root Chakra), Swadhistana (Sacral Chakra), Manipura (Solar Plexus Chakra), Anahata (Heart Chakra), Vishudhi (Throat Chakra), Aagnaachakra (Third Eye Chakra) and Sahasrara (Crown).**

In Yoga, chanting of mantras play a key role in awakening the consciousness of the practitioner. These mantras have to be made an integral part of life by constant practice. The process may be slow, but it will surely yield positive results. The teaching of this subject calls for an equal emphasis on theory and practice. An equal division of marks is to be made between the two segments and all theoretic postulates have to be followed with regular practice. Therefore, the importance of the practical aspect of Yoga cannot be overlooked or diminished. The students have to be explained the benefits that ensue on mental and physical levels.

The interaction between the resource person and the participants was very truthful and constructive. Many philosophical and practical aspects of Yoga were discussed in a creative

manner. The workshop was successfully organized in a very circumspect and smooth manner. The faculty members who participated in the Workshop greatly benefitted from the same.







**Workshop on Value Addition Courses (VAC) for Under Graduate Program  
(University of Delhi)**

**DATE: 28<sup>th</sup> October 2022**

**TIME: 10:00 – 1:00 pm**

**VAC: NATIONAL CADET CORPS (NCC) 1**

**Organized by**

**Mahatma Hansraj Faculty Development Centre, Hansraj College  
(A Centre of MoE under PMMMNMTT SCHEME)**

**at**

**Aryabhata College, University of Delhi**

**Course Coordinator:** Capt. Parminder Sehgal (NCC In-charge, University of Delhi)

**Course Co-Coordinator:** Capt. (Dr.) Sanjay Kumar Sharma (A.O, RLA College, University of Delhi)

**Special Guest:** Col. Satish Bugalia (NCC Unit, Delhi)

**Organising Coordinator for Workshop:** Dr. Chandrasekhar Nishad (NCC CTO, Aryabhata College)

With the aim to equip and train teachers for VACs under National Education Policy (NEP) for undergraduate programme, a series of workshops were conducted by University of Delhi. Half-day workshop for VAC on NCC was organised at Aryabhata College on 28<sup>th</sup> October 2022. This workshop was attended by all the Associate NCC Officers (ANOs) and Care taking officers (CTOs) of NCC at various colleges of University of Delhi. The session started by formal welcome of all the guests by Prof. Surajit Deb (In-charge, VAC committee, Aryabhata College). Prof. Manoj Sinha, Principal Aryabhata College also

welcomed and felicitated all the guests. Prof. Niranjana Kumar (Chairman, VAC Committee, University of Delhi) also graced the occasion and introduced the concept of VAC to the gathering.

Prof. Niranjana Kumar explained that the aim of VAC courses introduced through NEP is a valued addition to the personality of the student. The focus is on the holistic development and character building of the students. He emphasized that NCC with its discipline and rigor is an absolutely essential course to instil a sense of service, critical thinking and patriotism among young minds. After Prof. Niranjana's address; Dr. Chandrashekar (CTO, Aryabhata College) introduced all the course coordinators and welcomed them to lead the session.

Capt. Parminder Sehgal, initiated the workshop and requested all the participants to introduce themselves with their rankings. After this introduction, Capt. Sehgal using PowerPoint presentation explained in detail about the structure of the course NCC-1 (Credits – 2, Lecture:1 & Practical:1). She emphasized that this VAC Course will only be offered to students who enrol in NCC and will be taught only by the current ANO or EX-ANOs. As a result, the colleges not having ANOs yet will not be able to offer this paper for the coming semester.

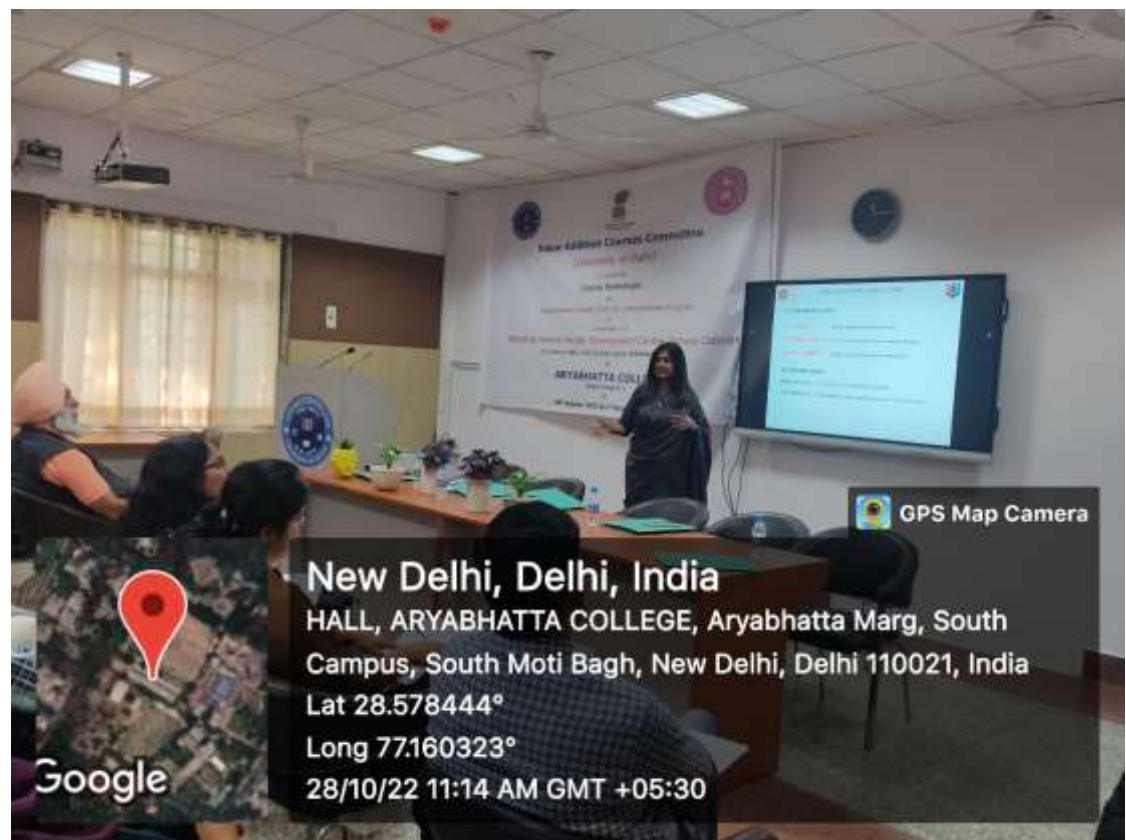
Capt. Sehgal highlighted that NCC-1 being a VAC course will benefit students enrolled in NCC as now it will extend itself from an extracurricular activity to academics. Students will get fixed slots in their timetable for both theoretical and practical component. And will help them in achieving good marks for their level B and C certification. She informed participants that admission to NCC VAC will be take place under the NCC Act1948/SNNCO/2020 and will be as per NCC seats allotted to the College. Taking it further, Capt. Sehgal discussed in detail about course issues pertaining to workload, assessment, enrolment criteria, certification of NCC after completion of the course and drop-out rates of students. After discussion on issues, she elaborated upon the syllabus of the Course and maintained that all practical topics need to be covered by the ANOs for this VAC.

After presentation on course details the house was open for question-answer session. All the participants engaged actively during this session and entire panel including Col. Satish, Capt. Sehgal and Capt. Sanjay patiently addressed all of their queries and apprehensions. The session concluded with a vote of thanks to all the coordinators and participants from organising team.











**Workshop on Value Addition Courses (VAC) for Under Graduate  
Program  
(University of Delhi)**

**SECOND PHASE**

**Course: Ethics and Values in Ancient India Tradition**

**Day I Session III (2:00 P.M. – 5:00 P.M.)  
28<sup>th</sup> October 2022**

**Organised by  
Mahatma Hansraj Faculty Development Centre, Hansraj College  
(A Centre of MoE under PMMMMNMTT SCHEME)**

**at  
Aryabhata College, D.U.**

**Course Coordinator:** Prof. Seema Bawa

**Subject Expert:** Dr. Anand Burdhan

**VAC Committee Member:** Dr. Shobhana Sinha

**Session Coordinator:** Dr. Reena Ragi

Value addition course in the NEP is designed to enhance the ability of students beyond the levels specified in the academic curriculum. A two-phase workshop was organized by the University of Delhi on various courses to be offered to first-year students joining Undergraduate Programs in the academic session 2022-23. As part of phase two, sessions were conducted at Aryabhata College, University of Delhi. The evening session or the third session held on 28<sup>th</sup> October 2022 was on the course titled *Ethics and Values in Ancient Indian Traditions*. The workshop aimed at enabling the faculty from various disciplines to become oriented with the aims, objectives, content, and other technicalities related to the said course.

The session started with a welcome address by the Principal of Aryabhata College, Prof Manoj Sinha. Prof. Sinha felicitated the guests and apprised the gathering about the scope of Value Added Courses. He highlighted that the course for which the session was being conducted was designed under the aegis of Aryabhata College. The idea being to make history and historical concepts relatable for students from disciplines other than History. He then requested the Course Coordinator, Prof. Seema Bawa, to address the house.

Prof. Seema Bawa, HOD, Department of History, University of Delhi started the session by discussing various aspects of the course. She introduced the various units and discussed the

reading list suggested in the syllabus to better orient the teachers from history and non-history disciplines opting for the paper. Her discussion majorly centered around the concepts mentioned in the syllabus. The first unit of the syllabus engaged with the evolving idea of India as a cultural and regional center over the ages as discussed in history disciplines such as 'Jambhvipa, Bharatvarsha, Aryavarta, India'. Subsequently, she explained the concept of Rita tradition in the ancient traditions as the cosmic order, Rashtra, Dharma, Kingship, and State. She elaborated that one aspect of the syllabus discusses the state and society while the other aspect of the syllabus discusses the concepts and philosophies regulating the life of an individual. Purusha, Jaina, and Buddhist, and Epics as regulating mediums of life of an individual and society in history.

Dr. Anand Burdhan, Assistant Professor, Centre of Heritage, at Ambedkar University, Delhi next addressed the session. Dr. Burdhan with his extensive engagement with Sanskrit, Pali, and Prakrit sources, elaborated upon the importance of understanding the shlokas and their visibility in the everyday life of an individual. He talked in detail about enabling the students to establish the historicity of rituals and understanding their value. He requested the teachers to equip themselves with primary sources for a more accurate discussion. He cited many primary sources to establish how many names and the idea of India can be found in both ancient scriptures and inscriptions found in modern Indian states as well as regions outside of India. He specifically elaborated on the inscriptions belonging to ancient and early medieval times from the Mauryan period up till the Gupta period. He also talked in detail about the mention of India in sources of South East Asian countries. He further added how teachings of Jaina, Buddhist, and shamanic traditions are ever evolving and relevant to every individual irrespective of their belief and lifestyle.

Dr. Shobhana Sinha, as a member of the VAC committee, spoke at length about the implication and application of the course. She upraised the audience that since a VAC course is of 2 credits the intent is to moderate the content accordingly. As the proposed course will have 50% theory and 50% practical component she opened the house for suggestions regarding compliance with the practical aspect of the paper. Projects, seminar papers, and field trips were some of the suggestions that were recommended.

The session was attended by the entire department of History of Aryabhata College, University colleges opting for the course also attended the workshop. The audiences had faculties from Sanskrit, History, and Hindi departments of various colleges. The session concluded with a thank you note by the host college VAC committee member.









GPS Map Camera

**New Delhi, Delhi, India**

HALL, ARYABHATTA COLLEGE, Aryabhata Marg, South Campus, South Moti Bagh, New Delhi, Delhi 110021, India  
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Long 77.160294°  
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**Workshop on Value Addition Courses (VAC) for Under Graduate Program  
(University of Delhi)**

**SECOND PHASE**

**Course: Sports for Life - 1**

**Day -2 Session - I (10.00 – 1.00 P.M.)**

**1<sup>st</sup> November 2022**

**Organised by**

**Mahatma Hansraj Faculty Development Centre, Hansraj College**

**(A Centre of MoE under PMMMMNMTT SCHEME)**

**at**

**Aryabhata College, University of Delhi**

**Course Coordinator: Dr. Devki Nandan**

**Subject Expert: Prof. (Dr.) Sandeep Tiwari**

**Session Coordinator: Dr. Dharendra Bahadur**

Value-Added courses are **part of the curriculum designed to provide the necessary skills to increase the employability quotient and equip the students with essential skills to succeed in life**. To fulfill this purpose Aryabhata College, University of Delhi, organized a workshop for the paper Sports for Life – 1 on the 1<sup>st</sup> of November 2022 at 10.00 am in the Seminar Room. Dr. Devki Nandan welcomed all the esteemed guests and Prof. Dr. Surajit Deb inaugurated the session. Principal Prof. (Dr.) Manoj Sinha felicitated the esteemed expert for the day Prof. (Dr.) Sandeep Tiwari.

Prof. Sandeep Tiwari spoke about the importance of sports in our life. He said in this upcoming value addition course Sports for life – 1 we have to target 70,000 thousand students who have taken admission in various graduate courses and not limit themselves to only those students coming from Physical Education background. We should keep an eagle eye on the potential of all our students. First of all, we should remove the fear of failure among students and promote

interest in recreation and physical health. Prof. (Dr.) Sandeep Tiwari also triggered the area of sports counseling along with the physical strength of the sports person. He discussed the syllabus structure of the paper emphasizing on the concept of maximum exposure to practical and skill-based training. He also emphasized that we should design it as a 5 days systemic schedule for the students.

He deliberated about the course objectives

- To imbibe the significance of sports to promote health, fitness, and wellness in life.
- To understand the values of teamwork, tolerance, goal-setting, and decision-making.
- To learn the strategies and tactical moves while playing a sport.
- To understand the importance of physical activity in reference to 3S: strength, speed, and suppleness.

He also spoke about the learning outcomes

- Acquire values of cooperation, team spirit, determination, and endurance.
- Acquire good health and psychological well-being through sports participation.
- Apply the decision-making-ability and goal-setting skills acquired through sports participation in everyday life.
- Acquire skills for engaging in moderate or vigorous physical activity and sports participation
- Reduce exposure to screen time via electronic gadgets and channelizing energy through sports participation

Prof. (Dr.) Sandeep Tiwari also discussed the units and their content as prescribed in the syllabus. He spoke about Unit 1 and discussed the ramifications of Rules of the Sport and Techniques / skills in the sport/ Aerobic Skills Taking as an example of Volleyball as a game he discussed all the important rules as well as required techniques and skills for the same. Prof. (Dr.) Sandeep Tiwari explained the different skills like service, defence, blocking, spiking, passing, setting in relation to a volleyball game.

In Unit 2 he discussed the meaning and development of Strength, Speed, Endurance, Flexibility, and Coordinative Abilities.

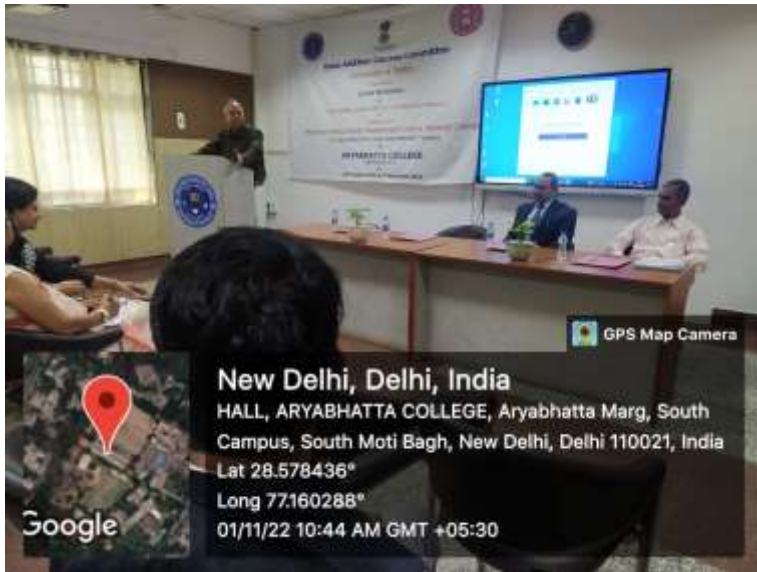
In Unit 3 he discussed the effect of exercise on the body, the organization of a sports competition and the importance of a Balanced Diet.

In Unit 4 – Sports in Contemporary Times, he discussed about the Honours and Awards associated with sports and sportspersons. For instance Major Dhyan Chand Khel Ratna, Dhyan Chand award, Arjuna Award, Maulana Abdul Kalam Azad Trophy, Rastriya Khel Protsahan Puraskar, Dronachhhaarya Award et.al.

Prof. (Dr.) Sandeep Tiwari also spoke about the selection of games as well. He suggested that the selection of games depends on the infrastructure available in the college. For the practical component, he recommended taking up different strategies like skills training and practice, signals training and identification related to a particular game, go-out, and Quiz.

Few glimpses of the workshop.





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