

Report on Rastriya Ekta Divas

IQAC Lumding College has organised programmes and events related to Sardar Vallabhbhai Patel and his contribution for the unification of the country on 3rd November, 2016 at 11 A.M. Essay writing competition on the character and contribution of Sardar Patel, current issues of Unity and the 'most creative slogan' contest on the relevance and importance of National Unity and inspiring and motivational lectures were organised on the occasion. About 104 students participated in the event and the top three participants were awarded prizes. Besides, all the participants were given a certificate of participation. The chair person had highlighted the significance of the day and its observation. In his key note address, he had emphatically suggested the importance of Unity within the Nation which is the crying heed of the day. The celebration ended with the vote of thanks by the convener.



Report on the Yoga Workshop Cum Training Programme

Value Education Committee of Lumding College had organised a workshop Cum Training Programme for 5 days (15th June to 19th June, 2017) in the college premises to commemorate 4th International Yoga Day.

A five-day long workshop provided lessons on Yoga to all the participants that included students, teachers and the office staff of the college. The instructors motivated the participants not only to practice yoga regularly but also to include yoga programme in annual festivals of the college in order to promote yoga among youth. The Yoga instructors demonstrated various forms of yoga such as Surya Namaskaar, Tarasan, Bakrasan, Shalavasan, Veerbhadrasan and some other physical exercises. Mr. B. Appa Rao and Mr. Sukanta were the trainers. All participants were trained exclusively on the last day of the workshop to perform on the International Day of Yoga ie. 21st June, 2017



Report on Workshop on "Secret to Happiness"

Special talk on "**Secret to Happiness**" was organised by Value Education Committee, Lumding College, Lumding. Resource person, Sri Vishnu Prakash, full time Art of Living Teacher. He is the founder director at sridhenu.org. and NGO for social upliftment. Before dedicating his life completely to the Art of Living , he served as a veteran software developer at Microsoft. Inspired by Gurudev Sri Sri Ravishankar, he came to know that teaching was his calling and he has been into it ever since then. He has been conducting AOL workshops at IITs, ISB , IIIT, Banking Corporates, Central Prisons and remote villages of Assam and Northeast for the last 7 years. He also leads a research wing at Sridhenu about indigenous cow therapy. His talks revolve around the ways to be happy. Happiness is the basic mental need of every human being. But, due to stress, anxiety and the fast lifestyle, mentally and physically, all are tired with a distorted lifestyle. Practising meditation is not so easy for general people. But the specially designed 'Sudarshan Kriya' by the holiness Gurudev Sri Sri Ravishankar has successfully met the vision of making meditation a universally accessible process. This technique circumscribes all the dimensions of existence and does the job of bringing them in harmonious balance with each other. His speech motivated a batch of 118 participants. A few students and teachers showed interest in participating in the happiness programme of the Art of Living.



Report on Workshop on “Science and Spirituality”

Workshop on "Science and Spirituality" is held at Lumding College Library Reading Room on 12/12/2014 at 11 AM. Members of Lumding College again feels honoured having B.K. Mohan Singhal among them as Recourse Person. In general perspective, science and spirituality are poles apart. But how life's vital processes are run by science and enriched by spirituality has been clearly and thoroughly explained by the honourable resource person. The Value Education Committee collaborated with Prajapita Brahmakumaris to organise this event. 114 participants took part in this workshop including students, teachers and non-teaching staff of the college. Other speakers, B.K. Arjuna and B.K. Kalpana briely added to the topic.



Report on Workshop on "Building Harmonious Relationship"

Workshop on "**Building Harmonious Relationship**" organised by Value Education Committee has been held on 17/05/2013. B.K. Mohan Singhal has remained the resource person. Venue: Lumding College Library Reading Room.

B.K. Mohan Singhal, Brahma Kumari, Mount Abu, is an M.Tech from Indian School of Mines (ISM), Dhanbad (1967). He joined ONGC in 1967 and served for 28 years in various capacities in Assam, Gujarat and Uttarakhand. He took voluntary retirement in 1996 while serving as Suptd. Geophysicist. He came in contact with the Brahma Kumaris in 1961 and since then, has remained an active member of the organization. Now, in Brahma Kumaris Ishwariya Vishwavidyalaya, he serves as the Member of Governing Body of Rajayoga Education and Research Foundation; Member of H.Q. Management Committee, National Coordinator of Scientists and Engineers Wing; Coordinator of Academy for a Better World Gyan Saorvar, Mount Abu; Editor of SEWs-NEWS, a Quaternary Publication of Scientists and Engineers Wing (SEW). He contributed a lot in Environmental Awareness Campaigns and Disaster Management Campaigns in India and Nepal. He is the recipient of Paryavaran Shree award by MHRD, 1992; International Award for Human Resource Development and Spiritual Development by International Association of Educators for World Peace (IAEWP), USA and Common Wealth Association for the Education and Training of Adults (CAETA), U.K in 2004.

Distinguished guests were B.K. Arjun and B.K. Kalpana. After felicitation programme, convener, Value Education Committee, Sanghamitra Das Bose briefly explained the aim of the workshop. School and college students come from diverse backgrounds having diverse mentality. To build up the harmonious relationship between teachers and students, students with fellow students and workers and their colleagues, meditation can take a vital role. The resource person strongly explained how harmonious relationship is the prime necessity in the work places. He involved the participants by different techniques, adopting using visual aids. Eg. PowerPoint presentation. He also taught different meditation techniques and made the workshop successful. Total no. of participants were 103 including students, teachers and office staff.

