



# Rajasthan Shikshak Prashikshan Vidyapeeth

A Unit of B.Ed., B.A.B.Ed. & Shikshashastri College



NAAC ACCREDITED

Affiliated to UOR & JRRSU - JPR and Recognized By : NRC-NCTE

SHAHPURA BAGH, AMER ROAD, JPR (RAJ.) 02.

Tel : 0141- 2671967, Fax : 2670724, Email : info@rspv.org, www.rspv.org

Ref.: -----

Dt. -----

Date: - 13.01.2023

## Notice

This is to inform all the students and faculty members that the college will be organizing **Yoga & Mental Health Certification Course** from **16<sup>th</sup> January to 15<sup>th</sup> February 2023**.

The convenor for the course will be Ms. Komal Khandelwal.

We look forward to the presence and participation of all the students and faculty members in the course.

*Hanish*

PRINCIPAL

Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, JAIPUR

### Copy to:-

1. Secretary
2. IQAC
3. All Departments



# Rajasthan Shikshak-Prashikshan Vidhyapeeth

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## Yoga and Mental Health Certification Course

<b>Name of Activity</b>	Yoga and Mental Health Certification Course
<b>Type of Activity</b>	Value Based Course
<b>Date</b>	16 <sup>th</sup> January 2023
<b>Activity Incharge</b>	Miss. Sangeeta Sharma, Dr. Ram Prakash
<b>Report</b>	<p>Yoga &amp; Mental Health Certification Course 2022-2023 organized at Rajasthan Shikshak Prashikshan Vidhyapeeth was inaugurated today on 16<sup>th</sup> January 2023 with the worship of Maa Sharde. Yoga camp inauguration presided over by College Principal Dr. Manisha Sharma, Department Head Dr. Subhadra Joshi, and IQAC Coordinator Mr. Subhash Meena. First of all, Mr. Satish Tomar while introducing the outline of a monthly yoga camp explained in detail about the effect of yoga on health.</p> <p>Yoga camp coordinator Mr. Satish Kumar, while discussing about physical exercises, told about <i>yoga asanas</i> that there are as many asanas as there are vaginas, but they are integrated (coordinated) into 84 asanas.</p> <p>Dr. Subhadra Joshi, while discussing about one month yoga camp, explained yoga as an important part of life and informed about its effect on health.</p> <p>Vidyapeeth Principal Dr. Manisha Sharma encouraged all the trainees and lecturers to make yoga camp a success, on the subject of yoga and health, the creations of yoga (mind, mind, intellect) has to be removed. Yoga improves strength, balance and flexibility etc. <i>Panchakosha Annamaya Kosha, Pranamaya Kosha, Manonaya Kosha, Vigyanmay</i></p>

*Manisha*  
PRINCIPAL  
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*Kosha and Anandamaya Kosha* was introduced by the chief guest, IQAC Coordinator Mr. Subhash Meena, about how a person can control and organize himself through yoga. Dr. Neeru Kumari Sharma, while discussing about the yoga camp, said that yoga was told to be an effective way to remove stress, health etc. in the present run-of-the-mill life.

Yoga Camp Director Mrs. Kavita Bhardwaj, while presenting a thank you speech to everyone, made them familiar with the outline of organizing the camp and making the yoga camp a success and its health benefits.

*Hanish*  
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Date :- 16<sup>th</sup> January 2023

Activity:- Yoga and Mental Health Certification Course



Students are participating in 'Yoga and Mental Health Certification Course' held on 16<sup>th</sup> January 2023



Students are doing Yoga in 'Yoga and Mental Health Certification Course'

*Manishy*  
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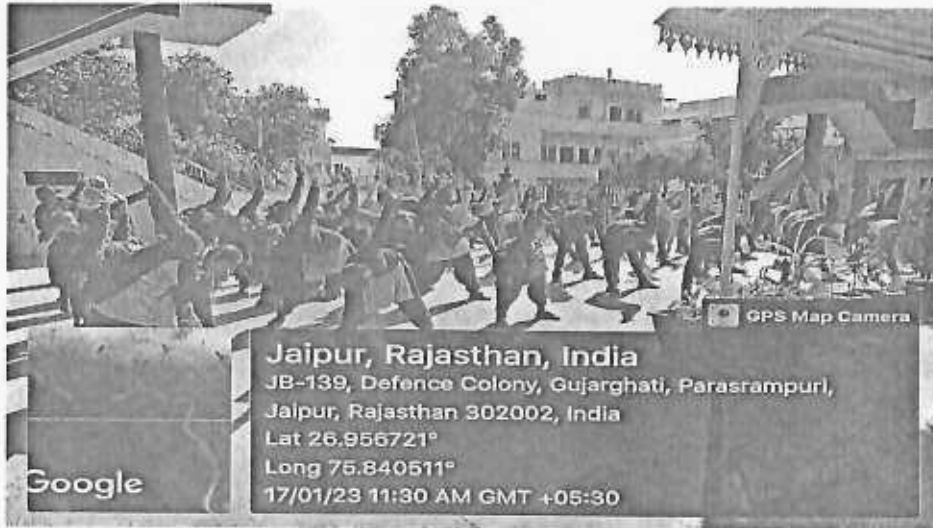
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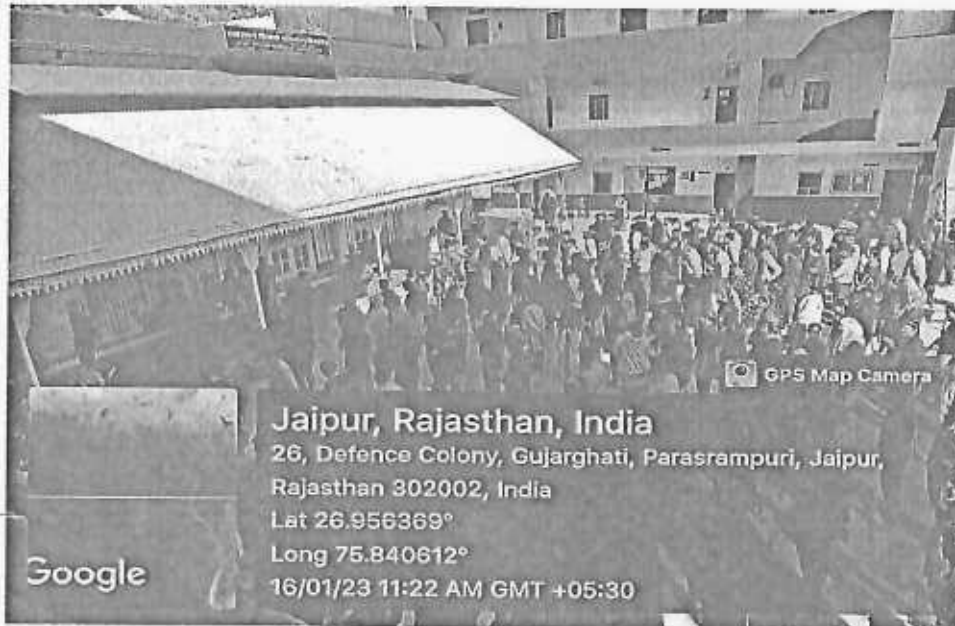
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Date :- 16<sup>th</sup> January 2023

Activity:- Yoga and Mental Health Certification Course



Students are listening about the profits of Yoga in 'Yoga and Mental Health Certification Course'



Students are doing Yoga in 'Yoga and Mental Health Certification Course'

*Manishy*  
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Date: - 23.12.2022

## Notice

This is to inform all the students and teachers that the college will be organizing an **Art & Craft Certification Course** from **1<sup>st</sup> January to 15<sup>th</sup> January 2023**.

The presence of all the faculty members is mandatory in the Course.

*Manish*  
Principal  
PRINCIPAL

Rajasthan Shikshak Prashikshan Vidyapeeth  
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## Report on Art and Craft Certification Course

<b>Name of Activity</b>	Art and Craft Certification Course
<b>Type of Activity</b>	Value Added Course
<b>Date</b>	1 <sup>st</sup> January to 15 <sup>th</sup> January 2023
<b>Activity Incharge</b>	Miss Vrinda Haldiya
<b>Report</b>	<p>Art is not just an expression of emotion but also a medium for communicating ideas. It can act as therapeutic relief, a conduit for self-expression, or simply a way to appreciate life's beauty.</p> <p>To develop these skills among the students, Art and Craft Certification Course is conducted every year in vidyapeeth. Mr Amit Sharma convener of course said that</p> <p>Through art, we can chronicle history, embody societal values, and comment on political or social events.</p> <p>Principal Dr Manisha Sharma said that Arts and crafts describes a wide variety of activities involving making things with one's own hands. Arts and crafts is usually a hobby. Some crafts (art skills) have been practised since prehistoric times, others are more recent inventions.</p> <p>In this course, students were taught skills like pot making, thali making, tie and die, mandala, card making, rangoli etc.</p>

*Manisha*

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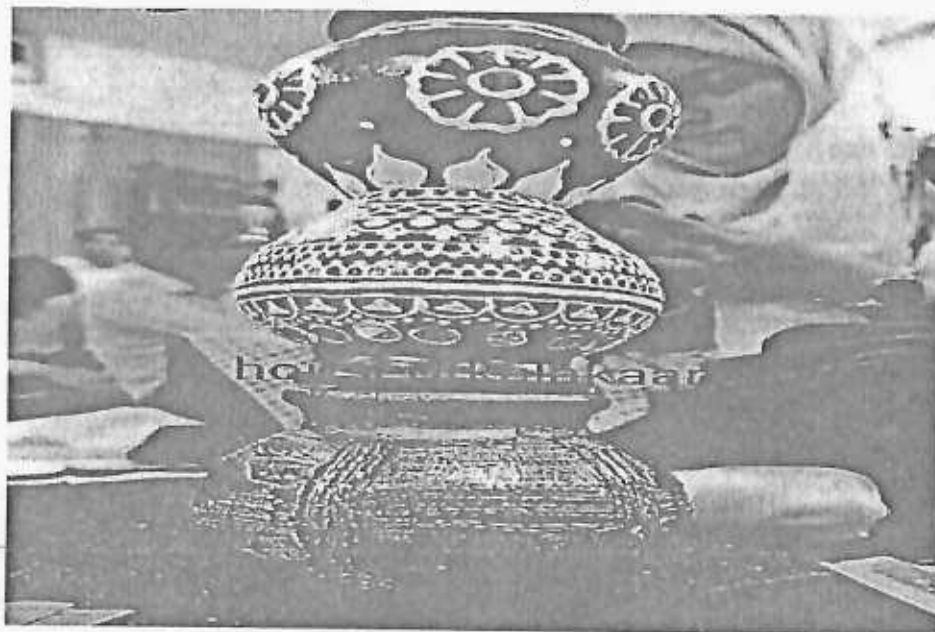
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Date :- 1<sup>st</sup> Jan. to 15<sup>th</sup> Jan. 2023

Activity:- Art and Craft Certification Course



Students are learning Pot Making during Art & Craft Certification Course held from 1<sup>st</sup> January to 15<sup>th</sup> January 2023



Students made Pots during Art & Craft Certification Course held from 1<sup>st</sup> January to 15<sup>th</sup> January 2023

*Mamisha*  
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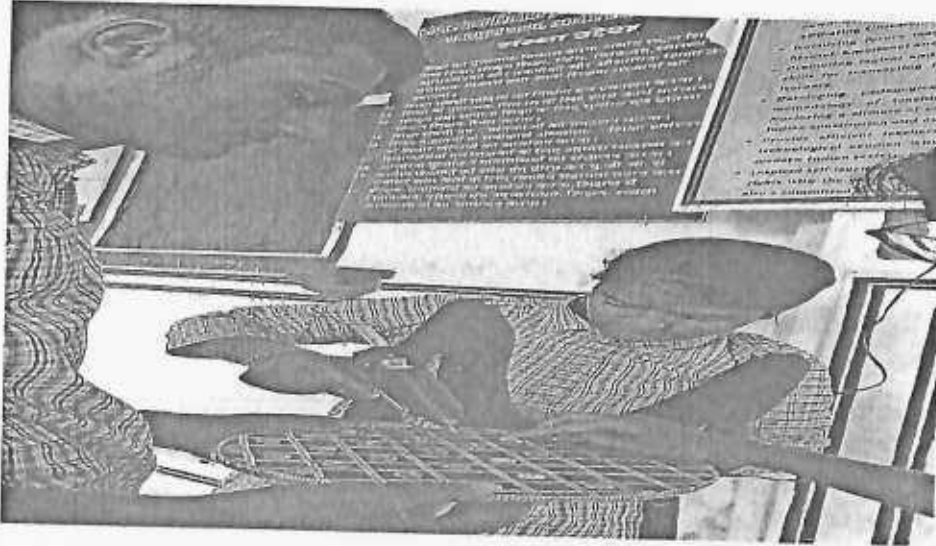
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Date :- 1<sup>st</sup> Jan. to 15<sup>th</sup> Jan. 2023

Activity:- Art and Craft Certification Course



Students are learning Lippon Art during Art & Craft Certification Course held from 1<sup>st</sup> January to 15<sup>th</sup> January 2023



Students are participating in Art & Craft Certification Course held from 1<sup>st</sup> January to 15<sup>th</sup> January 2023

*Mamisha*  
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