

# RENAISSANCE

JULY - SEPTEMBER, 2020

e-newsletter



DEV SANSKRITI  
VISHWAVIDYALAYA



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## Nurturing a Seed



Each grown up life was once a seed. A seed which grows to become a contributor of this world. The tiny seed knows that in order to grow it needs to be dropped in dirt, covered in darkness and struggle to reach the life giving light. This is the basic phenomenon of life on our planet.

Same goes with us, the homo sapiens. We all start our journey as an individual identities, attitudes and personalities. It is very important for a seed to grow under nurturance to be healthy, strong and beautiful in order for it to blossom. In this whole walk, the initial part is pivotal as that is when we learn, observe, experiment, create and explore the messages, lessons around us.

It is best to give shape and care to the seed while it is growing, once up and ready you cannot make much changes. Now take this process on the human scale, what could be done to give birth to humans which have ground-breaking impact?

It is urgent to talk about this now because the human entity plays a dominating role in shaping the world. To create a healthy society we need to stress upon the building of human goodness, to initiate dynamic programs which can inspire the global community in both specific and general.

Out of many efficient tools, the realm of Indian culture gives us immense knowledge of living a highly elevated life and hence to create a healthy and

paradise like society. Literally, each and every practice in the Indian or the Vedic way of life has a story and impact worth researching upon.

With a deep blend of spirituality and science, the methods if practiced with devotion can bring magical outcomes. There are uncountable examples of great personalities in the Indian history who have worked for creating a society free of grief but only after putting in the hard yards of self-improvement which also happens to be the core module of the Indian culture programme.

For instance, the great sage Maharishi Patanjali had given very simple steps to establish peace and harmony in one's life. It would be difficult to take you through the concepts deeply but a brief mention is presented for your contemplation. The concept of Yamas (the social norms dictated by Patanjali) is a vibrant example of the qualities one must strive to inculcate since the very early years.

Starting from Ahimsa which translates as non-violence in the deep internal core and automatically on the overt behavioural front as well. Others are Satya (truth), Asteya (non-stealing), Aparigraha (freedom from grasping) and Brahmacharya (celibacy). This is a very brief indication towards the vast sea of knowledge.



# TRANSFORMATION

A “Faith Communities Capital” committee has been organized in Britain, which is a group to fight with the global pandemic of COVID 19, of all the religions and faith, and with an objective to provide economic help to those who are needy in the covid times. The aim of the committee is to collect 100 million pound. The Pro Vice Chancellor Dr. Chinmay Pandya is the chief member of the committee.



Besides Dr Chinmay, Roman Catholic Bishop Terry Drainey of Middlesbrough; Bishop Sarah Mullally of London; Dr. David Muir (Co Chair National Church Leaders' Forum), Imam Leicester and Chaplain to Canary Warf, Sheikh Ibrahim moghra are the other members.

This committee would be provided spiritual and ethical support, it can also act as a supporting tool of help. A website would be launched by next week. Few Trusts like Rothschild, BCG, Herbert Smith Freehills, FTI, Revolut, Trussell Trust, Turn2us have started giving their support. Res. Pro Vice Chancellor Dr. Chinmay Pandya will provide his spiritual guidance and his guidance would heal the emotions of the people and spread universal brotherhood. Through him the world would acknowledge the divine views of Pt. Shriram Sharma Acharya ji on the importance of collective prayers and its relevance.



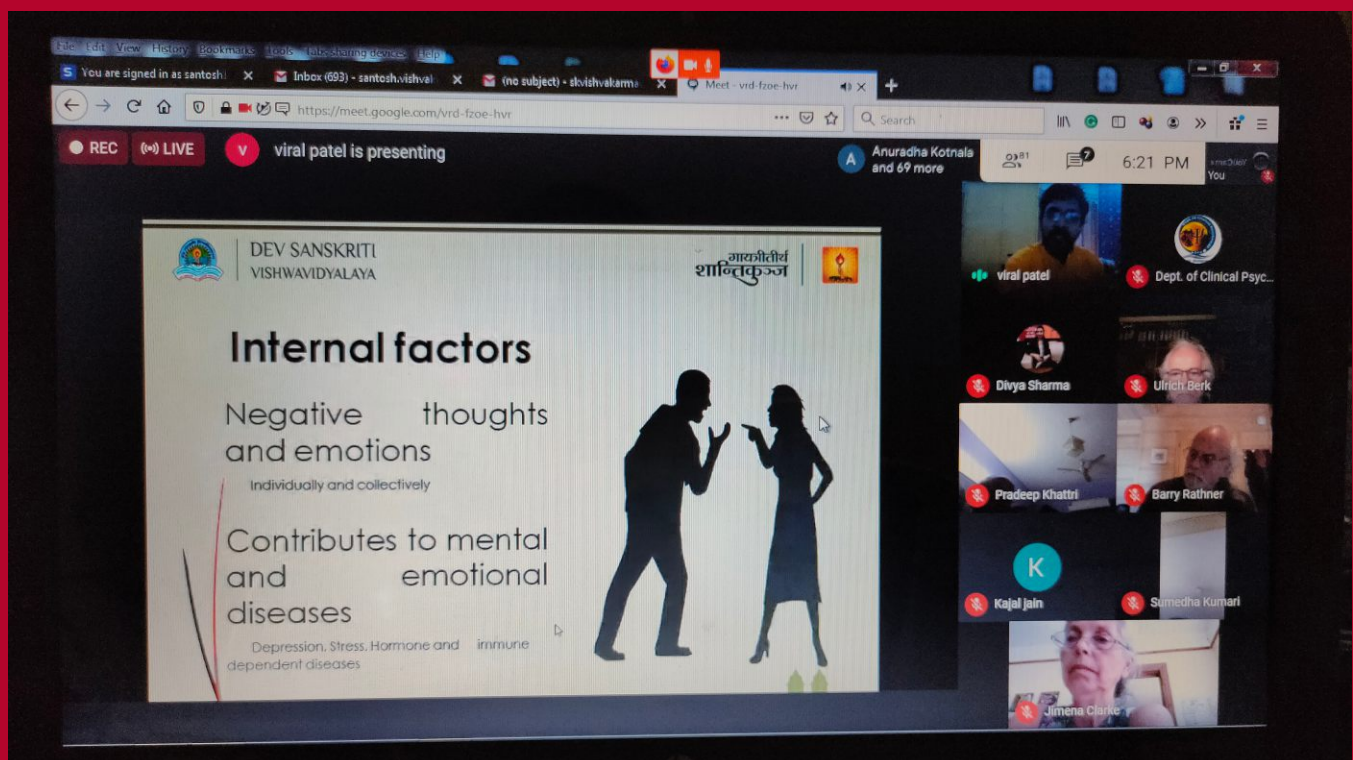
## International Webinar on Universal approach of Vedic culture for mental excellence.

An International webinar was organized by Dept. of Psychology, DSVV and Karuna, improving mental health organization on Universal approach of Vedic culture for mental excellence. The patron was Hon. Chancellor Dr. Pranav Pandya. And the key speakers were the eminent speakers from the world from the field of psychology. The welcome address was given by Pro Vice Chancellor Dr Chinmay Pandya, DSVV.

The key speakers were Prof. Dr. Ulkich Berk from Konstanz University, Germany. He spoke on Agnihotra & its role for yoga & our mind. He emphasized on homa therapy & its benefits on our mind. Prof. Dr. Henry Gregory, clinical Psychologist, University of Baltimore, and he spoke on mind training and agnihotra. He too emphasized on agnihotra and positive energy & homa therapy as a best psychotherapy. Other key speaker was Dr Barry Rathner who is a counseling psychologist (USA), who is a Homa Psychotherapy expert from Poland. He emphasized on how humans can live without fear, stress and anxiety. Other speakers were Prof. Dr. P.K Khatri from Lucknow University and he emphasized on vedic psychology and spoke on adopting the principles of various Indian Philosophical Schools for Human Excellence. Other speakers were Dr. Viral Patel from Yagyavalkya Research center, DSVV. He spoke on Yagyopathy & mental health. He emphasized on impact of fire on negative atmosphere.

Among other speakers were Dr. Vaishali Gaur, HOD, Dept. of Psychology, University of Patanjali, she emphasized on personality & Trigunas; Dr. Santosh Vishwakarma, Coordinator and Associate prof. Dept. of Psychology DSVV presented his views on mental hygiene in spiritual perspective.

The participants were from many countries of the globe. It was a huge success.





# DEPARTMENT'S DIARY

One Day International Webinar on

## Universal Approach of Vedic Culture For Mental Excellence



DEV SANSKRITI  
VISHWAVIDYALAYA

21<sup>st</sup> July 2020 | 3:30 PM to 6:30 PM  LIVE  on Google Meet



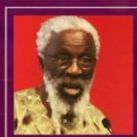
### Dr. Chinmay Pandya

Hon. Pro Vice Chancellor,  
Dev Sanskriti Vishwavidyalaya,  
Haridwar, India



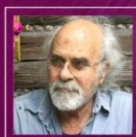
### Dr. Ulrich Berk

Scientist (Agnihotra) Professor,  
Konstanz University,  
Germany



### Dr. Henry Gregory

Clinical Psychologist,  
Assistant Professor,  
University of Maryland, USA



### Dr. Barry Rathner

Homa Therapy Expert,  
ECOVILLAGE Bhrgu Aranya,  
Poland



### Dr. Pradeep Kumar Khatri

Retired Professor and Head Dept of Psychology,  
National PG College, Lucknow University,  
Director Sambal Drug De-Addiction and Psychiatric Hospital Lucknow  
Practicing Clinical Psychologist and Counselor



### Swami Parmathdev Ji

Assistant Prof. University of Patanjali,  
Administrator  
Patanjali Vaidik Gurukulam,  
Haridwar, India



### Dr. Vaishali Gaur

Head, Dept. of Psychology,  
University of Patanjali,  
Haridwar, India



### Dr. Viral Patel

Scientist, Yagyavalkya Research Institute,  
Dev Sanskriti Vishwavidyalaya,  
Haridwar, India



### Sadhvi DevShruti Ji

Pracharya  
Patanjali Gurukulam,  
Devprayag, India



### Dr. Santosh Kumar Vishvakarma

Coordinator, Dept. of Psychology,  
Dev Sanskriti Vishwavidyalaya,  
Haridwar, India

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## Winners in Online Debate competition

Students of DSVV, Gautam Angira Student of Journalism and Mass communication and Chitra Student of Psychology Dept won the Debate competition organized by Hemvati Nandan Bahuguna university on the occasion of 70th constitution Day of India. Gautam debated for the topic while Chitra spoke on some amendments of the constitution.



## Award for excellent work during Covid 19

The National service scheme of DSVV has done a commendable work during the pandemic of covid 19. The coordinator Dr. Umakant Indolia informed that they distributed the mask to the people, distributed the food packets, informed about the quarantine, every programme officer has worked hard to help the people. The District administration appreciated the work of NSS, DSVV. Municipal commissioner Narendra Bhandari honored the coordinator and the team. Dr Chinmay Pandya, Pro Vice Chancellor congratulated the team for this achievement.





# ACHIEVEMENTS

## Research Excellence award to Usha Jyoti Gupta

Usha jyoti Gupta from psychology department has received the research excellence award by Isink Institute of Scholar Bangalore. This award has been given for her research on human mind and its various dimensions and effects scientifically. This institute gives awards to various after reviewing their work and profile. This research can be published in the scopus too.

## Inauguration of Resource Corer and Bridge course for Individualized learning

Department of English inaugurated one resource corner for every age group to learn English as a language. For this a study material is developed which is approachable and comprehensive so that specially children are oriented in covid conditions.

Basic learning Material is in Auto learning. Auto testing from so motivated learners appear the test honestly and get objective type questions multiple choice questions or short answers questions checked honestly.

The popular Pragma geet of Shantikunj were Picturised ,like Humne Angan Nahi... Buhara and activities based on that give conceptual clarity promoting self-strutting, cause refinement of personality.

Books, information's, posters, and comprehensive activities based on seven revolutions namely (1) Sadhna (2) Education (3) Health (4) Self-Reliance (5) Pollution Control (6) Women Awakening (7) Eradication of Bad customs and vices broaden the vision and develop higher level cognitive Skills are included in the corner. For developing love for Sanskrit, rhymes can be listened with video watching.



# CELEBRATIONS

15<sup>th</sup> August





# CELEBRATIONS

## NSS Day Celebrated

International YOGA Day was celebrated during the pandemic too. the Yoga Protocol was given by the Ministry of Ayush and this was followed by the DSVV families, staff and students. It was an online session.

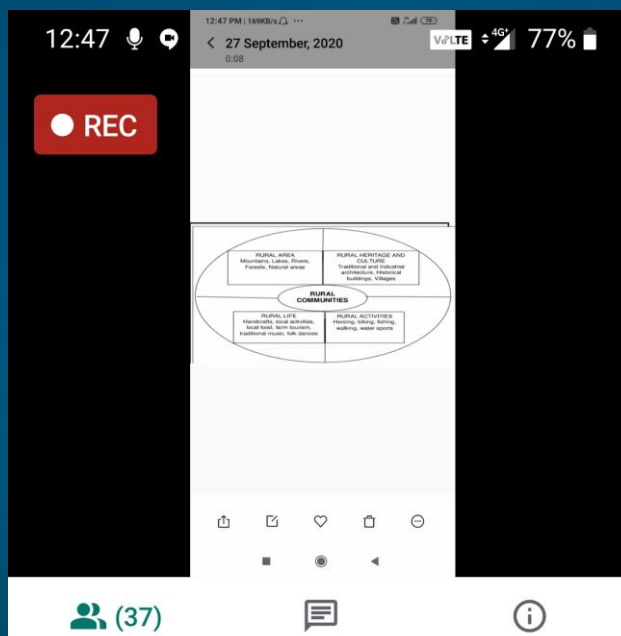
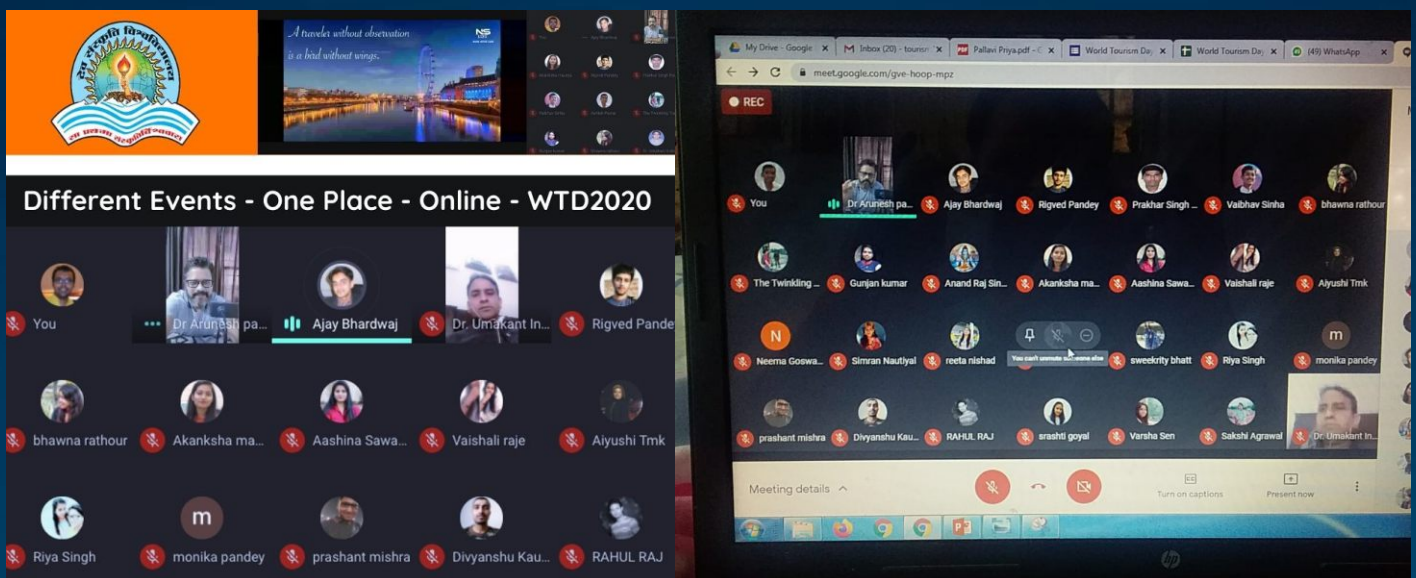




# CELEBRATIONS

## World Tourism Day Celebrated

World tourism day was celebrated by conducting online programmes for students by tourism department. The Hod Dr. Arunesh Parashar and Dr. Umakant Indolia Informed that the theme was tourism and village development. Besides this the career options were also discussed online. The online training was given to students on spirituality, neo tourism, sports tourism, village tourism. The online quiz, poster, slogan writing, poetry recitation and Sanskrit shloka recitation were organized for the students. The other faculty members were also present online.







## Right Meaning of Feminism

• Gayatri Shukla (2<sup>nd</sup> Year, BAJMC)

In the earlier month of September, as we all tributed to Mata Bhagwati Devi (Mataji) on the day of her withdrew to the astral realm, a real inspiration for feminism. From the beginning, she was there up for establishing every right platform for women to come up for their rights. In 1975 only under the guidance of Mataji MAHILA JAGRAN ABHIYAN( the moment for the emancipation of women) was initiated, where it is still the concept of how women come first and then the man amongst the symbol of divinity. She also raised women-awareness through various programs like education and self-reliance, from her piety to the era leadership.

The word feminism is something we all are acquainted with and we all are also familiar that the women is rising in every field and platforms. Whether it is journalism, economics, scientists etc

women is not behind they are equally walking with men. There are many other campaigns by the government also there who come forth to work against gender stereotypes.

Contrastingly, on the other hand, there is a youngster who has created their definition of feminism, a bit more fashionable. For the mention of brave ladies like SAVITRIBAI PHULKE and DURGABAI DESHMUKH should never be overlooked, and the struggle of Kamini Roy, the first woman honours graduate from India, is something to be highlighted.

For all those feeling adapting the wrong rituals from the society can make them equal, the consistent efforts of SAROJINI NAIDU for the independence of India is a course to teach. With that, the contribution of SAROJ NALINI DUTT by leading

# STUDENT CORNER

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the foundation of educational women's institutes.

For all how-to misuse power of feminism for their petty benefits and take advantage of the efforts that have been deposit from eras should go through the kind of struggle and wrestle do they have to be through. Actual feminism is by taking responsibility as Mataji did by and never stopped just because she was a woman or waited for any help to do anything, with that gave the mission the best after guruji took Mahasamadhi on June 1990.

SAROJINI NAIDU, titled as the nightingale of India, was feminist. As even being the eldest amongst eight siblings in her family, was quite a deterrent to achieve such a state from where can

solve problems of in mass, with a calm temperament.

Who is the courage to speak is a feminist, not the one who is insulting by speech.

Real feminism is through celebrating divinity and being independent so that you can uplift the suppressed women of society and creating awareness related education and their rights with the promotion of standard employment.

The state of social equality within the society is something that is to be achieved but only by correct means.







My name is Nathalia Schapkun, i am 31 years old. I am living in The Netherlands where i work in the dutch policeforce, i teach yoga and i use my coaching skills to improve mental well-being of people. Since 2017 i am a member of Gayatri Pariwar.

## **Could you tell our readers about your life journey?**

I grew up in a typical Dutch town with my brother and parents. During summer, we used to camp in another part of the country. Surroundend by the grace of nature, my love for simplicity started. At the age of 19, I finished primary and secondary schools and started a three year long education to be a police officer. I dreamt of that to happen since I was 12 years old. My journey of serving the society started at that point. That job helped me along with my spiritual practice and it still does as I am still working there to fulfil my duty.

## **How did you discover the path of Yoga? What does your daily yoga practice look like?**

I got my first glimpse of yoga at the age of 21 by joining an asana class. From that day to recent times; life taught me that nothing in the world is more important than to connect with the divine. That understanding came by having a daily sadhana which now a days includes Gurdev's method of Tatva bodh and Atma bodh. I contemplate on my thoughts, speech and actions. It teaches me to be fully honest about my practice, which brought me to the point in life were I am now. That said, we should never undermastimate the power of any beginning - no matter where, when or how.

## **What were the most difficult moments of your life and how did you continue persisting for your goals in those times.**

In the past, I used to feel more responsible by seeing other people harming themselves and/or society. The hardship I created within myself, by being affected from that, shown me the beauty of surrender. I am not controlling any of it now. Dr. Chinmay Pandya once inspired me with this sentence; if you want to live by the divine, you have to surrender to the creation of divine.

## **Would you like to share some of the greatest learnings of your life so far?**

Creating a balance between fulfilling desires or fulfilling necessary needs helped me a lot. It is easy to think that we need something, someone or a specific goal to reach or even a kind of emotion to find harmony within ourselves. I have learned that when your practice is focused on surrendering, all of these things you think you should have or you should achieve - will start to leave. There is a great amount of freedom that comes step by step with that understanding and it releases unnessary pressure that holds us back to enjoy life.

## **How was your stay in the Dev Sanskriti Vishwavidyalaya? Could you share any memorable experiences?**

Learning and growing is what we are made to do as a human being. My visit to DSVV gave me a perspective of what an educational environment with a spiritual aspect does and could start in someone's life, and because of that, in society. Even when this place is based on development, just walking around in DSVV's

peaceful environment and hearing the daily prayers was already enough to feel blessed.

Dev Sanskriti Vishwavidyalaya has high expectations from its people and the organisation in general, towards spreading humanity. Do you believe our efforts are in the right direction? The open and accessible approach on how DSVV is representing itself, shows exactly what humanity needs; Everyone gets the opportunity for inner refinement no matter of their gender, race, colour or even religion.

**Based on your rich experience, could you please share your views on the opportunities that you think we might have missed or may explore in future, which can have potential to greatly expand the scope of spiritual reforms locally and globally?**

Gurudev has given us the most precious gift by giving birth to the existence of DSVV. The only flaw that can be made is by ignoring the light of his creation.

**What message would you like to give to our readers?**

If we live by the truth of karma, we focus on the point of doing good to others with serving and being compassionate, right? Doing good for others only truly can exist when we fully experience compassion for ourselves. The day we start giving the right value to our soul, is the moment when we are really able to give. Only by devotion to a daily Sadhana and having determination to shine light on the darkest shades of our personality, we will get there. So don't get lost in the trap of the mind that you are not good enough or not worth it. And if you do, remember these words of Gurudev – Realize your worth and believe that you are uniquely made by the almighty in the world.





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“Mahatma Gandhi”



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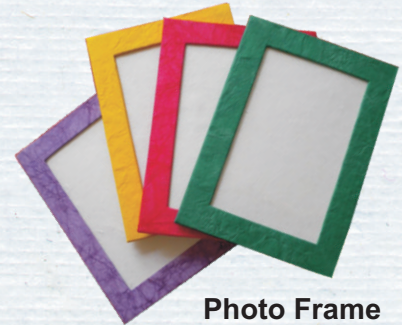


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mould its students into noble and enlightened human  
beings: selfless, warm-hearted, compassionate and kind.

-Acharya Pt. Shriram Sharma



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