

7.2.1 - Describe one best practice successfully implemented by the Institution as per NAAC format provided in the Manual.

Format	Best Practice	Best Practice
Title of the Practice	The Life Management (LM) Course is a compulsory course in all programs running at DSVV.	Gyan Deeksha – Invocation Ceremony
Objectives of the Practice	The basic objective of the LM practice is to make the student aware of themselves and to train them how to improvise the quality of Life.	One of the important innovations of the University is the <i>Gyan Deeksha</i> , which is the invocation ceremony that takes place at the first study day of all the students in the University. The University strongly believes that if there could be an end to <i>Deeksha (Deekshant)</i> then there should be a beginning of the <i>Deeksha</i> too and this ceremony is designed with that objective in mind.
The Context	The LM course is very relevant in the contemporary world as the students are not able to handle the day-to-day life stress and not able to cope up with the quality of Life. The course emphasize on how to tackle the life difficulties and how to emerge out as a winner.	Students coming from diversified backgrounds amidst the current technological trends and their orientation towards generic materialistic mindset that prevails in society surrounding them, it's a challenging task to implement such unique practice from day one which connects them directly to the tenets of divine culture.
The Practice	The LM course is basically designed in two segments i.e., for the graduates and for the masters students. The entire program is all about	The very beginning of the student and teaching life at the commencement of each semester happens with a traditional invocation ceremony, where the newly joined and existing

	<p>awareness about the self, Life skills, stress management, life management, Leadership, holistic approach towards the life style. The Bhagwad Geeta and Meditations are also be the part of curriculum.</p>	<p>students, along with the faculty members, are introduced to the value system of the University, as well as the expectations from them while studying or teaching at the campus.</p> <p>They are welcomed by being felicitated with a <i>Gayatri Mantra Dupatta</i> and a <i>Tulsi</i> sapling, respectively representing that they must aspire for refined intellect and purity in life. Notably, in the past few years, this practice has been replicated by various institutions and campuses as they invite the University team to conduct the same ceremony at the beginning of the new academic year</p>
<p>Evidence of Success</p>	<p>The student's feedback about the Life Management is commendable. The Alumni's had quoted on several occasion that this LM course is helping them in shaping their life, their business problems and it helped them to understand Thyself.</p> <p>There are several stories about the Alumni's and they often share their experience in various Alumni Meetings and technical sessions in various departments.</p>	<p>The success of core teachings of Gyandeeeksha reflects in the lifestyle, behaviour & value system of individuals. Such disciplined and cultured graduates are brand ambassadors of such initiative not only as a student while they are studying, rather they spread the noble ideas through their actions in their respective workplace & society. They regularly express their gratitude towards DSVV & are working as agents of change in society.</p>

<p>Problems Encountered and Resources Required</p>	<p>As a suggestion from LM faculty, there are various occasions where we stuck up with the environment and the situations looks unfavourable. Here the calmness and stillness are very important. It is crucial at every juncture of the life and that is all about to take away from the LM classes.</p>	<p>Implementation of Gyandeeeksha (Invocation Ceremony) is a bit challenging in the era of science & technology where youngsters find it difficult to adopt a lifestyle based on Indian cultural values. Though, this ‘out of the box’ looking idea is at the core of the Indian Knowledge system. University has been practicing this scientifically grounded practice since its inception. Today’s youth and their parents want scientific & western education based understanding of the Indian practices. Since, from the adoption of dress code to core Indian lifestyle starts from the Invocation ceremony, it is very crucial to make them understand the scientific & psychological basis of this practice. Fortunately, as far as Indian cultural practices are concerned the need of external resources are less than the mental faculties of an individual. University has wonderful infrastructure along with well-equipped human resources to implement such a wonderful initiative. So, basically to make the respondent ready is a more tedious task then collection and allocation of resources.</p>
<p>Notes (Optional)</p>	<p>Life management as the name suggests, it is an important course for all the Government, Non-government, Private institutions and they must adapt it. The main reason behind this is to make</p>	<p>Dev Sanskriti Vishwavidyalaya has conducted 39 Gyan Deeksha Ceremonies till and in every Gyan Diksha many eminent people have been invited from India & abroad. From Chief Ministers to centre cabinet ministers and various national and International</p>

	<p>the students more effective in terms of producing good citizens of India. The second reason of adopting this program is to make the student aware of his / her qualities and to face the challenges of the life in more precise manner</p>	<p>celebrities found this practice quite innovative, interesting and inspiring. More than fifty educational institutions have now begun this practice in their respective institutions. Dev Sanskriti Vishwavidyalaya is working like a torch bearer institution to provide right direction to many other education institutions. DSVV is providing modern education with ancient values and like many other components of ancient value based education Gyan Diksha is one of the most important scientifically grounded practices.</p>
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Develop self-awareness: Objective of the Life Management Course is to help students develop self-awareness by understanding their strengths, weaknesses, values, and beliefs. This helps them to make informed decisions and choices in various aspects of their lives.

Enhance goal-setting skills: The course aims to enhance students' goal-setting skills by teaching them effective strategies for setting and achieving personal and professional goals. This empower students to have a clear direction and purpose in their lives.

Foster emotional intelligence: To foster emotional intelligence among students. This include teaching them to recognize and regulate their emotions, develop empathy and understanding towards others, and improve their interpersonal skills. Emotional intelligence contribute to personal growth, success in relationships, and overall well-being.

Cultivate time management skills: The Life Management Course focus on cultivating effective time management skills. This involve teaching students techniques for prioritizing tasks, managing deadlines, and creating balanced schedules. Time management skills help students become more efficient and productive in their academic, personal, and professional lives.

Promote holistic well-being: The course is designed for promoting holistic well-being by addressing various dimensions of wellness, including physical, mental, emotional, and spiritual well-being. This involve teaching students strategies for stress management, self-care practices, and indigenous meditations techniques to enhance their overall quality of life.

Develop effective communication skills: Effective communication is crucial in personal and professional relationships. The course aims to develop students' communication skills, including active listening, assertiveness, and conflict resolution. This equip students with the necessary skills to express themselves clearly and build healthy relationships.

Encourage personal reflection and introspection: To encourage students to engage in personal reflection and introspection as a means of self-discovery and personal growth. This involve activities such as journaling, self-reflection exercises, and discussions on personal values and aspirations.

Gyan Deeksha Ceremony Pictures







देव संस्कृति विश्वविद्यालय



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ज्ञानदीक्षा समारोह

नवीन सत्रारम्भ

11 जनवरी 2020

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गुरुवासरे, पीप शुक्ल, पञ्चमो, विक्रम संवत् २०७२
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