

 ATMIYA UNIVERSITY	NAAC – Cycle – 1 AISHE: U-0967	
	Criterion 3	R, I & E
	KI 3.6	M 3.6.1

3.6.1	Outcomes of extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues and holistic development, and awards received if any during the last five years (Showcase at least four case studies to the peer team)
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1. Impact of Prabodhan evam Prabandhan Karyshala

- This workshop has effectively met its objective of bringing about clarity in goals and aligning the perspectives of participants from Atmiya University, Jeevan Vidya Parivar, and Divya Path Sansthan.
- This achievement was particularly noteworthy as it coincided with the significant milestone of signing the MoU. Numerous crucial decisions were made, encompassing the Sammelan date, conveners, estimated participant figures, committee establishment, and preliminary determinations regarding the matic areas and program arrangements.
- Through interactions, discussions, and committee meetings, individuals developed a deeper sense of familiarity and understanding.
- The pre-Sammelan workshop served as a connecting link for Jeevan Vidya members from various states and cities. It fostered synergies among the participants and facilitated meaningful interactions.
- The comprehensive process of forming committees, coupled with deliberations on the spirit of their functionality and compassionate approach, harnessed the essence of working with genuine intentions and a strong sense of accountability.
- These enriched experiences and thoughtful reflections would serve as a connecting bridge, linking the workshop to the outcome of the Sammelan. We could enhance the spirit of Sammelan and the way it's going to be different than other academic and business conferences and have larger stakeholder integrity.

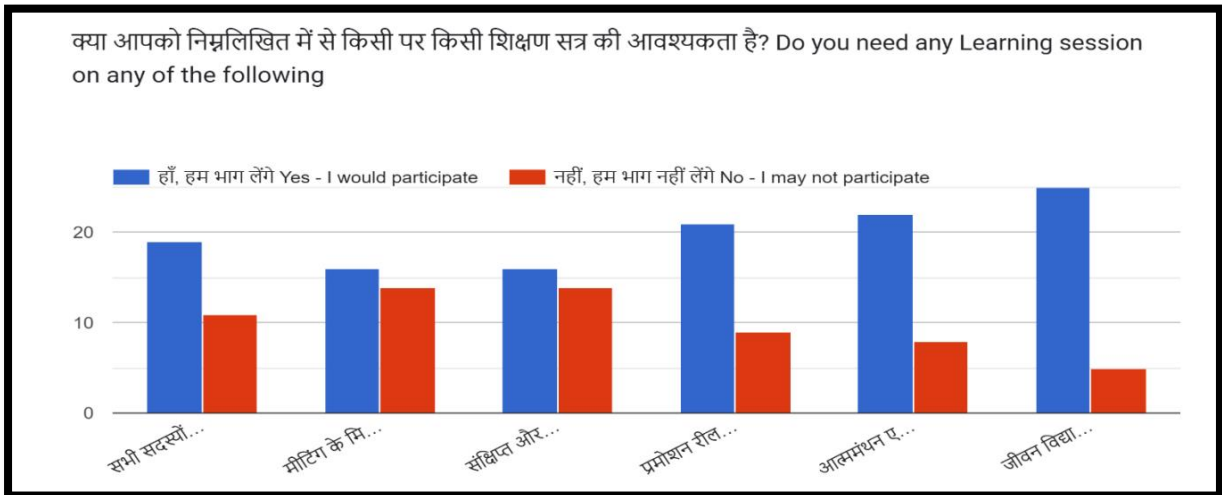
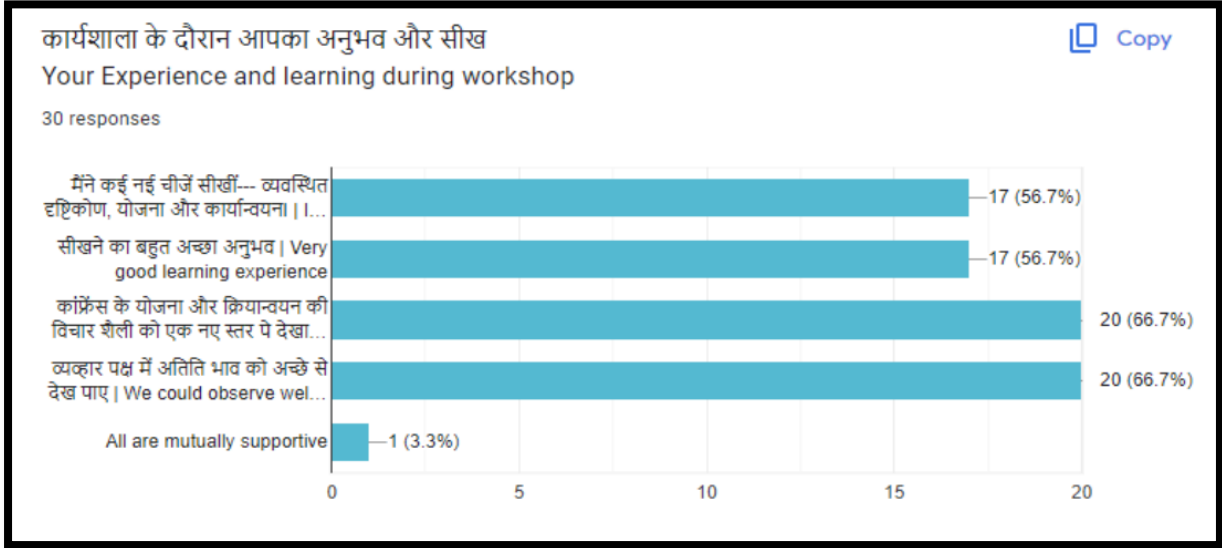


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Feedback Form of Participant



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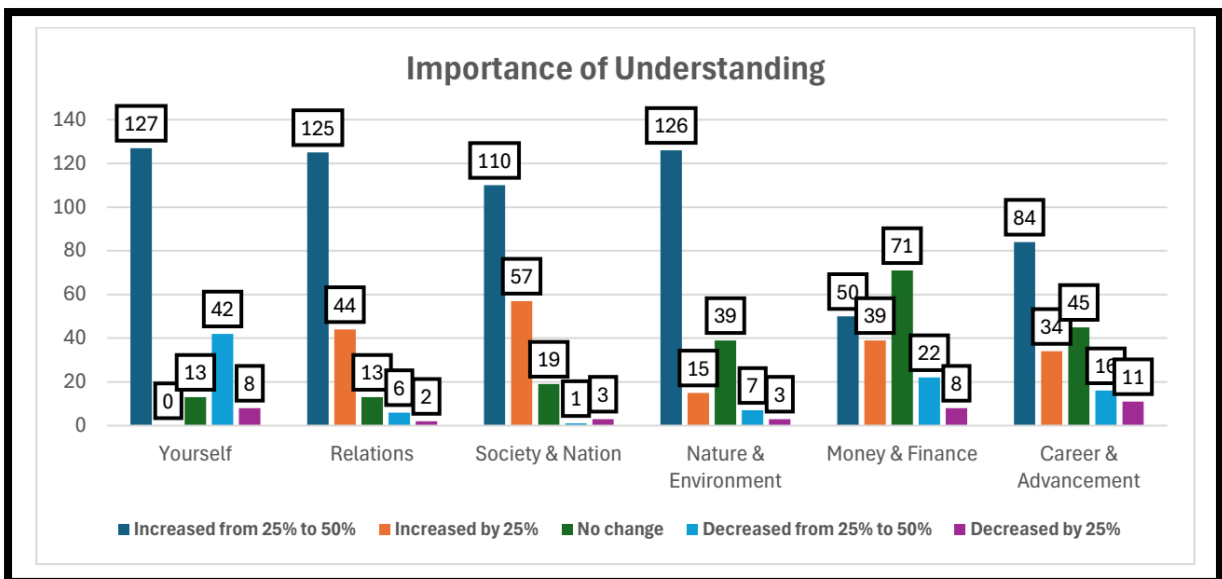




2. Impact of Jeevan Vidya Parichay Shivr

Identifying Essential Dimensions for a Fulfilling Life

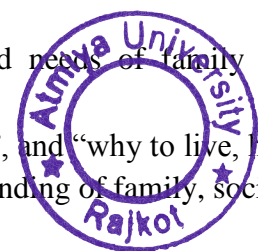
- Participants experienced a significant shift in their consciousness, prioritizing their understanding of self and various other important aspects of life.
- The data presented a notable change, an increase of 25% to 50% in understanding self by knowing their own self, family and relationships, nature and society. Discussion on various aspects of the purpose of life, family, society, nature and money has provoked a sense of understanding life in each of these dimensions of life.
- Furthermore, the distinction of body (“Sharir”) and consciousness (“Jeevan”) shaded off the perfective of living life for body and bodily pleasure or need and invokes the truth that consciousness is a larger aspect of living and attaining the same is the true purpose of life.
- The driving force of life is awareness and consciousness and body is the instrument for attainment of the higher life goals.
- The discussion on various stages of living (Padarth, Pran, Jeev aur Gyan Avastha) established the co-existential approach of living and how each of these states becomes significant in contributing to the overall idealistic and wholistic living approach where our purpose of existence as an eco-system precedes, compliments and completes each other.



Clarity Life's Purpose and Enhancing Living

- The entire approach of happiness, values, relationships and needs of family has witnessed 25% to 50 % of the increase.
- The discussion on “what is human & how a human should be”, and “why to live, how to live and how to live?” had brought a deeper understanding of family, society

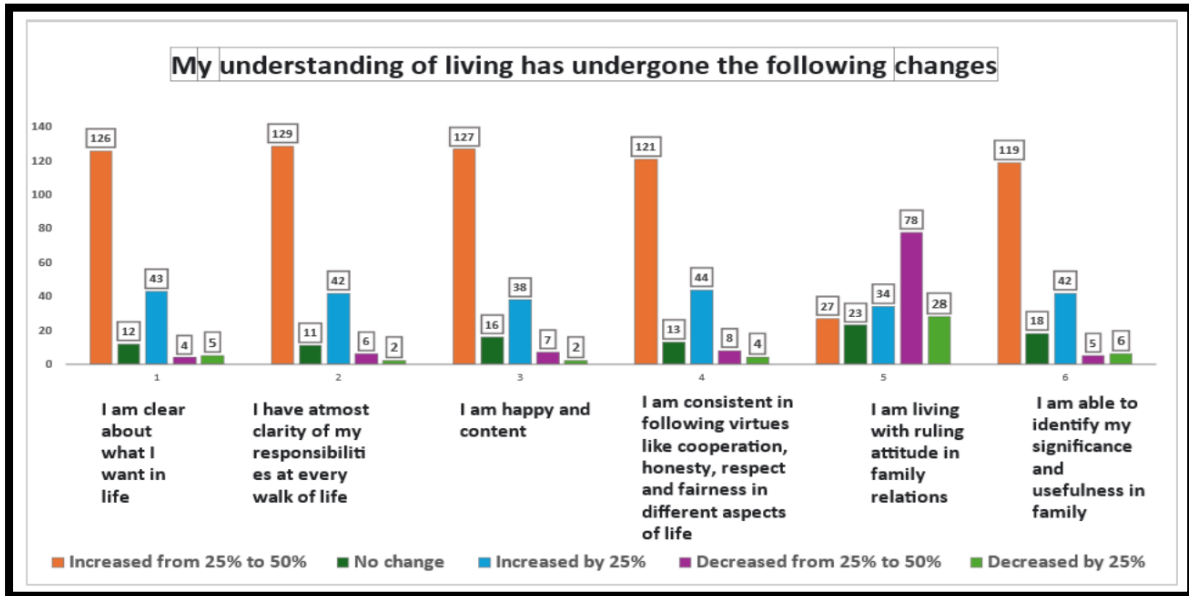
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and business as a system, and role of a human in each of these systems outlining the basic expectations and conduct of living in these spheres.

- The perspective on emotions and thoughts, various definitions and equations of happiness, characteristics of confused and awakened humans, consistency of virtues and behavior, and holistically developed humans had a major impact on participants.

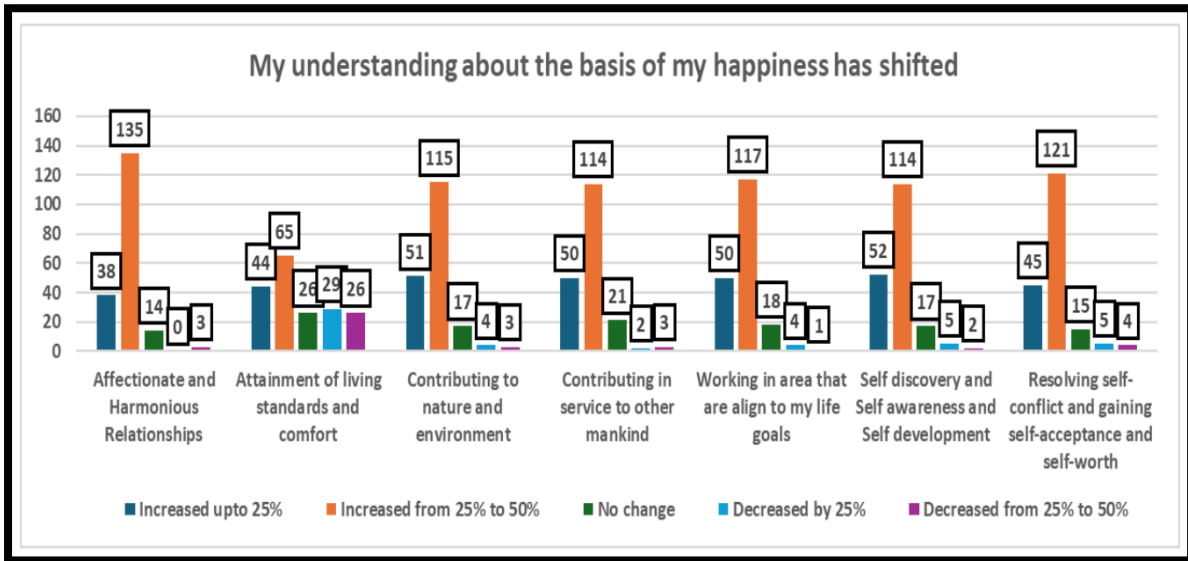


Transformation in Understanding the Foundations of Happiness

- The discussion on the matrix of Acceptance and Agreement, mechanisms of arriving at a solution, understanding the material need and its limits in terms of its utility for comfortable living, understanding the fact that materialist mindsets make you crave for resources and add struggle in your life where in one only prioritize money and career and miss out on various other dimensions of life.
- This mindset adds to sorrow, a feeling of scarcity, the need for over-accumulating, fear of losing, and which leads to corruption, greed, ego & power game, competitiveness, and conflict. The Higher Human Goals flow from the state of happiness, peace, and contentment to intense joy to blissfulness.

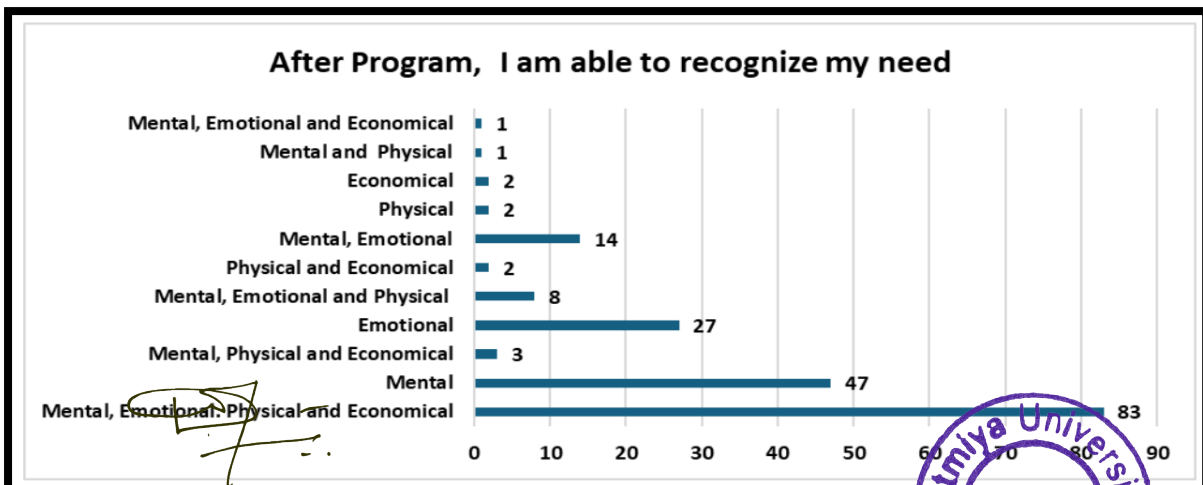
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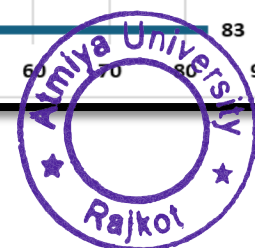


Physical, Mental, Emotional, & Economical Impact

- After attending the Parichay Shivir, participants demonstrated a noticeable shift in their awareness and recognition of personal needs across various dimensions.
- There was a broader distribution of responses indicating a more balanced recognition of needs. While mental needs remained significant, there was also increased acknowledgment of emotional needs, physical needs, and economic needs.
- This shift reflects the program's effectiveness in enhancing participants' clarity and holistic understanding of their personal needs, promoting a more balanced approach to mental, emotional, physical, and economic well-being.



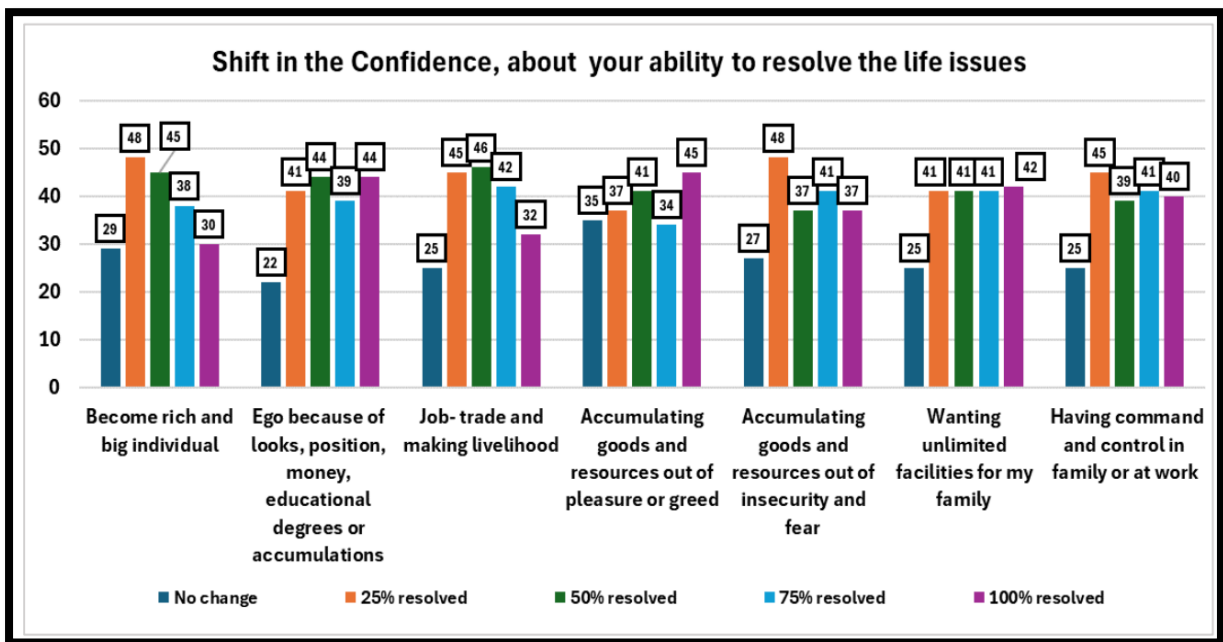
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Enhancement of Self-Confidence in Addressing Life Challenges

- After attending Parichay Shivir, participants demonstrated varied levels of confidence in addressing life challenges that previously seemed insurmountable. The data indicates significant shifts across different areas of focus: Participants reported increased confidence in achieving personal success and wealth, with fewer feeling stuck in their ambitions.

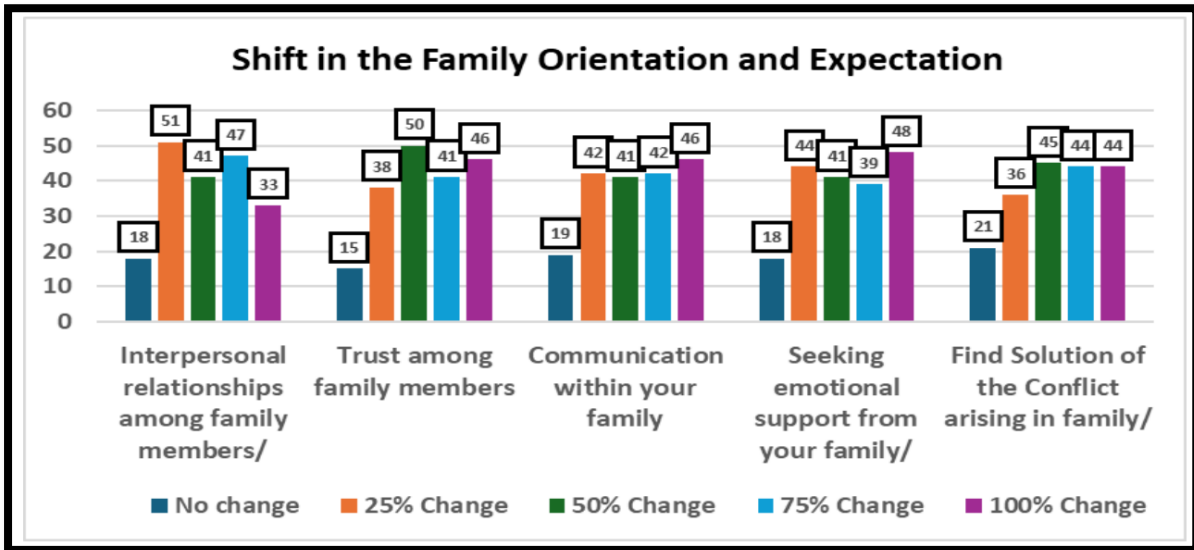


Transformation in relationship dynamics and Family Expectations

- The Shivir instilled optimism about fostering healthier and more supportive family environments, reflecting participants' positive outlook on these crucial aspects of family life.

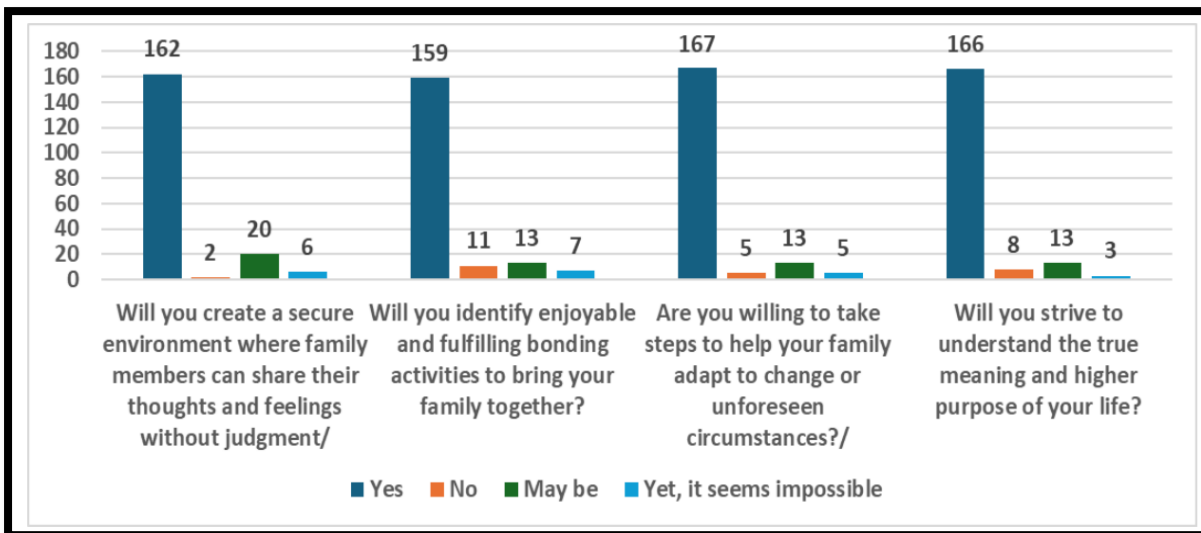
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Commitment to Family Growth and Personal Fulfilment Post-Program

- Participants overwhelmingly expressed readiness to create a secure, non-judgmental environment for family communication and to foster bonding through enjoyable activities. They also showed strong willingness to support their families in adapting to change and indicated a deep commitment to understanding the higher purpose of their lives.



Shift in the Beliefs about Human Nature and Societal Harmony

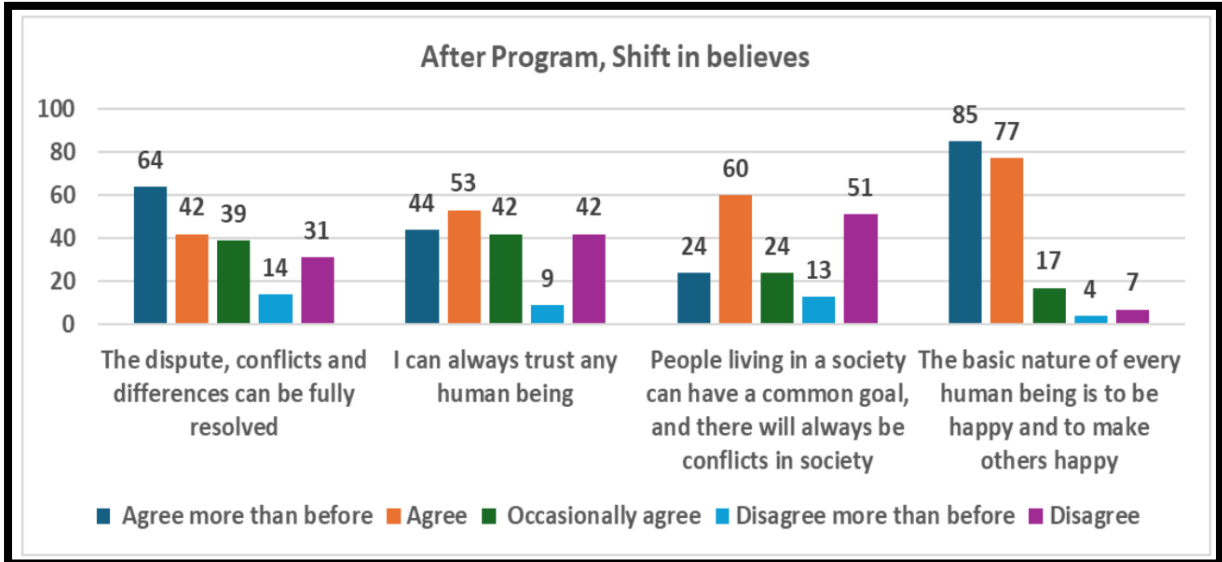
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The data analysis reveals a significant shift in participants' perspectives on societal beliefs following the program. Firstly, there has been an increased





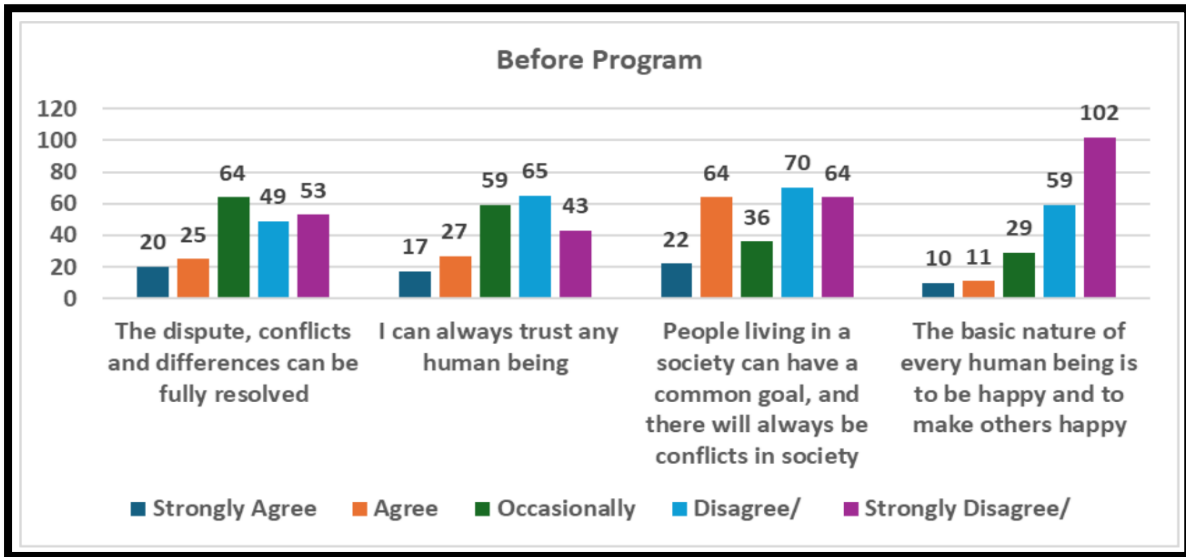
consensus that disputes and conflicts can indeed be fully resolved, with a notable rise in agreement compared to initial responses. The trust in others has also increased with more participants expressing shift in trustworthiness of individuals.



- Regarding societal dynamics, while a majority still believes in the possibility of common goals among people, there is also a recognition that conflicts are inevitable within society. Lastly, there has been a substantial increase in those who strongly believe in the innate human inclination towards happiness and making others happy, suggesting a deeper affirmation of these fundamental human aspirations. These changes underscore the transformative impact of the program on participants' beliefs about human nature, trust, societal dynamics, and personal fulfillment.

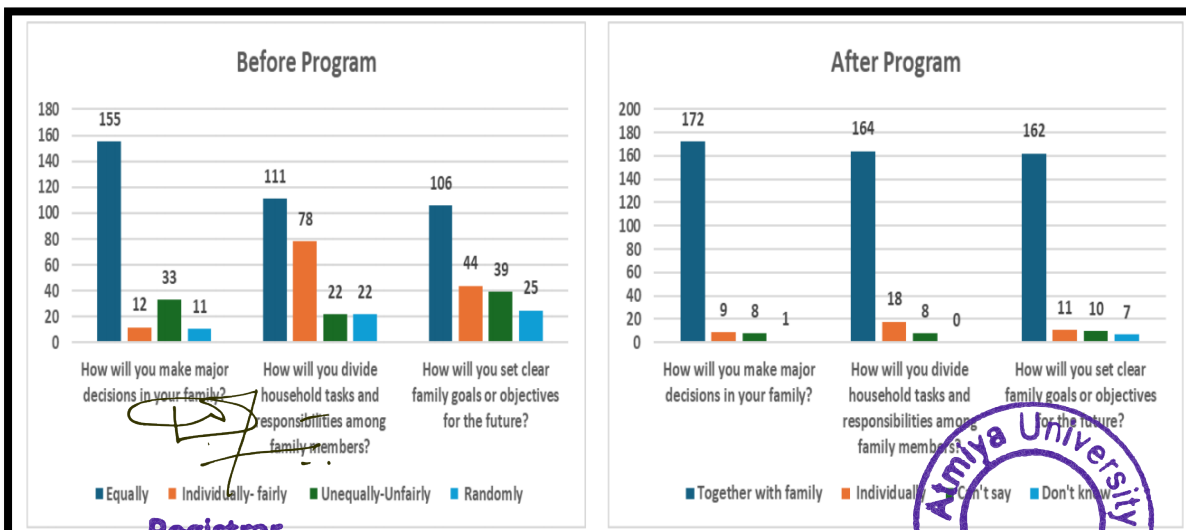
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Family Decision-Making and Goal Setting Post Program

- Following the program, participants show a clear shift towards collaborative decision-making and goal setting within their families. There is a notable increase in the preference for joint decision making on major family matters, alongside a stronger commitment to equitably distributing household tasks and responsibilities. Moreover, there is a marked inclination towards setting clear and shared family goals for the future. These changes underscore the program's impact in promoting cohesive family dynamics and structured planning among participants.



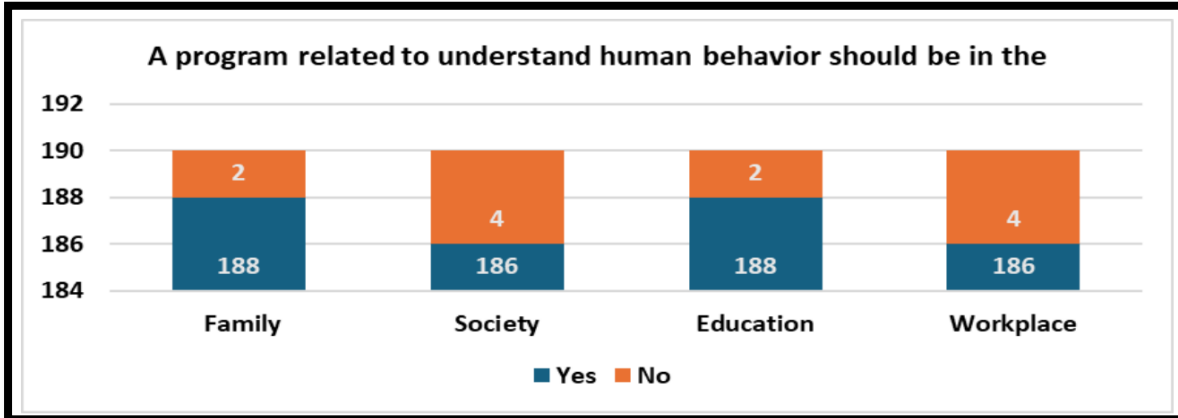
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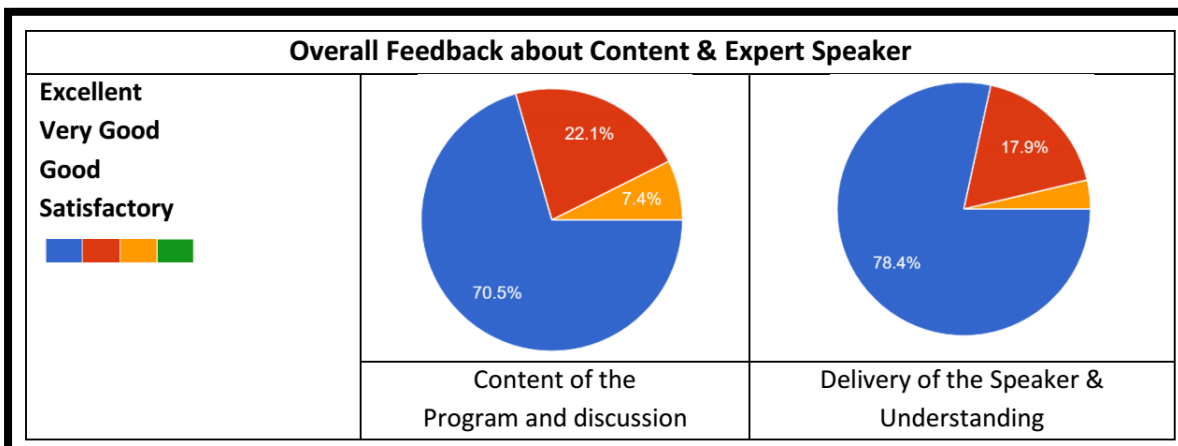




Relevance of Understanding Human Behavior in Various Contexts

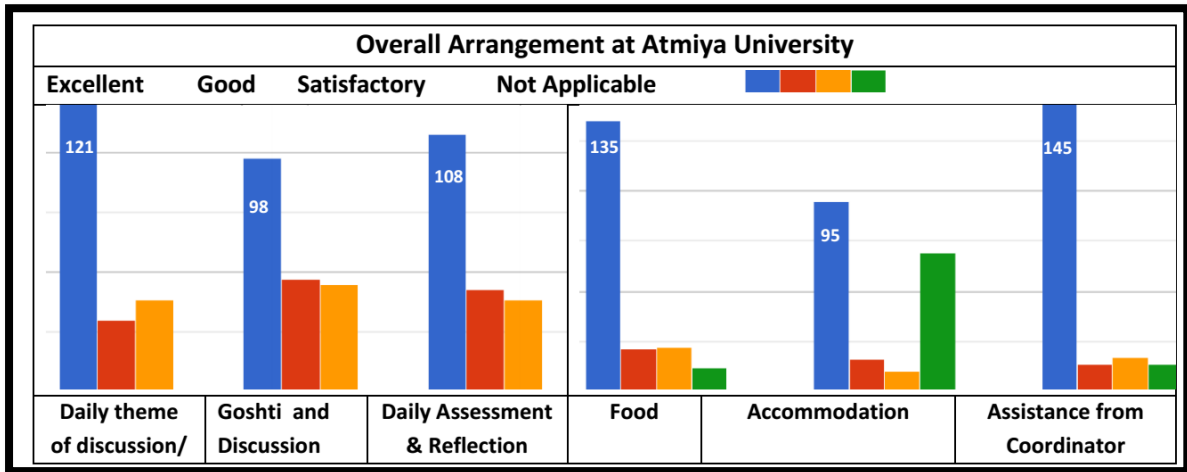


- The survey reveals strong agreement for a program focused on understanding human behavior across different settings: family, society, education, and the workplace. This broad consensus underscores the perceived importance of comprehensive behavioral insights in fostering better interpersonal relationships and organizational dynamics across different spheres of life.



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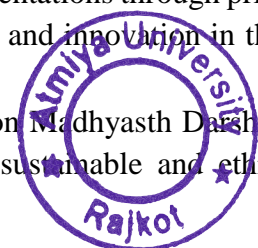
- Participants were quite content with the overall arrangements of the program structure and hospitality. Recommendations included shorter daily hours over more days and sessions in English for broader accessibility. Around 169 participants showed their readiness to participate in the next 8- day’s program and 34 participants have shared their preference to register for the Six- Month learning program. Overall, the program had a high impact and inspired the participant for deep study of the Co-existential Philosophy of Jeevan Vidya Madhyastha Darshan.

3. Impact of National Level Conference on Sustainable and Co-existential Future

Major Outcomes

- **Enhanced Awareness and Knowledge Sharing:** The conference provided a platform for participants to gain in-depth knowledge on sustainable practices, co-existential frameworks, and ethical paradigms. The thematic sessions fostered discussions on innovative research and practical solutions for contemporary global challenges.
- **Collaborative Research Opportunities:** The event facilitated networking among academicians, researchers, and industry experts, fostering collaborative research initiatives on sustainability and co-existential futures.
- **Skill Development:** Through oral and poster presentations, participants honed their research presentation and communication skills, with many expressing confidences in applying these skills to future research endeavors.
- **Recognition of Excellence:** The recognition of outstanding presentations through prizes and awards encouraged participants to pursue further research and innovation in their respective fields.
- **Promotion of Ethical and Sustainable Practices:** Discussions on Madhyasth Darshana and other ethical paradigms inspired attendees to integrate sustainable and ethical principles into their personal and professional lives.

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- Incorporation of Humanistic Values in Education: The theme 'Humanistic Education for Universal Order' emphasized integrating human values into curricula, encouraging institutions to adopt a holistic approach to education.

Feedback from Participants

- Engaging Themes: Participants appreciated the diverse and interdisciplinary themes, which addressed both scientific and philosophical aspects of sustainability.
- High-Quality Presentations: The quality of research presentations was lauded, with several participants highlighting the relevance of the topics discussed.
- Motivating Speeches: Keynote addresses and motivational speeches by Mr. Shri Ram and Dr. Divyang D Vyas were cited as highly inspiring and impactful.
- Well-Organized Event: The seamless organization, from parallel sessions to prize distribution, received positive feedback.
- Scope for Improvement: A few participants suggested allocating more time for Q&A sessions to facilitate deeper engagement and providing digital access to abstracts and session recordings for post-event learning.

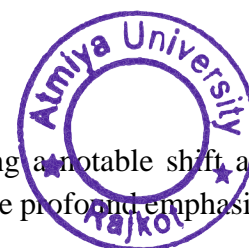
4. Impact of National Level FDP on Humanization of Education & Harmonious Living

- A comprehensive impact assessment was executed to evaluate the influence of a qualitative, thought-provoking, and introspective workshop on "Humanization of Education".
- Utilizing a dual pronged approach, a pre and post-assessment were employed to gauge the overarching impact of the Faculty Development Program (FDP). Daily learning assessments, comprising multiple-choice questions and reflective exercises, were meticulously conducted throughout the eight-day workshop, ensuring a thorough evaluation of the learning's effectiveness and the process of internalizing the knowledge disseminated across the four daily sessions.
- Out of 298 participants, 158 participants initially enrolled for the impact study, with a comprehensive analysis conducted on the final dataset comprising 89 participants to assess the workshop's influence on their perspectives regarding the understanding of human nature, life orientation, and the role of education in fostering co-existential living and holistic development.

Major Findings and Discussion of Impact Study

1. Life Orientation

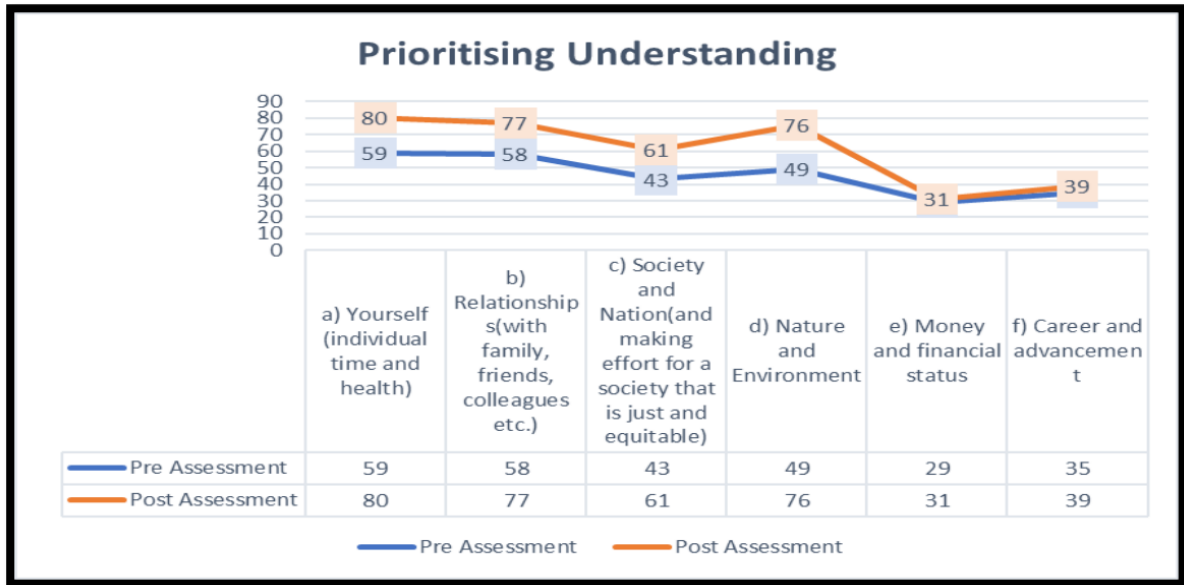
- Participants experienced a significant reorientation, witnessing a notable shift away from their previous focus on finances and career towards a more profound emphasis on



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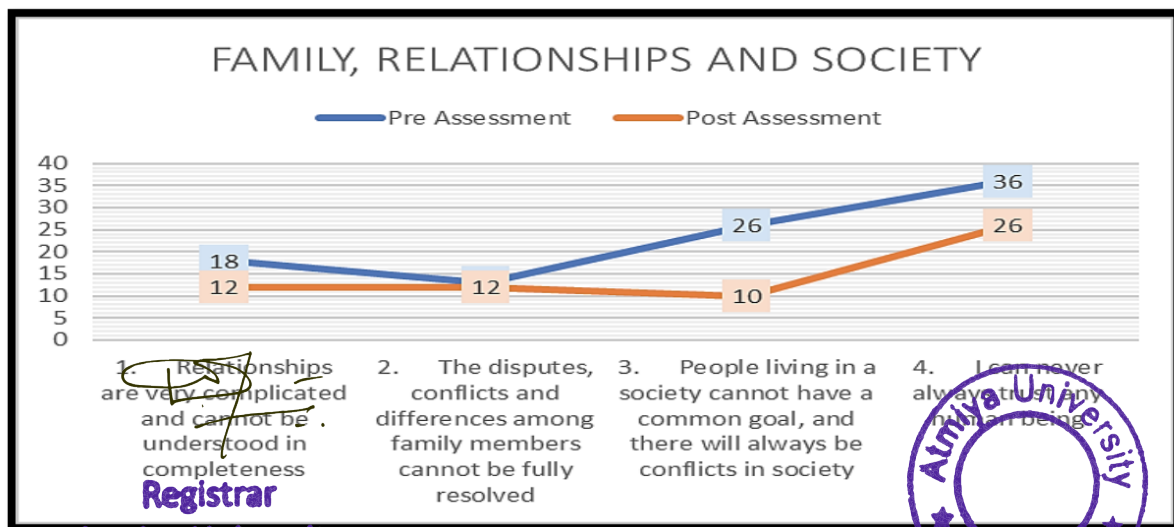


family and relationships, nature and society, and self-awareness. This transformation highlights a broader recognition of the importance of interpersonal connections, environmental considerations, and self-understanding, emphasizing a holistic shift in their priorities and perspectives.

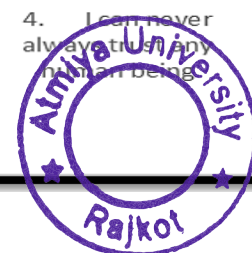


2. Family and relationships:

- Participants experienced a positive shift in their perspectives on trust, conflict resolution, and understanding others. The gradual change in perception revealed that relationships are perceived as fewer complexes, human understanding and trust are achievable, and disputes can be resolved through proper behavior and communication. Notably, perspectives on family and relationships showed a shift ranging from 3% to 7%.



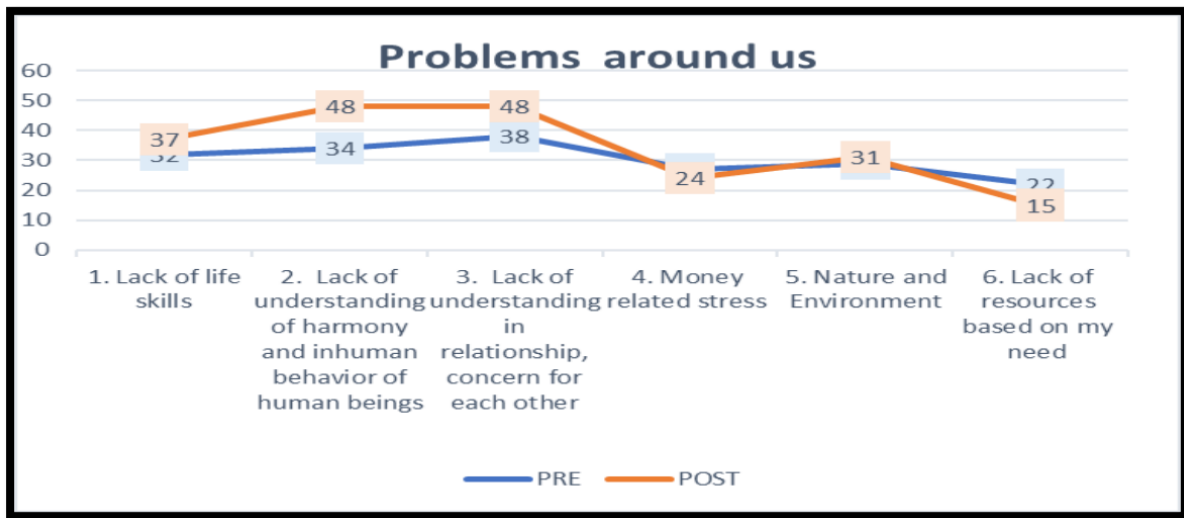
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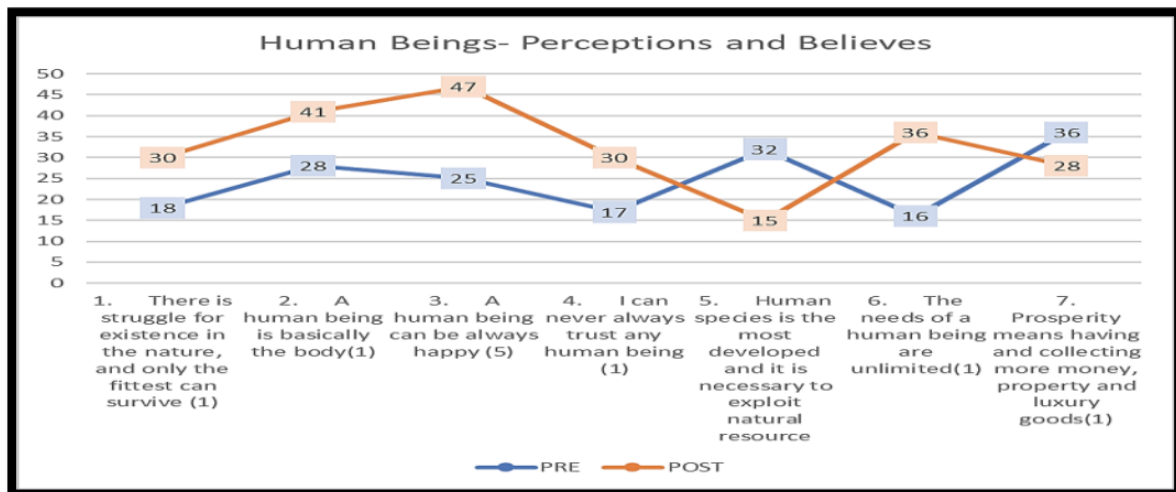


3. Perspective around the problem:

- Earlier the participants perceived that the problems that they see around are more related to money and resources and, but later they realized that the problems are majorly related to a lack of skills, behavior & understanding of Relationships and related to environment. Notably, perspectives on family and relationships showed a shift ranging from an average of 5 to 14%.



4. Human Being - Perceptions and Beliefs

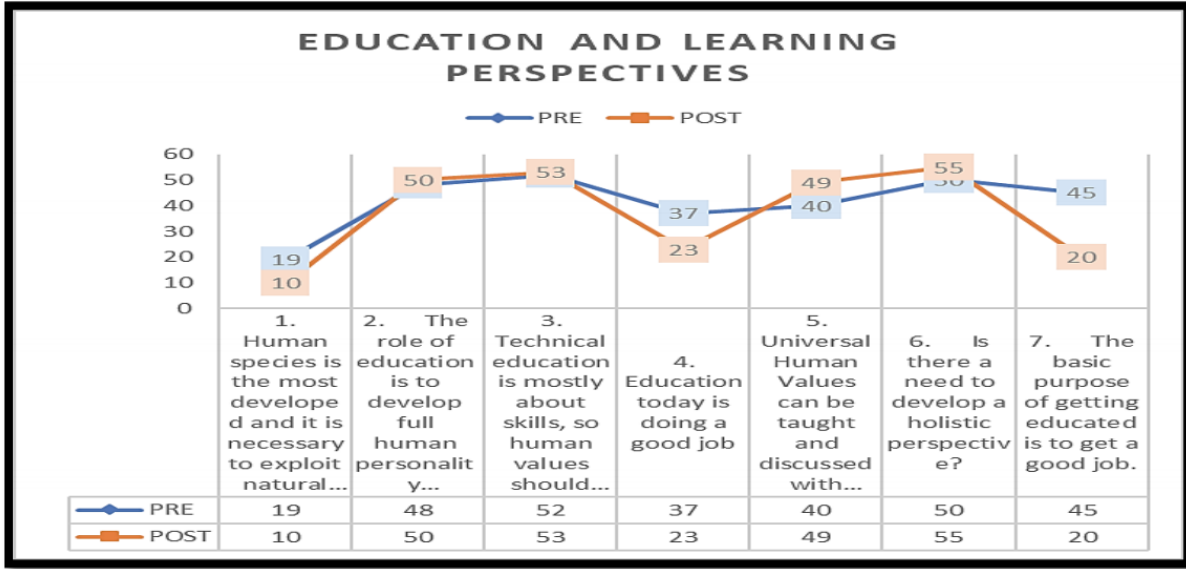


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5. Education and Learning



Feedback and Conclusion of Workshop

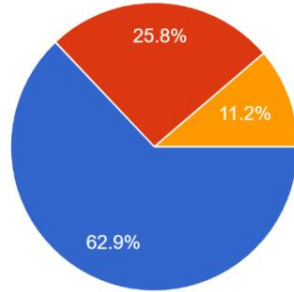
- The Feedback delved into the workshop's influence on relationships, societal responsibilities, environmental consciousness, and self-awareness. Participants conveyed a newfound understanding of fundamental human values, interpersonal aptitude, and the significance of empathy. Participants found the workshop interesting and informative, and some labeled it as life-changing. The speaker, Yogesh Bhai Shastri, received a commendation for his effectiveness and ability to provide practical examples, making the content relatable, and was portrayed as a living model of Jeevan Vidya principles which created a major impact and influenced the participants.
- The content of the workshop was considered excellent, and the majority of participants felt the need to instill it in the modern education curriculum as it has great relevance with the guidelines of the New Education Policy and Mulya Pravah Guidance as recently shared by UGC which endorses it through Madhyastha Darshan Philosophy of A. Nagraj. Overall, this FDP was regarded as a platform for personal growth and inspired participants to integrate the teachings into their daily lives, with some expressing gratitude for the opportunity to attend such transformative sessions.

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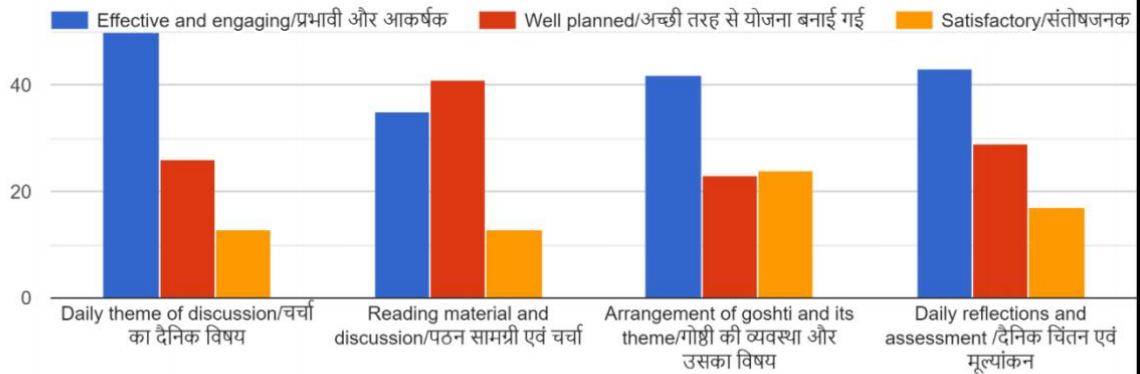


Content of the workshop/कार्यशाला की अंतर्वस्तु/विषय
89 responses



- Excellent - Influential, Realistic, Effective, Deep and in relevance to challenges in the present time/उत्कृष्ट - प्रभावशाली, यथार्थवादी, प्रभावी, गहरा और वर्तमान समय में चुनौतियों के लिए प्रासंगिक
- Very good- Important and relevant to present challenges/बहुत अच्छा - वर्तमान चुनौतियों के लिए महत्वपूर्ण और प्रासंगिक
- Good- moderately influential/ अच्छा-मध्यम प्रभावशाली

Arrangement of workshop/कार्यशाला की व्यवस्था



5. Impact of Student Induction Program on Human Values for Holistic Living

Points covered during SIP:

- Ultimate Goal of Human Being.
- Living domain of human beings (Work, Behaviour and Thought).
- Relationship, Physical Facility and Right Understanding.
- Who am “I”? (Co-existence of Self and Body)
- Trust and Respect
- Introduce 7-Relationships
- Values in Relationship
- Harmony in Society
- Harmony in Nature/Existence

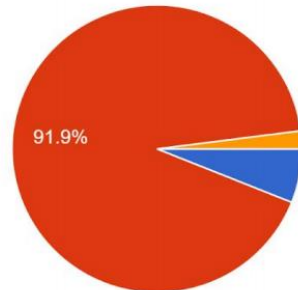
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1. What is the ultimate goal of human being?

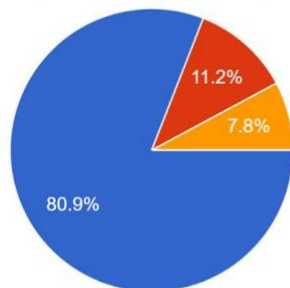
446 responses



- physical facility
- happiness and prosperity
- money

2. Happiness we aspire?

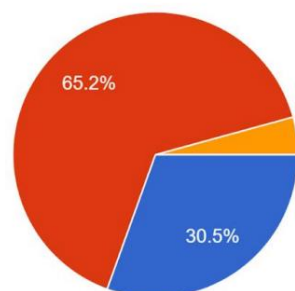
446 responses



- continuous or permanent
- temporary
- time being

4. What is the source of our all activities?

446 responses



- believes/pre conditioning
- thought
- other person

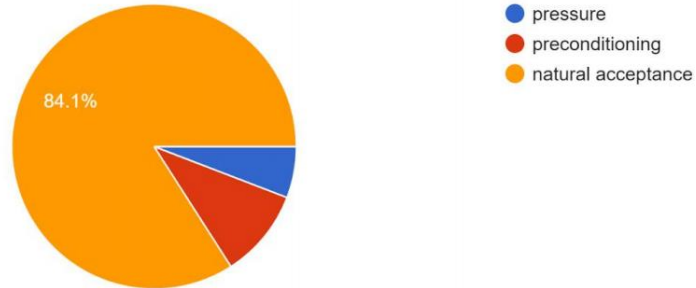
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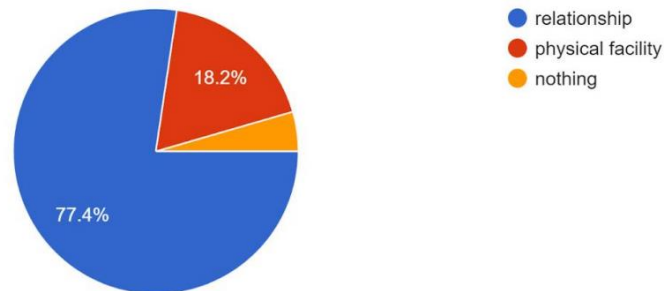
5. If there is Right Understanding then what is the source of our thought?

446 responses



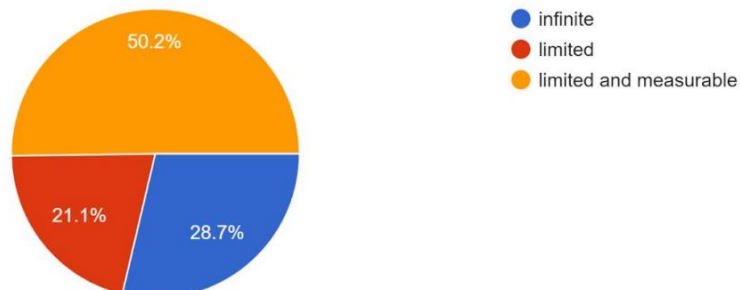
7. What is the aim behind all our behavior with other human being?

446 responses



8. How much physical facilities do we have?

446 responses



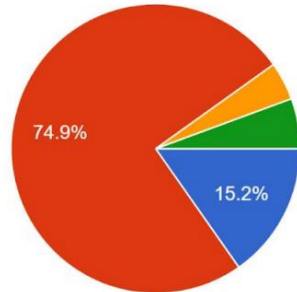
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9. What is the definition of human being?

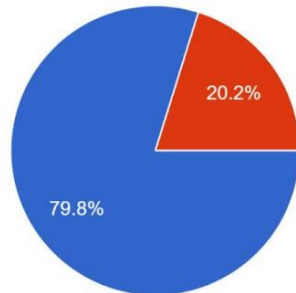
446 responses



- social animal
- coexistence of self and body
- consumer
- only body

10. What is the need of self?

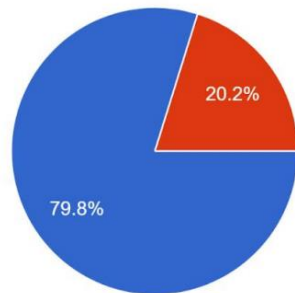
446 responses



- emotional
- physical facility

11. What is the meaning of Trust?

446 responses



- the other is for my happiness and prosperity
- other always helps me

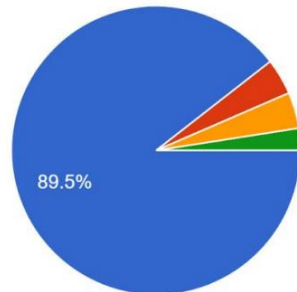

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12. What is the meaning of respect?

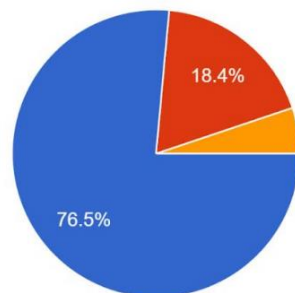
446 responses



- right evaluation
- over evaluation
- under evaluation
- otherwise evaluation

14. What is the output of relationship if it is based on right understanding?

446 responses



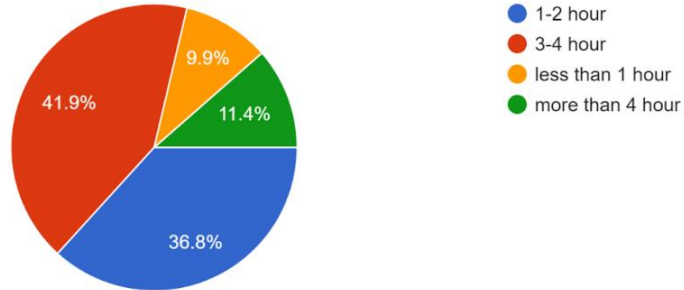
- mutual happiness
- mutual prosperity
- contradiction

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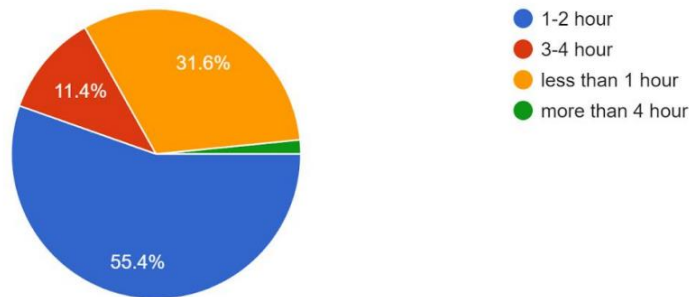




16. (before workshop) Daily social media usage time?(दैनिक सोशल मीडिया उपयोग का समय?)
446 responses



17. (after workshop) Daily social media usage time?(दैनिक सोशल मीडिया उपयोग का समय?)
446 responses



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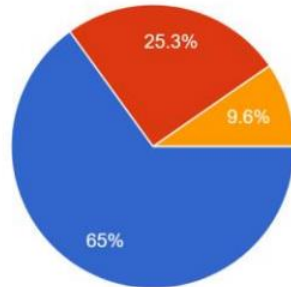
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18. (before workshop) Discipline in life(जीवन में स्वानुशासन)

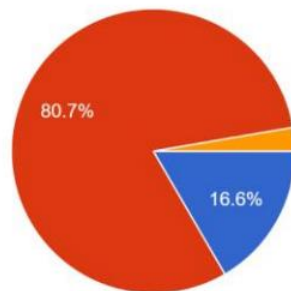
446 responses



- sometimes having discipline, sometimes not
- discipline in life
- not disciplined in life

19. (after workshop) Discipline in life(जीवन में स्वानुशासन)

446 responses



- sometimes having discipline, sometimes not
- discipline in life
- not disciplined in life

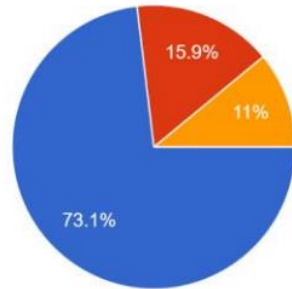
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20. (before workshop) focus in study(पढाई में एकाग्रता)

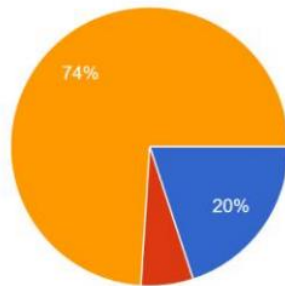
446 responses



- sometimes having focused, sometimes not
- not focused in study
- more focused in study

21. (after workshop) focus in study(पढाई में एकाग्रता)

446 responses



- sometimes having focused, sometimes not
- not focused in study
- more focused in study

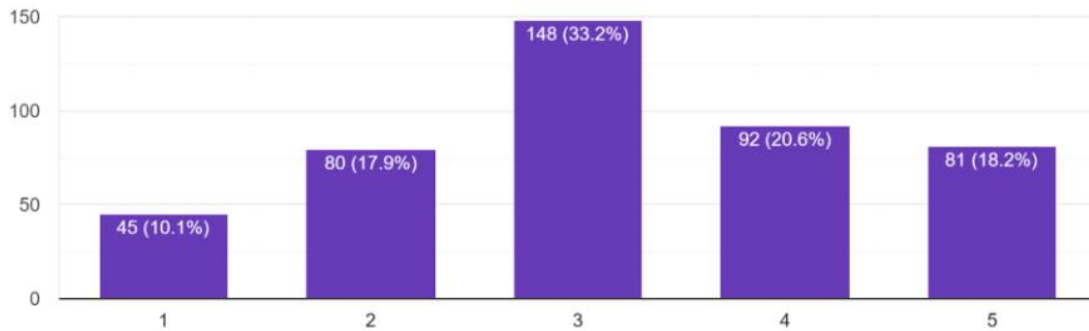
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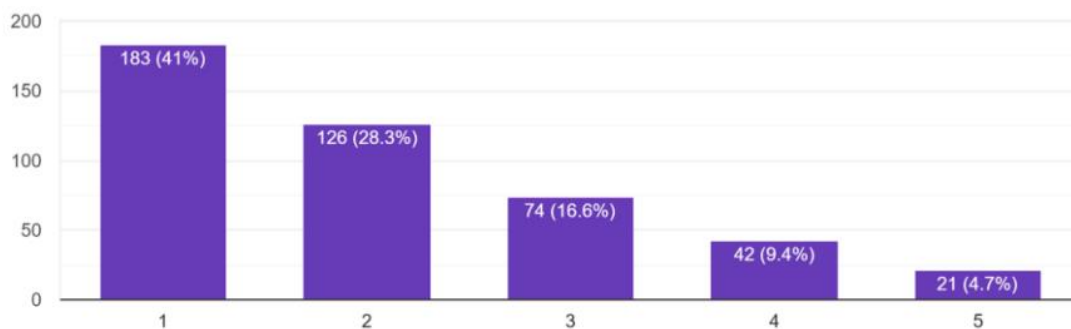
22. (before workshop) stress, conflict and feeling of opposition in life(जीवन में तनाव, संघर्ष और विरोध की भावना)

446 responses



23. (after workshop) stress, conflict and feeling of opposition in life(जीवन में तनाव, संघर्ष और विरोध की भावना)

446 responses

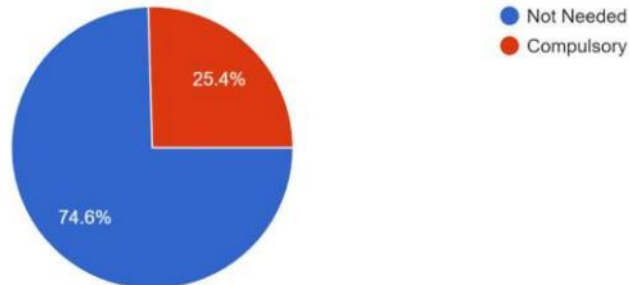


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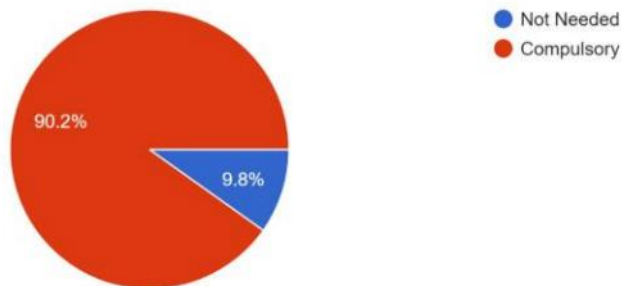




24. (before workshop) This should be a compulsory Workshop or Subject
173 responses



25. (After workshop) This should be a compulsory Workshop or Subject
173 responses



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 ATMIYA UNIVERSITY	NAAC – Cycle – 1 AISHE: U-0967	
	Criterion 3	R, I & E
	KI 3.6	M 3.6.1

6. Impact of Student Workshop on Happiness & Wellness

- The workshop on Happiness & Wellness (Jeevan Vidya) is a proposal of to make Universal Humanization of Education based on Madhyastha Darshan Sah-Astitvavād, philosophy by A. Nagraj and this Workshop is nicely facilitate by Shri Som Tyagi (Raipur) & Shri Ajay Jain (Surat).
- Total 2500+ students (UG & PG) has participated in the workshop and schedule was.

Out Come of Workshop:

- After attending the 3-days workshop total
- 564 student registered for 7 days workshop of Happiness & Wellness.
- 500+ students want to opt COC and VAC course based on this philosophy.
- 280+ students also want to share this information with their parents.
- 150+ parents attended 3hr session on Happiness & Wellness in different 3
- Slots (Slot1:12/01/2020, Slot2:19/1/2020, Slot 3:7/2/2020).
- 50+ Industry candidate attended 3hr session on Harmonies Industry on dated 08/02/2020.
- 80+ Academician attended state level seminar on Understanding Co-existential living on dated 09/02/2020.



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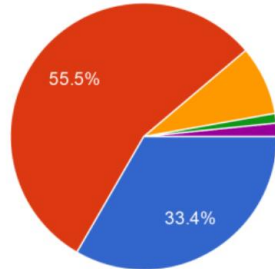


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Workshop positively contribute for gratitude towards family & Society(इस वर्कशॉप से परिवार और समाज के प्रति कृतज्ञता तरफ ध्यान गया)

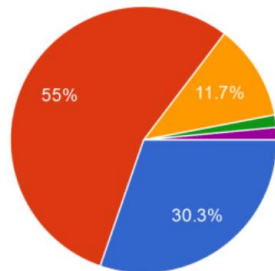
1,793 responses



- Strongly Agree
- Agree
- Can't say
- Disagree
- Strongly Disagree

Workshop positively contribute in Strengthening your family Relations(इस वर्कशॉप से आपके पारिवारिक संबंध बेहतर हुए)

1,793 responses



- Strongly Agree
- Agree
- Can't say
- Disagree
- Strongly Disagree

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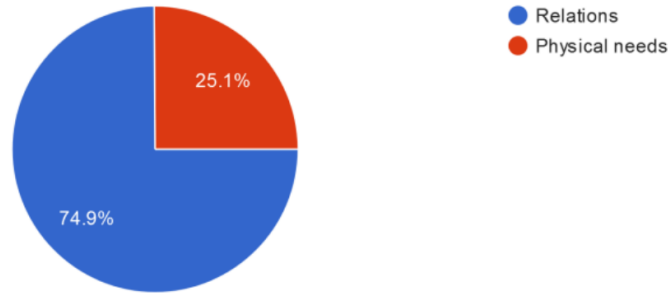




Before-After Workshop Analysis

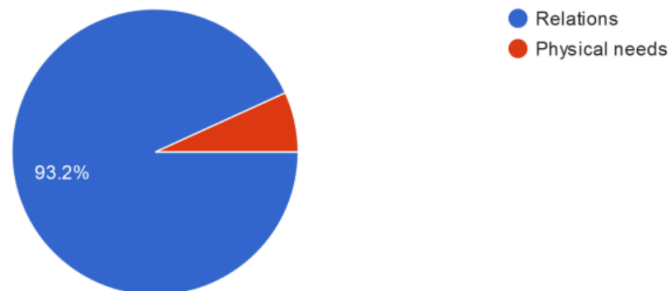
1a.(Before Workshop) Am I clear on Priorities in life - (relations, physical needs)(मेरी ज़िंदगी मे प्राथमिकता? (संबंध, सुविधा))

1,793 responses



1b.(After Workshop) Am I clear on Priorities in life - (Relations, Physical needs)(मेरी ज़िंदगी मे प्राथमिकता? (संबंध, सुविधा))

1,793 responses



Priority of relation in life

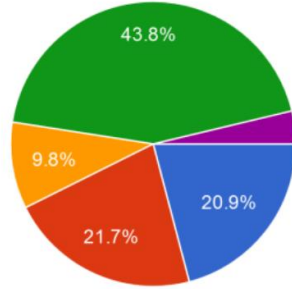
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2a. (Before Workshop) Happiness is(सुख मतलब)

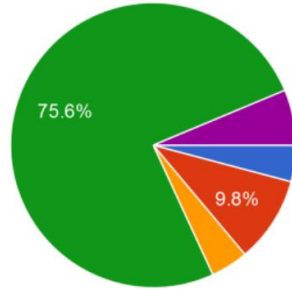
1,792 responses



- A lot of physical facilities(बहुत सारी भौतिक सुविधाएँ)
- Ensuring respect from others(दुसरो से सम्मान पाना)
- Ensuring Fame(प्रतिष्ठा पाना)
- Clarity of Thought, Knowing reality as it is and living with value based relationship(विचार की स्पष्टता, वास्तविक...)
- Clarity of Thought, Knowing reality as it is and living with value based relation...

2b. (After Workshop) Happiness is(सुख मतलब)

1,792 responses



- A lot of physical facilities(बहुत सारी भौतिक सुविधाएँ)
- Ensuring respect from others(दुसरो से सम्मान पाना)
- Ensuring Fame(प्रतिष्ठा पाना)
- Clarity of Thought, Knowing reality as it is and living with value based relationship(विचार की स्पष्टता, वास्तविक...)
- Clarity of Thought, Knowing reality as it is and living with value based relation...

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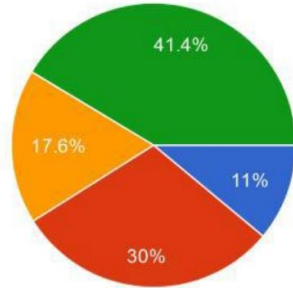
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3a.(Before Workshop) Respect means(सम्मान मतलब)

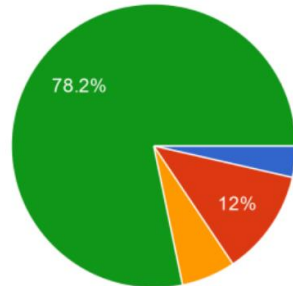
1,793 responses



- Attention from others(दुसरो का ध्यान पाना)
- Fame in society(समाज में प्रतिष्ठा)
- Appreciation from others(दुसरो से प्रसंसा पाना)
- To know our role in existence and to be able to live as per that(अस्तित्व में मेरी भागीदारी को जानना और वेसा जी पाना)

3b.(After Workshop) Respect means(सम्मान मतलब)

1,793 responses



- Attention from others(दुसरो का ध्यान पाना)
- Fame in society(समाज में प्रतिष्ठा)
- Appreciation from others(दुसरो से प्रसंसा पाना)
- To know our role in existence and to be able to live as per that(अस्तित्व में मेरी भागीदारी को जानना और वेसा जी पाना)

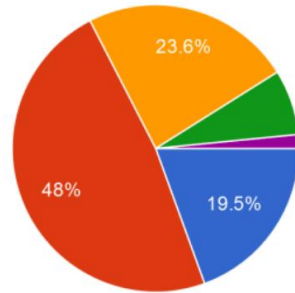
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4a.(Before Workshop) I know how to ensure self-confidence in me(स्वयं के प्रति विश्वास पानेकी समज थी)

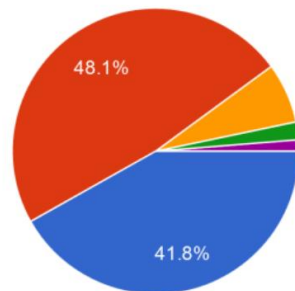
1,793 responses



- Strongly agree
- Agree
- Can't say
- Disagree
- Strongly disagree

4b.(After Workshop) I know how to ensure self-confidence in me(स्वयं के प्रति विश्वास पानेकी समज थी)

1,793 responses



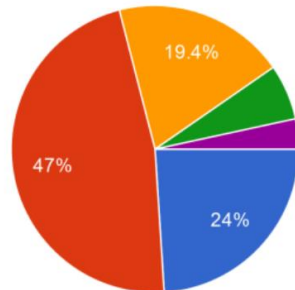
- Strongly agree
- Agree
- Can't say
- Disagree
- Strongly disagree

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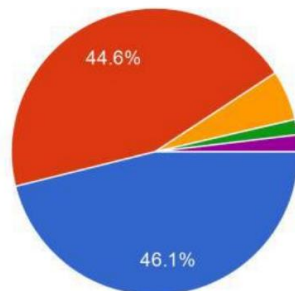


5a.(Before Workshop) This workshop is useful for my life(ये वर्कशॉप मेरी ज़िंदगी के लिए उपयोगी है)
1,793 responses



- Strongly agree
- Agree
- Can't say
- Disagree
- Strongly disagree

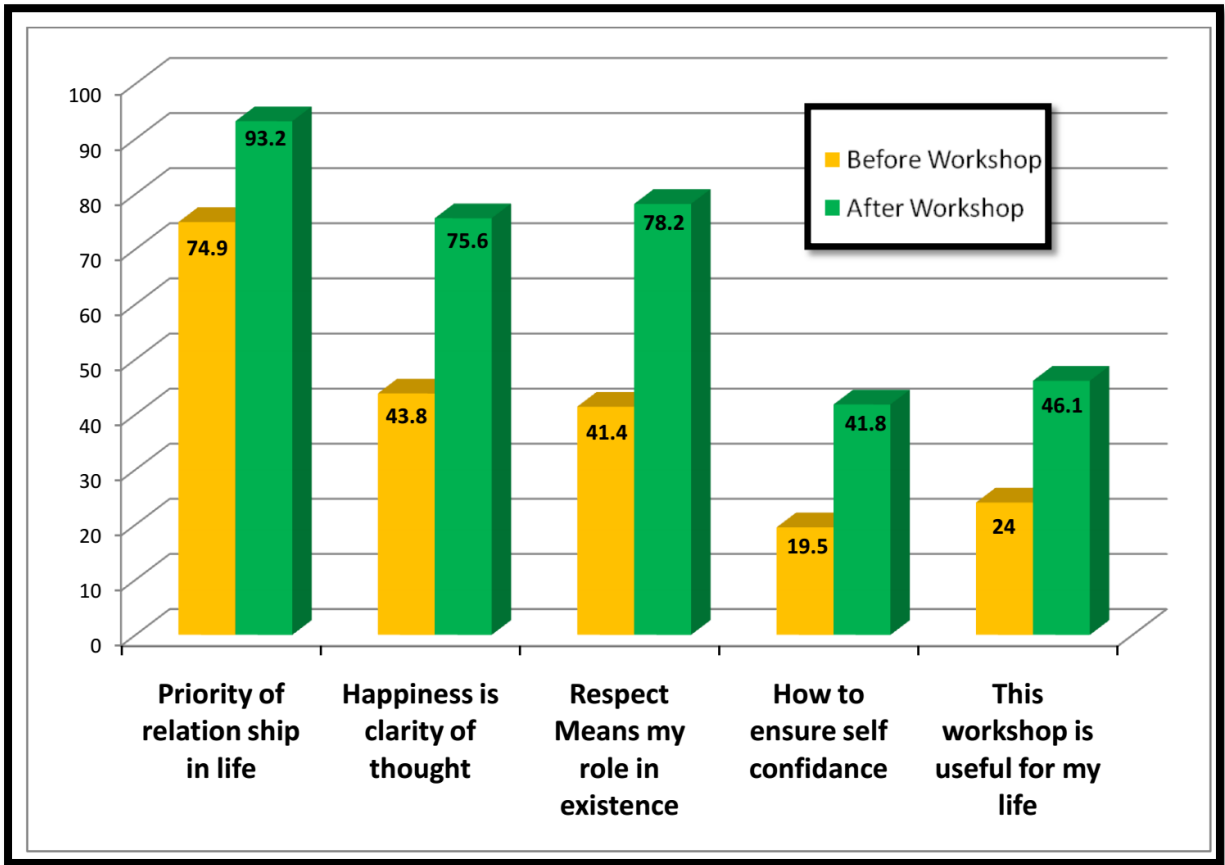
5b.(After Workshop) This workshop is useful for my life(ये वर्कशॉप मेरी ज़िंदगी के लिए उपयोगी है)
1,793 responses



- Strongly agree
- Agree
- Can't say
- Disagree
- Strongly disagree

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