

# GURUKUL TIMES

DECEMBER 2024

gurukuliyam

*28th December 2024*

## **DATES TO REMEMBER**

28/12/2024:  
Gurukuliyam-2024

30/12/2024:  
English Literary  
Fest

25/01/2025:  
Parents-Alumni  
Meet

26/01/2025:  
Republic Day  
Celebrations &  
NSS Camp

### ***The Count-down begins....***

Prepare to experience a vibrant celebration of talent, creativity, and cultural spirit at Gurukuliyam - Trade & Cultural Expo 2024, hosted by Gurukul Mahila Arts & Commerce College, Porbandar. Set to take place on 28th December 2024, this exclusive event is designed for girls from 9th to 12th standards and college students, providing a platform to showcase diverse talents through a series of exciting activities. With an array of events such as drawing competitions, interactive social sessions, poetry clubs, fashion fusion, and a Garba evening, participants can immerse themselves in a day filled with artistic expression, fun, and collaboration. Whether it's a treasure hunt, quiz competition, musical jamming, or the colorful art of rangoli, there's something for everyone to enjoy.

Gurukuliyam offers a unique opportunity to connect with like-minded peers while celebrating creativity and culture. The event promises an unforgettable experience that blends art, entertainment, and the joy of community. Registration is open until 25th December 2024, and interested participants can register by contacting the college or visiting the official website. The event will be held at Gurukul Mahila College, Arya Kanya Gurukul Tapobhumi, Jubilee Road, Porbandar (360579), where you can join us in this exciting journey of creativity and camaraderie. Don't miss out on being part of Gurukuliyam 2024!

## NAAC VISIT AS PTM@VIZAG



Dr. Anupam Nagar, the efficient Principal of Gurukul Mahila Arts and Commerce College, Porbandar, which has a distinguished reputation in the field of education, visited a college in Visakhapatnam as part of the NAAC (National Assessment and Accreditation Council) Peer Team. The NAAC is a national-level council that assesses Indian colleges based on seven criteria: curricular aspects, teaching-learning and evaluation, research-innovation and extension, infrastructure and learning resources, student support and progression, governance-leadership and management, and institutional values. Dr. Nagar, a respected member of this national-level committee, diligently served as a NAAC peer team member during a two-day assessment visit to a college in Visakhapatnam. This prestigious membership is awarded to only a few individuals, and Dr. Nagar has brought immense pride to entire Bhakt Kavi Narsinh Mehta University, the education sector, and the Gurukul Mahila College family by receiving this membership and completing his ninth NAAC visit. The entire trust, staff, and students have congratulated him and extended their best wishes for this remarkable achievement.





## Enthusiastic Celebration of 'World Meditation Day'

Gurukul Women's Arts and Commerce College in Porbandar celebrated 'World Meditation Day' with great enthusiasm, guided by Principal Dr. Anupam Nagar. The event was organized by the college's Physical Education, Yoga, Sports Department, and the National Service Scheme (NSS).

The celebration featured Swami Aditya Devji and Swami Sanatan Devji, disciples of Yoga Rishi Swami Ramdev Maharaj, who shared their insights on the importance of meditation in achieving a balanced life. Their lectures inspired the students to embrace meditation. Mr. Hasmukh Silji, youth coordinator and treasurer of the Shri Jogaramji Patanjali Yoga Samiti, also contributed to the event.

The event was attended by Mr. Ketan Kotia, Director of Extreme Fitness Center, and the college's Vice Principal, Prof. Rohiniba Jadeja. The program started with a welcome address by Prof. Shobhana Vala, Head of the Physical Education, Yoga, and Sports Department, followed by a keynote speech from Swami Aditya Devji. Swami Sanatan Devji enriched the event with devotional songs based on the teachings of Swami Dayanand Saraswati.

Dr. Rajendra Choudhary concluded the event with a vote of thanks. The event's success was ensured by Dr. Nayan Tank, Prof. Shobhana Vala, and their team, along with support from NSS officers and student representatives. Dr. Anupam Nagar's leadership was key to the event's success, and Mr. Kotia's support was also invaluable. The active participation of students added energy to the occasion.



## "Promoting Health and Wellness: Prakriti Assessment"

Under the guidance of Dr. Anupam Nagar, Principal of Gurukul Mahila Arts and Commerce College, a successful health initiative was organized as part of the 'Desh Ka Prakriti Parikshan Abhiyan' by the Ministry of AYUSH. The prakriti (body constitution) assessment was conducted for staff and students by Vaidya Khyatiben Bhupata and her team from Eva Ayurveda College.

The event began with a warm welcome by Prof. Shubham Samani and Prof. Kiranben Odedra, followed by an address from Prof. Samani, who emphasized the importance of prakriti assessment. Vaidya Bhupata then explained the concept and significance of prakriti, which categorizes individuals into Vata, Pitta, or Kapha types based on their physical and mental health.

Each participant underwent an individual assessment using a 21-question survey to determine their prakriti, followed by personalized health guidance. This included tailored recommendations on lifestyle, diet, and routines suited to their prakriti type. E-certificates were issued to participants, who also received advice on preventive healthcare.

The event was actively participated in by the staff, including Dr. Anupam Nagar, who also took part in the assessment. The program concluded with the presentation of a memento to Vaidya Bhupata and her team by Dr. Nagar. The event was organized by Prof. Shobhanaben Vala and supported by committee members and student representatives, ensuring its successful execution.

