

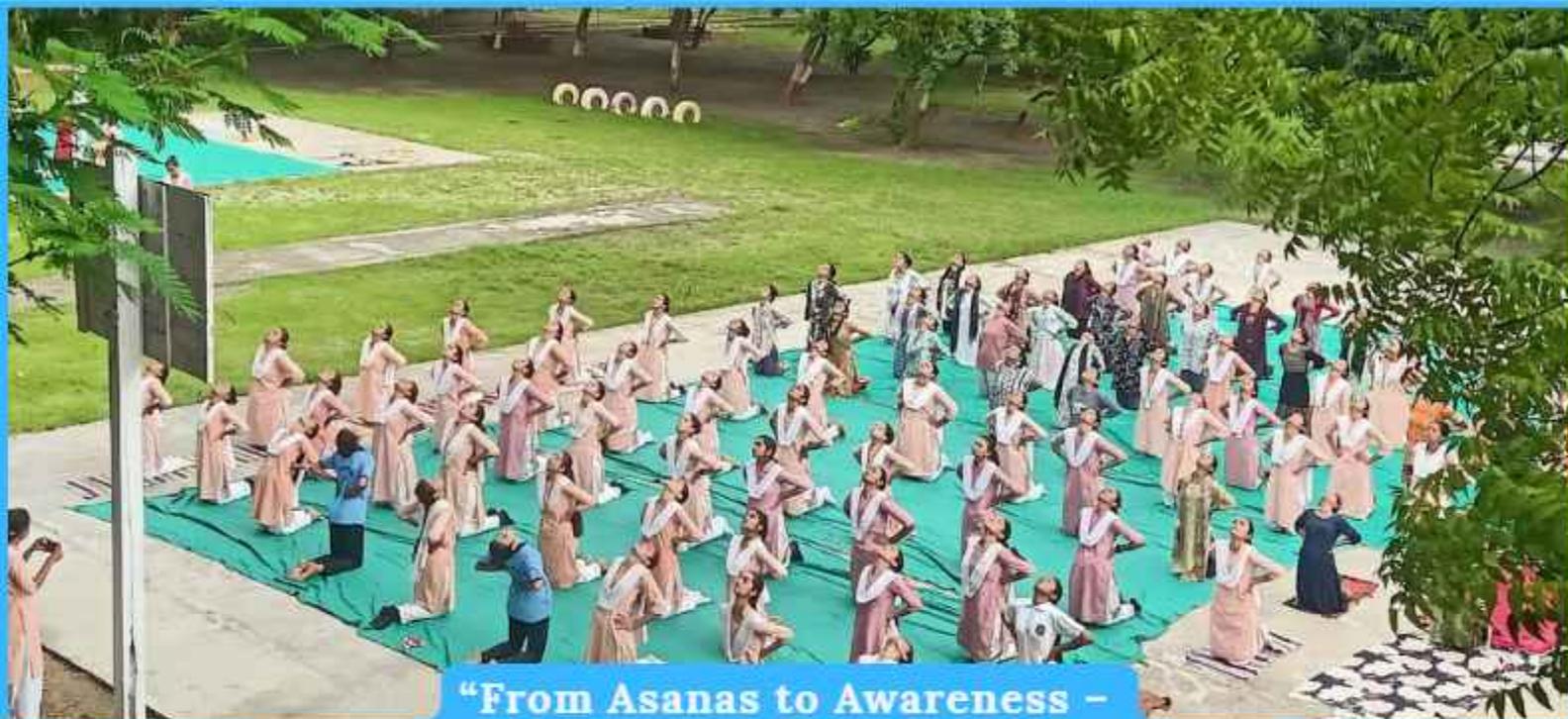


# Gurukul Times

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**“From Asanas to Awareness -**

**A Journey of Inner Balance Begins at Gurukul”**

A special programme was organized at Gurukul Mahila Arts and Commerce College, Porbandar, on the occasion of International Yoga Day. The event was jointly coordinated by the departments of Physical Education, Yoga, Sports, and NSS.

The core objective of the event was to raise awareness about the importance of a healthy body and mind, the benefits of practicing yoga, and how it helps in maintaining physical fitness and mental peace.

The programme commenced on June 18, 2025, with a training session conducted by trainers Ms. Anjali Gandhrokiya and Ms. Dhvani Salet from the renowned Porbandar-based fitness institute Xtrim Fitness, which is associated with the NSS through an MoU. The training culminated on June 21, 2025, on the day of International Yoga Day.

During the training sessions, students were taught Surya Namaskar, various asanas, yogic practices, and different pranayama techniques. They were also informed about the numerous benefits of yoga. This year, the celebration followed the directives and guidance of the Ministry of AYUSH and the Department of Higher Education, making it a true convergence of yoga practices.

All the college students and faculty members actively participated in the programme, demonstrating strong awareness about fitness and well-being. The programme was coordinated by Dr. Nayan Tank, coordinator of the College CDC Committee.

Key contributors included Prof. Shobhana Vala, Head of the Physical Education, Yoga, and Sports Department, and team members Dr. Ilu Gamit, Prof. Nilesh Karavadra, NSS Programme Officers Dr. Namrata Samani and Dr. Rajendra Chaudhary, as well as NSS student representatives Ms. Vasanta Nakum, Ms. Nandini Sarvaiya, Ms. Bhagwati Sutreja, and other dedicated student volunteers.

The overall event was held under the guidance of college Principal Dr. Anupam Nagar, with full support from Mr. Ketan Kotia, Head of Xtrim Fitness.



**"Yoga is the journey of the self, through the self, to the self."  
— Bhagavad Gita**

An admission ceremony was organized at Porbandar's Gurukul Mahila Arts and Commerce College, which has been spreading the light of knowledge for over five and a half decades through its unwavering dedication to the cause of education. The event was held under the banner of the Internal Quality Assurance Cell (IQAC), inspired and guided by the college Principal, Dr. Anupam Nagar.

The programme began with a collective prayer. This was followed by the ceremonial lighting of the lamp by first-year students who had taken admission in B.A. and B.Com. programmes. Student representatives from the English, Hindi, Gujarati, Home Science, Economics, Sanskrit, Commerce (Gujarati medium), and Commerce (English medium) departments participated in the lamp-lighting ceremony.



Next, the college's vice-principal, Prof. Rohiniba Jadeja, warmly welcomed everyone in her distinctive style and gave an introduction to the admission ceremony. Following this, third-year student representatives from each department welcomed the newly admitted first-year student representatives with a traditional kumkum tilak.

Thereafter, Principal Dr. Nagar introduced the teaching staff to the students and familiarized them with the faculty members of their respective departments. In his address, Dr. Nagar emphasized that the institution not only imparts education but also nurtures values. He stressed that along with academics, the college fosters physical, mental, spiritual, social, and moral development in students. He highlighted the importance of regularity, cleanliness, and discipline and encouraged the students to uphold these values.

In conclusion, Dr. Nagar expressed gratitude and extended his best wishes to the parents for choosing Gurukul Mahila College for their daughters' education. Finally, NAAC Officer on Special Duty Ms. Parul Shukla conveyed the vote of thanks. The event was hosted by NAAC Officer on Special Duty Ms. Aditi Dave.

The success of the programme was due to the dedicated efforts of IQAC Coordinator Dr. Arfat Saiyed, NAAC Officers Ms. Aditi Dave and Ms. Parul Shukla, and student representatives Ms. Bhagwati Sutreja, Ms. Nadini Sarvaiya, Ms. Mena Keshwala, among others.

## “Empowering 84 Voices to Lead: Gurukul Ignites the Spirit of True Leadership”

On June 26, 2025, Gurukul Mahila Arts & Commerce College, managed by Rajratna Shreshthishri Nanji Kalidas Mehta Arya Kanya Vidyalaya Trust, Porbandar, organized the ‘Student Council: Leadership Empowerment Programme’ to instill leadership qualities and teamwork skills among students.

The college’s Mentor-Class Representative Committee serves as a living example of how to effectively form, manage, and lead a team to accomplish goals. Leadership is essential for teamwork and management, and while titles and positions bring recognition, it is virtue and integrity that earn long-lasting respect.

At Gurukul Mahila College, students in their first two years earn their place in the Student Council through academics, extracurricular engagement, and creativity. The Student Council and Class Representative Committee remain active throughout the year, contributing significantly to organizing and executing the college’s educational and co-curricular programs.

As in previous years, the academic year 2025-26 also began with the Leadership Empowerment Programme. Vice Principal Prof. Rohiniba Jadeja welcomed all participants and blessed the newly appointed student leaders, encouraging them to work with unity and coordination. All faculty members formally conferred the leadership roles by adorning the student leaders with badges and Sashes of responsibility.





The structure of the Student Council this year included four tiers:

1. Core Committee – 9 Members

2. Assistant Secretaries (Saptadhara) – 12 Members

3. Assistant Secretaries (Study Circle) – 7 Members

4. Class Representatives from all departments – 56 Members

A total of 84 students were formally assigned leadership roles.

During the keynote address, Principal Dr. Anupam Nagar congratulated the newly appointed leaders and emphasized the importance of working in a manner that upholds the values and pride of Gurukul. He also discussed key leadership qualities such as punctuality, discipline, and integrity. Dr. Nagar beautifully explained the essence of a LEADER:

·L – Leadership with Loyalty

·E – Efforts with Enthusiasm

·A – Attitude with Altitude

·D – Duty with Discipline

·E – Etiquette with Empathy

·R – Regularity with Responsibility

He encouraged all student leaders to uphold these values and make the most of their leadership roles.

The event was conducted under the guidance of Principal Dr. Anupam Nagar and presided over by Vice Principal Prof. Rohiniba Jadeja, with the coordination of Prof. Nimisha Pandit, Dr. Sharmistha Patel, and the support of all department heads.

**"Leadership is the courage to turn vision into reality through collaboration, empathy, and responsibility."**

## **"Together for a Drug-Free Future: Gurukul College Takes a Stand"**

A special "Drug-Free and Addiction-Free Awareness Programme" was successfully organized at Gurukul Mahila Arts and Commerce College, Porbandar, under the joint initiative of the NSS Unit, Porbandar District Police, and the SOG (Special Operations Group) Team.

The session was anchored by Dr. Rajendra Chaudhari, NSS Programme Officer, and began with a warm welcome address by Dr. Nayan Tank. The keynote address was delivered by Mr. Khan, who provided an in-depth awareness talk on the rising concern of drug abuse. He elaborated on the NDPS Act (Narcotic Drugs and Psychotropic Substances Act), explaining its legal implications and highlighting over 240 types of addictive substances that pose serious threats to the youth. He also discussed how individuals fall into drug addiction and the severe health, social, and psychological consequences associated with drug abuse.

Furthering the discussion, Police Inspector Mrs. Y.G. Mathukia shared eye-opening real-life examples of how drug addiction affects women, urging the students to remain alert, informed, and responsible.



Distinguished guests present at the event included Police Inspectors Mr. Y.G. Mathukia and Mr. P.D. Jadav, PSI Mr. Chudasama, ASI Mr. Khan, and other members of the district police force. The event was graced by the presence of Vice Principal Prof. Rohiniba Jadeja, along with a large gathering of enthusiastic students.

The inspiration and strategic direction for the program were provided by the college Principal, Dr. Anupam Nagar, whose guidance played a vital role in making the event a success. The coordination of the event was carried out by Vice Principal Prof. Rohiniba Jadeja and Dr. Nayan Tank, Coordinator of the College Development Cell (CDC).

The dedicated efforts of the NSS Programme Officers, Dr. Rajendra Chaudhari and Dr. Namrata Samani, as well as the active support of NSS student representatives Ms. Vasanta Nakum, Ms. Nandini Sarvaiya, Ms. Bhagwati Sutreja, and Ms. Dhara Makwana, were instrumental in ensuring the smooth execution and impactful outcome of the program.

## "Shaping Young Minds: A Week of Wisdom, Wellness, and New Beginnings"

With a legacy of excellence in the field of education for several decades, Gurukul Mahila Arts & Commerce College, Porbandar, organized a fortnight-long Orientation and Induction Program for newly admitted first-year students. The event was conducted under the joint efforts of the college's IQAC and NAAC Committee, aligning with the objectives of the National Education Policy (NEP) 2020.

The programme commenced with a welcome ceremony for the new students. Each subsequent day featured expert sessions by faculty heads and coordinators from various departments, focusing on academic disciplines and essential skills.

- Dr. Ketki Pandya, Head of the English Department, spoke about Global Communication, Literature, and Critical Thinking.
- Dr. Shanti Modhwadia, Head of the Hindi Department, addressed the importance of National Language and Creative Expression.
- Dr. Sharmishtha Patel, Head of the Gujarati Department, delivered a session on Regional Literature and Identity.
- Dr. Jayesh Bhatt, Faculty of Computer Science, provided insights on Digital Coding and Emerging Technologies.
- Dr. Ilu Gamit, Head of the Economics Department, shared her expertise on Financial Literacy and Social Impact.
- Dr. Bharatsinh Dodiya, Head of the Commerce Department, discussed Entrepreneurship and Business in Gujarati.
- Ms. Nimisha Pandit, Coordinator of English Medium Commerce, presented on Digital Commerce and Global Perspectives.
- Prof. Rohiniba Jadeja, Vice Principal, conducted an engaging session on Wellness, Life Skills, and Sustainability.
- Dr. Nayan Tank, Coordinator of the College Development Cell, gave an overview of Saptadhara and Memorandums of Understanding (MoUs).
- Dr. Sharmishtha Patel, Associate NCC Officer (ANO), introduced students to the National Cadet Corps (NCC).
- Dr. Rajendra Chaudhary, NSS Program Officer, briefed students about the National Service Scheme (NSS).

### Orientation and Induction Meet 2025-26



The main objective of this orientation program was to familiarize first-year students with the teaching faculty and the wide array of activities conducted at the college. The programme aimed to introduce them to the institution's rich cultural values, academic environment, and vibrant student life.

The successful execution of this week-long program was made possible under the guidance of NAAC Coordinator Dr. Arfat Saiyad, along with Officers on Special Duty – Ms. Aditi Dave and Ms. Parul Shukla, and student representatives Ms. Bhagwati Sutreja and Ms. Nandini Sarvaiya, who all contributed diligently.

### Induction 2025 Highlights



*"Orientation is not just a welcome – it's the first step in shaping futures, building confidence, and igniting the spark of lifelong learning."*



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