



SANSKRIT BHARAT (Cultured India)

Key features:

- The nodal centre for activities under Sanskarit Bharat is **Team UHV**.
- The faculty I/c for Sanskarit Bharat activities is **Sri. B. Shashikant**, Assistant Professor, Dept. of ECI
- The activities under this group are part of Self Accomplishment Activity (SAA)
- **The aim of activities under Sanskarit Bharat** is to preserve, promote, and celebrate India's rich cultural heritage, traditional values, and ethical practices by nurturing morals, fostering social harmony and creating awareness and appreciation of India's rich history.
- **The goal of activities under Sanskarit Bharat** is to instill a deep sense of cultural pride, ethical behaviour, and moral values among citizens, particularly the younger generation. It emphasizes the importance of nurturing character, ethics, and respect for the diversity that defines India.

Activities under Sanskarit Bharat

Activity Code	Activity Title
SA201	Values and Ethos of KITSW
SA202	Philosophy of religion (any)
SA203	Study of Life Management / Kindle Life / Life Empowerment and Enriching Program or any other book cited.
SA204	Study of any of GREAT sons of INDIA (Ex. Gandhi, Ambedkar, Phule, Savarkar, Sardar Patel, Nehru, Shivaji, JRD Tata, APJ Abdul Kalam, Swami Vivekananda etc.)
SA205	Jeevan-Vidya (Work-life balance, Harmony in FAMILY & SOCIETY)
SA206	Harmony in NATURE
SA210	Any other activity approved by Dean Academic Affairs

Workflow of each activity under Sanskarit Bharat

SA201 : Values and Ethos of KITSW

(Explore the values and ethos of an educational institution and its impact on personal life)

- **Goal setting, Planning & Knowledge Acquisition :**
 - *Goal setting, Planning:*
 - Identify the goals, prepare a plan of action to explore the values and ethos of KITSW and to study its impact on students' life at KITSW
 - Design a questionnaire for field work, on effective implementation of values of KITSW (any other topics in line with the activity) to record the responses during interaction with eminent personalities
 - Design a feedback form for field work, for conducting survey from stakeholders on how well the institutional values are being understood and practiced
 - *Knowledge Acquisition:*
 - Study the history, values and ethics of our institute, KITSW, available on our website and interactions with stakeholders
- **Field work:**
 - **Meet Eminent Personalities:** Interact with minimum two people who are in administration (with more than 5 years of experience in the institute) such as members of Management, Principal, Deans, HoDs, Academic Co-ordinators etc. and take feedback from them on history, values, ethos and best practices of their department/section or institute.
 - Take geo-tagged photographs of the meetings for inclusion in the report.
 - Conduct surveys (sample size: minimum 20) to gather feedback from stakeholders(students/parents/faculty) on how well the institutional values are being understood and practiced.

- **Optional (Not mandatory) :** *Participate in minimum one workshop (online/offline) focusing on core concepts of life management (including goal setting, time management, stress management and emotional intelligence)*
- **Relevance to society:** During field work, you are expected to focus on “How is your work relevant to the society?”
- **Presentation:**
 - Prepare an effective ppt on the knowledge and skills gained during the activity and present the same at the nodal centre
- **Report Writing:**
 - Write a well-documented report, in prescribed format, emphasizing the knowledge, skills and qualities acquired during the activity.
 - Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre.

SA202 : Philosophy of religion (any)

(Examine different religious philosophies and their impact on personal understanding)

- **Goal setting, Planning & Knowledge Acquisition :**
 - **Goal setting, Planning:**
 - Identify the goals, prepare a plan of action to explore the impact of religion on human life.
 - Design a questionnaire for field work to record the responses during interaction with eminent personalities on the history of religion, its best practices, activities conducted by them and the essence of conducting those activities for improving quality of human life.
 - **Knowledge Acquisition:**
 - Select a religion and conduct a detailed analysis of its core principles, teachings and implications (include the holy books such as the Bhagavad-Gita, the Quran, the Bible etc.)
- **Field work:**
 - **Meet Eminent Personalities:** Interact with minimum two people, can be religious gurus or temple priests or board members of any religious organization and take feedback from them on the information on the history of religion, activities conducted by them and the essence of conducting those activities for improving quality of human life.
 - Take geo-tagged photographs of the meetings for inclusion in the report.
 - Participate in any one of the religious activities and identify the impact of the participation on your personal life (how it changed your thought process)
 - **Relevance to society:** During field work, you are expected to focus on “How religious activities can impact the society and enhance quality of human life?”
 - Record your reflections, thoughts and questions arising from the study of religious philosophy and discuss the same with your faculty counsellor
 - Apply some of the specific principles in your daily life and observe the changes in your quality of thinking/behaviour.

- **Presentation:**

- Prepare an effective ppt on the knowledge and skills gained during the activity and present the same at the nodal centre. Focus on how practising religious principles in your daily life has changed the quality of your thinking/behaviour.

- **Report Writing:**

- Write a well-documented report, in prescribed format, emphasizing the knowledge, skills and qualities acquired during the activity.
- Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre.

SA203 : Study of Life Management / Kindle Life / Life Empowerment and Enriching Program or any other book cited.

(Focus on personal development and life skills through literature or programs)

Study of any of the following books:

- i. *Effective Life Management* by Swami Amartyananda
- ii. *Kindle life* by Swami Chinmayananda
- iii. *Life Empowerment and Enriching Program (LEEP)* by Swamini Vimalananda

- **Goal setting, Planning & Knowledge Acquisition :**

- ***Goal setting, Planning:***

- Choose any of the books mentioned above (you can choose any other book with permission of your nodal centre)
 - Identify atleast one goal/target (eg: self-discipline, time management etc.) for your personal development which you wish to achieve at the end of semester and prepare an action plan for achieving it. (*Identify one of your weaknesses and prepare an action plan how to overcome it through this activity*)
 - Design a questionnaire to interact with eminent personalities to take inputs from them on impact of spirituality on life empowerment

- ***Knowledge Acquisition:***

- Study the book which you have chosen or listen to any of the teachings of spiritual gurus on spirituality.

- **Field work:**

- **Meet Eminent Personalities:** Interact with minimum two spiritual Gurus (Gurus in Rama Krishna Mutt & Mission, ISKCON etc.) and take inputs from them on principles of life management/ empowerment.
 - Take geo-tagged photographs of the meetings, if permitted, for inclusion in the report.
 - Participate in minimum one workshop/event (offline/online) on life management/empowerment. (preferably choose any of the events organized

by above said Mutts/Ashrams or on any of the topics like goal setting, time management, stress management, emotional intelligence etc.)

- Record the key teachings from the speakers and understand how spiritual perspectives can influence one's approach to life management.
- Maintain a journal to reflect on daily experiences, challenges and progress related to personal goals and development (maintain it for nearly 45 days)
- **Relevance to society:** During field work, you are expected to focus on "How spirituality can impact life management and personal growth?"
- **Presentation:**
 - Prepare an effective ppt on the knowledge and skills gained during the activity and present the same at the nodal centre
- **Report Writing:**
 - Write a well-documented report, in prescribed format, emphasizing the knowledge, skills and qualities acquired during the activity.
 - Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre.

SA204 : Study of any of GREAT sons of INDIA

(Ex. Gandhi, Ambedkar, Phule, Savarkar, Sardar Patel, Nehru, Shivaji, JRD Tata etc)

(Study the lives and contributions of influential Indian figures and their impact on society)

- **Goal setting, Planning & Knowledge Acquisition :**
 - **Goal setting, Planning:**
 - Choose any of the GREAT sons of INDIA
 - Identify the goals, prepare a plan of action to study the life of chosen GREAT son of INDIA, their contribution to the country and analyze their impact on the society
 - Design a questionnaire for field work, for interacting with eminent personalities and know their experiences/ feelings.
 - **Knowledge Acquisition:**
 - Conduct an in-depth study of the selected figure's biography (including their early life, major achievements, challenges faced and contributions made to the Indian society / world)
- **Field work:**
 - **Meet Eminent Personalities:** Interact with minimum two people who are direct descendants or strong followers of your chosen GREAT son of INDIA (*you can choose two freedom fighters or people who are acclaimed as persons greatly influenced by the chosen GREAT SONS*). Pen down their experiences or feelings with the help of designed questionnaire.
 - Take geo-tagged photographs of the meetings for inclusion in the report.
 - Analyze the historical and socio-political context in which the figure lived and worked
 - **Video pitch:** Develop a documentary or video, with you as speaker, highlighting the life and contributions of the chosen figure (include interviews, historic footage and analysis)
 - Organize atleast one public lecture or talk or activity by scholars or experts (Minimum audience: 20) on the life and contributions of the chosen figure (If

possible, conduct role-playing exercises to act out significant events or decisions made by the chosen figure)

- **Relevance to society:** During field work, you are expected to focus on “How is the contribution of the chosen figure impacted the Indian society or the world?”
- **Presentation:**
 - Prepare an effective ppt on the major insights from the activity & how you plan to apply these lessons in your own life and present the same at the nodal centre
 - Present the prepared video pitch to the nodal centre
- **Report Writing:**
 - Write a well-documented report, in prescribed format, emphasizing
 - personal reflection on the figure and his influence on your life
 - how the study has changed your perspective on leadership and social impact
 - how you plan to apply these lessons in your own life
 - Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre.

SA205 : Jeevan-Vidya (Work-life balance, Harmony in FAMILY & SOCIETY)

(Study the need to instill values of peaceful coexistence, mutual respect, and balance in personal and social relationships while drawing connections to their professional lives.)

- **Goal setting, Planning & Knowledge Acquisition :**

- **Goal setting, Planning:**

- Identify the goals, prepare a plan of action to practise harmony in family & society.

- *Some of the goals for the activity are, but not limited to:*

- *improving communication within family*
 - *reducing conflicts with peers or family members*
 - *initiating a community activity that fosters social bonding.*

- *Action plan should include steps to be taken to achieve the goals and timeline for each step*

- Design a questionnaire for field work on

- Family: steps taken to improve harmony in family during interaction with senior family members (grandparents or older)
 - Society: steps taken to improve harmony in society during interaction with community leaders

- Design a feedback form for field work, for conducting survey from participants to gather feedback on how to improve harmony in family and society.

- **Knowledge Acquisition:**

- Read any of the books or case studies of harmonious communities of families (*Books like Kindle Life by Swami Chinmayananda and Effective Life Management by Swami Amartyananda.*).

- **Field work:**

- **Meet Eminent Personalities:**

- Family: Interact with any two senior members of your family (grandparents, great grandparents etc.) and take inputs on measures taken to improve harmony in the family.

- Society: Interact with minimum two community leaders or social workers, gather information on how to maintain harmony in society.
- Take geo-tagged photographs of the meetings for inclusion in the report.
- Identify any two families known to you (you can choose your own family too), conduct family meetings to discuss the issues related to the identified goals.
- Conduct surveys (sample size: minimum 20) on how to improve harmony in family and society. Collect the feedback received and analyze it.
- Attend online/offline Happiness program/ Wellness program/ other relevant program conducted by the Art of Living Foundation (www.artofliving.org) or any other relevant organization and get a certificate for submission in the report.
- **Relevance to society:** During field work, you are expected to focus on “How to foster harmony in family and society?”
- **Presentation:**
 - Prepare an effective ppt on the following and present the same at the nodal centre
 - Goals and objectives of your activity on harmony in family and society
 - Procedure followed to achieve the goals through field work
 - Key challenges and how they were overcome
 - Your views on improving harmony in family and society
 - Outcomes and impact on family and society
- **Report Writing:**
 - Write a well-documented report, in prescribed format, emphasizing how the activity positively impacted family/ society and your personal growth.
 - Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre.

SA206 : Harmony in NATURE

(Plan activities to promote harmony with nature)

- **Goal setting, Planning & Knowledge Acquisition :**
 - *Goal setting, Planning:*
 - Identify the goals, prepare a plan of action to practise harmony in nature
 - *Some of the goals for the activity are, but not limited to:*
 - *reducing personal or community environmental footprints*
 - *implementing small-scale sustainability projects like energy conservation or waste management*
 - *promoting biodiversity conservation*
 - *Action plan should include steps to be taken to achieve the goals and timeline for each step*
 - Design a questionnaire for field work, to interact with eminent personalities to know their experiences and insights on harmony with nature.
 - Design a feedback form for field work, for conducting survey from participants to gather feedback on impact of environmental initiatives.
 - *Knowledge Acquisition:*
 - Review existing literature and gather information on importance of living in harmony with nature incorporating Indian philosophies like “Vasudhaiva Kutumbakam” and “Prakriti” (review any case studies, if available, related to environmental harmony)
- **Field work:**
 - **Meet Eminent Personalities:** Interact with minimum two environmental scientists, conservationists or green engineers to share their experiences and insights through a questionnaire.
 - Take geo-tagged photographs of the meetings for inclusion in the report.
 - Identify a household, preferably in your neighbourhood, which maintains harmony with nature. Conduct an interview of how they are able to maintain

the environmental harmony. Analyze the collected data and identify key issues of maintaining environmental harmony and solutions for it.

- Develop a conservation plan for a local ecosystem and organize community clean-up drives, tree planting or recycling initiatives.
- Conduct survey (sample size: minimum 20) and collect feedback from local communities or participants on the impact of the environmental initiatives.
- **Relevance to society:** During field work, you are expected to focus on “How to foster harmony in nature?”
- **Presentation:**
 - Prepare an effective ppt on the following and present the same at the nodal centre
 - Objectives and goals related to harmony with nature.
 - Steps taken in the field to meet these goals.
 - Observations of how their actions impacted the local environment.
 - Challenges faced and how they were addressed.
- **Report Writing:**
 - Write a well-documented report, in prescribed format, emphasizing how the activity impacted the nature and your personal growth.
 - Submit one soft & hard copy of the report each to the faculty counsellor and to the nodal centre.