

NATIONAL EXPOSURE TRIP

PUNE - LONAVALA

29/01/2023 - 04/02/2023



JNANA PRABODHINI
NIGDI CENTER
ज्ञान प्रबोधिनी निगडी केंद्र

Matrimandir trusteeship

As one enters the premises a building is dedicated to morning prayer, where the deity is Mother India. To invoke the feeling of patriotism and ownership towards nation, students are taught to pray to Karmabhoomi and work for it's progress.

MISSION :- Knitting an organisation of selfless individuals where every students is an asset to the nation.



Gharkul

Features:-

- ❖ Two mediums : English and Marathi(Separate sections and timings)
- ❖ Assembly: Paripat(Shlok Path, Deshbhakti geet)
- ❖ Rakhi Sale activity(similar to EMC)
- ❖ Matribhumi familiarisation camp.
- ❖ Pratigya grahan karyakram(varsh-arambh)

Gurukul

Objectives:-

- ❖ Making Body healthy and strong through yoga and meditation
- ❖ To understand contribution in national development.
- ❖ Being sensitive towards other

Features:-

- ❖ Based on Panch-Kosh
- ❖ 12 hours school (07:00 AM to 07:00 PM)
- ❖ 30 students per class(two head teacher for each class)
- ❖ Special coaching for sanskrit
- ❖ Surya-namaskar sessions for two hours in the morning.
- ❖ Cycle safar
- ❖ Class wise matribhoomi parichay shivir.

KridaKul

Objectives:-

- ❖ To produce better players of national and international levels.
- ❖ Using ayurvedic principles for sports selection and long term study of athletes.

Features:-

- ❖ 12 hours school (07:00 AM to 07:00 PM)
- ❖ Regular guidance from Sports, Education, Psychology and Health experts
- ❖ Working days 280/365.
- ❖ Regular ayurvedic interventions for building immunity and health.
- ❖ Separate breakfast room to provide balanced diet.
- ❖ Mental training by psychologist
- ❖ Individual and parental counselling before tournament.
- ❖ Weekly health check-up







ज्ञान प्रबोधिनी

॥ राष्ट्रदेवाः भवेम ॥

JNANA PRABODHINI PRASHALA, PUNE(Awakener of Knowledge)

Motto: Man making for nation building

- ❖ Established in 1969,the first school in India for intellectually gifted students.
- ❖ Private,Unaided ,CBSE affiliated,residential school.

VISION:

- ❖ Gifted children are an asset to the nation.
- ❖ They have different needs.
- ❖ If nurtured with motivation they can be nation builders and change makers.

Salient Features of the school

- ❖ Nation First
- ❖ Motivating intelligence for social change.
- ❖ An amalgamation of traditional and modern-*sanskaras* and *adhunika*.
- ❖ Focus on sports and physical fitness- concept of *dal* 60-75 mins. daily.
- ❖ Sustainable practices like vermiculture, biogas, floriculture, modern farming.
- ❖ Connect and involvement of the alumni directly as teaching faculty or visiting experts. Students addressed teachers as *Dada-Tai*

Amalgamation of *Adhunikā* and *sanskaras*



MAKER'S SPACE

- ❖ Started in 2016
- ❖ Two DIY Labs-tinkering labs
- ❖ Low End and High End technology labs
- ❖ High End -Electronics , Robotics 3-D printing etc.
- ❖ Low End -Carpentry, drill machine ,cutter, grinder,automotive tools, basic electronic tools.
- ❖ To eradicate dependence on technology and self sustenance.

DIY Labs



Low- End Technology labs



PROJECT BASED LEARNING

- ❖ To develop creativity, exploration and problem solving skills.
- ❖ Grade appropriate project from V-X class.
- ❖ One project is assigned for the whole year.
- ❖ Autonomy to students for topic and team selection.
- ❖ Interdisciplinary Learning and multidisciplinary application.
- ❖ Dedicated Period of 2 hours weekly.
- ❖ Open lab access even before and after school timings.

Grade	Type of Project
V	Collection project
VI	Working Models
VII	Creative Writing
VIII	Investigatory Research Project
IX	Futurology Project
X	Open ended and Output Oriented

MANASHAKTI RESEARCH CENTRE

LONAVALA MAHARASHTRA INDIA



ABOUT MANASHAKTI RESEARCH CENTRE

- Public charitable trust perpetuating research based service activities
- Scope of activities ranges from prenatal education to life after death at every stage
- Based on scientific research initiated by Swami Vijnanand 's NEW WAY PHILOSOPHY
- Focus on power of mind to understand self
- Combination of science and spirituality
- Residential study courses imparting scientific knowledge for achieving success and remedies on day today problems of life.
- Mind tests to assess the energy expenditure of mind to ascertain chances of success
- Remedial counselling services
- Pleasure camps for children and youth to provide guidance to parents and students on joint efforts for holistic development of child
- Books and other material development

LEARNINGS AND TAKEAWAYS

- Every human being needs to work on mind and breathing.
- Power of mind - 'Train your mind and change your brain'
- It is possible to train our brain.
- Scientific Importance of touching feet to seek blessings of our elders
- Less use of phone is beneficial for an individual
- Balance between LEFT and RIGHT brain and activities that can enhance their maximum functioning
- Importance of spiritual growth for every human being
- Importance of concentration level for every living being
- Techniques to improve your concentration
- Concept of compulsory community service per month
- Cycle of good deeds
- Importance of yoga and breathing exercises

LEARNINGS AND TAKEAWAYS

- Sharing of what students think about their parents
- How to nurture our children / future generation and importance of moral values
- Impact of mind on the whole body, thinking process, success criteria, physical health ,likes ,dislikes, etc.
- Impact of patriotic movies on our minds, thought processes and our deeds
- After test a person can analyse his emotions and state of mind and work for personal improvement
- Small and low cost activities to increase the concentration.
- Santushti kamnas and resilience
- Importance of prarthana - duty based prayer.
- Moving away from the tendency of greed.

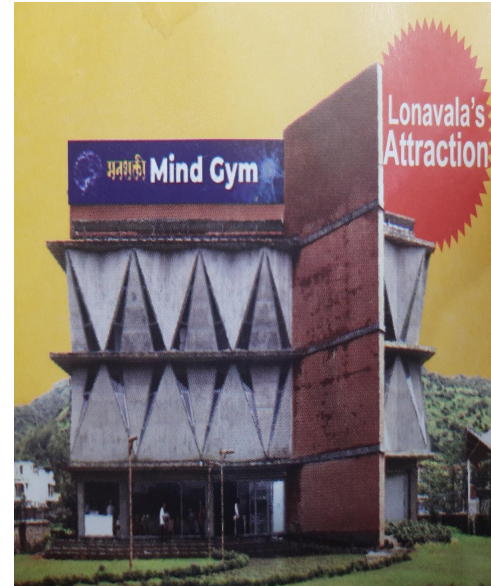
LEARNINGS AND TAKEAWAYS

- Importance of Garbha Sanskara
- Education to inculcate humanitarian values
- Education and values are not to be taught but to be caught
- The importance of gratitude
- Different types of brain waves are emitted as per our mental state and leads to energy expenditure
- The concept of multiplication of qualities and division of our defects
- Carefully selected games and toys like tangrams can enhance brain's abilities.



MANASHAKTI MIND GYM

LONAVALA MAHARASHTRA INDIA



ABOUT MANASHAKTI MIND GYM

- Educational, Health and Experience centre
- Focus on knowing, shaping and directing mind to achieve contentment based happiness and success
- Mind Inspiration Show - Vandya Vande Mataram - rekindling love for nation through engaging narratives of freedom fighters and patriots
- Exhibition Section - Colourful research based charts on topics like Garbha sanskara, Good parenting, Stress relief, Child's All Round Personality, Jealousy free success, Science of disease cure, etc.
- Mind Training Zone - use of latest technology on brain waves to measure parameters related to abilities of the mind and brain like concentration, stability, creativity, intuition, meditation, etc.
- Mind Experience Zone - Psycho feedback technique to measure Emotional Quotient and balancing

LEARNINGS AND TAKEAWAYS

- It is possible to know, understand, shape and direct the mind which is source of success- failure, happiness - sorrow in our life.
- Mind Gym activities can develop our mind in an engaging and interactive way
- Latest technology at Mind Gym can aid in measuring abilities of brain and mind
- Immediate reports on abilities like concentration, stability, creativity, intuition, meditation,etc. can be used for providing guidance for development of child's personality



LEARNINGS AND TAKEAWAYS

- Scientific understanding of feelings and emotions, perceptions, experiences, stress levels, etc. can be achieved using equipments at Mind Experience Zone
- Peace of mind can be achieved by changing Brain Waves
- The importance of meditation, pranayama and breathing exercise to regulate breathing pattern and changing brain waves



LEARNINGS AND TAKEAWAYS

- EVGC and SET teachers can be sent to Mind Gym or online training can be arranged to learn more about bringing qualitative changes in child's mental abilities
- Knowing about focus areas can help in bringing improvement in child's personality

