



SNDT WOMEN'S UNIVERSITY

**Bharatiya Gyan, Sanskrit evam Yog Kendra
(BHAGYASY Kendram)**

2022-2025

**ESTB. ON 19TH SEPTEMBER 2022
AT JUHU CAMPUS, SNDTWU**

भारतीय ज्ञान, संस्कृत एवं योग केंद्र

उद्घाटन

मा. श्री मुकुल कानिटकर जी
(अखिल भारतीय संगठन मंत्री, भारतीय शिक्षण मंडल)
के कर कमलों द्वारा

सम्माननीय उपस्थिति

मा. प्रो. (डॉ.) उज्वला चक्रदेव
कुलपति, एस.एन.डी.टी. महिला विश्वविद्यालय, मुंबई

दिनांक १९ सितंबर २०२२, आश्विन कृष्ण पक्ष, मातृ नवमी, वि. संवत् २०७९

www.sndt.ac.in

<https://sndt.ac.in/bhagyasy>

**SNDT Women's University,
Sir Vithaldas Vidyavihar, Juhu Campus
Santacruz (W),
Mumbai 400 049**

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2025

THE GENESIS OF BHAGYASY KENDRAM

22 MARCH 2022

**Announced during the Vision Document launch by
Hon'ble Chancellor Shri. Bhagat Singh Koshyari,
NAAC Chairperson Prof. Bhushan Patwardhan &
Hon'ble VC Prof. Ujwala Chakradeo.**



VISION & OBJECTIVE

VISION

The Bhartiya Gyan, Sanskrit evam Yog Kendra envisions a dynamic, interdisciplinary hub for holistic education, training, research and documentation, integrating ancient and modern Indian knowledge systems with a focus on Sanskrit, Yog, cultural traditions, ethics, and human values.

OBJECTIVE

- Preserve, document, and disseminate Indian knowledge through technology.
- Promote interdisciplinary research, training, and outreach for inclusiveness, sustainability, and progress.
- Build collaborations to support Indian heritage, artistic traditions, and cultural diplomacy.
- Promote Indian languages and support translation across various languages.

ABOUT THE CENTRE

In accordance with the National Education Policy 2020 and the IKS Mission of the Ministry of Education, Government of India, SNT Women's University proudly inaugurated the Bhartiya Gyan, Sanskrit evam Yog Kendra (Centre for Indian Knowledge, Sanskrit & Yoga) on September 19, 2022, at its esteemed Juhu campus. Under the dynamic leadership of Hon'ble Vice Chancellor Prof. Ujwala Chakradeo, this Centre embodies a deep-rooted commitment to fostering Indian knowledge-based approaches and practices. The Centre's vision aligns seamlessly with the broader goals of the university, aiming to create an ecosystem conducive to interdisciplinary research, with a special emphasis on promoting Indian languages.

SNT Women's University, guided by the ethos of the National Education Policy 2020 and the IKS Mission, took a significant step towards promoting indigenous knowledge systems with the establishment of the Bhartiya Gyan, Sanskrit evam Yog Kendra. The inauguration ceremony, held on September 19, 2022, marked a milestone in the university's journey towards nurturing a vibrant ecosystem of teaching, training, and learning rooted in Indian traditions.

The BHAGYASY was inaugurated by the renowned scholar Shri Mukul Kanitkar ji in the gracious presence of Honourable Vice Chancellor Prof. Ujwala Chakradeo, Shri Atul Kulkarni ji and distinguished guests, faculties and students on 19th September 2022. During the inauguration, Prof. Chakradeo emphasised the significance of the BHAGYASY Kendram in revitalizing Indian knowledge systems and stressed its role in promoting interdisciplinary research.

The inauguration of the Bhartiya Gyan, Sanskrit evam Yog Kendra marks the beginning of a transformative journey for SNT Women's University. The centre is poised to become a hub of scholarly activity, nurturing the next generation of researchers and practitioners committed to preserving and promoting Indian knowledge systems.

VALUE ADDED COURSES AT CENTRE

- INTRODUCTION TO INDIAN KNOWLEDGE SYSTEM**

Date of Commencement: 17 March 2024 – 04 May 2024

Duration: 15 hours

Offered to PhD Students as a part of their Coursework

Mode: Online

No. of Resource Persons: 10

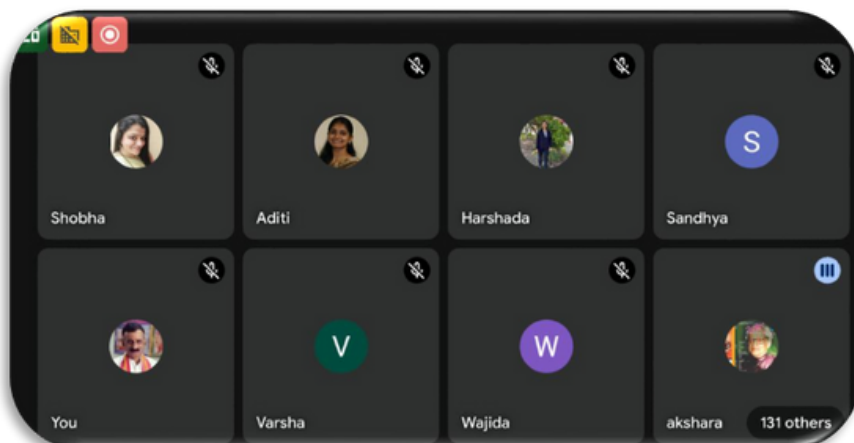
Course Fee: Rs. 500/-

Total No. Passed Students: 158

- INCEPTION OF INDIAN KNOWLEDGE SYSTEM**

Conducted by SNTD Colleges to their Graduate Students

Duration: 30 hours, 2 Credit



RESEARCH WORK

- **Jagrani Prakalp on Vedic Rishika – Rediscovering Indian Women Sages' Intellectual Heritage**
- **Journey of Nagar Swaraj through Nurturing Leadership – An Experiential Model in Urban Local Governance**

STUDENTS' FEEDBACK

"...A wonderful session with enlightenment of the powerful women in the Vedas. I felt proud to be a woman and to be an Indian..."

"... A session of breaking stereotypical norms of being women. I understood the beauty of being Indian..."

"...It's really great experience to attend the workshop which was conducted in SNDT University really great..."

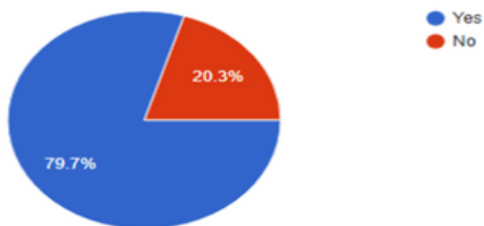
"...This Jagrani program is wonderful I wish all the women of India should join this program..."

"...It's a great opportunity for the youth to know about our history and build confidence in ourselves..."



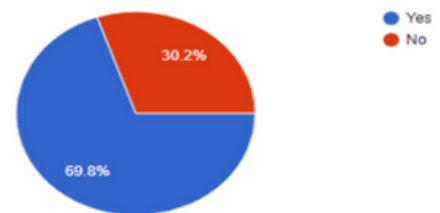
I wish to become Narayani Mitra.

562 responses



I am ready to join the three-day 'Narayani Mitra' Training Program, sponsored by the University?

562 responses



JAGRANI PROJECT

“NARI SE NARAYANI: REDISCOVERING INDIAN WOMEN SAGES’ INTELLECTUAL HERITAGE”

OBJECTIVES

- Celebrates and uncovers the contributions of Vedic Rishikas
- Conducted under Viksit Bharat 2047 Mission to educate and empower women through Indian knowledge-based experiential learning at SNTT colleges across eight states.

TRAINING & CREDITS

- Aligned with NEP 2020.
- Assigns 2 credit for residential training sessions as a part of OJT.
- Trained 121 students as a Narayani trainer.

PROJECT STRUCTURE (4 VERTICALS)

- Introductory Lecture Sessions
- Residential Training Program
- Logistics Management
- Research Component



COMMUNITY OUTREACH

- Engaged 2,500 women students in Mumbai.

FUTURE GOAL

- Expand to engage 5 lakh women students across SNTT colleges.

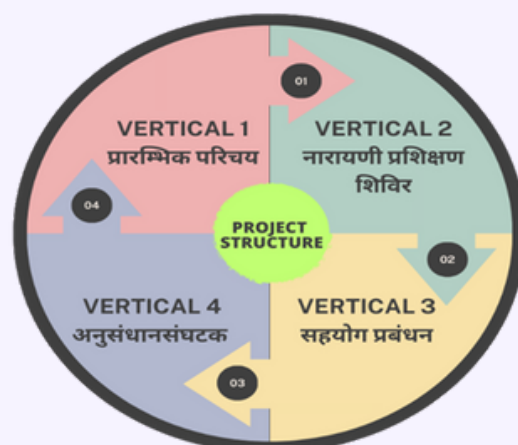
KEY ACHIEVEMENTS

Phase I (Feb - Jun 2024):

- Reached 1,500 students
- Trained 32 Narayani Trainers
- Documented 35 Rishikas
- Published an e-journal
- Created 5 short videos

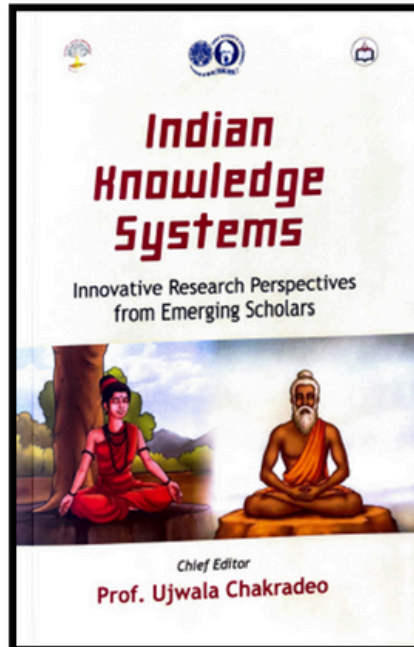
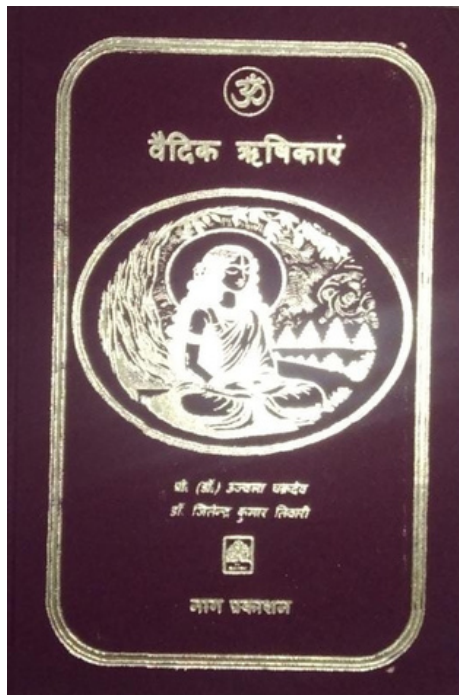
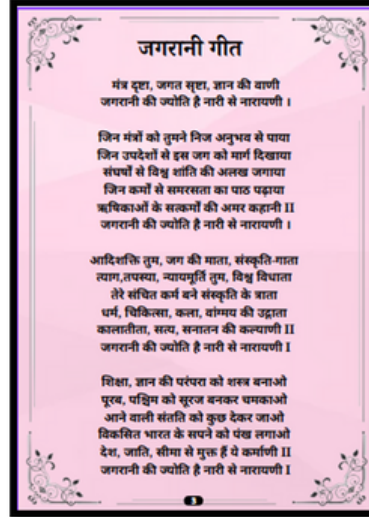
Phase II (Jul 2024 - Ongoing):

- 13 Narayani Trainer Core Group (TCG) conducted
- Book published on “Vedic Rishikaen”
- Short Film - **Jagrani Ki Jyoti (6 Min)**
- Jagrani Geet



PUBLICATION AND RESEARCH DEVELOPMENT

1. Book on IKS: Innovative Research Perspectives from Emerging Scholars (Jointly Published by Authors Press, New Delhi)
2. Book on Vedic Rishikaen (Jointly Published by Nag Prakashan, New Delhi)
3. E-journal prepared by students during OJT
4. Audio Visual Resources
 - Jagrani Geet: 01
 - Jagrani Short Films: 02





Short Film: <https://youtu.be/majuyV4Yi80>

PARTNER ORGANIZATION & ACTIVITIES

(NAV SREJAN CHARITABLE TRUST SONIPAT, HARYANA)

Two-Week Online Workshop on Nari se Narayani
with 148 Participants from Different Organizations across India



SNDT WOMEN'S UNIVERSITY

Bharatiya Gyan, Sanskrit evam Yog Kendra (BHAGYASY)



Under Jagrani Project "Narayani - Phase II"

organizes

Two-Week Online Workshop on

Nari Se Narayani:

Rediscovering Indian Women Sages' Intellectual Heritage



Prof. Ujwala Chakradeo
Hon'ble Vice Chancellor

Revered
Shri Dinesh Kumar Ji

INAUGURATION ON

APRIL 18 2024

THURSDAY 18:00 HRS

Online on Zoom Meeting joining Info

Director, BHAGYASY, SNTD WU, Juhu Campus, Mumbai



SNDT WOMEN'S UNIVERSITY

भारतीय ज्ञान, संस्कृत एवं योग केंद्र (भाग्यस्य)
CENTRE FOR INDIAN KNOWLEDGE, SANSKRIT AND YOG
Sr Vithaldas Vidyavihar, Juhu Road, Mumbai-400049.
Mobile: +91- 9324642152

Hon. Director: Dr. Jitendra Kumar Tiwari

BGK/2024-25/03-44 03/10/2024

To
The Registrar/Principal

Subject: Request for Permission to conduct Jagrani Project Lecture Series at your Institution

Dear Sir/Madam,

Greetings from SNTD Women's University, Mumbai.

We are delighted to introduce you to the Jagrani Research Project lecture series on the topic: "Nari se Narayani - Rediscovering Indian Women Sages' Intellectual Heritage", organized by Bharatiya Gyan Sanskrit evam Yog Kendra (BHAGYASY), SNTD Women's University, Mumbai.

The Jagrani Project aims to celebrate and raise awareness about Indian women sages and their significant intellectual contributions. It endeavors to bring to light the compelling, yet often overlooked stories of marginalized women who have enriched India's cultural and intellectual heritage, beginning with the Vedic Rishikas. The project actively engages students across disciplinary boundaries through comprehensive initiatives including research, training, documentation, and workshops.

We kindly request your esteemed institution to grant permission for Ms. Megha Mittal to conduct this Jagrani Lecture session, on behalf of SNTD Women's University, Mumbai, at your institution.

Additionally, we would appreciate your support in arranging for 250-500 students to participate in these enlightening sessions. We are confident that your students will greatly benefit from these enriching lectures. We eagerly anticipate the opportunity to collaborate with you to inspire your students through the captivating narratives of Indian women sages.



Thank you for considering our request and for your anticipated support.

Best regards,



Dr. Jitendra Kumar Tiwari,
Director, BHAGYASY
SNTD Women's University,
Juhu Mumbai


Email: dr.bhagyasy@sntd.ac.in, bhagyasy@sntd.ac.in, Website: <https://www.sntd.ac.in/bhagyasy>



SNDT WOMEN'S UNIVERSITY

BHARATIYA GYAN SANSKRIT EVAM YOG KENDRA
(BHAGYASY Kendram)
S.N.D.T Women's University, Juhu Road, Santacruz (W), Mumbai - 400059

JAGRANI PROJECT



NAME OF NARAYANI: MEGHA MITTAL



PHONE: 8390113667

DOB: 13.04.1985

AADHAR CARD NO.: 546885432725

Jagrani ID Card

Dr. Jitendra Kumar Tiwari
Director, BHAGYASY
Authorised Signatory



Residential Address.: Flat No. 101, Culture Building, S.No. 125/2/18/19/20 Near Chandra Mauli Mangal Karyalay, Kala Khadak, Wakad, Pune City, Maharashtra - 411057

➤ Carry the card in person while on duty and produce on demand.

➤ This card does not confer any right other than identification.

Finder of this card is requested to return it personally or post it at the address of the **BHARATIYA GYAN, SANSKRIT EVAM YOG KENDRA**

JAGRANI PROJECT

RESIDENTIAL TRAINING PROGRAM

RESIDENTIAL TRAINING PROGRAM 1

Date: 1-3 March 2024

Place: Pune Campus, SNDT Women's University, Pune

CU Shah College of Pharmacy: 09

UNIT: 03

Pune: 15

Churchgate: 05

TOTAL: 32 Narayanis

RESIDENTIAL TRAINING PROGRAM 2

Date: 28-30 September 2024

Place: Pune Campus, SNDT Women's University, Pune

CU Shah College of Pharmacy: 13

PN Doshi College: 06

Home Science, Pune: 10

UNIT: 12

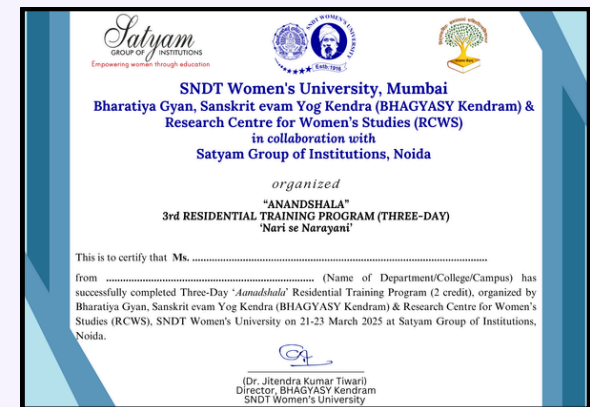
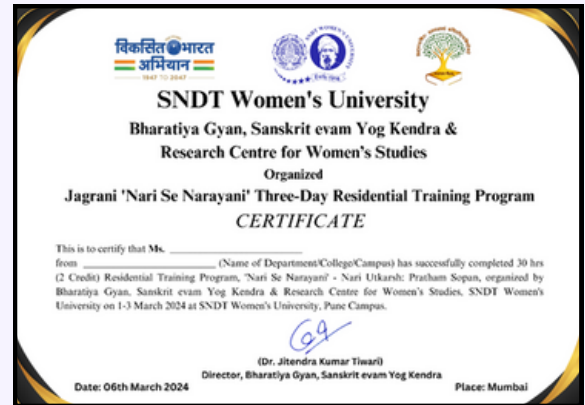
TOTAL: 41 Narayanis

RESIDENTIAL TRAINING PROGRAM 3

Date: 21-23 March 2025

Place: Satyam Group of Institutions, Noida

Trained 48 Students as a Narayanis



JAGRANI LECTURE SERIES

| Date | Name of Programs | No. of Sessions | No. of Participants |
|--------------------|--|-----------------|---------------------|
| Feb 13-21-22, 2024 | Jagrani Special Lecture Series, Churchgate-Juhu-Pune | 4 | 566 |
| Jul 22, 2024 | SNDT College of Arts and SCB College of Commerce and Science, Churchgate. Mumbai (Commerce & Arts departments) | 2 | 108 |
| Jul 24, 2024 | L.T. College of Nursing, Churchgate, Mumbai | 1 | 147 |
| Jul 29, 2024 | PGSR Departments, Churchgate, Mumbai | 1 | 64 |
| Jul 31, 2024 | PG Department of MSW, Life Long Learning and Library Science, Churchgate, Mumbai | 1 | 44 |
| Aug 8, 2024 | C.U Shah College of Pharmacy, Juhu Campus, Mumbai | 1 | 108 |
| Aug 9, 2024 | P N Doshi College, Ghatkopar | 2 | 666 |
| Aug 12, 2024 | Shri M D Shah Mahila College of Arts & Commerce | 2 | 213 |
| Aug 24, 2024 | Maniben Nanavati Women's College | 2 | 386 |
| Sep 5, 2024 | Home Science College, Pune | 1 | 203 |
| Sep 6, 2024 | SNDT Arts & Commerce College, Pune | 1 | 146 |
| Sep 6, 2024 | PGSR, Pune, B.ed College, JDBIMS | 1 | 23 |
| Nov 27, 2024 | Mahila Vikas Mandal, Nariman Point, Mumbai | 1 | 100 |

JAGRANI PHYSIO YOGA THERAPY CONSULTING UNIT



SNDT Women's University

Bharatiya Gyan, Sanskrit evam Yog Kendra (BHAGYASY)

Inauguration of

Jagrani Physio Yoga Therapy Consulting Unit



Prof. Ujjwala Chakradeo
Hon'ble Vice Chancellor

Date: 19th March 2024
Time: 2:00 pm
Venue: Committee Room, SNDT WU, Churchgate, Mumbai



Dr. Zigna Tanna Panchmatia
Physiotherapist & Yoga Teacher

Services for:

- Orthopedic problem Arthritis, back, neck, knee, shoulder and ankle pain
- Postural and mechanical pain
- Post-fractures and post-surgical rehabilitation
- Neurological and vestibular rehabilitation
- Balance training
- Women's health
- Antenatal and postnatal care
- Geriatric fitness
- Hormonal imbalance like thyroid, diabetes, etc
- Headache and migraine
- Cardiopulmonary rehabilitation
- Weight management
- Lifestyle and stress management
- Diet and sleep management
- Ergonomics and on-duty exercises

Physical benefits:

- Improves muscular flexibility, strength and endurance
- Body awareness and postural alignment
- Improves circulation, digestion and respiration
- Helps in hormonal balance
- Improves Immune function
- Normalizes blood pressure and sugar level
- Helps to achieve normal body weight, etc

Mental benefits:

- Improves alertness, concentration, self confidence and clarity
- Improves sleep patterns
- Aids in relaxation
- Reduces stress and anxiety, etc

NOTE: Free consultation for SNDT WU faculties & students every 1st & 3rd Saturdays
Time: 3:00-5:00pm
at
BHAGYASY, Juhu Campus
Director, BHAGYASY, SNDT WU, Juhu Campus, Mumbai



NATIONAL SEMINAR/WORKSHOPS

| Date | Name of Programs | Partner Organization |
|---------------------|---|---|
| 20 Jan- 21 Jan 2023 | National Seminar On ' Role of Hindi, Marathi, Sanskrit, Gujarati Literature in Indian Freedom Movement' | Uttar Pradesh Hindi Sansthan, Lucknow, and the Hindi Sahitya Sammelan |
| Sep 4 2023 | Seminar on Bhaktikal Evam Bhartiya Samaj | Maniben Nanavati Women's College, MHSA |
| 27 Oct 2023 | Workshop On Holistic Wellness Through Physio Yoga Therapy | SNDT WU Sanskrit Vibhag, Churchgate |
| 18 Nov 2023 | Competition on Shrimadh BhagawatGita Pathan | SNDT WU, Sanskrit Vibhag, Churchgate |
| Jan 22 2024 | Special Lecture on Shree Ram Aur Jan Sangharsh | SNDT WU Sanskrit Vibhag, Churchgate |
| 6 Mar - 7 Mar 2024 | Contribution of Indian Women In Nation Building/ Launch of Jagrani Prakalp "Nari se Narayani" | Research Centre for Women's Studies (RCWS) SNDT WU, Maharashtra State Hindi Sahitya Academy (MSHSA) |
| 18 Apr - 2 May 2024 | Two-Week Online Workshop on "Nari Se Narayani: Rediscovering Indian Women Sages' Intellectual Heritage" | BHAGYASY Kendram, RCWS |
| 29 Apr 2024 | Rise and Lead: Young Women Pioneering in Technology, Business and Public | NCW, New Delhi, BHAGYASY, RCWS |
| June 14 2024 | Documentary Film Making Workshop | IDPA, India, BHAGYASY Kendram |
| 19 Oct 2024 | Holistic Harmony: Physio-Yoga for Mind and Body | BHAGYASY Kendram |
| 20-21 Dec 2024 | National Seminar on 'Indian Knowledge Tradition and Narrative Literature' (From Vedic Period to Mahabharata Period) | RCWS, ICHR, PBC Education and Financial Services PVT. LTD., NKGSB CO. OP. Bank, Canara Bank, Juhu Branch, शिक्षा संस्कृति उत्थान न्यास, नई दिल्ली, Smt. P. N. Doshi Women's College, Technoriya eTechnologies Pvt Ltd |
| 20-21 Feb 2025 | Two-Day National Workshop on Curriculum Development in IKS National Workshop | BHAGYASY Kendram & PM Usha |

NATIONAL SEMINAR/WORKSHOPS



Speaker: Dr. Medha Tapiawala at National Seminar On ' Role of Hindi, Marathi, Sanskrit, Gujarati Literature in Indian Freedom Movement



Felicitatation of all Narayanis at Narayani Sangamam



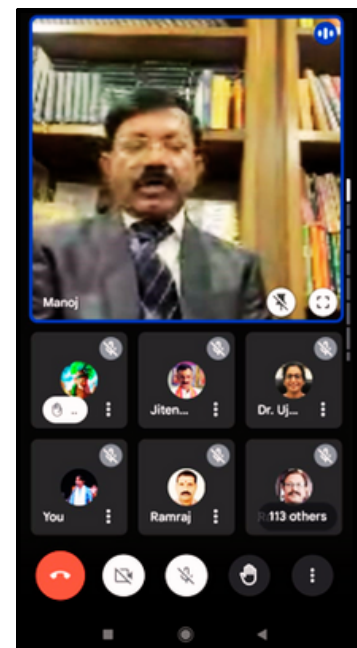
Felicitatation of Shri Mukul Kanitkar Ji with Revered Shri Dinesh Kumar Ji by Hon'ble VC Prof. Ujwala Chakradeo & Dr. Jitendra Kumar Tiwari at Narayani Sangamam



Felicitatation of Dr. Neeta Lambe by Dr. Jitendra Kumar Tiwari at Narayani Sangamam



Yoga Session at 2nd Residential Training Program at SNTD Women's University, Pune Campus



Speaker: Shri Manoj Kumar Shrivastava (IAS) at Special Lecture on Shree Ram Aur Jan Sangharsh



Launch of Book "IKS: Innovative Research Perspectives from Emerging Scholars" at Narayani Sangamam



Group picture at Launch of Jagrani Prakalp "Nari se Narayani"



Felicitation of Shri Manoj Kumar Shrivastava and Dr. Vidya Deodhar by Hon'ble PVC Prof. Ruby Ojha at Narayani Sangamam



Group picture at Contribution of Indian Women In Nation Building



Yoga Session at 3rd Residential Training Program, with students of Satyam Group of Institutions, Noida



Experts with Hon'ble VC Prof. Ujwala Chakradeo, Dr. Jitendra Kumar Tiwari at Two-Day National Workshop on Curriculum Development in IKS (Gurukulam) National Workshop

INTERNATIONAL SEMINAR/WORKSHOPS

| Date | Name of Programs | Partner Organization |
|---------------------|---|---|
| Mar 13, 2023 | International Research Methodology Workshop | University of Quebec, Montreal (UQAM), Bureau du Quebec a Mumbai (BQM) and Tata Institute of Social Sciences (TISS) |
| Mar 14, 2023 | International Colloquium on Artistic Research | University of Quebec, Montreal (UQAM), Bureau du Quebec a Mumbai (BQM) and Nalanda Dance Research Centre |
| 27 Feb -28 Feb 2024 | International Research Confluence | CERIAS, University of Quebec, Montreal & RCWS |



FACULTY DEVELOPMENT PROGRAM (FDP)

| Date | Name of Programs | Partner Organization |
|-----------------------|-------------------------------------|--|
| 30 Jan – 04 Feb, 2023 | Faculty Development Workshop on BKS | Bhartiya Shikshan Mandal, Nagpur, Sponsored by ICHR, New Delhi |



BEST PRACTICES

- **RESIDENTIAL TRAINING PROGRAMS FOR STUDENTS**
Hands-on learning as part of OJT under NEP 2020 (2024)

- **INTERNATIONAL COLLABORATION (2023, 2024)**
Organized International Conference with the University of Quebec (Annual)

- **PUBLICATION AND RESOURCE DEVELOPMENT**
Book on IKS: Innovative Research Perspectives from Emerging Scholars
(Jointly Published by Authors Press, New Delhi)

Book on Vedic Rishikaen
(Jointly Published by Nag Prakashan, New Delhi)



**Affiliated Scholar Andre Fortino,
University of Quebec, Montreal**

FUTURE PLANS

1.ACADEMIC INITIATIVES

- Launch Ph.D. Program in IKS.
- Short-term (2-credit) courses:
 - A. Temple Heritage of Bharat (30 Hours – 02 Credit)
 - B. Media, Culture and Society (30 Hours – 02 Credit)
 - C. Yoga: Mind-Body Connection
 - D. Wellness Journey through Physio Yoga Therapy
 - E. Documentary Film Making on Indian Culture.

2.RESEARCH PROJECTS

- Interdisciplinary research in IKS.
- Contribution of Indian Women: Life Stories and Philosophies (focusing on specific period)
- Project in Pipeline (Applied for ICSSR - Longitudinal Social Science Studies 2025)
Title of the Proposed Study - Nari se Narayani: Rediscovering and Reclaiming the Intellectual Legacy of Puranic Women through IKS-Based Experiential Learning

3. PUBLICATION AND RESOURCE DEVELOPMENT

- Publication of books
- Development of short films on Indian culture & heritage
- Volume under preparation on 'IKS and Narrative Literature' (Conference proceeding)

4. TRAINING AND OUTREACH

- Conduct FDP in IKS
- Organize training programs in IKS for capacity building of students.

5. COLLABORATION AND LINKAGES

- Special Lecture Series
- Organizing Conference/ Workshop
- Strengthening partnerships with diverse institutions for knowledge sharing & exchange and research & training

SOCIAL MEDIA LINKS:

Instagram: <https://shorturl.at/j0v9y>

Facebook: <https://shorturl.at/Eu4TV>

LinkedIn: <https://shorturl.at/SXQmm>

Twitter: <https://rb.gy/bbl3ai>

YouTube: <https://www.youtube.com/@BHAGYASY>

BHAGYASY YouTube Links:

Anandshala: <https://youtu.be/t6bdC1q8uug>

Geet: <https://youtu.be/RW6lOgjlRv8>

Jagrani ki Jyoti:

<https://youtu.be/majuyV4Yi80?feature=shared>

• Dr. Jitendra Kumar Tiwari

Director & Head Department of Sanskrit

• Dr. Vatsala Shoukla

Coordinator & Assistant Professor (RCWS)

