

# SELF CLUB

## (Self Empowering Life's Foundation)

### **MENTORS:**

Ms. Rupal Shah  
Mr. Saurabh Baweja

### **CORE COMMITTEE:**

Rupal Shah

Saurabh Baweja

### **Convenor:**

Akshay Verma, MBA 2<sup>nd</sup> year;

Ritwik Bhatnagar, B.A. Yoga 3<sup>rd</sup> year

### **Co-Convenor:**

Ayushi Munka, BBA 3<sup>rd</sup> year;

Shivani Nanda, BBA 3<sup>rd</sup> year

### **WORKING COMMITTEE:**

Suryatej - BBA 3<sup>rd</sup> year

Chelsey - BBA 2<sup>nd</sup> year

Arundhati – MBA 2<sup>nd</sup> year

Priyadarshini – MBA 1<sup>st</sup> year

Hitesh - MBA 2<sup>nd</sup> year

Sahil - MBA 2<sup>nd</sup> year

***Working committee is tentatively as of now and subject to change. It will be formed strategically including two members from each department.***

## **VISION:**

To create a community that innovates and takes initiatives for the growth and development of one another through spiritual activities.

## **MISSION:**

- To create a sustainable and supportive environment which promotes personal growth and enhances the spiritual quotient of the University that helps in empowerment of each one of us.
- To develop leadership skills amongst the team members.
- Take action through a range of initiatives in order to serve the wellbeing of others.
- To increase the happiness quotient of the University.

## **ACTIVITY CALENDAR (2019-21)**

*Self Club regularly organizes the following activities*

*Daily & Weekly Satsangs*

*Theme Satsang on Thursday (once in every month, starting from Sept)*

*SEEKsha (once in a month)*

*Weekly long kriya*

*Every Monday Rudra Puja*

*Assists and helps in organizing Weekend Happiness Programs*

### **JULY:**

- Induction Program (UG)
- Induction Program (PG)

### **AUGUST:**

- Induction program (for the students who missed it).
- Bhagawad Gita with Gurudev (24<sup>th</sup> & 25<sup>th</sup>)

### **SEPTEMBER:**

- Activity to inculcate leadership
- Theme Satsang of the month

### **OCTOBER:**

- Diwali Celebrations
- Theme satsang of the month

#### DECEMBER:

- DSN Program
- Advanced Meditation Course (faculty/students)
- New year Satsang

#### JANUARY:

- **Patanjali Yog Sutras**
- Theme Satsang of the Month & **SEEKsha**
- Mythological Quiz and Debate

#### FEBRUARY:

- Upanayana
- **Shivsutras** – Last week
- **SEEKsha**

#### MARCH:

- Shiv Ratri Celebrations
- **Katho Upanishad**
- Theme Satsang of the month & SEEKsha

#### APRIL:

- A small knowledge series

***\*Note: Above calendar is tentative and is subject to change. We may include many more activities too as and when a senior teacher visits the campus. Topics of the knowledge series may vary or change depending upon the calendar of events and other situations.***

#### FINANCIAL REQUIREMENT

Approximately Rs. 7,000/- to Rs. 10,000/-

Not very sure as of now, as we would like to include begin with some new things this academic year