

Banarsidas Chandiwala Institute of Physiotherapy

Excursion Tour: Field Visit to SRCM Heartfulness Meditation Centre

Date: 14th February 2024

General

Curriculum is a tool in hands of artist to mould it's material into desired shape and size. The statement given by a famous educationist clearly represents how the teacher mould his or her students as per the desired aims and objectives of the respective curriculum. The students follow the set program of an institution to fulfil the administered curriculum to get awarded with the degree. Now a days it is under great focus that excursion activities should be practiced in order to break the monotony in students daily schedule. In urban lifestyle among the concrete jungles we are quite very far from the nature, most of the urban areas contains not a single trace of greenery, even with the availability of the wet land available, the land was kept barren and used to dump waste. Institutional Eco Club of Banarsidas Chandiwala Institute of Physiotherapy, decided to arrange a excursion trip to some point where the students submerged in nature and learn something extracurricular but of utilitarian value.

Objective

To break the monotony in students daily life and to provide them some utilitarian value based experience related to ecosystem.

Participants

Total Students who participated in the program: 37 (BPT 4th year students)

Total Faculty participated in the program: 13 faculty Members

Program Coordinator: Dr. Prithvi Parasher, InCharge Eco-Club; Dr. C.S. Ram, Director

Activity Description

- In order to break the monotony in students daily life schedule, Banarsidas Chandiwala Institute of Physiotherapy organised a one day excursion trip to SRCM Heartfulness Meditation Centre, Gurugram.
- The centre is a beautiful landscape surrounded by green fields on the North and West. It is situated on the border of Gurgaon and Delhi amidst 6.5 acres of land.
- Heartfulness meditation centre started getting established and a labour of love transformed the land area from barren burnt baked earth strength with stones and broken bricks to beautifully maintained garden and bountiful fields.

- Ornamental plants Like varieties of Crotons, Coleus, Money Plant, Hanging Baskets Seasonal Blooms Like Pansies, Petunias, Dahlias, Cosmos and Medicinal Plants like Aloe Vera, Tulsi, lemongrass etc. and regular cultivation of seasonal vegetables is carried out and the same are available for Wellness of seekers.
- The students visited the destination, appreciated the beauty and submerged deeply in detoxifying nature.
- The destination also offered tasty meals and cleansing meditation that revitalized the students.

Outcome

- Students enjoyed a lot and reenergised themselves, they enjoyed several outdoor games.
- Students learn way to convert wet land as well as barren uncultivable land into forest patches.
- Students practiced meditation and cleanse out their soul.

Conclusion

- The trip was reenergizing, detoxifying, revitalizing for the students. The students learnt several things to contribute to the ecosystem. The trip was highly enjoyed by all students and staff.

