



# RAJKIYA KANYA MAHAVIDYALAYA SHIMLA

ONE-WEEK FACULTY DEVELOPMENT PROGRAM (FDP)

on

## *Swadhyaya: A Journey to Fulfillment and Purpose*

21-26 April 2025



Rajkiya Kanya Mahavidyalaya (RKMV) is a historical and premier government girls' institute of higher learning in the state of Himachal Pradesh. Situated on Elysium Hill, this institute is, at present, nurturing and honing more than 3000 young minds. Focusing on their holistic growth the college gives them ample opportunities to grow, develop and excel in life. The college offers Bachelor's degree in Humanities, Science, Commerce, and Vocational courses. Self-financed courses in BCA and B.Sc in Microbiology and Biotechnology are also being run in the college. RKMV is also offering postgraduate courses in the discipline of Arts and Commerce.

Efforts are always being made by the college to live up to its motto, "*Sa Vidyaya Vimuktye*," 'Knowledge is that which liberates.' It motivates us in our quest for perfection, liberating us from the shackles of ignorance and darkness, and leading us to the path of self-realization and growth.

### INTERNAL QUALITY ASSURANCE CELL (IQAC)

*Vision: To establish a robust framework for quality assurance by fostering an environment of excellence, nurturing confidence, competence and character, for the holistic development of the students.*

Internal Quality Assurance Cell of RKMV ensures a culture of commitment and quality in the institution. The IQAC was constituted in accordance with the norms of NAAC and UGC Rules in the year 2010. Since its establishment, IQAC has been actively participating in the planning and monitoring of the college's Quality Assurance and Quality Enhancement initiatives. It acts as the advisory body of the institution which not only formulates and plans but also monitors the proper execution of the plans and the programmes. The IQAC has been relentlessly working in the direction of providing congenial and learner-friendly atmosphere to students, teachers and encourages research oriented eco-system in the campus. Keeping this in view the maiden Faculty Development Program on IKS has been organized.

### INDIAN KNOWLEDGE SYSTEM (IKS)

Indian Knowledge System aims to uphold and carry forward the wisdom that has been passed down through generations, embracing the rich heritage and lineage of our ancestors. The Indian Knowledge System offers a profound insight into our life, challenges and at the same time balances sustainable practices with complexities of modern life, especially in a world dominated by rapid technological advancement, constant connectivity, and fast-paced living.

Modern life often focuses on success linked with materialism, neglecting mental, emotional, and spiritual health. The essence of IKS lies in its emphasis on holistic living, self-awareness, and ethical conduct. In the age of distraction the need to pause, reflect, and reconnect with our inner selves becomes more meaningful, helping individuals understand their purpose beyond material achievements, fostering meaningful contributions rather than mere survival or accumulation of assets.

### ABOUT THE PROGRAM

The one week FDP is designed to question our notion of success, encouraging participants to pause, reflect and reconnect with their deeper self through introspection and exploration. This FDP is an invitation to slow down, examine the life that we've lived so far — and to meet our self with fresh eyes. The FDP will help to explore and balance personal fulfillment with a deeper sense of responsibility to the world around us. This unique opportunity will help in gaining greater clarity, purpose, and joy; not only for our self but for the communities we serve and belong to.

**Objective:** To facilitate a deeper connection with the inner self, through practices rooted in Indian knowledge System, for inner harmony and purposeful living for self and the world around us.

**Theme:** Self-exploration to develop higher degrees of awareness, create personal and professional alignment and help to develop a unique decision-making framework for discovering meaning, purpose and joy.

**QYON?**

**"QUESTION YOUR OWN NOTIONS"**

**An initiative for provoking thought to change mindsets and behaviour**

QYON (Question Your Own Notions) named after the Hindi word "क्यों", which simply means 'why', is a decade old initiative for human wellbeing and awareness. It is an initiative to discover oneself and enhance levels of consciousness on how we go about leading our daily lives. It is a platform to question, reflect, and introspect with the goal to bring a transformation in one's thought, intent and action, for a sensitised and soulful leadership. QYON wants to be part of the creative process of re-thinking, re-orienting and re-building ourselves and our societies.

It works across four key themes

- Holistic well being (includes mental, emotional and physical health)
- Environment and sustainability
- Self-reliance and entrepreneurship
- Ethical and soulful leadership

## RESOURCE PERSONS

The program will be led by a highly accomplished couple — alumni of IIT and SRCC, with one being a Rhodes Scholar from Oxford. Their deep life experience and wisdom make this retreat especially meaningful.

### SAURABH MITTAL



He is an executive coach, board advisor, startup mentor, teacher, and leadership facilitator, senior leadership coach working with CXOs. Alumnus of Said Business School, University of Oxford (British Chevening scholar, 2000) and Indian Institute of Technology (IIT), Delhi. He has lived and worked on four continents. He ran a global consulting practice out of NY, was an executive team member of a cutting-edge AI firm, did a non-profit entrepreneurial stint in Europe and taught kids in remote areas in India. He co-founded QYON with Preeti. He serves on boards of several educational institutes, innovative initiatives and start-ups and has supported hundreds of start-ups in their journey. He has done extensive work in the Himalayan region to nurture entrepreneurial talent. He is passionate about education, entrepreneurship and capacity building.

### PREETI MANN



Trained a cultural anthropologist, completed her D.Phil from University of Oxford (Rhodes Scholar). An alumna of Delhi University, her research interests include well-being and progress of indigenous communities, modernity and its implications. She has had a chance to work both as a development anthropologist and as an anthropologist of development in India and overseas. She has done stints with international aid organisations, worked at the grassroots and been part of the academia. She co-founded QYON with an intent to operationalise life lessons from the liberal arts, anthropology in particular, in the way we go about leading our day to day lives. The richness of world views from across cultures and wisdom traditions inform her work. Her public talks showcase the alternative worldviews of indigenous communities and how they have helped shape her.

## QYON? QUEST for RKMV

### OBJECTIVE

QYON uses an introspection of the self to engage critically with the world around. This program is to create an understanding of the self, because transformation of the self plays the most important role in bringing about any change on the inside or outside, collectively and individually. The goal is also to understand the various forces and factors that shape us, our choices, aspirations and perceptions. By exposing participants to personal biases and blind spots, the aim is to begin a process of churning that initiates silent inner dialogues to create better clarity to connect us to our full human potential. This initiation into peeking inside is a stepping stone for the mind to habituate itself and to constantly do so. Our mindsets drive our behaviour and action. Engaging with our mindsets therefore becomes necessary, for if we change thought, we change everything.

### EXPECTED OUTCOMES

Besides helping look inside, the program hopes to help participants learn to appreciate a multiplicity of perspectives and accommodate difference. QYON hopes to equip participants with a new decision-making framework that puts social responsibility and larger good over narrow personal gains. It aims to kindle a desire for leading conscious lives in its participants, in all the roles they perform in life.



#### Patron

Dr. Anurita Saxena  
Principal, RKMV

#### Co - Patron

Ms. Kartik S. Mritunjay

#### Organising Secretary

Ms. Geeta Sharma

#### Organising Committee

Mr. Pardeep Kumar    Dr. Ritu Sharma    Dr. Poonam    Ms. Shivani Sood  
Mr. Mohan Sharma    Ms. Sandhya Kumari    Dr. Nishtha    Ms. Sheetal Charbathia

[shimlarkmv@gmail.com](mailto:shimlarkmv@gmail.com) website: [www.rkmvshimla.edu.in](http://www.rkmvshimla.edu.in)