

## **Report on the student's trip to Vrindavan and Barsana**

**Organized by Aditi Mahavidyalaya (Cultural Committee, Student Union Advisory Committee, VAC Committee, SEC Committee) in paid collaboration with Shining moon Shashi Foundation**

**Date of Trip: 23rd - 25th October**

### **Introduction**

In alignment with the vision of the **National Education Policy (NEP) 2020**, which emphasizes upon the importance of holistic, experiential, and value-based education, the Shining moon Shashi Foundation helped plan and organize a transformative three-day trip to Vrindavan and Barsana for Aditi Mahavidyalaya students. held from 23rd to 25th October. The trip was funded by students and college equal contribution @ Rs. 3000/- per individual and management was taken care by Shining moon Shashi Foundation. A group of 28 students from multidisciplinary courses of B.A.(Prog), B. El. Ed, B. Comm and B. Comm (H) of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year from different socioeconomic background, with 2 teachers participated in the trip.

The trip aimed to foster an understanding of cultural, spiritual, and community-based learning. It provided students with the opportunity to immerse themselves in the rich spiritual traditions and cultural heritage of these sacred regions while promoting values like respect for diversity, sustainability, and personal growth.

### **Objectives Aligned with NEP 2020**

The trip was organized to:

- Promote **holistic education**, including spiritual and cultural awareness (as per NEP 2020's focus on **multi-disciplinary learning**).
- Encourage **active learning** through direct experiences and community engagement, fostering empathy, cooperation, and ethical responsibility.
- Enhance **critical thinking and experiential learning**, allowing students to connect theoretical knowledge with practical experiences, including the teachings of the Bhagavad Gita and local traditions.
- Support **sustainable development** and appreciation for heritage, aligning with the NEP's emphasis on preserving India's culture and values.

### **Activities Conducted on 23rd October**

1. **Kirtan**: Students participated in joyful kirtan sessions throughout the journey, embracing the **spiritual atmosphere** of Vrindavan. These collective chants promoted unity, a sense of community, and emotional well-being, echoing the NEP's emphasis on emotional and social development.

2. **Question & Answer Sessions:** Interactive discussions allowed students to engage critically with the rich history of Vrindavan, encouraging **dialogue and inquiry**, integral to NEP's focus on **critical thinking** and **knowledge integration**.
3. **Storytelling:** The session focused on Lord Krishna's stories and Vrindavan's spiritual history, fostering an appreciation for **Indian cultural traditions** and **ethical values**, key pillars of NEP 2020.

### Places Visited in Vrindavan (Holy Dham)

On the first day, students explored spiritual sites that hold deep significance in Hindu culture and philosophy. Visits to the following sites enriched their understanding of the spiritual legacy of the region:

- ISKCON Temple
- Kaliya Dah
- Radha Madanmohan Temple
- Boating Experience at Yamuna River
- Imli Tala
- Radha Raman Ji Temple
- Nidhivan
- Radha Damodar Temple
- Banke Bihari Ji Temple
- Radha Vallabh Ji Temple

These visits emphasized **experiential learning** and allowed students to witness the unique spiritual energy of Vrindavan, reinforcing NEP 2020's emphasis on **learning through real-world experiences** and **community engagement**.

### Activities on 24th October

1. **Mangala Aarti:** The day began with the Mangala Aarti, a sacred pre-dawn prayer. This activity provided an introduction to spiritual practices and their role in fostering **emotional well-being** and mindfulness, a focus in NEP 2020 for a well-rounded education.
2. **Lecture (Glorification of the Lord):** A lecture on the virtues of Lord Krishna encouraged students to reflect on the values of **compassion, wisdom, and love**, central to NEP 2020's vision of **values-based education**.
3. **Yoga and Meditation Session:** Students participated in yoga and meditation, encouraging mental peace, mindfulness, and the holistic development of both body and mind, aligning with NEP 2020's focus on **physical fitness** and **mental well-being**.
4. **Govardhan Giriraj Parikrama (21 km):** The pilgrimage walk, a form of **experiential learning**, allowed students to connect with their spiritual roots while promoting **physical fitness** and **sustainability**, key aspects of the NEP. Few students experienced difficulty in competing parikrama by walk so we reserved rikshaw for them, while most of them finished parikrama by walking.

## Activities on 25th October in Barsana

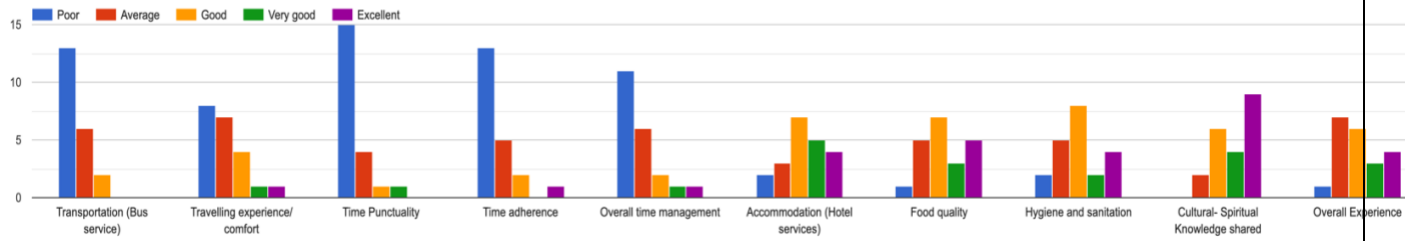
1. **Lecture (Glorification of the Lord):** Continuing the spiritual theme, students attended a session focusing on Lord Krishna's teachings and the region's cultural heritage. This reinforced the concept of **integrated learning**, emphasizing spirituality as an integral part of holistic education.
2. **Ecstatic Kirtan:** A lively kirtan session energized students, promoting **joyful expression** and reinforcing the importance of **emotional intelligence** and **community participation**, as encouraged by the NEP.
3. **Visits to Sacred Sites in Barsana:** Students visited the following spiritual landmarks, deepening their understanding of local traditions:
  - Sri Ji Mandir (Ladli Sarkar)
  - Vilash Garh
  - Dan Garh
  - Man Garh
  - Bhan Garh
  - Sankhari Khor
  - Gehwar Van

These visits provided **immersive learning experiences** that highlighted the diversity of Indian spiritual practices and historical narratives, in line with NEP 2020's commitment to **cultural diversity** and **heritage conservation**.

4. **Engagement with Local Children:** Students spent time with local children, sharing moments of joy through dancing, chanting, and singing. This interaction promoted **social empathy**, a core principle in NEP 2020's focus on **community-based learning**.
5. **Baba Ji's Ashram:** A peaceful lecture at Baba Ji's Ashram in the forest helped students experience the **spiritual discipline** of self-reflection and **mindfulness** in nature, emphasizing the NEP's focus on **learning through tranquility**.
6. **Nandgaon Visit:** The trip concluded with a visit to Nandgaon, associated with Lord Krishna's childhood, providing students a deep and meaningful reflection on spiritual heritage and the importance of **values-based education**.

On the way back to Delhi, students were asked to express their views through a writeup and later discussed that in group for holistic understanding of everyone. Feedback of students were recorded to know their experience/shortcoming during the trip. Responses collected are as follows:

Please tick the following based on your trip experience:



As per the feedback received from the students, majority of them thoroughly enjoyed the trip and gained spiritual knowledge like never before. 90% of them showed deeper understanding of spiritual and cultural knowledge by in-between story telling by the accompanying team member of co-organizing foundation. 99% of them engaged with children and people during community engagement, they sang bhajans, chanted and danced with children. They were satisfied with the accommodation and food provided to them. Little discomfort they expressed in transportation services and time management by the co-organizing foundation.

The trip to Vrindavan and Barsana not only provided students with profound spiritual experiences but also aligned with the **National Education Policy 2020's** commitment to **holistic education, multi-disciplinary learning**, and the **promotion of Indian cultural heritage**. By blending academic learning with experiential, cultural, and spiritual activities, the trip fostered emotional, intellectual, and social development in line with the aspirations of NEP 2020, helping students grow into well-rounded, empathetic, and thoughtful individuals.

#### **Teacher Co-ordinators:**

**Dr. Neerja Nagpal**

**Dr. Rashmi Gupta**

**Ms. Shashi Prabha**

**Few glimpses of the trip via pictures:**

Departure  
from  
college



On the way  
to Vrindavan



Reached Omaxe Eternity hotel, Vrindavan



At Kalia dahan sthal





At Radha Madan Mohan Maharaj ji





Boating at Yamuna Ji and Deep dan







At Needhivan



ISKCON Gaushala



At Shree Banke Bihari Ji



At ISKCON



At Prem Mandir



At Govardhan Parvat, Prem mandir



Mangla Aarti at Shree Radhavallabh ji



Radha krishna mandir at  
Mansi ganga



Yoga and meditation session at ISKCON



Glorification of Lord Krishna



Radha kund



At NandMahal, Nand Gaon



At Shree ji temple, Barsana



Dancing with devotee at Barsana



Sant kutir, Barsana