



GUJARAT TECHNOLOGICAL UNIVERSITY

NATIONAL SERVICE SCHEME

Government Engineering College, Patan

A Report On **Bharat Vikas Yatra** under the
Theme : “VIKAS BHI VIRASAT BHI”

organized by NSS GEC PATAN in collaboration with Psychology cell
of GEC, Patan on 10th and 11th October, 2024.

NSS Unit/College Name : Government Engineering College, Patan

Event Name : Bharat Vikas Yatra

Event Date : 10th and 11th October, 2024

Event Place : Ran ki Vav and Modhera Sun Temple

Brief Description of the Event

In observance of **World Mental Health Day** during the global Mental Health Month of October, a two-day "Bharat Vikas Yatra" was organized on the 10th and 11th of October 2024. This transformative journey was conducted under the visionary leadership and active presence of our Principal, **Dr. Bharat J. Shah**, aiming to promote holistic well-being among the academic community. Recognizing that mental health is deeply connected to our environment and heritage, the excursion provided a vital "mental reset" for all staff members and students from various departments, moving beyond the traditional classroom setting to foster a culture of wellness and collective belonging.

The Yatra featured a visit to the architectural marvel of **Rani ki Vav** in Patan, a UNESCO World Heritage site. As the participants explored the intricate carvings and subterranean beauty of the stepwell, the serene atmosphere served as a backdrop for mindfulness and stress relief. The group then proceeded to the **Modhera Sun Temple**, where they marveled at the mathematical precision and spiritual significance of the ancient structure. Under the guidance of Dr. Bharat J. Shah, these visits were framed not just as historical tours, but as opportunities for students and staff to disconnect from digital pressures and reconnect with India's cultural legacy, highlighting the importance of light, symmetry, and nature in maintaining psychological balance.

The event successfully bridged the gap between different academic departments, encouraging inter-disciplinary bonding and social support—key pillars of mental health at work and in education. By the conclusion of the trip, the participants returned with a renewed sense of energy and perspective. The Bharat Vikas Yatra stood as a testament to the institution's commitment to prioritizing the mental and emotional health of its members, proving that exploring our roots is a powerful pathway to personal growth and inner peace.

Major Outcomes of Event

- **Stress Reduction:** The Yatra provided a vital "mental reset," using heritage and nature to alleviate academic pressure and promote mindfulness.
- **Institutional Unity:** The event fostered inter-departmental bonding and strengthened the connection between staff and students through shared experience.
- **Cultural Awareness:** Participants gained a deeper appreciation for India's architectural genius, enhancing collective pride and providing practical historical education.

Photo Gallery





Reported by:

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“स्वयं से पहले आप”

“NOT ME, BUT YOU”