

VK- Academy for Indian Culture Yoga And Management, Bhubaneswar

A Brief report on the 1st "SAMAJ PRABODHAK TRAINING" by AICYAM.

Date: 21st March 2024 to 31st March 2024

A residential camp was organised for the training of 'SAMAJ PRABODHAK' at VK-AICYAM. There were 18 participants from 10 different Janajati communities coming from 07 districts of Odisha.

Objectives of this training to the Janajati youths was:

- I. To develop their inquisitiveness to know more and more about their cultural heritage and traditional practices and to realise the richness of the same
- II. To bring awareness on the potential threats to IKS; make them realise that they have an important role in preservation and dissemination of the rich and valuable traditions of their community
- III. To make them understand the importance of documenting traditional practices among tribal communities and to motivate them to undertake such exercise with passion and zeal
- IV. To develop their communication and questioning skills so that they can conduct interviews with Janajati elders / Traditional knowledge holders and community members
- V. To develop their soft skills, especially humility, respect to elders, patience, persuasive skills, persistence, dedication and devotion, control over anger and irritation etc.
- VI. To train them how to document the responses through structured and unstructured questionnaires
- VII. To develop skills for recording oral narratives, Capturing rituals, ceremonies, and cultural artifacts by audio recording, photography and videography
- VIII. To develop ability to collect basic data and make baseline survey
- IX. To develop their basic computer knowledge
- X. To develop basic skill and ability to organise community-based workshops, focus group discussions

Structure and Contents of Course Curriculum: The structure of the course curriculum has been so designed that the participant would remain fully engaged during the entire day with relaxation and concentration, starting the day with Yoga & Meditation and ending the day with Cultural activities.

- Time period: 04.30 am to 10.00 pm on a daily basis
- Daily time period has been divided into 3 Time Zones - Morning Time, Day Time and Evening Time
- Activities during the Morning Time (04.30 am to 09.30 am) – Morning prayers, Yoga practices and Community Service
- Activities during the Day Time (09.30 am to 05.30 pm) – Structured Class room sessions and Group activities covering topics - Dharma, Sanskruti, Belief system, Traditional practices, Indigenous Knowledge, Basics of sustainable development, Basic Computer training, Communication & programme organising skills, Primary data collection skills
- Activities during the Evening Time (05.30 pm to 10.00 pm) – Sports, Evening Prayer, interactive session with an Inspirational Personality and Cultural Activities
- Half day visit to SCSTRTI museum

Key Findings from analysis of Exit Feedbacks – The overall perceptible positive impact of the training is clearly visible from a) Participants experience sharing and b) Participants interest areas for contribution:

a) Participants Experience sharing:

- i. We learned basic computer skills, interaction skills, data collection, and documentation
- ii. We understand the skills to know our culture and practices
- iii. We developed keenness to know more about our community practices and its perseverance
- iv. We learned significantly from the faculty
- v. We commit to bring our latent community knowledge to the frontier position
- vi. We will put best effort to help others in learning based on what we learnt during the training
- vii. We will be delighted to work as a Karyakarta of Vivekananda Kendra
- viii. We have gained positive attitude and we are more active
- ix. We gained physical, mental, and spiritual strength through this training program
- x. We learned and practiced on how to lead life with discipline

b) Interest Areas for Contribution:

- Cultural Practices such as song, dance, folklores, arts & crafts, etc.
- Healing practices such as use of roots, leaves, seeds, fruits, etc.
- Making our community to understand our practices and culture better
- To explain basic computer awareness and help in digitisation process
- Documenting on community festivals
- Promoting Vivekananda Kendra activities in our area/district
- Data collection and community interaction

From the feedback given by the trainees, it is clear that the training, with its components and modalities, helped the Janajati youths to develop the knowledge, skills, and ethical awareness necessary to document and preserve the rich cultural heritage of the Janajati communities effectively. With proper follow-ups these Janajati Youths can be nurtured as a band of future community leaders and influencers who will not only be practitioners of the Indigenous Knowledge, tradition and faith system, but also will work dedicatedly for preservation and dissemination of the Indigenous knowledge and value systems.



Session in progress: 1. Prof Nirmal Ch Dash and 2. Sri Bijoy Ku Panda on documentation techniques