



Empowering JNV Students | Nurturing Future Leaders.

VALUE EDUCATION PROGRAMME

Programme Completion Report

[Online Zoom & YouTube Live]

Conducted for

JNV Bengaluru Urban, Karnataka

May 13 – May 30, 2026

6 Sessions

Submitted to:

The Principal

JNV Bengaluru Urban

Karnataka

Prepared by Sena Foundation | June 2026

About Sena Foundation

Sena Foundation is a grassroots initiative led by alumni of Jawahar Navodaya Vidyalayas (JNVs) across India – students who once sat in the same classrooms as those they now serve. Founded on the belief that every child in a rural Navodaya school carries immense potential, Sena Foundation designs and delivers value-based educational programmes that nurture character, discipline, and a deep sense of national identity.

The Foundation draws on the lived experiences of its alumni mentors – engineers, officers, civil servants, and entrepreneurs – to inspire and equip the next generation of JNV students with both the practical skills and the inner values needed to thrive in a rapidly changing world.

About the Value Education Programme

The summer vacation is a period of significant opportunity for JNV students. To make the most of this time, Sena Foundation proposed and conducted a six-session online Value Education Course for students of JNV Bangalore Urban and JNV Mandya, conducted jointly over Zoom with simultaneous YouTube Live streaming during May 2026.

The joint online format allowed students from both schools to benefit from shared facilitation while enjoying the flexibility of attending from their homes. Each session addressed a distinct dimension of student development – cognitive, moral, emotional, and cultural – through interactive exercises, live discussions, and inspiring facilitators who were JNV alumni themselves.

Two sessions (Sessions 5 and 6) were conducted as a combined gathering, jointly attended by students of JNV Bangalore Urban, JNV Mandya, and JNV Bangalore Rural, creating a richer cross-school learning community.

Mode of Delivery

Zoom Live Sessions Interactive online delivery with live Q&A and activities	YouTube Live Broadcast Simultaneously streamed for wider student reach	
6 Sessions Conducted	596 Total Zoom Attendances	832 YouTube Live Views

Programme Schedule At a Glance

The following table summarises all six sessions of the Value Education Programme, including Zoom live attendance and YouTube Live viewing figures for each session.

S.No	Date	Session Title	Speaker / Facilitator	Zoom Attendance	YouTube Views
1	May 13, 2026	Mind Control & Laser Focus	Prathamesh Deshmukh (JNV Amravati Alumni Avanti Foundation, Pondicherry IIT Kharagpur Honeywell)	179	265
2	May 23, 2026	Smart Planning, Goal Setting & Study Techniques	Hitesh Jangde (JNV Raigarh Alumni CoE NITK)	153	148
3	May 19, 2026	Discipline, Habits & the Art of Planning	Rameshwar Dhakad (JNV Laduna Alumni CoE NITK)	95	171
4	May 27, 2026	Honesty, Integrity & Moral Courage	Gajanan Tayde (JNV Amravati Alumni CoE NITK)	49	170
5	May 28, 2026	Respect, Relationships & Emotional Intelligence	Upendra Pal (JNV Palamu Alumni CoE NITK Government Officer)	120 (Joint session JNVB Urban, JNVB Rural & JNV Mandya)	20
6	May 30, 2026	India's Wisdom, Heritage & Identity	Shrikanth Sir (JNV Hassan Alumni NITK Youth Mentor, ISKCON)	78 (Joint session JNVB Urban, JNVB Rural & JNV Mandya)	58

Detailed Session Reports

The following section provides a detailed account of each session, including the facilitator profile, activities conducted, attendance figures, and a description of the learning objectives and outcomes.

SESSION 1 Mind Control & Laser Focus

Date: May 13, 2026 | Zoom: 179 | YouTube: 265

SPEAKER / FACILITATOR

Prathamesh Deshmukh

JNV Amravati Alumni | Avanti Foundation, Pondicherry | IIT Kharagpur | Honeywell
Youtube Link: [Mind Control & Laser Focus](#)

ACTIVITIES CONDUCTED

- Pranayama breathing exercise
- Focus challenge activity
- Personal distraction audit

Drawing from the timeless example of Arjuna's one-pointed concentration, students learnt breathing techniques, simple meditation practices, and practical strategies to identify and manage distractions. The session helped students reclaim full ownership of their attention in today's hyperconnected world.

SESSION 2 Smart Planning, Goal Setting & Study Techniques

Date: May 23, 2026 | Zoom: 153 | YouTube: 148

SPEAKER / FACILITATOR

Hitesh Jangde

JNV Raigarh Alumni | CoE | NITK
Youtube Link: [Smart Planning, Goal Setting & Study Techniques](#)

ACTIVITIES CONDUCTED

- Mind map exercise
- Weekly review template creation
- Teach-back pairs activity

Students explored practical strategies for academic success: the Must / Should / Can prioritisation framework, visual mind mapping to organise ideas and subjects, the Teach-Back technique to deepen understanding through peer teaching, and a structured weekly review practice to track progress and course-correct.

SESSION 3 Discipline, Habits & the Art of Planning

Date: May 19, 2026 | Zoom: 95 | YouTube: 171

SPEAKER / FACILITATOR

ACTIVITIES CONDUCTED

Rameshwar Dhakad JNV Laduna Alumni CoE NITK Youtube Link: Discipline, Habits & the Art of Planning	• Personal timetable workshop • Habit tracker template • Journaling starter exercise
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Good habits formed early become lifelines for the future. Students learnt to build a personalised daily timetable, begin a gratitude and reflection journal, and set up a habit tracker covering study, prayer, physical exercise, and screen time small daily disciplines that compound into lasting character.

SESSION 4 Honesty, Integrity & Moral Courage Date: May 27, 2026 Zoom: 49 YouTube: 170	
SPEAKER / FACILITATOR Gajanan Tayde JNV Amravati Alumni CoE NITK Youtube Link: Honesty, Integrity & Moral Courage	ACTIVITIES CONDUCTED • Story discussion • Role-play on moral dilemmas • Personal reflection journal

Through stories of historical and everyday figures who chose truth over convenience, students explored what conscience truly means, how small dishonesties compound over time, and what it costs and ultimately rewards to stand firm in one's values under social and peer pressure. Role-play scenarios brought these dilemmas to vivid life.

SESSION 5 Respect, Relationships & Emotional Intelligence Date: May 28, 2026 Zoom: 120 (Joint session JNV BU, JNV Rural & JNV Mandya) YouTube: 20	
SPEAKER / FACILITATOR Upendra Pal JNV Palamu Alumni CoE NITK Government Officer Youtube Link: SENA JNV Student Development Series Respect, relationship & emotional intelligence Mr. Upendra	ACTIVITIES CONDUCTED • Deep listening practice exercise • Gratitude letter writing • Conflict resolution scenarios

Emotional intelligence is the skill that shapes every relationship. This session covered deep listening, expressing genuine gratitude to parents and teachers, handling disagreements gracefully, and understanding how emotions influence decisions. Students left with practical tools and a deeper commitment to empathetic bonds.

SESSION 6 India's Wisdom, Heritage & Identity

Date: May 30, 2026 | Zoom:
78 (Joint session JNV BU, JNV
Rural & JNV Mandya) |
YouTube: 58

SPEAKER / FACILITATOR

Shrikanth Sir

JNV Hassan Alumni | NITK |
Youth Mentor, ISKCON
Youtube Link: 

ACTIVITIES CONDUCTED

- Shloka discussion and reflection
- Values from Indian scripture
- Cultural pride activity

Building on the Bhagavad Gita gifted to each student, this session brought key shlokas to life on duty (dharma), selfless action, equanimity, and service. Students explored India's rich philosophical heritage and understood why being deeply rooted in culture is a source of strength, resilience, and identity.

Key Outcomes & Impact

Student Engagement

Across all six sessions, the programme recorded 596 Zoom live attendances and 832 YouTube Live views demonstrating strong reach and consistent engagement over the three-week programme. The online format proved highly effective, enabling students to participate from their homes during the vacation period without any loss of interactive engagement.

Topics Covered

- Mind Control & Focus attention management and meditation techniques
- Goal Setting & Study Techniques practical planning and learning strategies
- Discipline & Habits building character through daily practice
- Honesty & Moral Courage ethics and integrity under pressure
- Emotional Intelligence relationships, empathy, and communication
- India's Wisdom & Heritage rootedness in culture through the Bhagavad Gita

Online Learning Approach

The online format did not compromise the depth of engagement. Activities such as distraction audits, mind mapping, timetable workshops, role-play scenarios, gratitude letter writing, and shloka discussions were effectively adapted for the virtual environment. Students participated actively through Zoom polls, breakout discussions, and live Q&A, while the YouTube stream extended reach to students without stable internet connections.

Broader Impact

The programme brought students face-to-face virtually with inspiring role models from diverse fields: a researcher from IIT Kharagpur working with Honeywell, a government officer, a civil engineer, and an ISKCON youth mentor all of whom were once JNV students themselves. This living proof of what is achievable through discipline and values planted seeds of aspiration and self-belief that will carry students well beyond the programme.

Session Screenshots & Gallery

The following section contains screenshots and photographs from the online Value Education Programme sessions.

SESSION 1

MIND CONTROL LASER FOCUS

Calm your mind. Control your focus. Create your future.

- Mind control & laser focus**
Learn from Arjuna's example of one-pointed focus and train your mind to stay on what truly matters.
- Concentration, breathing & inner calm**
Discover simple breathing techniques and meditation practices to calm your mind and boost concentration.
- Manage distractions & reclaim attention**
Practical strategies to identify distractions, stay focused, and create a peaceful and productive mind.
- The mind that wanders cannot achieve**
Understand why focus is the key to success in studies and life.

By **Prathamesh Deshmukh**

- Parent JNV - JNV Anantnag
- Selected for Aarati Program Pondicherry 11th 12th
- IT KHARAGPUR - B.Tech-M.Tech in Engineering Design and Manufacture
- Currently working at Honeywell
- ADVANCED SOFTWARE ENGINEER - SRE | HONEYWELL

ACTIVITIES: Breathing exercise, Focus challenge, Distraction audit

WEDNESDAY 13TH MAY 5-7 PM SESSION 1 ONLINE

OPEN TO ALL JNV STUDENTS

SESSION 2

DISCIPLINE, HABITS & THE ART OF PLANNING

Build good habits today. Plan well. Live better tomorrow.

- Journaling, timetables & daily routines**
Good habits formed early become lifelines for life. Students learn to build a personal timetable, start a gratitude and reflection journal, and set up a simple habit tracker covering study, prayer, exercise and screen time.
- Discipline creates freedom**
Learn how daily discipline leads to long-term success and peace of mind.
- Plan your day, own your time**
Create a balanced routine that includes study, prayer, exercise, rest and personal time.
- Small habits, big impact**
Track your habits, reflect daily, and become 1% better every day.

By **Rameshwar Dhakad**

- JNV Ladkna, MP
- Dakshana Scholar CoE Bangalore Urban
- Product Engineer, TVS Motors
- Ex CoE Electric

ACTIVITIES: Timetable workshop, Habit tracker template, Journaling starter

TUESDAY 19TH MAY 2026 7-8 PM SESSION 2 ONLINE

OPEN TO ALL JNV STUDENTS

SESSION 3

SMART PLANNING SMARTER YOU

Build your plan. Focus your time. Achieve your goals.

- Goal-setting, prioritising & smart study**
Set clear goals, focus on what matters and study smarter.
- Planning, mind maps & the Teach-Back method**
Plan better, visualise ideas, and learn deeper by teaching others.
- Must / Should / Can prioritisation method**
Learn to decide what's important, what matters, and what can wait.
- Weekly review for continuous improvement**
Review your week, reflect, and improve step by step.

By **Mr Hitesh Jangde Sir**

- Parent JNV School - JNV Raigarh
- Dakshana Coaching Centre: JNV Bengaluru Urban, CoE
- Batch: JEE 2016
- Graduation College: NITK Surathkal
- Stream: Electrical Engineering

ACTIVITIES: Mind map exercise, Weekly review template, Teach-back pairs

SATURDAY 23RD MAY 2026 7-8 PM SESSION 3 ONLINE

OPEN TO ALL JNV STUDENTS

SESSION 4

HONESTY, INTEGRITY & MORAL COURAGE

Live by values. Choose truth. Build character that lasts.

- The inner voice and the cost of small compromises
Understand how our conscience speaks and why even small dishonesties have a long-term cost.
- Stories of historical and everyday figures who chose truth over convenience.
Get inspired by real-life examples of people who stood for honesty and integrity.
- Students explore what conscience means, how small dishonesties compound, and what it feels like – and costs – to stand firm in values under pressure. Reflect, resist and build the courage to do what is right, especially when it's hard.

4. Activities: Story discussion | Role-play scenarios | Personal reflection journal
Engage, act and reflect to strengthen your values.

By **Gajanan Tayde**

- Application Security Specialist at Standard Chartered Bank
- Certified Ethical Hacker
- B.Tech, M.Tech, Fellowship
- JNV Registrar CoE Alur
- JNV Anantnag

ACTIVITIES: Story discussion, Role-play scenarios, Personal reflection journal

WEDNESDAY 27TH MAY 2026 7-7 PM SESSION 4 ONLINE

OPEN TO ALL JNV STUDENTS

SESSION

RESPECT, RELATIONSHIPS & EMOTIONAL INTELLIGENCE

EQ in practice – listening, gratitude & conflict resolution

- EQ is the skill that shapes every relationship.**
This session covers deep listening, expressing gratitude to parents and teachers, handling disagreements gracefully, and understanding how emotions influence decisions and friendships.
- Build stronger connections.**
Learn how respect, empathy and gratitude create positive relationships at home, in school and in life.
- Handle conflict with confidence.**
Explore practical ways to manage disagreements, resolve issues peacefully and make thoughtful, emotion-aware decisions.
- Boost self-awareness and emotional strength.**
Understand your emotions, manage stress better and build the inner calm that leads to success and happiness.

Activities: Listening practice | Gratitude letter | Conflict resolution scenarios
Engage, act and reflect to strengthen your emotional intelligence.

By **Mr Upendra Pal Sir**

- Parent JNV - JNV Palermu, Dakshana Foundation selection at CoE JNV Bangalore Urban
- Worked as Advanced App Engineering Analyst, Accenture
- Recently Cracked SSC examination and secured CO Office Superintendent (L) Income tax dept.

ACTIVITIES: Listening practice, Gratitude letter, Conflict resolution scenarios

THURSDAY 28TH MAY 2026 6-7 PM

OPEN TO ALL JNV STUDENTS

FINAL SESSION

INDIA'S WISDOM, HERITAGE & IDENTITY

Lessons from the Bhagavad Gita & Indian tradition

- Timeless wisdom for a meaningful life.**
Building on the Gita gifted to students, this session brings key shlokas to life – on duty, action, equanimity and service.
- Explore India's philosophical heritage.**
Students discover the depth and relevance of our ancient traditions and how they guide us in today's fast-changing world.
- Rootedness is strength, not limitation.**
Understand how a strong connection to our culture builds confidence, clarity, compassion and character.
- Live with purpose, serve with heart.**
Learn how Gita's teachings inspire self-discipline, service to others and harmonious living.

Activities: Shloka discussion | Values from scripture | Cultural pride activity
Engage, reflect and celebrate India's wisdom.

By Special Speaker **Mr. Shrikanth sir**

- Inspirational speaker and mentor
- Deep knowledge of the Bhagavad Gita and Indian philosophy
- Guiding students with wisdom, compassion and practical insights

ACTIVITIES: Shloka discussion, Values from scripture, Cultural pride activity

SATURDAY 30TH MAY 2026 6-7 PM

OPEN TO ALL JNV STUDENTS

The Arjuna Lesson

What does this teach us about focus?

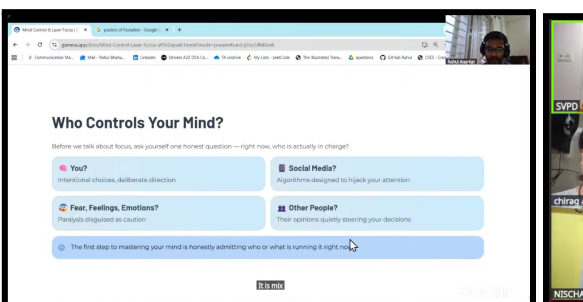
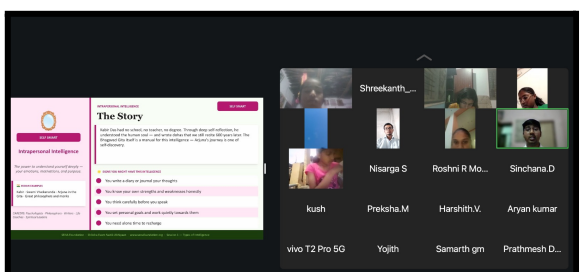
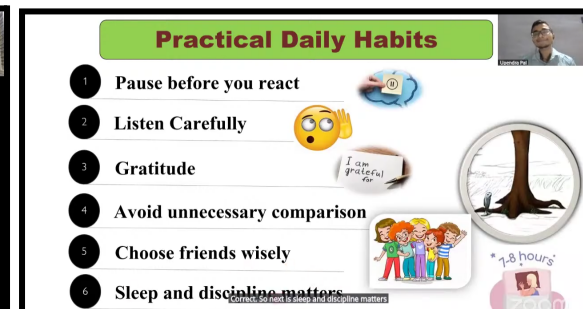
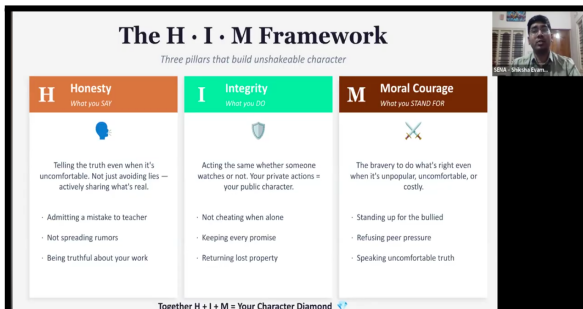
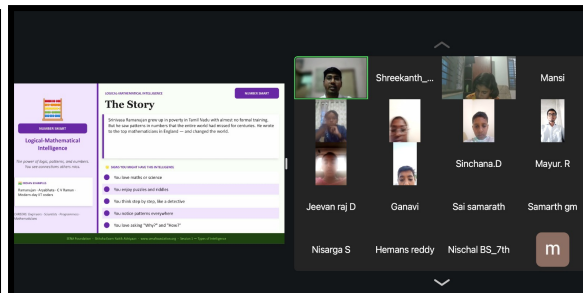
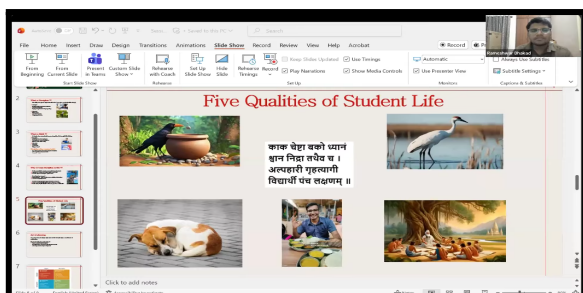
Drishcharya placed a wooden bird on a tree. He asked each prince: "What do you see?"

Yudhishtira: "I see the tree, the bird, the sky."
Bhishma: "I see the garden and the branches."
Arjuna: "I see only the eye of the bird."

Only Arjuna hit the target.

YOUR TAKEAWAY

- Put ONE target
- Block everything else
- Give it 100% attention
- Then move to next



BHAGAVAD GITA — SHLOKA 6.34 (THE RESTLESS MIND)

How Much Strong is Mind??

चञ्चलं हि मनः कृष्ण प्रमाथि बलवद्दृढम्।
तस्याहं निग्रहं मन्ये वायोरिव सुदुष्करम् ॥ ३४ ॥

cañcalam hi manaḥ kṛṣṇa
pramāthi balavad dṛḍham
tasyāham nigraham manye
vāyor iva su-duṣkaram

cañcalam—flickering; hi—certainly; manaḥ—mind; kṛṣṇa—O Kṛṣṇa; pramāthi—agitating; bala—vat—strong; dṛḍham—obstinate; tasya—its; aham—I; nigraham—subduing; manye—think; vāyoh—of the wind; iva—like; su-duṣkaram—difficult.

For the mind is restless, turbulent, obstinate and very strong, O Kṛṣṇa, and to subdue it, I think, is more difficult than controlling the wind.

turbulent



Student Feedback & Testimonials

The following section captures feedback and testimonials from students and parents who participated in the Value Education Programme sessions. Please click and watch below feedback videos from parents and also convey if you have any feedback for us.

▶ *Increase in Concentration*

▶ *Effective Time Usage*

▶ *student Feedback - Learned planning*

▶ *Parent Feedback - Importance of Moral Values to Children*

▶ *Parents Feedback On SENA Vacation Course*

Acknowledgements

Sena Foundation is deeply grateful to the Principal and teaching staff of JNV Bengaluru Urban for their support, encouragement, and trust in extending this opportunity to their students. Your openness to online value-based programming during the vacation period made this initiative possible.

We extend our heartfelt gratitude to all facilitators who volunteered their time, experience, and energy Prathamesh Deshmukh, Hitesh Jangde, Rameshwar Dhakad, Gajanan Tayde, Upendra Pal, and Shrikanth Sir whose authentic stories and dedicated preparation brought each online session to life.

Most of all, we thank the students of JNV Bengaluru Urban, whose curiosity, enthusiasm, and active participation in the online sessions made every session a joy to facilitate. You are the reason this work matters and you are the future this programme is designed to serve.

Sena Foundation

JNV Alumni | Empowering the Next Generation of India
Value Education Programme | JNV Bengaluru Urban | May 2026