



Centre of Excellence



GOVT. COLLEGE SANJAULI SHIMLA – 171006, H.P. (India)

Co-Educational Institution

Affiliated to Himachal Pradesh University Shimla – 5

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Supporting Document for 5.1.2

Criterion 5.1.2 Capacity Development and Skills Enhancement Activities

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Criterion 5.1.2 **Capacity Development and Skills Enhancement Activities**

- Skill enhancement courses like soft skills, language and communication, yoga, ICT etc are indispensable skills in today's world. We at Govt college, Sanjauli are trying our best to not only impart curricular knowledge to our students but also help them learn the other skills which are very important in this competitive world where the survival of the fittest is a well-known fact.
- We conduct various programs in which these skills are imparted to the students. These courses not only boost their self-confidence but also increase their employability. The English, Hindi and Sanskrit departments of the college are organizing various workshops to celebrate the respective languages on the special days and otherwise.
- Besides the above the college has a special focus on the mental and physical health of the students for which it is organizing various programs. In order to produce responsible citizens, we conduct workshops on drug abuse, AIDS awareness, cleanliness drives etc on regular basis. A sample of the same is given below.

Workshop on ‘Translation Studies’


A workshop on Translation Studies was organized at St. Bedes College, Shimla, HP on 21st August 2019 for which teachers and students were invited from all the neighbouring colleges. An invitation was also sent to the Centre of Excellence (COE) Govt. College Sanjauli for its participation. The Head of the English Department (HOD) Prof. Meenu Jewan and the senior most faculty Prof Deepak Kaprate accompanied Discipline Specific Course (DSC English) students to attend and participate in the proposed workshop on ‘Translation Studies’. A total of 26 students attended the said workshop. Dr. Rana Naiyar, former Prof in English, Punjab University and Member British Council of India was the keynote speaker on the occasion who deliberated on the importance and challenges of translation studies in the current scenario


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Workshop on ‘How to Read a Poem’

The Department of English, COE, Govt. College Sanjauli organized a workshop on ‘How to Read a Poem’ on 9th September 2019 in the college. Professor Oeindrila Ghosh, HOD English, Diamond Harbour Women’s University, West Bengal, India was the keynote speaker on the occasion.


In her address to the students, she deliberated on the writings of Thomas Hardy- how to read Hardy as a war poet, how to read him from the modern perspective. Professor Ghosh read Thomas Hardy’s war poem ‘The Man He Killed’ and focused her train of thought on the concept- How to read a Poem? Students were enchanted by her rendition of the poem.


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Conference on 'Dying Languages and Dialects'

Head of English Department Prof Meenu Jewan accompanied students of Discipline Specific Core (DSC English) to attend an International Conference on 'Dying Languages and Dialects' held at St. Bedes College, Shimla, HP on 4th & 5th of December 2019.


Dr. Pankaj Singh, former Chairperson, Department of English, Himachal Pradesh University was the keynote speaker on the occasion. Dr. Meenakshi Faith Paul, Principal, Evening Centre Himachal Pradesh University, Shimla, HP also presented her views on the state of languages and dialects in Himachal and all over India.


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Screening of a Feature Film

The Department of English, Centre of Excellence, Govt. College Sanjauli arranged the screening of a feature film titled 'Eddie the Eagle' on 12 November 2019. It is a story of an Olympic ski jumper who was the first British to ever qualify and participate in Olympics. He participated in 1988 Winter Olympics in Calgary, Canada.


It is an inspirational and motivating movie which our students enjoyed a lot.


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Mélange

The Department of English organized its annual extravaganza ‘Melange’ in the college Auditorium on 1st October 2019. Prof Vishal Rangta presented the keynote address in the beginning of the annual departmental function. It was an all-inclusive show in which students of the Dept. of English participated in all sorts of activities ranging from academic to cultural. The students participated in different competitions- Spelling, Story Telling, Quiz. Prof. Vikram Bhardwaj, Prof Mrityunjay Sharma and Prof Abhishek Thakur were on the panel of judges to assess the performances of the participants.

Students also enthralled the audience with their musical and dance performances. The HOD English, Prof Meenu Jewan thanked the assembly for making it a memorable occasion. ‘Dham’ was arranged and distributed for the entire college on this occasion.


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Nature & Literary Walk

A Nature and Literary Walk was planned and arranged by the Department of English, Govt College Sanjauli for the students of Compulsory English, 1st Year on 6th September 2019. The Head of the English Department (HOD) Prof. Meenu Jeewan, the senior most faculty Prof Deepak Kaprate and other faculty members from the Dept. of English accompanied the students on the walk which was proposed from the college campus to Tara Devi by public transport and on foot.

This walk was planned by the Dept. as a part of the community outreach programme where students were urged to interact with the community in addition to cherish the scenic beauty of nature. The students were also exposed to the real-life situations where they were given lessons on how they can put their sensibilities into practice. The students were also given opportunities to culturally exchange their experiences with their fellows outside the college atmosphere.

All the students were asked to bring their lunch and all of us enjoyed community



lunch together. It was in all a fulfilling and enriching experience.


Meenu Jeewan
Principal
Govt. College Sanjauli
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Hindi Department Report

On 25th September, 2018, Sahitya Parishad, Govt College Sanjauli, in collaboration with Govt College Kotshera, organized an Inter-college Poetry Recitation contest. Eight colleges from various parts of Shimla took part in the programme. The students of GC Sanjauli bagged the 1st, 2nd and 3rd positions.

Sept 14, 2018 Hindi Utsav

The Department of Hindi, Govt. College Sanjauli, in collaboration with The Amar Ujala Newspaper celebrated HINDI DIWAS. The principal, Dr. C.B Mehta, Amar Ujala Bureau Chief, Mr. Rakesh Bhatt and Press Secretary to the Governor, Prof Shashi Kant Sharma were the Guests of Honour. Various competitions like Slogan Writing, Collage Making, painting and Poetry Recitation were organized for the students. 200 students of the college participated in the programme and were given refreshment.



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13th August, 2018

Hindi Department's Sahitya Parishad, in collaboration with Department of Language, Art and Culture organized a Poetry Recitation and Essay Writing Competition on 13th August, 2018. 250 students of the Hindi Department participated in this event in the Conference Hall. The students were presented 1st, 2nd and 3rd prizes.

14.9.2019

Hindi Diwas was celebrated with great enthusiasm by the Hindi Department. Students participated in various activities like declamation, poetry recitation and essay writing competitions. The winners were given prizes by Dr. C.B.Mehta.



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7 th November 2019

Centre of excellence, Sanjauli in collaboration with SJVNL conducted a declamation contest, the topic for the contest was “Integrity -A Way of Life”. Students from all departments participated in the contest and Anchal ,Diksha and Akshay won the first ,second and third prize respectively while Bhavya ,Deepika ,Prachi and Shreya got Consolation Prizes.


27 February, 2021

The department of language Art and Culture organized a Poets’ Meet in Theog. The students of Govt. College, Sanjauli participated in this event under the guidance of Dr. Satya SarayanSnehi.


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Sept 14, 2021 Hindi Divas

The Department of Language Art and Culture, Himachal Pradesh organized an Inter College Essay Writing, Poetry Writing and Elocution Competition at The Gaiety Theatre, Shimla. Two students of GC Sanajuli; Miss Priyanka Sharma and Miss Sarabjeet Kaur bagged the 3rd prize in essay Writing and Poetry Writing Contests respectively.


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25, August 2018 Sanskrit Diwas

The college celebrated Sanskrit Diwas on the 25th of August, 2018. The Principal, Dr CB Mehta was the Chief Guest. Dr Roop Lal Sharma, Head, Department of Sanskrit welcomed the audience and stressed the importance of the Sanskrit language and its usage as a computer language. Quiz and Essay writing contests were also organized. Team 3rd year won the first prize in the quiz. Ms. Poonam won the first prize in essay writing.


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17th August ,2019 Sanskrit Diwas

Sanskrit Department organized Sanskrit Diwas in the college Auditorium. The Chief Guest was Dr. C.B.Mehta . The Program started with lighting of the lamp and Saraswati Vandana. The students did “Mantra Uchcharan” and program ended with Shanti Path.


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Translated reports

October 4th, 2019 Quiz Contest

A quiz contest on the topic, “*Sanskrit Sahitya ke Natak kaar*” was organized by the department of Sanskrit, Govt College Sanjauli on the 4th of October, 2019. The program ended with ShaantiPaath.

December 7, 2019 Geeta Jayanti

Geeta Jayanti, celebrated on Maghsheesh Shukla Paksh Ekadashi was observed on the 8th of December, 2019. Since it was a holiday, the college celebrated it on the 7th of December, 2019. The Principal, Dr. CB Mehta was the Chief Guest. The programme began with a welcome address, lighting of the lamp and Saraswati Vandana. Students presented various performances, like; Matra Ucchharan, Shloka Uccharan and Geeta Paath. The program ended with Shanti Paath and National Anthem.


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December 25, 2020 Geeta Jayanti

Assistant Professor, Department of Sanskrit, Kamlesh Kumari organized Geeta Jayanti on the 25th of December, 2020. All the students of the Department of Sanskrit participated in the programme, in which various events were organized, including Geeta Mantra Uchcharan and Quiz. Madhur won the First Prize in Mantrocchcharan, while Aashish and Deepika won the 1st prize in Quiz.

February 17th, 2021 Sutravayakhya Pratiyogita

The department of Sanskrit organized a program; Sutravayakhya for B.A. IInd year students in which students defined various rules of Grammar and elaborated their use in Sanskrit. Miss Monika, Miss Kiran and Miss Lata won the 1st, 2nd, 3rd prizes respectively.


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Translated reports

Essay Writing Competition


The department of Sanskrit organized an essay writing competition on the topic, “Importance of Sanskrit Language” on 14th October 2021. Abhilasha of B.A. IInd year presented her views on Sanskrit language. Monika, Mehak and Abhilasha presented their views on career options based on the Sanskrit language. Kiran of BA IIIrd year won the first prize. The program ended with Shanti Paath.

Workshop on Sanskrit

A seminar organized by department of Sanskrit of Centre of Excellence, Govt. College Sanjauli, Shimla-171006, H.P. on 25th and 26th November 2019 in which 18 students of BA-I Year participated and presented their topics. “**Raghuvanshi Rajaon Ki Visheshtaon Ki Adhunik Prasang Mein Samikisha**” was the name



of topic.


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Report : Campaign against Drug Abuse

Submitted to:-

The Director of Higher Education,
Himachal Pradesh,
Shimla-171001.


Subject:-Regarding Campaign against Drug Abuse.

Sir,

With reference to your office letter No. EDN-HE (21) F (09) 07/2018-Drug Abuse dated 13.12.2018, wherein you asked for a action taken report, it is informed that the college undertook the campaign against drug abuse on a large scale and following activities were undertaken: -

1. **Firstly**, the college administration constituted a two members committee consisting of Dr. Ravinder Chauhan and Dr. Deepak Kaprate to undertake and oversee all the activities related to Drug Abuse in the college.
2. The college started a series of lecture on the “**Drug Free Himachal**” and on 06.09.2018, Police H.P. Sh. S.R .Mardi delivered a lecture on the “**Legal Aspects of Drug Abuse**”. On this day in another lecture, Principal IGMC, Shimla Dr. Ravi C. Sharma spoke freely on the psycho-social aspect of ‘Drug Abuse’. As many as 640 students participated in the lecture series.
3. A counseling session was organized for those students who were caught taking addictive substances. Two MBBS doctors were invited from the Psychiatry Deptt. of IGMC, who counselled the students and motivated them to come out of the quagmire of Drugs.
4. Continuing the series of lectures & workshops, a workshop-cum-lecture was organized on dated 15th December, 2018. In this workshop two Doctors from DDU Hospital Shimla Dr. Minakshi Mehta and Dr. Deepa Rathaur Showed a short movie. Both of them deliberated in details the issue of Drug Menace and suggested the various ways of avoiding the Drug trap, coming out of the trap of the Drug Abuse. It was a very fruitful exercise and the entire student liked it. As many as 210 students participate in this workshop.
5. A club named “**Self Confidence**” has been created on the WhatsApp on which three students are being continuously counselled.

Sir, this institution proposed to undertake the similar activates in future also.


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Drug Free Himachal


The college started a series of lecture on the “**Drug Free Himachal**” and on dated 06.09.2018, DG Police, H.P. Sh. S.R .Mardi delivered a lecture on the” **Legal Aspect of Drug Abuse**”. On this day in another lecture, Principal IGMC, Shimla Dr. Ravi C. Sharma spoke freely on the psycho-social aspect of ‘Drug Abuse’. As many as 640 students participated in the lecture series.

A Counseling Session

A counseling session was organized for those students who were caught taking addictive substance. Two MBBS doctors were invited from the Psychiatry Deptt. of IGMC, who counselled the students and motivated them to come out of the quagmire of Drugs.

A Short Film

Two Doctors from DDU Hospital Shimla Dr. Minakshi Mehta and Dr. Deepa Rathaur Showed a short movie. Both of them deliberated in details the issue of Drug Menace and suggested the various ways of avoiding the Drug trap, coming out of the trap of the Drug Abuse. It was a very fruitful exercise and the entire student liked it. As many as 210 students participated in this workshop.


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Anti Drug Campaign

The Anti Drug Campaign Committee of the college organized a talk on “Drug Free Himachal” by Prof DD Sharma, Head, department of Psychiatry, IGM Shimla. He spoke extensively about the various types of drugs and the effects of drug abuse on individuals, their families and society. He suggested ways to stay clear of drugs. The Chief Guest, Dr CB Mehta spoke on the ill effects of drugs and their addiction. He emphasized the need to stay away from drugs due to the long term and irreversible effects of drug abuse on physical and mental health. 1078 students participated in this programme. Students’ interaction with the resource person was extremely satisfying.



आज दिनांक 04.09.2019 को उत्कृष्ट शिक्षा केन्द्र, राजकीय महाविद्यालय

Yashini
Principal
Govt. College Sanjauli
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Report “Nukkad Natak”

”Rovers Rangers of this College performed a Nukkad Natak on 22nd November, 2019 in the college ground. It was based on prevention of Drug Abuse and Alcoholism in the society and especially among the youth. The activity was undertaken in compliance with the Drive against Drug Abuse and Alcohol initiated by the Govt. of Himachal Pradesh. The purpose of such initiatives is to sensitize the general



public about the ill-effects of drug abuse and its effect on health.

Habli
Principal
Govt. College Sanjauli
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A blood donation camp was held on 13 December 2017 at Govt College Sanjauli by the NSS wing of the college . 30 students of the college donated blood for a good cause.



संजौली कॉलेज में तीस छात्र-छात्राओं ने किया रक्तदान

शिमला। संजौली कॉलेज की एनएसएस इकाई ने बुधवार को परिसर में रक्तदान शिविर करवाया। 30 छात्र-छात्राओं ने रक्तदान किया पं. दीन दयायल उपाध्याय अस्पताल ब्लड बैंक से आई चिकित्सक और स्टाफ की टीम ने रक्तदान शिविर में सहयोग किया। कॉलेज की प्राचार्य डॉ. दीक्षा मल्होत्रा ने शिविर का शुभारंभ किया। उन्होंने छात्र छात्राओं को रक्तदान करने के लिए प्रेरित किया। कार्यक्रम अधिकारी डॉ. भारत भागड़ा, डॉ. नीश कोहली के अलावा डॉ. रमेश चौहान, डॉ. मनीष चंदेल, गुलाब सिंह, इकाई अध्यक्ष रीतिका ठाकुर सिंह, सुजाता, गुंजन, मनु रमा चंदेल मौजूद रहे। डॉ. मीनाक्षी ने भी रक्तदान कर छात्र छात्राओं को प्रोत्साहित किया। ब्यूरो

Amar Ujala 14.12.2017 page no. 4

रक्तदान करने के लिए शिविर में एनसीसी कैडेटों ने दिखाया जोश

एनसीसी की 7 एचपी (आई) कंपनी के शिविर में कैडेटों ने किया 89 यूनिट रक्तदान

अमर उजाला ब्यूरो

शिमला। राजधानी शिमला स्थित एनसीसी की 7 एचपी (आई) कंपनी के एडवांस स्टडीज के नजदीक स्थित मुख्यालय में एनसीसी दिवस पर रक्तदान शिविर का आयोजन किया गया। सर्दियों के मौसम में अस्पतालों में रक्त की कमी और मरीजों की दिक्कतों को दूर करने के मकसद से आयोजित इस शिविर में कंपनी के अधीन आने वाले चार कॉलेजों के कैडेटों तथा कंपनी मुख्यालय के स्टाफ और आर्मी अधिकारियों ने 89 यूनिट रक्तदान किया। कंपनी के मुखिया कमान अधिकारी कर्नल एसएस सिनसिनवार ने सबसे पहले रक्तदान कर शिविर का शुभारंभ किया। कैडेटों में रक्तदान को लेकर भारी उत्साह नजर आया। कैडेटों ने रक्तदान के लिए अपनी बारी के लिए घंटों इंतजार भी पूरे जोश के साथ किया।

उन्होंने कहा कि रक्तदान एक ऐसा दान है जो किसी भी जरूरतमंद की मदद कर उसकी जिंदगी बचा सकता है। शिविर के आयोजन में

कैडेट बोले, रक्तदान कर दिल को मिला सुकून

शिमला। शिविर में पहुंचे अधिकतर रक्तदान करने वाले कैडेटों के चेहरों पर उत्साह साफ झलक रहा था। अकेले सुन्नी कॉलेज से ही इस शिविर में 17 कैडेटों ने भाग लिया। सुन्नी महाविद्यालय से रक्तदान शिविर में आई नितिका ने दूसरी बार और अंजना तथा प्रीति ने पहली बार रक्तदान किया। रक्तदान को लेकर जो भांतियां थीं वह आज खत्म हो गईं। टियोग कॉलेज की रीना ने कहा कि रक्तदान को लेकर पहले बहुत भांतियां मन में थीं लेकिन जब एक बार रक्तदान किया तो डर खत्म हो गया है। संजौली कॉलेज के अंडर ऑफिसर हिमांशु जिंटा, मुस्कान, प्रफुला और शबनम ने कहा कि उन्होंने पहली बार रक्तदान किया है। आज एहसास हुआ कि रक्तदान करने से बड़ा कोई दान नहीं है। कहा कि हमें रक्तदान कर अच्छा लगा।



कर्नल एसएस सिनसिनवार ने भी किया रक्तदान

कमला नेहरू अस्पताल से डॉ. शिवानी सूद और दीन दयाल उपाध्याय अस्पताल से डॉ. दुर्गा शर्मा की अगुवाई में आई टीम ने सहयोग किया। आयोजन में समाजसेवी और आशादीप संस्था के अध्यक्ष सुशील तनवर ने सहयोग

किया। कमान अधिकारी कर्नल एसएस सिनसिनवार ने बताया कि हर साल नवंबर माह के अंतिम हफ्ते के रविवार को एनसीसी डे मनाया जाता है। इस बार कॉलेजों में परीक्षाएं होने के कारण रक्तदान शिविर का आयोजन को 7 दिसंबर को किया गया। कैडेटों ने शिविर में पूरे उत्साह के साथ भाग लिया।



शिविर में रक्तदान करते एनसीसी कैडेट। इस दौरान 89 यूनिट रक्त एकत्रित किया गया।

अमर उजाला

One day blood donation camp was organized by the 7HP (I) COY NCC SHIMLA on 8th Dec,2018

Blood donation Camp; Red Cross Cell

The Red Cross Cell, GC Sanjauli organized a Blood Donation Camp on the 3rd of October,2017. The Medical superintendent of Indira Gandhi Medical College, Shimla, Dr. Ramesh deputed his team led by Dr Mohan Kaushal to carry out the camp. The Principal, Dr Diksha Malhotra welcomed the team and encouraged the students and staff to donate blood. 75 units of blood were collected. Dr GP Kapoor, the organizer, thanked everyone.

On 22nd September, 2018 to mark the Golden Jubilee of NSS, the NSS wing of the college organized an informative session on the importance of eye donation and the procedure of donating eyes was also underlined .

संजौली कॉलेज में बताया नेत्रदान का महत्व

शिमला। संजौली कॉलेज में मनाई जा रही एनएसएस की स्वर्ण जयंती पर शनिवार को आयोजित कार्यक्रम में आंखें दान करने की प्रक्रिया के बारे में जानकारी दी गई। इसमें नेत्र विशेषज्ञ डॉ. आशा नेगी ने विद्यार्थियों का मार्गदर्शन किया। डॉ. नेगी ने पावर प्वाइंट प्रेजेंटेशन से बताया कि मनुष्य की आंखों को मौत के कई घंटों बाद भी सुरक्षित रखा जा सकता है। कॉलेज प्राचार्य डॉ. सीबी मेहता ने कार्यक्रम में बतौर मुख्यातिथि और एनएसएस के राज्य समन्वयक एनएल शर्मा विशेष अतिथि के रूप में मौजूद रहे। प्रश्नोत्तरी प्रतियोगिता में जमुना टीम प्रथम रही। इसमें विक्रम और दीक्षित शामिल थे। कावेरी टीम में शामिल सुरेश और सुशीव द्वितीय तथा गोदावरी टीम में शामिल निकिता और भगत सिंह ने तीसरा स्थान पाया। कार्यक्रम में कॉलेज शिक्षक संदीप चौहान, नीलम गुप्ता, भारती शर्मा रूप लाल, मीनू और हिमानी सक्सेना ने भाग लिया। ब्यूरो



Dr. Minakshi Sharma
P.O. NSS




Dr. C.B. Mehta
Principal

Amar Ujala page No. 6, 23rd Sept. 2018

Cleanliness Drive, 20th Sept. 2019

NCC Shimla Group

- NCC Group, HQ Shimla organized a cleanliness drive by means of a cycle rally. The Hon'ble Governor, Himachal Pradesh, Sh. Bandaru Dattatreya flagged off the rally from the Ridge. 30 SD cadets of NCC group, HQ Shimla participated in this rally. It is a pan Indian movement which will end in Delhi on 27th Sept 2019. The primary objective of the rally is to spread the message of cleanliness. NCC cadets from various parts of the state were selected for the program who will reach Chandigarh via Solan. The Governor greeted the Cadets and said that the cadets must carry the message of cleanliness to rural areas. Group Commander, Brig. Rajeev Thakur, SM, VSM NCC Group HQ Shimla presented the summary of the programme. The Education Minister, Shri Suresh Bhardwaj was the Chief Guest for the day. The Mayor, The Deputy Mayor, Officials of 7 HP (10 COY NCC Shimla, Principals of various educational institutions and cadets were present for the rally.


Principal
Govt. College Sanjauli
Shimla-06
O.E., Govt. College
Sanjauli, Shimla-6

Competition on AiDS Awareness On 15th March, 2019



Dr.ChanderBhan Mehta ,Principal of this institution was Chief Guest



Y



The mental health of the students is as important as the physical health. Therefore 6 days art of living workshop is called as YES+ was organised in college in month of march (4th march to 9th march) 2021. National youth coordinator & level-2 certified yoga trainer, ART OF LIVING faculty Mr Sancy Sharma was the trainer for this amazing workshop. In these 6 days, workshop main

focus was on 7 level of existence (Body, Mind, Ego, Memory, Self.....). Students learned communication skills, time management, emotional balance, concentration and many other skills through interesting activities.



Habli
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Govt. College
Sanjauli, Shimla-6

The NSS wing of Govt College Sanjauli organized a "Prabhat Pheri" under the **Fit India** campaign (1-6 December, 2020) as directed by Youth and Sports Ministry. The

'Prabhat Pheris" are being conducted by the NSS volunteers keeping the COVID protocols in mind.



Yashvi
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Shimla-06
Govt. College
Sanjauli, Shimla-6

←

NSS RD Chandigarh

708 Tweets

Following

NSS RD Chandigarh @NSSRDC... · 2h

[#Not_ME_But_YOU](#)
[#FitHaiTohHitHai](#)
[#NSSvolunteers](#) of Centre of Excellence Govt. College Sanjauli for [#PrabhatPheri](#) activity in their respective homes at district [#Shimla](#) during increasing COVID19 cases in pandemic
[#DecemberFitOthon2020](#)
[@_NSSIndia](#) [@YASMinistry](#) [@KirenRijiju](#) [@PMOIndia](#)

3

5

NSS RD Chandigarh and 3 others

2

2

↻

NSS RD Chandigarh Retweeted

YAS Ministry @YASMinistry · Dec 4

YAS Minister Shri [@KirenRijiju](#) to address

+

संजौली कालेज की एन.एस.एस. इकाई फिट इंडिया अभियान के तहत निकालेगी प्रभात फेरी

शिमला, 4 दिसम्बर (ब्यूरो): युवा एवं खेल मामले मंत्रालय द्वारा फिट इंडिया अभियान चलाया जा रहा है। 1 से 6 दिसम्बर तक चल रहे अभियान में संजौली महाविद्यालय की एन.एस.एस. इकाई के स्वयंसेवी भी इसमें बढ़-चढ़कर भाग ले रहे हैं और प्रभात फेरियां निकाल रहे हैं। एन.एस.एस. संजौली महाविद्यालय के अधिकांश स्वयंसेवी इन दिनों कोरोना काल में और कालेज बंद होने के कारण अपने गांव में हैं। स्वयंसेवी अपने गांव के 4 से 5 बच्चों को अपने साथ लेकर मास्क के उपयोग और सामाजिक दूरी को ध्यान में रखकर प्रभात फेरियां निकाल रहे हैं। महाविद्यालय के प्राचार्य डॉ. चंद्रभान मेहता, एन.एस.एस. कार्यक्रम अधिकारी डॉ. मीनाक्षी शर्मा और डॉ. विकास नाथन ने एन.एस.एस. स्वयंसेवियों के कार्य की प्रशंसा की। इकाई अध्यक्ष भगत सिंह ठकुर ने फिट इंडिया अभियान में स्वयंसेवियों से प्रभात फेरी के दौरान मास्क के उपयोग और सामाजिक दूरी बनाए रखने का आह्वान किया। इकाई सचिव राहुल देव प्रेमी ने बताया कि स्वयंसेवियों द्वारा फिट इंडिया अभियान के अंतर्गत प्रभात फेरी की फोटो और वीडियो को एन.एस.एस. इकाई के फेसबुक पेज पर अपलोड किया जा रहा है, ताकि लोगों को भी फिट इंडिया अभियान से जोड़ जा सके और स्वास्थ्य के प्रति जागरूक किया जा सके।

Kishu
 Principal
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YOGA SESSION NSS camp to start the day with energy



Kohli
Principal
Govt. College Sanjauli
Shimla-06
Principal
Govt. College
Sanjauli, Shimla-6


Lecture on Health and Hygiene

Health and Hygiene



Centre of excellence govt college Sanjauli joins H. P government initiative in prevention of drug abuse and alcoholism. In this regard Dr Nishi Sood from KNH upraised the students regarding maintenance of hygiene during menstruation. The doctor also informed about the options of material available these days which can be used by girls during menstrual cycle. The session was highly interactive and informative the queries of the students were removed by the doctor. The session was held under the supervision of Prof Bharti Bhagra and other committee members.




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Sanjauli, Shimla-6

Workshop on Personality Development

Report

Two day workshop held on 12-13 December, 2019

Resource Person: Dr Kamayani Bisht: Associate professor in English: GC Theog

Two day workshop was conducted for final year students of NSS and NCC units of the college. The workshop was jointly coordinated by Dr Meenakshi Sharma and Lt Dr Poonama Verma. The workshop was attended by 260 volunteers, cadets and rovers and rangers of the college. The Resource person, Dr. Kamayani Bisht from Govt. College Theog said, personality development refers to the process of enhancing and improving one's personal and professional traits, such as communication skills, confidence, leadership, time management, and emotional intelligence. A well-developed personality can help individuals build better relationships, make positive impressions, and achieve success in their careers.

She said the most important objectives of the workshop were:

Improved communication: Developing effective communication skills can help individuals express their ideas and thoughts clearly and confidently, which is essential for building relationships and advancing in their careers.

Enhanced confidence: A well-developed personality can help individuals feel more confident in their abilities, leading to better performance in their careers.

Leadership skills: Developing leadership skills can help individuals manage teams, motivate employees, and make strategic decisions in their careers.

Time management: Improving time management skills can help individuals prioritize tasks, meet deadlines, and achieve their goals in their careers.

Emotional intelligence: Developing emotional intelligence can help individuals manage their emotions, understand others' perspectives, and build positive relationships in their careers.

During the two days of the workshop, some activities that she engaged the students with were:

Icebreakers: She started the workshop with icebreaker activities to help participants get to know each other and feel more comfortable including introductions, group games, and team-building exercises.

Self-assessment: Gave personality tests, skill assessments, and goal-setting exercises to participants to complete a self-assessment to identify their strengths and weaknesses.

Role-playing: Used role-playing exercises to help participants practice effective communication and interpersonal skills. These included scenarios related to conflict resolution, giving feedback, and making presentations.

..

Group discussions: Organized group discussions to teach and demonstrate learning and knowledge-sharing among participants to encourage leadership, time management, and emotional intelligence.

Feedback sessions: Conducted feedback sessions for participants to give and receive feedback from each other. This included peer evaluations, constructive criticism, and positive reinforcement.

Problem-solving exercises: Did problem-solving exercises to help participants develop critical thinking and decision-making skills, like brainstorming sessions, and simulations.

Personal reflection: In the end, participants were given time for personal reflection to help them integrate their learning and insights into their daily lives. This was done through journaling, mindfulness exercises, and goal-setting activities.

Mindfulness exercises: meditation, deep breathing, and visualization to help participants reduce stress and improve focus and concentration.

Personal branding exercises: She trained participants to develop their personal brand, by defining their values, strengths, and unique selling points.

Public speaking exercises: Used public speaking exercises like extempore speaking, speech writing and delivery, and body language awareness to help participants improve their presentation and public speaking skills.


Team-building exercises: Included team-building exercises that helped participants develop their teamwork and collaboration skills.

Creative exercises: encouraged participants to think outside the box and develop their creativity. This included storytelling exercises, and visioning activities.

Post workshop feedback gathered from the students shows that they enjoyed the interactive nature of the workshop and wanted more such fun-learning sessions to be conducted in the college.

Dr Meenakshi Sharma
NSS Program Officer
Govt. College, Sanjauli

Dr Poonama Verma
NCC Officer, Govt College, Sanjauli


Principal
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Capacity Building Program on Soft Skills

A one-week capacity building workshop was organized from 09.08.2021 to 14.08.2021 by the IQAC for the benefit of teachers, non-teaching staff and students of the college. The course aims to create a basic awareness about the indispensability of soft skills at work place and in interpersonal communication and facilitate an all-round development of personality. To ensure the smooth conduct of the workshop, the following team was constituted:

Dr. Tulsi Raman Sharma
Dr. Kamayani Bisht
Dr. Vinay Mohan Sharma
Mr. Aditya Dulta
Mr. Vikas Nathan
Mr. Ram Chand (L.A.)

On day one, in the inaugural session, Dr Kamayani Bisht set the context of the workshop by explaining the theme, scope and objectives of the workshop.

Dr Namrata Tikku (Retd. Principal), the resource person for the session introduced the concept of soft skills, types of soft skills and their importance. She emphasized the role of soft skills in effective classroom teaching. She said that the vast pool of graduated being dispatched into the society by the education system needs to be made more life-ready by training them in soft skills.

On day two, Ms Neelam Bali, who is a psychologist and counselor spoke about emotional intelligence and its significance in the classroom and beyond. She gave examples from day to day experiences and her long experience as a psychologist to exemplify what emotional intelligence or the lack of it can achieve.

On day three, Ms. Nandini Pathania, Principal, St Bede's College spoke about non-verbal communication and how we can be a little more aware of our body language to be effective in our classroom communication and also in other interpersonal and social settings. She also spoke about the role of body language in public speaking. She included the importance of dress and touch in communication.


On day four Dr Poornima Chauhan spoke on leadership and conflict management. She spoke of the types of conflict; from intra to interpersonal, social to international. She also discussed conflict at workplace. She asked the participants to participate in a paper and pen response to show how our conflict resolution strategies can differ. She stressed on the role of empathy as well as sympathy, of introspection and of appreciation in resolving matters.

On day 5, Prof. Aman Sharma, Department of Computer sciences, HP University spoke on Technology and Communication: Netiquette and etiquette in the use of ICT. He listed things that

should be totally avoided while using the internet. He also spoke of concepts like stocking, identity theft, phishing and hacking.

Day 6, the last day had Prof Vikas Dogra, Chairperson, department of Journalism and Mass communication, HP University spoke about the barriers to communication. He also threw light on how written communication can be made more precise, sharp and relevant without having to compromise its aesthetic value.

The Workshop was attended by 63 members of the teaching and non teaching staff. 117 students of the NSS units attended this workshop. Based on the feedback from the attendees, the workshop seems to have served its purpose to a large extent. Teachers, who felt they already knew the significance of interpersonal skills, were happy to be reminded that they may have been insensitive and ineffective, even though inadvertently. Students were the most benefitted by the workshop. They were given quick checklists and questionnaires to evaluate their understanding of what effective skills are and where they stand on the scale of social effectiveness. They reported that it had been a valuable learning experience for them.


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