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Evergreen

21/12/2024

## First International Meditation Yoga Day Celebrated at Nagrota College



The first International Meditation Yoga Day was celebrated today, December 21, at the Government Excellence College, Nagrota Bagwan, organized by the BBA Department. This day, declared by the United Nations, aims to promote the importance of meditation yoga on a global level.

The program was inaugurated by the college principal, Dr. Surendra Kumar Soni, Career Counseling and Guidance Cell in-charge Prof. Sanjay Sharma, and BBA Coordinator Dr. Rajeev Kumar. They welcomed the spiritual trainer from Art of Living, Mr. Sanjeev Harnot, who initiated the meditation yoga session.



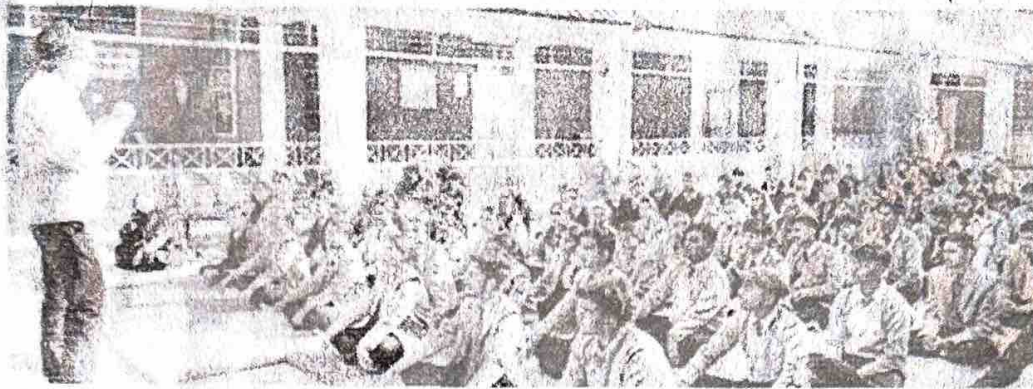
Approximately 200 students participated in the camp. Trainer Mr. Sanjeev Harnot taught the students various meditation yoga techniques, helping them understand the significance of mental peace and self-improvement.

Dr. Surendra Kumar Soni  
GC Nagrota Bagwan  
Distt. Kangra (H.P.)

Ruled  
21/12/24



## नगरोटा कॉलेज में अंतर्राष्ट्रीय ध्यान योग दिवस मनाया



सवेरा न्यूज/विनय सूदन , नगरोटा बगवां : नगरोटा बगवां के राजकीय उत्कृष्ट महाविद्यालय में करियर काउंसलिंग एवं गाइडेंस सेल और बी.बी.ए. विभाग के संयुक्त प्रयास से आज प्रथम अंतर्राष्ट्रीय ध्यानयोग दिवस मनाया गया। यह दिवस संयुक्त राष्ट्र संघ द्वारा घोषित किया गया है और इसका उद्देश्य ध्यान योग के महत्व को वैश्विक स्तर पर बढ़ावा देना है। कार्यक्रम का शुभारंभ महाविद्यालय के प्राचार्य डॉ. सुरेन्द्र कुमार सोनी, करियर काउंसलिंग और गाइडेंस सेल के प्रभारी प्रो. संजय शर्मा और बी.बी.ए. कोऑर्डिनेटर डॉ. राजीव कुमार द्वारा किया गया। उन्होंने आर्ट ऑफ लिविंग के अध्यात्म प्रशिक्षक संजीव हरनोट का स्वागत करते हुए ध्यान योग सत्र का आरंभ किया। इस शिविर में लगभग 200 छात्रों ने भाग लिया। प्रशिक्षक संजीव हरनोट ने छात्रों को विभिन्न ध्यान योग क्रियाएं सिखाईं, जिनसे छात्रों ने मानसिक शांति और आत्म-सुधार के महत्व को समझा। कार्यक्रम में प्राचार्य डॉ. सुरेन्द्र कुमार सोनी, प्रो. संजय शर्मा, डॉ. राजीव कुमार, प्रो. निपुनिका राणा, डॉ. नीरज गांधी, डॉ. माधवी पराशर, प्रो. रमन, प्रो. विकास चौहान, प्रो. आशु सानन और कुंता देवी उपस्थित रहे। सभी ने इस ऐतिहासिक आयोजन को सफल बनाने में महत्वपूर्ण भूमिका निभाई।

The event was attended by Principal Dr. Surendra Kumar Soni, Prof. Sanjay Sharma, Dr. Rajeev Kumar, Prof. Nipunika Rana, Dr. Neeraj Gandhi, Dr. Madhavi Parashar, Prof. Raman, Prof. Vikas Chauhan, Prof. Ashu Sannan, and Kunta Devi. Everyone contributed significantly to the success of this historic event.

Principal

Government Excellence College, Nagrota Bagwan

*Signature*  
 Chairperson Cum Principal  
 Nagrota Educational Society for  
 Professional Advancement (NESPA)  
 Nagrota Bagwan, Dist. Kangra (H.P.)



# "Sudarshan Kriya Yoga organized"

28/10/24

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Sudarshan Kriya Yoga was organized under "Art of Living" at Government College, Nagarota Bagwan, courtesy of Commerce Society. This special yoga session was inaugurated by lighting the lamp by the Principal of the college, Dr. Surender Kumar Soni.

The main objective of this yoga session was to inculcate mental peace, concentration and positive energy in the students and teachers. Many prominent teachers of the college, such as Dr. Manjeet Singh, Dr. Rajeev Kumar, and Dr. Sonika, were present on this occasion and played an active role in the entire program.

The session was conducted by Dr. Rajeev Kumar, who introduced the participants to various yoga kriyas. He explained the importance of Sudarshan Kriya and said that it not only reduces mental stress, but also provides new energy and freshness to the body. He taught the participants the various steps of Sudarshan Kriya in detail and explained how one can move towards a healthy and happy life by incorporating these yoga kriyas in everyday life.

The participants enthusiastically participated in meditation, pranayama, and various breathing exercises. At the end of the session, all the participants shared their experiences and said that this session gave them mental peace and energy.



1. Dr. Manjit Singh (MAM)
2. Dr. Rajeev Kumar
3. Dr. Sonika

Surender  
(Principal)

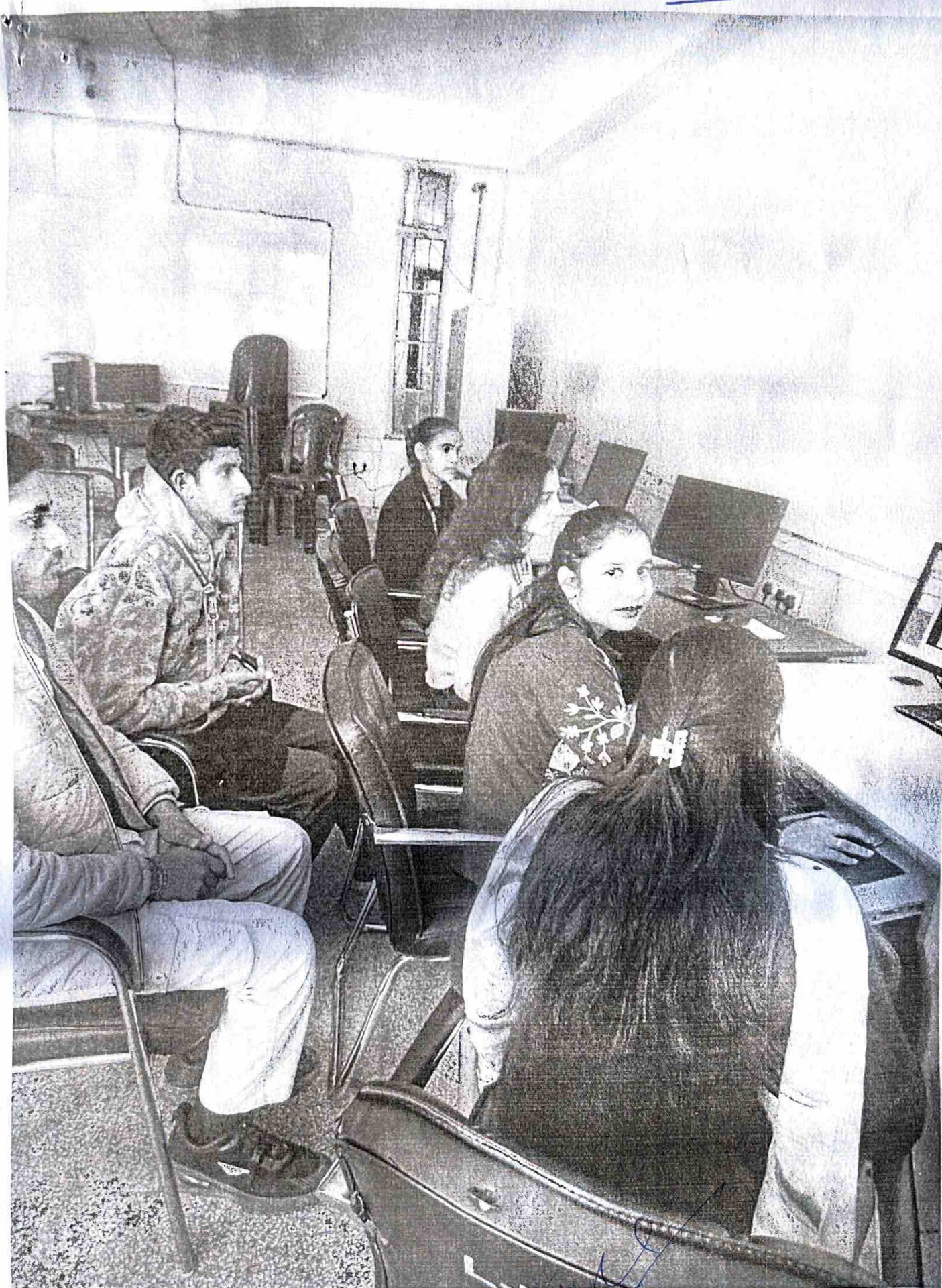


2.11.(ii) Language - cum - Gradual attributes Development programmes -

III	ENG DSE 303	DSE -1A Soft Skills	6
		<p><b>A) Listening Skills:</b> ✓</p> <ul style="list-style-type: none"> <li>• Comprehending</li> <li>• Retaining</li> <li>• Responding</li> <li>• Barriers to Listening</li> <li>• Overcoming Barriers to Listening</li> </ul> <p><b>B) Teamwork:</b></p> <p>Teamwork involves building relationships and working with other people using a number of important skills and habits:</p> <ul style="list-style-type: none"> <li>• Working Cooperatively</li> <li>• Contributing to groups with ideas, suggestions, and effort</li> <li>• Communication (both giving and receiving)</li> <li>• Sense of Responsibility</li> <li>• Healthy respect for different opinions, customs, and individual preferences</li> <li>• Ability to participate in group decision-making</li> </ul> <p><b>C) Emotional Intelligence:</b></p> <p>Characteristics of Emotional Intelligence:</p> <ul style="list-style-type: none"> <li>• Self-Awareness</li> <li>• Self-Regulation</li> <li>• Motivation</li> <li>• Empathy</li> <li>• Social and Cultural Sensitivity</li> </ul> <p>Ways to Improve Emotional Intelligence:</p> <ul style="list-style-type: none"> <li>• Observe how you react to people</li> <li>• Look at your work environment</li> <li>• Do a self-evaluation</li> <li>• Examine how you react to stressful situations</li> <li>• Take responsibility for your actions</li> <li>• Examine how your actions affect others</li> </ul>	

	<p><b>D) Adaptability:</b></p> <ul style="list-style-type: none"> <li>• See the big picture</li> <li>• Don't be afraid to improvise</li> <li>• Question the status quo</li> <li>• There's no "I" in Adaptability</li> <li>• Change your Routine</li> </ul> <p><b>E) Problem Solving: ✓</b></p> <p>Four basic steps in solving a Problem:</p> <ul style="list-style-type: none"> <li>• Defining the Problem</li> <li>• Generating Alternatives</li> <li>• Evaluating and Selecting Alternatives</li> <li>• Implementing Solutions</li> </ul> <p><b>F) Interview Skills: ✓</b></p> <ul style="list-style-type: none"> <li>• Preparation</li> <li>• Self-evaluation-SWOT</li> <li>• Punctuality</li> <li>• First Impressions: Professional Dressing, Body Language and Non-verbal Cues</li> <li>• Listening and Speaking</li> <li>• Etiquette and Courtesy</li> </ul> <p><b>Classroom Activity:</b></p> <ol style="list-style-type: none"> <li>a. Reading Visual Texts             <ol style="list-style-type: none"> <li>1) Graphics/Cartoons: Reading and Analysis (with Special Reference to India)</li> <li>2) Understanding/Interpreting Indian Films</li> </ol> </li> <li>b. Group Discussions</li> </ol> <p><b>Recommended Reading:</b></p> <ul style="list-style-type: none"> <li>• <i>English and Soft Skills</i>. S. P. Dhanavel. Orient Blackswan, 2013.</li> </ul> <p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>• <i>Soft Skill for Managers</i>. T. Kalyana Chakravarthi and T. Latha Chakravarthi. First Edition. Wiley Publishing, 2015.</li> <li>• <i>The First Book of Life Skills</i>. Larry James. First Edition. Embassy Books, 2016.</li> <li>• <i>The 5 Levels of Leadership</i>. John C. Maxwell. Centre Street, A division of Hachette Book Group Inc., 2014.</li> <li>• <i>Personality Development &amp; Soft Skills</i>. Barun K. Mitra. First Edition. Oxford Publishers, 2011.</li> </ul>	
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 Principal  
GC Nagro Bagwan  
Distt. Kangra (H.P)



