



INNOVATIVE COLLEGE OF PHARMACY

Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

**Report with Photographs on
Programmes /activities conducted to Life
skills (Yoga, physical fitness, health and
hygiene, self-employment and
entrepreneurial skills)**



Notice

Date: 18 /10/2023

Dear Students,

We are excited to announce a special session titled *Meditation: Connection to Spirituality* on October 25, 2023, focused on fostering spiritual connection and inner peace. Meditation is widely recognized as a powerful practice for centering oneself, calming the mind, and deepening one's spiritual essence. We invite you to embark on a journey of self-discovery and tranquility through meditation.

We are privileged to have Mr. Ebenezer Raja Julius leading this session, guiding us on a path to self-discovery and inner calm through

Principal



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1. Chairman, Innovative College Of Pharmacy, Greater Noida
2. Accounts Department, Innovative College Of Pharmacy, Greater Noida
3. Office, Innovative College Of Pharmacy, Greater Noida





REPORT

The session titled "Meditation: Connection to Spirituality" took place on 25 October 2023, at the college campus, and was led by Mr. Ebenezer Raja Julius. Its goal was to introduce students to meditation as a tool for exploring and deepening their spiritual connection. The session saw enthusiastic participation from UG and PG students across various departments.

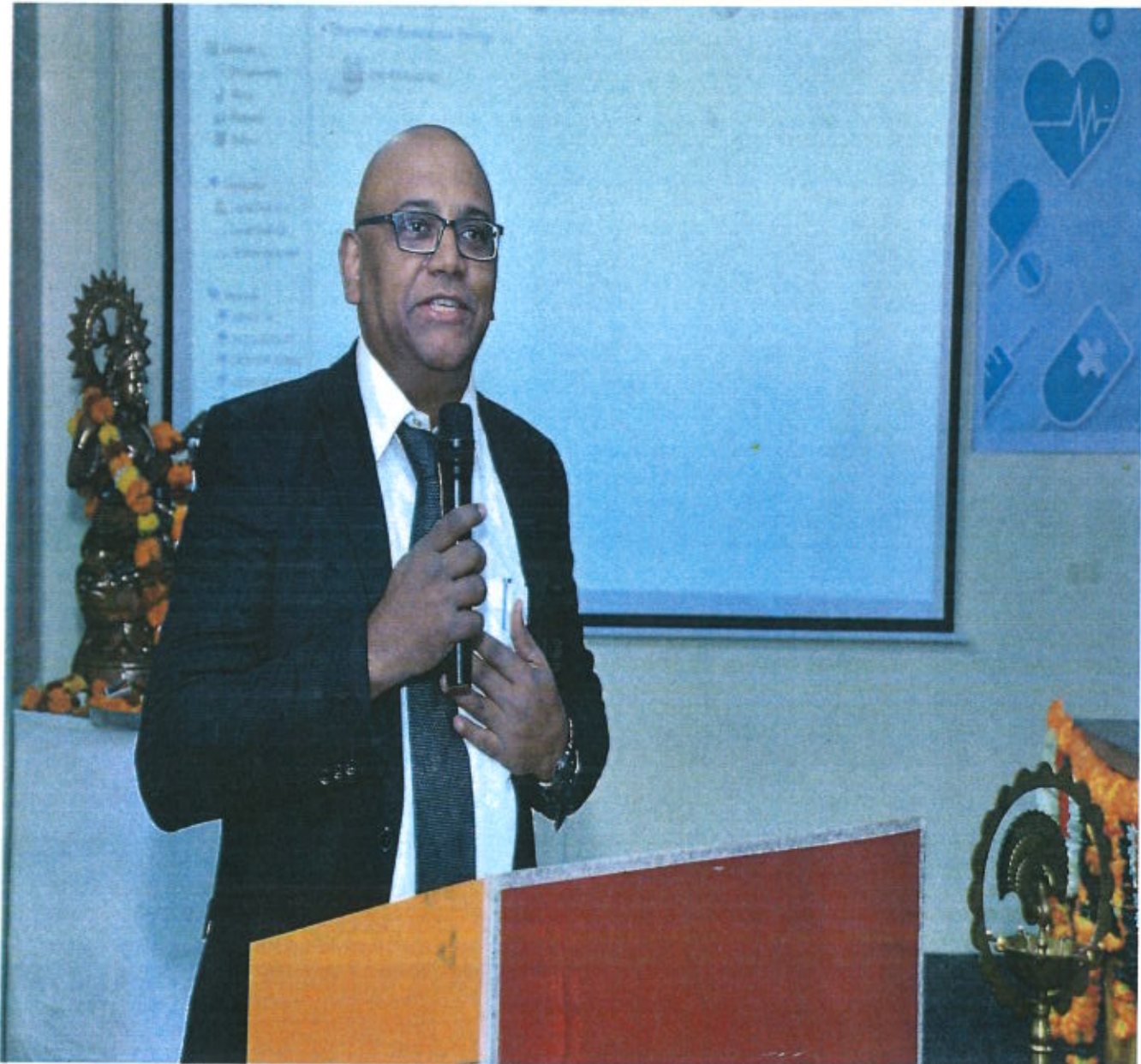
The session started with an overview of meditation, tracing its historical origins and its role in different spiritual traditions. It highlighted meditation's benefits for mental clarity, emotional stability, and spiritual development. Students participated in a guided meditation focused on mindfulness and breath awareness, experiencing the calming and centering effects of the practice firsthand.

After the meditation, there was a discussion about spirituality and its relevance in contemporary life. The facilitator invited students to share their perspectives and experiences with spirituality, promoting an open and reflective conversation. Practical advice was offered on how to integrate meditation into daily life to improve overall well-being and spiritual awareness, including strategies to overcome common challenges in meditation.

The session concluded with a Q&A segment, allowing students to seek clarification on meditation techniques, spiritual concepts, and related issues.

Conclusion: The session on meditation and spirituality offered students valuable insights and practical tools for enhancing their spiritual journey. It fostered self-reflection, mindfulness, and a deeper understanding of spirituality's role in personal growth. Future sessions might delve into specific meditation techniques and their applications in various aspects of life.





Mr. Ebenezer Raja Julius led Session titled *Meditation: Connection to Spirituality*





Notice

Date:16 /11/2023

Dear Students,

We are excited to announce a special awareness session on "Feminine Hygiene" scheduled for 22 November 2023. This session is designed to educate our female students about the significance of personal hygiene and health. It is part of our continued effort to support and enhance the well-being of our students.

We are privileged to have Dr. Ramakant Gupta (Retd.), from NDMC Medical College, who will provide essential insights and guidance on managing personal hygiene and maintaining health.

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REPORT

The session titled "Feminine Hygiene" was held on 22 November 2023, at the college campus, led by Dr. Ramakant Gupta (Retd.), from NDMC Medical College. The purpose was to educate students about feminine hygiene practices, stressing the importance of menstrual health and clarifying common myths and misconceptions about menstruation. The session engaged UG and PG students from various departments.

The session began with an overview of feminine hygiene, covering the anatomy of the female reproductive system and general hygiene practices. The facilitator emphasized the need for cleanliness and comfort during menstruation. Information about the menstrual cycle, including its phases, typical duration, and hormonal changes, was provided to normalize discussions about menstruation and foster a positive attitude towards menstrual health.

Practical advice was given on managing hygiene during menstruation, including the proper use and disposal of menstrual products (pads, tampons, menstrual cups), washing techniques, and maintaining vaginal health. The importance of using hygienic products and avoiding potential health risks was highlighted. Common myths and misconceptions about menstruation, such as limitations on physical activities, dietary restrictions, and cultural taboos, were addressed. Students were encouraged to ask questions and clear up any doubts to ensure a well-rounded understanding.

The session concluded with a question-and-answer segment where students could seek clarification on specific aspects of feminine hygiene and menstruation.

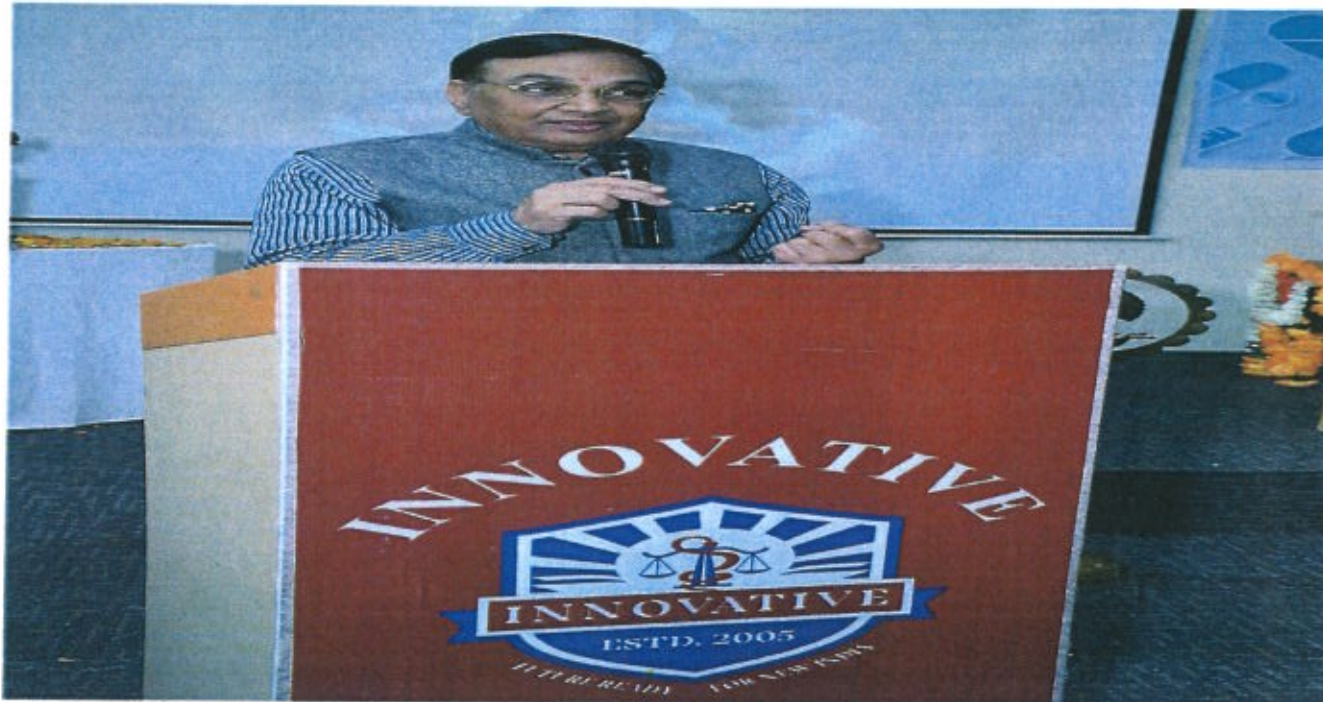
Conclusion: The "Feminine Hygiene" session effectively informed students about crucial aspects of menstrual health and hygiene practices. It raised awareness, debunked myths, and offered practical advice to support students' well-being. Ongoing efforts in this area are essential for creating a supportive environment and encouraging positive attitudes towards menstrual health among students.





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Dr. Ramakant Gupta (Retd.), from NDMC Medical College led session on "Feminine Hygiene"



Q&A Session on "Feminine Hygiene"





Notice

Date: 02 /01/2024

Dear Students,

We are excited to announce an upcoming awareness session on the "Importance of Maintaining a Healthy Diet," scheduled for 10 January 2024. This session is part of our ongoing commitment to enhancing student health and well-being by offering valuable insights into nutritional practices.

We are privileged to have Dr. V. K. Gautam, Physician who will provide essential knowledge to help you make better dietary choices and improve your overall health.

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Report

The session titled "Importance of Maintaining a Healthy Diet" took place on 10 January 2024, at the college campus, and was led by Dr. V. K. Gautam, Physician. The aim was to educate students on the crucial role of a healthy diet in promoting overall well-being, enhancing academic performance, and securing long-term health benefits. The session saw active participation from both UG and PG students across various departments.

The session started with an overview of nutrition, stressing the significance of balanced eating habits for maintaining good health. Fundamental nutritional concepts, including macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins and minerals), were covered. Students were informed about the key elements of a healthy diet, which includes a diverse intake of fruits, vegetables, whole grains, lean proteins, and healthy fats. The facilitator emphasized how each food group contributes essential nutrients for energy, growth, and disease prevention.

The session examined how dietary choices influence different health aspects, such as physical fitness, mental well-being, immune function, and disease prevention. Case studies and examples illustrated the connection between diet and health outcomes. Practical advice was given on incorporating healthy eating habits into daily routines despite the challenges of busy schedules and academic pressures. Topics covered included meal planning, portion control, healthy snacking, and mindful eating practices.

Common myths and misconceptions about diet and nutrition, such as fad diets and dietary supplements, were addressed, with a focus on the importance of balance rather than restriction in achieving nutritional goals. The session concluded with a Q&A segment, allowing students to clarify specific nutritional topics and address their dietary concerns.

Conclusion: The session on the "Importance of Maintaining a Healthy Diet" successfully provided students with valuable insights into essential nutrition principles and encouraged them to prioritize healthy eating for improved health outcomes. Ongoing initiatives to promote healthy eating among students are vital for fostering a supportive environment that enhances both academic success and overall well-being.





Dr. V. K. Gautam, led session on the "Importance of Maintaining a Healthy Diet,"





Notice

Date: 12/10/2022

Dear Students

We are thrilled to notify you of an upcoming class on October 20, 2022, called "Dance your way to fitness: Zumba Workshop." This class celebrates movement and rhythm and is sure to leave you feeling energised.

It is a pleasure to having Mrs. Deepika Chauhan join us. She will guide you through exciting Zumba moves that will tone your body, burn calories, and let you enjoy dancing.

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Report

Mrs. Deepika Chauhan hosted the Zumba session "Dance Your Way to Fitness: Zumba Workshop" on October 20, 2022, on a college campus. Through the use of Zumba, a dynamic dance-based workout program renowned for its upbeat routines and cardiovascular advantages, the workshop sought to promote health and wellness among participants.

Enthusiastic students eager to learn more about Zumba as an enjoyable and effective workout program attended the event. An introduction to Zumba was given at the start of the workshop, detailing its history, advantages, and rising appeal as a global fitness trend.

Participants were guided by a Zumba teacher through a sequence of intense dance moves paired to lively music, including elements of merengue, salsa, hip-hop, and other dance styles. The advantages of Zumba for fitness were emphasized throughout the class, including

The benefits of Zumba for fitness, such as increased cardiovascular endurance, coordination, and general physical stamina, were emphasized throughout the class. At the conclusion of the Zumba workshop, participants had discovered a fun and efficient approach to work out through dance. They also gained a better understanding of the advantages regular Zumba practice has for both physical and mental health, as well as the incentive to incorporate Zumba into their fitness routines for long-term health. In summary, the "Dance Your Way to Fitness: Zumba Workshop" effectively encouraged participants' physical fitness and overall well-being by providing them with an exciting and dynamic Zumba workout. It gave teachers and students a place to socialize, listen to music, and improve their health via dance.

Conclusion: By providing participants with an exciting and dynamic Zumba experience, the "Dance Your Way to Fitness: Zumba Workshop" effectively promoted physical fitness and wellness. It offered a venue for educators and kids to mingle, take in music, and enhance their health via dance





Students performing Zumba Dance



Students performing Zumba Dance



Notice

Date: 03/11/2022

Dear Students

We are pleased to notify you of a forthcoming session on "Save Trees, Save Life" on November 8, 2022. The purpose of this session is to examine the vital role that trees play in supporting life on Earth and to talk about how we may help with their conservation.

We are happy to have Dr. Amarjeet Singh, join us in exploring the many environmental advantages of trees, such as their ability to sequester carbon dioxide and preserve biodiversity, as well as practical measures we can take to safeguard and maintain our forests.

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REPORT

The objective of the "Save Trees, Save Life" workshop, led by Dr. Amarjeet Singh, on November 8, 2022, on the college campus, was to increase student awareness of the value of environmental management and tree conservation.

Students from different departments, both UG and PG, actively participated in the session. An overview of trees' importance in preserving ecological balance and their function in supporting life on Earth was given at the outset. The necessity for quick action was emphasized by the facilitators as they covered the detrimental impacts of deforestation on biodiversity, climate change, and human well-being.

The advantages of planting trees for improving biodiversity, reducing air pollution, preserving water, and advancing sustainable development were explained to the participants. To motivate students and demonstrate the benefits of community-driven conservation activities, case studies and success stories from environmental initiatives were shared.

Students were able to explore environmental issues and come up with ideas for local tree protection projects through interactive conversations. Students were given concrete instructions on how to support tree conservation initiatives by participating in tree planting drives, supporting advocacy campaigns, and embracing environmentally beneficial behaviors.

By the end of the workshop, participants had gained a better understanding of the biological significance of forests and trees, acknowledged their responsibility as environmental stewards and advocates for sustainable practices, and were inspired to take the initiative to conserve trees and protection of environment

In conclusion, the "Save Trees, Save Life" program successfully sparked crucial conversations among students on environmental preservation and motivated them to take the initiative to bring about positive change. It emphasized how crucial it is to protect trees and cultivate a long-term relationship with the natural world for coming generations.





Students planting the trees



Dr. Amarjeet Singh led session on "Save Trees, Save Life"





Notice

Date: 10/12/2022

Dear Students

We're pleased to announce that on December 15, 2022, there will be an eco-friendly and creative session called "Best out of Waste" aimed at encouraging and motivating you to find innovative uses for common objects while promoting sustainability and environmental awareness.

The session will provide easy-to-understand methods for reusing everyday household items and will guide you through interactive exercises to create beautiful and functional objects out of trash. Join us to learn practical skills and contribute to a more sustainable future.

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REPORT

The session saw enthusiastic participation from undergraduate and postgraduate students representing diverse academic disciplines from various departments. It began with an overview of waste management practices and the importance of reducing, reusing, and recycling materials to minimize environmental impact. Facilitators demonstrated various techniques and ideas for transforming common waste items such as plastic bottles, newspapers, cardboard, and old fabrics into creative and functional products. Participants engaged in hands-on crafting activities guided by instructors, where they learned practical skills to create items such as decorative pieces, organizers, and art installations from discarded materials.

Discussions were held on the environmental benefits of recycling, including waste reduction, conservation of resources, and promoting a sustainable lifestyle. The session concluded with a showcase of participants' creations and a reflection on the creative process, encouraging students to share their experiences and ideas.

Conclusion: By the end of the session, participants had developed practical skills in creatively recycling and repurposing waste materials. They gained increased awareness of environmental sustainability and the importance of responsible consumption, and found inspiration to incorporate "best out of waste" principles into their daily lives and future projects. Feedback from students was positive, highlighting their enjoyment of the hands-on activities, appreciation for the eco-friendly message, and enthusiasm for applying their newfound skills in creative recycling.





Students Showing Their Decarotives From Waste Material



Student making Rakahi from Waste material



Notice

Date: 05/01/2023

Dear Students

We are pleased to invite you to a special session on "The Importance of Yoga" on January 10, 2023. This session will delve into the significant benefits of yoga for physical, mental, and emotional well-being, highlighting its positive impact on our lives. We are privileged to have Mr. Kumar Alam a, who will share insights into the holistic approach of yoga towards health and wellness and demonstrate various yoga asanas (poses) along with their therapeutic effects.

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REPORT

On 10 January 2023, a session on "The Importance of Yoga" was held at the college campus, aiming to educate participants on the comprehensive benefits of yoga for physical, mental, and spiritual well-being.

The event saw enthusiastic participation from undergraduate and postgraduate students from various departments. It commenced with an introduction to the ancient practice of yoga, its historical roots, and its development into a holistic health and wellness system. Facilitators explained the numerous health benefits of yoga, such as enhanced flexibility, strength, posture, and cardiovascular health, and emphasized its role in stress reduction and mental clarity.

Participants engaged in practical demonstrations of basic yoga asanas (postures) and pranayama (breathing exercises), with a focus on correct alignment and mindful breathing. Discussions covered yoga philosophy, including principles like mindfulness, inner peace, and the interconnection of body, mind, and spirit.

The session concluded with a guided meditation promoting relaxation and self-awareness, followed by a reflection on the benefits of integrating yoga into daily routines. By the end of the session, participants had gained knowledge about yoga's diverse benefits for holistic health, learned practical techniques to incorporate yoga into their daily lives for improved physical and mental well-being, and developed an appreciation for yoga as a means of fostering spiritual growth and inner harmony.

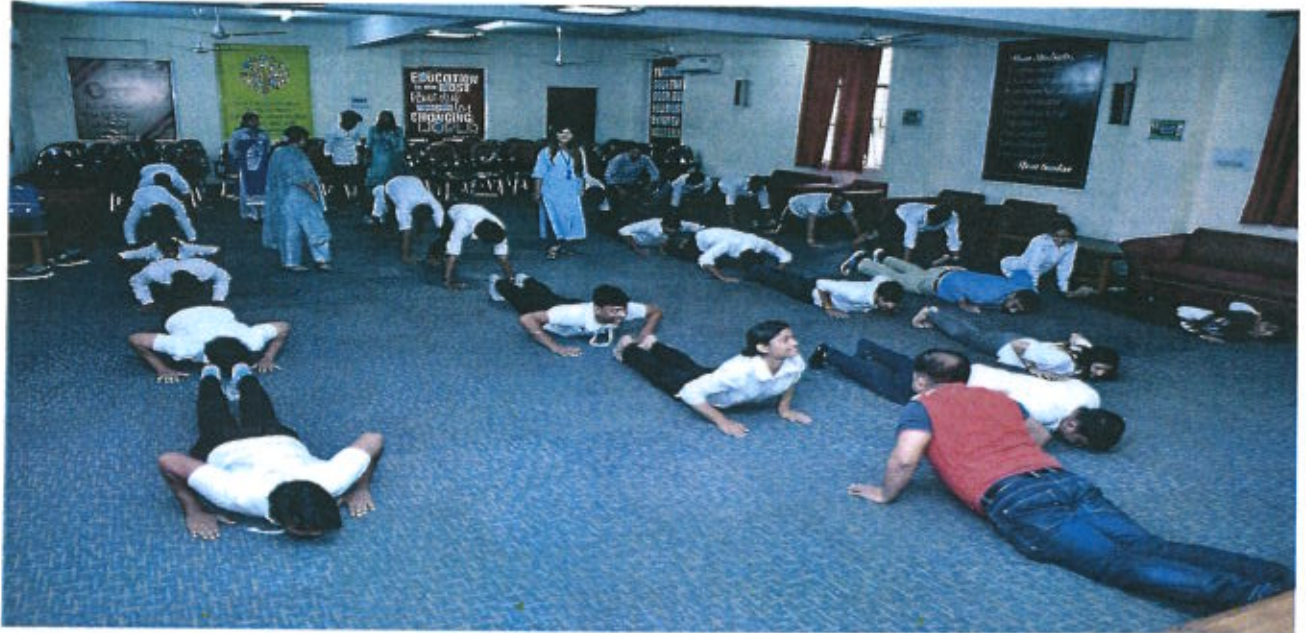
Conclusion: The session on the importance of yoga effectively raised awareness and appreciation for yoga's significant benefits on physical, mental, and spiritual levels. It equipped participants with the knowledge and practical skills to enhance their overall well-being through the practice of yoga.





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Mr. Kumar Alam & Students Doing Yoga Asana



Mr. Kumar Alam & Students Doing Yoga Asana





Notice

Date: 10/09/2021

Dear Students

We are excited to announce a special session on "Menstrual Hygiene: An Essential Aspect of Women's Health" scheduled for September 23, 2021. This session aims to provide thorough information on menstrual hygiene practices, clarify myths and misconceptions about menstruation, and foster a culture of openness and acceptance.

We are privileged to have Dr. Manju Gupta, who will offer valuable insights on maintaining hygiene during menstruation, the proper use of sanitary products, and addressing common menstrual challenges.

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Report

On September 23, 2021, our college campus hosted a session titled "Menstrual Hygiene: An Essential Aspect of Women's Health," conducted by Dr. Manju Gupta, a physician and pediatrician. This event aimed to provide crucial information on menstrual hygiene practices, debunk common myths, and enhance awareness about reproductive health, with a focus on educating female students. The session saw enthusiastic participation from both undergraduate and postgraduate students, mainly women, from various departments.

The session commenced with an introduction to the importance of menstrual hygiene for overall well-being, both physical and emotional. Discussions included best practices for the use and disposal of menstrual products, maintaining personal cleanliness, and managing common menstrual issues. The session addressed prevalent myths and misconceptions about menstruation, promoting accurate information to challenge stigma and encourage open discussions about menstrual health. It also highlighted the health risks associated with poor menstrual hygiene and the importance of accessible, safe, and affordable menstrual products.

Participants received practical advice on self-care, including tips on nutrition, exercise, and stress management, to help them manage menstruation more comfortably and confidently. The event featured an interactive Q&A session, allowing participants to ask questions, share their experiences, and discuss menstrual health concerns in a supportive setting.

By the end of the session, attendees had improved their understanding of menstrual hygiene and its impact on health, gained insights into making informed choices about menstrual products and care routines, and felt motivated to challenge taboos and advocate for menstrual health awareness within their communities.

Conclusion: The session successfully addressed key aspects of menstrual health, advancing education and empowerment regarding menstrual hygiene practices. It contributed to breaking societal taboos and fostering a supportive atmosphere for discussing menstrual health issues.





Dr. Manju Gupta,, a physician and pediatrician



Students attending special session on "Menstrual Hygiene: An Essential Aspect of Women's Health"



Notice

Date: 07/12/2021

Dear Students

We are delighted to announce an upcoming awareness session on the "Importance of Meditation" on December 13, 2021. This session aims to introduce you to various relaxation techniques, helping you manage the challenges of student life with greater ease and resilience. Whether you're dealing with exam stress, personal pressures, or simply seeking a moment of peace, this session is designed to enhance your well-being.

We are honored to have Dr. Amarjeet Singh, H.O.D Innovative college of pharmacy, G.Noida, who will share valuable insights and equip you with essential knowledge on relaxation and mindfulness techniques..


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REPORT

The session on the "Importance of Meditation" was conducted on December 13, 2021, at the college campus by Dr. Amarjeet Singh, H.O.D Innovative college of pharmacy, G.Noida,. It aimed to introduce students to the benefits of meditation for mental, emotional, and academic well-being and to teach practical meditation techniques. Both undergraduate and postgraduate students from various departments participated in the session.

The session started with an overview of meditation, explaining its origins, principles, and various forms. Facilitators discussed the numerous benefits of meditation, including stress reduction, improved focus and concentration, emotional resilience, and overall mental clarity. Scientific research supporting the positive effects of meditation on brain function, emotional regulation, and physical health was presented to validate its effectiveness. Participants engaged in guided meditation sessions led by experienced instructors, which included techniques such as mindful breathing, body scan, and visualization exercises. Practical tips on integrating meditation into daily routines, creating a conducive environment for meditation, and overcoming common challenges were shared with participants.

By the end of the session, participants had gained a comprehensive understanding of the benefits and techniques of meditation and experienced firsthand the calming and centering effects of guided meditation practices. Many expressed interest in incorporating meditation into their daily lives to enhance academic performance and overall well-being.

Conclusion: The session on the "Importance of Meditation" provided students with valuable insights and practical tools to enhance their mental and emotional health. It equipped participants with skills to manage stress, improve focus, and cultivate inner peace through meditation.





Dr. Amarjeet Singh introduce students "Importance of Meditation"



Students attending special session on "Importance of Meditation"



Notice

Date: 25/11/2021

Dear Students,

We are excited to announce an "Awareness Program on HIV/AIDS" scheduled for December 2, 2019. This program is designed to educate students about HIV/AIDS, its prevention, and the importance of safe practices. The objective is to increase awareness among students about HIV/AIDS, clear up myths and misconceptions, promote safe practices, and emphasize the importance of empathy and support for those affected.

We are privileged to have Dr. Sunil Thakur CMO, WUS Health Center University of Delhi, who will help deepen your understanding of HIV/AIDS and encourage you to foster a supportive community.

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REPORT

The session titled "Awareness Program on HIV/AIDS" was held on December 2, 2019, at the college campus, and conducted by Dr. Sunil Thakur CMO, WUS Health Center University of Delhi, The aim was to provide students with crucial information about HIV/AIDS, focusing on prevention strategies, safe practices, and clearing up misconceptions. The event saw enthusiastic participation from undergraduate and postgraduate students across various departments.

The session began with a comprehensive overview of HIV/AIDS, detailing its causes, transmission methods, and global impact. The focus was on debunking myths and misconceptions about the disease. Healthcare professionals delivered detailed presentations on the biology of HIV, the stages of infection, and available treatment options. Visual aids, statistics, and case studies highlighted the prevalence and effects of HIV/AIDS both globally and locally.

Students engaged in discussions on sensitive issues such as stigma, discrimination, and the importance of empathy for those affected. Q&A session provided a platform for anonymous questions, encouraging open dialogue and addressing concerns. Role-playing exercises simulated real-life scenarios, allowing students to practice communication skills and responses related to HIV/AIDS challenges.

By the end of the session, students had a clearer understanding of HIV/AIDS, including its transmission routes and preventive measures. The discussions contributed to reducing stigma, fostering empathy, and promoting support for affected individuals. Participants felt more informed about their health and were motivated to advocate for HIV/AIDS awareness within their communities.

Conclusion: The Awareness Program on HIV/AIDS successfully met its goals of educating students, dispelling myths, and creating a supportive environment for discussing sensitive health topics. The combination of interactive and informative sessions, along with practical exercises and educational materials, ensured that students not only learned about HIV/AIDS but also felt prepared to combat the stigma and spread of the disease





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Dr. Sunil Thakur NDMC Medical College, led on "Awareness Program on HIV/AIDS"



Dr. Sunil Thakur taking Q&A session on "Awareness Program on HIV/AIDS"





Notice

Date: 04/09/2020

Dear Students,

As we continue to battle the COVID-19 pandemic, it is essential to arm ourselves with the right knowledge and practices to maintain our safety and health. To support this, we are hosting an online session titled "COVID-19 Prevention: Stay Safe, Stay Informed" on September 8, 2020. We strongly encourage you to join this session to stay updated on effective prevention measures against COVID-19.

The session will offer valuable insights and practices to help you effectively address and manage COVID-19


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REPORT

On September 8, 2020, Dr. J. Johanofarc conducted a virtual session titled "COVID-19 Prevention: Stay Safe, Stay Informed," aimed at educating students on crucial measures to mitigate the spread of COVID-19. The session, which garnered active participation from undergraduate and postgraduate students across various departments, was designed to provide essential knowledge about preventive practices, current updates, and reliable sources of information during the pandemic.

Dr. Johanofarc began with a comprehensive overview of COVID-19, covering its transmission, symptoms, and global impact. The importance of staying informed about the pandemic's developments was emphasized to help students make educated decisions regarding their health and safety. Practical preventive measures were highlighted, including regular hand washing, wearing masks, maintaining physical distancing, and practicing good respiratory hygiene. Dr. Johanofarc demonstrated proper techniques for mask-wearing and hand sanitization to reinforce effective infection control practices.

The session also focused on guiding students on how to identify credible sources of COVID-19 information. Dr. Johanofarc provided tips on recognizing reliable health websites, reputable news sources, and official health authority guidelines, while advising students on how to spot misinformation and avoid spreading unverified information. Emphasis was placed on responsible behavior in sharing pandemic-related updates.

In addition, Dr. Johanofarc addressed the impact of COVID-19 on mental health, offering strategies to manage stress and anxiety during these challenging times. Students were encouraged to prioritize self-care, maintain social connections through virtual means, and seek support when needed. By the end of the session, participants were better equipped to protect themselves and others while navigating the complexities of the pandemic.

Conclusion: The session on "COVID-19 Prevention: Stay Safe, Stay Informed" was crucial in equipping students with essential knowledge and skills to protect themselves and others during the





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pandemic. By promoting informed decision-making and responsible behavior, the session aimed to create a safer learning environment and enhance community resilience against COVID-19. Future sessions may cover updates in pandemic management, emerging variants, and continued adherence to preventive measures to ensure ongoing health and well-being among students and staff.





Dr. J. Johanofer led session on COVID-19 Prevention: Stay Safe, Stay Informed"





Notice

Date: 08/02/2021

Dear Students,

In response to the ongoing COVID-19 pandemic and its effects on our lives, we are hosting a special online session on "The Significance of Yoga in Combating the Epidemic" on February 15, 2021. During these challenging times, maintaining both physical and mental well-being is crucial. Yoga, with its comprehensive approach, offers numerous benefits for boosting immunity, reducing stress, and enhancing overall health. This session will provide students with the opportunity to learn and practice yoga techniques designed to strengthen the body's defenses against the virus.

The session will include various yoga asana, breathing exercises, and meditation practices tailored to improve immunity and relieve stress.


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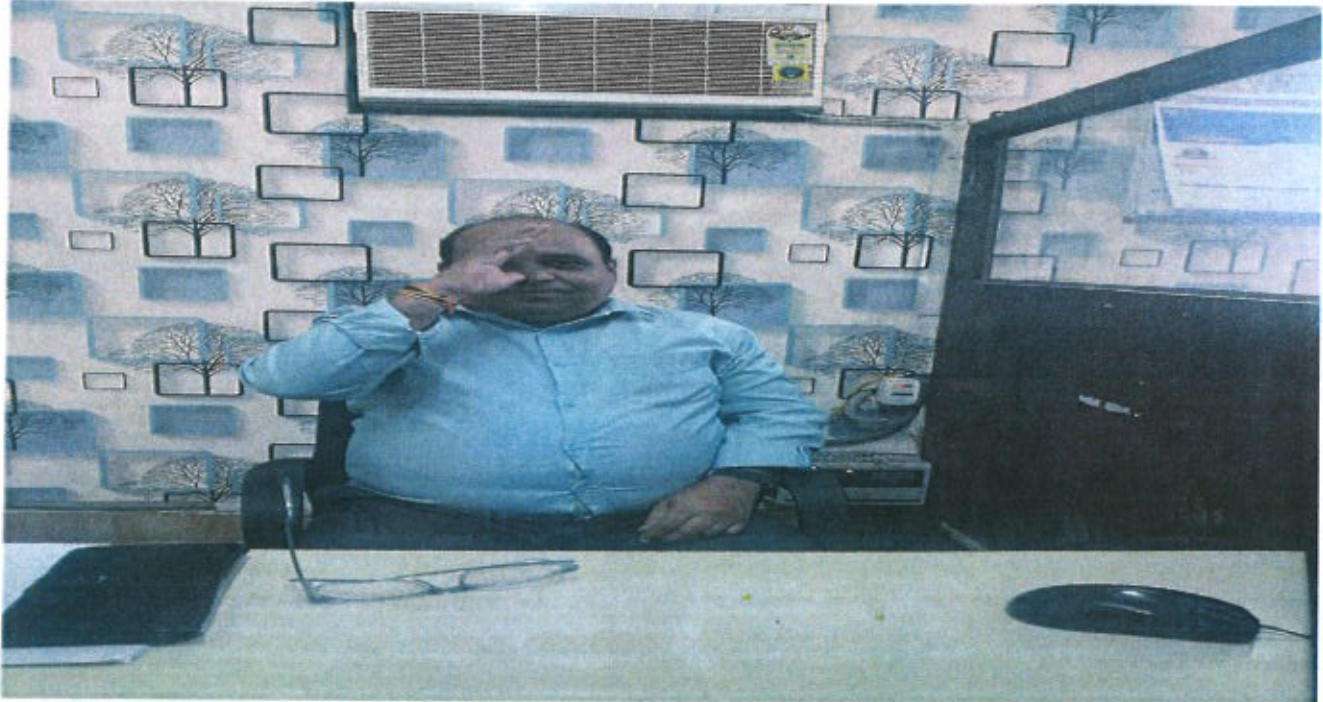
REPORT

The virtual session titled "The Significance of Yoga in Combating the COVID-19 Epidemic" was held on February 15, 2021. It aimed to educate students about the vital role yoga can play in addressing the challenges posed by the COVID-19 epidemic, with a focus on its benefits for physical, mental, and emotional health. The session saw enthusiastic participation from undergraduate and postgraduate students from various departments.

The session began with an overview of yoga, highlighting its holistic approach to health and wellness. The facilitator discussed how yoga practices, including physical postures (asanas), breathing exercises (pranayama), and meditation techniques, contribute to overall well-being. Participants were informed about the impact of the COVID-19 pandemic on physical health, mental stress, and emotional challenges. The session emphasized specific yoga asanas known to strengthen the respiratory system, improve lung capacity, and boost immune function. Participants also learned practices aimed at potentially reducing the severity of respiratory infections, including COVID-19. Stress reduction and mental clarity techniques through yoga were explored, including guided relaxation sessions, mindfulness practices, and meditation to alleviate anxiety and foster emotional resilience during these uncertain times. Strategies for integrating simple yoga practices into daily routines were discussed to help maintain physical fitness and mental well-being amidst academic pressures and pandemic-related stressors.

Conclusion: The session on "The Significance of Yoga in Combating the COVID-19 Epidemic" highlighted the significant benefits of yoga for enhancing physical, mental, and emotional health during challenging times. By providing students with practical tools and knowledge, the session aimed to empower them to prioritize their health and resilience through yoga practices.





Mr. Anjani Jha a special online session on "The Significance of Yoga in Combating the Epidemic"



Mr. Anjani Jha a special online session on "The Significance of Yoga in Combating the Epidemic"





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**Report with Photographs on
Programmes /activities conducted to
Language and communication skills**



Notice

Date: 07/09/2022

Dear Students

With great pleasure, we announce a special awareness session on " Hindi Diwas " on September 14, 2022. The purpose of this session is to explore the importance of the Hindi language in our social, cultural, and academic sectors.

It is an honor to have Mrs. Renu Tiwari as our guide as he helps you study and comprehend the cultural diversity and richness that are reflected in Hindi literature and examines Hindi's function as a unifying language in our society.

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Report

On September 14, 2022, Mrs. Renu Tiwari led a one-day class on Hindi Diwas on the college grounds. The goal of the program was to increase participants' comprehension and enjoyment of Hindi Diwas, a literary idea that encompasses a range of elements from Hindi literature and culture. UG and PG students from a variety of fields enthusiastically participated in the session.

Hindi Diwas was introduced at the start of the session, along with its importance in Hindi literature and applicability in modern settings. The facilitators spoke upon the principal themes and motifs frequently encountered in Hindi Diwas literature, emphasizing their philosophical and cultural ramifications. Selected works and fragments were subjected to literary analysis by participants, who evaluated the writings' language style, narrative devices, and thematic depth.

Participants were able to share their opinions and observations on Hindi Diwas literature through interactive conversations, which promoted a lively exchange of ideas. In order to enable participants to express themselves creatively through writing, poetry, or visual representation of " Hindi Diwas topics, creative activities were included.

Participants' feedback showed that the workshop was well-received, and many of them expressed gratitude for the chance to learn more about Hindi Diwas literature and how it had enriched their scholastic endeavors.

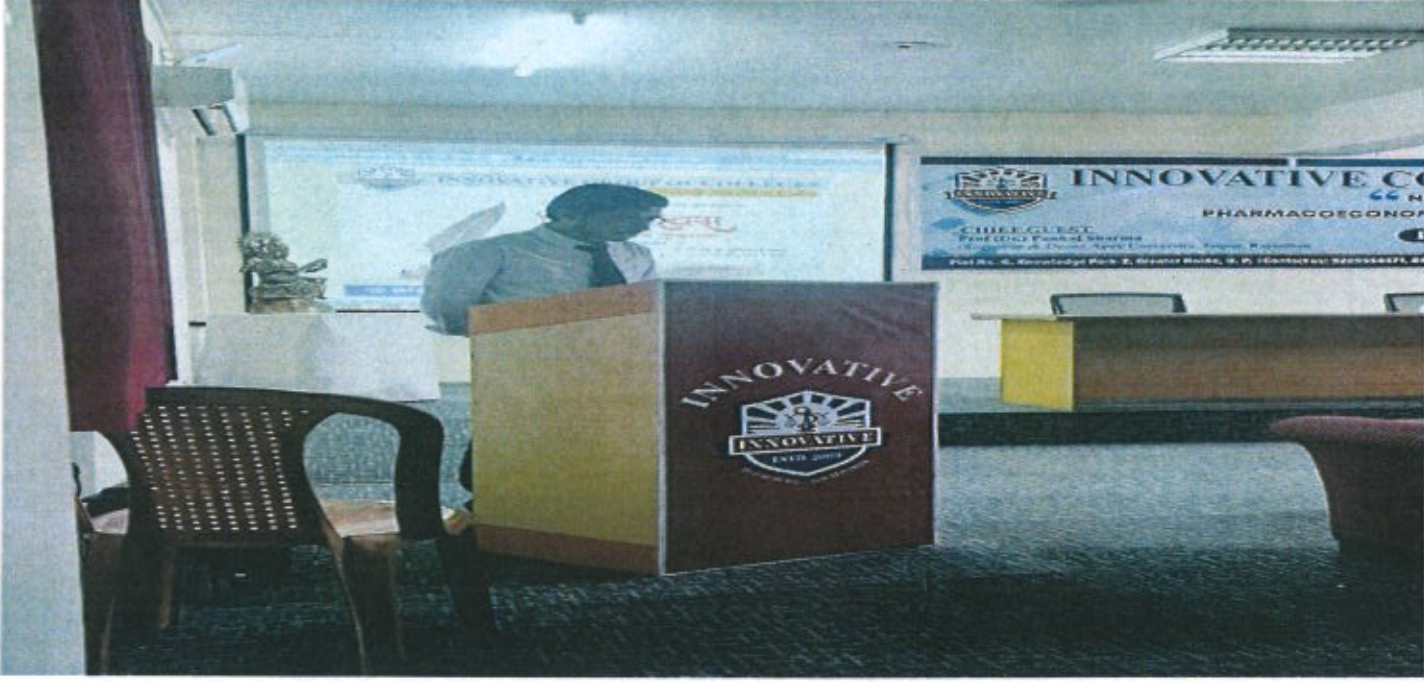
In conclusion, the one-day workshop on Hindi Diwas was effective in achieving its goals of fostering a deeper understanding of Hindi literary traditions and promoting contemporary literature. It encouraged artistic experimentation and gave participants a forum to meaningfully interact with Hindi Diwas topics.





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Student speaking on " Hindi Diwas "



Students attending special session on " Hindi Diwas "





Notice

Date: 12/11/2021

Dear Students

We are thrilled to announce an awareness session called "Learning Brahmi Script" on November 18, 2021. This event aims to introduce students to the basics of Brahmi script, its historical evolution, and its influence on Indian languages.

We are privileged to have Mrs. Renu Tiwari as our instructor. Attendees will explore the captivating world of Brahmi script and learn about its unique features and usage.

Principal

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REPORT

The session titled "Learning Brahmi Script" was held on November 18, 2021, at the college campus and was conducted by Mrs. Renu Tiwari. Its purpose was to introduce students to the historical importance and basic principles of the Brahmi script, an ancient script used in the Indian subcontinent. Both undergraduate and postgraduate students from various departments attended the session.

The session began with an overview of the Brahmi script, covering its historical background, evolution, and significance as the forerunner of many South Asian scripts. Facilitators presented the basic structure and characters of the Brahmi script, highlighting essential features such as consonants, vowels, and diacritical marks. Participants engaged in hands-on exercises to practice writing Brahmi characters and reading simple texts in the script, guided by the instructors. Discussions touched on the historical significance of the Brahmi script in inscriptions, manuscripts, and ancient texts, underscoring its role in preserving cultural and historical records.

By the end of the session, participants had gained basic knowledge of the Brahmi script, including its structure and writing principles. They developed an appreciation for the script's historical and cultural significance in Indian civilization and expressed interest in further exploring its applications in research, epigraphy, and cultural studies.

Conclusion: The session on learning the Brahmi script provided students with a valuable introduction to an ancient writing system significant to Indian heritage. It fostered cultural awareness and academic curiosity among participants, laying the groundwork for deeper exploration of linguistic and historical studies.





Mrs. Renu Tiwari introduce students to the historical importance and basic principles of the
Brahmi script



Students attending special session on "Learning Brahmi Script"



Notice

Date: 08/07/2019

Dear Students,

We are pleased to announce an upcoming program focused on "Enhancement of Communication Skills," scheduled for September 10, 2019. This session is designed to provide students with vital communication tools and techniques essential for academic and professional success. It aims to improve both verbal and non-verbal communication skills, boost public speaking abilities, and build confidence for various interactions in professional and personal settings.

We are excited to have Ms. Sandhya Sharma, a communication expert, who will guide students in enhancing their communication skills.

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REPORT

The session titled "Enhancement of Communication Skills" was held on September 10, 2019, at the college campus and led by Ms. Sandhya Sharma, a communication expert. The goal was to provide students with essential tools and techniques for effectively conveying their ideas in various contexts. Organized by the college's language and communication department, the event targeted undergraduate students from multiple disciplines and saw enthusiastic participation from both UG and PG students.

The session commenced with a discussion on the significance of communication skills in academic, professional, and personal settings, with a focus on both verbal and non-verbal cues. Interactive workshops were conducted to improve public speaking, listening skills, and interpersonal communication. Role-playing exercises were used to simulate job interviews, group discussions, and formal presentations.

Students were guided on techniques such as clear speech, body language awareness, and effective presentation structuring. They learned to organize their thoughts coherently and present them persuasively. Additionally, interactive sessions provided opportunities for students to engage directly with the speakers and receive practical advice.

Conclusion: The "Enhancement of Communication Skills" session was highly successful, equipping students with valuable skills for their academic and future professional careers. The hands-on approach ensured that students not only grasped theoretical concepts but also applied them in practical scenarios. Such initiatives are essential for preparing students to navigate a competitive global environment where effective communication is a key to success.





Ms. Sandhya Sharma led session titled "Enhancement of Communication Skills"



Students attending session on "Enhancement of Communication Skills"




Notice


Date: 04/11/2020

Dear Students,

We are excited to invite you to a special online session titled "Sanskrit: The Eternal Language - Its Relevance in Day-to-Day Life" on November 11, 2020. This session will explore the significance of Sanskrit in our modern lives and its enduring importance in various aspects of our daily routines.

We are honored to have Mrs. Renu Tiwari leading the session. She will demonstrate how Sanskrit can enhance cognitive skills, memory, and linguistic abilities. Additionally, she will discuss career paths and opportunities for those proficient in Sanskrit, including teaching, research, translation, and cultural preservation.


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REPORT

The session on "Sanskrit: The Eternal Language - Its Relevance in Day-to-Day Life" was held on November 11, 2020, and was conducted by Mrs. Renu Tiwari. The session aimed to highlight the significance of Sanskrit beyond its classical roots, focusing on its relevance in modern contexts and everyday applications. It saw active participation from undergraduate and postgraduate students across various departments.

The session began with an exploration of Sanskrit's rich history and its role as a classical language in ancient India. Students learned about Sanskrit's contributions to literature, philosophy, science, and the arts, demonstrating its lasting cultural importance. Mrs. Tiwari provided insights into Sanskrit's unique linguistic features, such as its precise grammar, phonetics, and systematic structure. Examples illustrated how Sanskrit's structure influences clarity of thought, expression, and interpretation in various fields. Practical applications of Sanskrit in contemporary contexts were discussed, including its impact on Indian languages, literature, and scientific terminology. Students were encouraged to recognize Sanskrit's presence in everyday life, such as place names, scientific terms, yoga and meditation practices, and spiritual literature.

The session concluded with a summary of Sanskrit's enduring relevance and the importance of incorporating its study into broader educational curricula. Participants expressed enthusiasm for exploring Sanskrit's depth and applicability in their academic and personal lives, showing a renewed appreciation for the language's cultural heritage and contemporary significance.

Conclusion: The session on "Sanskrit: The Eternal Language - Its Relevance in Day-to-Day Life" provided a valuable opportunity to deepen students' understanding of the language's historical legacy and its multifaceted relevance in modern society. By fostering an appreciation and awareness of Sanskrit's contributions to language, culture, and knowledge systems, the session aimed to inspire students to actively engage in its study and preservation. Future sessions may explore specific aspects of Sanskrit literature, philosophy, or linguistic innovations to further enrich students' understanding and appreciation of this timeless language.





Mrs. Renu Tiwari leading the session on Sanskrit: The Eternal Language - Its Relevance in Day-to-Day Life"



Students attending special session on Sanskrit: The Eternal Language - Its Relevance in Day-to-Day Life"



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**Report with Photographs on
Programmes /activities conducted to
enhance soft skills**



Notice

Date: 02/05/2024

Dear Students,

We are excited to announce a forthcoming session focused on "Improving Your Group Discussion and Interview Skills," scheduled for May 07, 2024. In today's competitive environment, excelling in these areas is essential for both personal and professional advancement.

Whether you're gearing up for campus placements, internships, or further studies, this session will provide you with the essential tools and confidence to succeed.

We are pleased to have Ms. Deepika Chauhan, who will offer her expert insights and guidance to help you refine your group discussion and interview techniques.

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REPORT

The session titled "Enhance Your Group Discussion and Interview Skills" was held on May 07, 2024, at the college campus and led by Ms. Deepika Chauhan. The goal was to equip students with effective techniques for group discussions and interviews, which are crucial for their academic, professional, and personal development. The event saw enthusiastic participation from UG and PG students across various departments.

The session began by highlighting the significance of group discussions and interviews in different contexts, such as academic evaluations, job placements, and professional networking. Key skills necessary for success in these areas, including communication, critical thinking, and interpersonal skills, were emphasized. Techniques for presenting ideas clearly and confidently were discussed, alongside strategies for active listening and thoughtful responses. The importance of contributing positively to group dynamics while respecting diverse perspectives was also addressed.

Participants received guidance on researching companies or institutions, understanding job requirements, and anticipating potential interview questions. The session included mock group discussions and interview scenarios, with feedback sessions offering constructive criticism and practical improvement tips. Role-playing activities simulated real-world interview situations, allowing participants to practice common questions and receive personalized feedback.

Conclusion: The workshop on "Enhancing Group Discussion and Interview Skills" provided valuable insights and practical tools for students to excel in competitive academic and professional settings. Participants reported increased confidence in their group discussion and interview performance, citing the new strategies and skills gained from the session.





Ms. Deepika Chauhan led session focused on "Improving Your Group Discussion and Interview Skills,"



Notice

Date: 11/02/2023

Dear Students

With great excitement, we announce that on February 24, 2023, we will be hosting an engaging session on "Leadership Qualities" for all students. The goal of this session is to develop the leadership abilities that are necessary for both career and personal success.

Mr. Manas Rajan, CEO Congitrev Consultant Pvt Ltd, will lead the program, which aims to develop your leadership skills and get you ready for new challenges. All students are welcome to come and take part in the activities.

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REPORT

On February 24, 2023, Mr. Manas Rajan, CEO Congitrev Consultant Pvt Ltd, led a session on "Leadership Qualities" at the college campus, aimed at enhancing leadership skills among students. The session drew both undergraduate and postgraduate students from various departments.

The event began with an overview of leadership, emphasizing its importance in today's fast-evolving world. Key leadership traits discussed included communication, decision-making, empathy, resilience, and the ability to inspire and motivate. Real-life case studies of successful leaders illustrated different styles and strategies for achieving goals and managing teams.

Participants engaged in interactive activities and role-playing exercises to develop skills in problem-solving, teamwork, and conflict resolution. Guidance was provided on creating personal development plans to strengthen individual leadership qualities and address areas needing improvement.

The session concluded with a reflection on the importance of continuous self-improvement in leadership. Students were encouraged to set actionable goals for applying leadership principles in their academic and personal lives. By the end of the session, participants gained a deeper understanding of leadership concepts, improved their skills in communication, teamwork, and decision-making, and felt more confident and motivated to assume leadership roles in their future careers.

Conclusion: The leadership session equipped students with essential knowledge, skills, and inspiration to become effective leaders. It offered practical tools and strategies for navigating challenges, motivating others, and achieving success in their chosen fields.





Mr. Manas Rajan, CEO Congitrev Consultant Pvt Ltd, led a session on "Leadership Qualities"



Mr. Manas Rajan taking Q&A Session





Notice

Date: 03/01/2022

Dear Students,

We are excited to inform you about an upcoming session focused on "Teamwork Skills" on January 8, 2022. In today's interconnected world, the ability to work effectively in teams is an invaluable skill. We invite you to join this dynamic session aimed at enhancing your teamwork skills and fostering collaboration.

This session will provide valuable insights and essential knowledge to help you explore and develop your teamwork abilities. Don't miss this opportunity to learn and grow together!

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REPORT

On January 8, 2022, Dr. J. Johanofarc led a highly engaging session on "Teamwork Skills" at the college campus. The event was designed to equip students with essential skills and strategies for effective teamwork, focusing on collaboration, communication, and leadership within group settings. The session saw enthusiastic participation from both undergraduate and postgraduate students across various departments.

Dr. Johanofarc began the session with an insightful overview of teamwork, emphasizing its importance in academic, professional, and personal contexts. The discussion covered key elements of successful teams, including setting clear goals, defining roles and responsibilities, fostering effective communication, building trust, and ensuring mutual respect. Participants engaged in interactive exercises and case studies to explore different team roles and dynamics, allowing them to identify strengths and areas for improvement in their group interactions.

Practical strategies for enhancing team communication were introduced, such as active listening, clearly expressing ideas, and resolving conflicts constructively. Dr. Johanofarc also covered techniques for collaborative problem-solving and decision-making, stressing the importance of consensus-building, considering diverse perspectives, and evaluating solutions effectively. The session highlighted the critical role of leadership in motivating team members and guiding them toward shared goals, with insights into effective leadership styles and practices.

By the end of the session, participants had gained a deeper understanding of teamwork dynamics and its impact on achieving shared objectives. They acquired practical skills in communication, collaboration, problem-solving, and leadership, and expressed readiness to apply these skills in their upcoming projects, group assignments, and future professional endeavors.

Conclusion: The session on "Teamwork Skills" successfully provided students with essential competencies for effective collaboration and leadership in team settings. It fostered a spirit of cooperation among participants and prepared them to handle group challenges with confidence.





Dr. J. Johanfarc led session on "Teamwork Skills"



Students attending special session on "Teamwork Skills"



Notice

Date: 05/01/2021

Dear Students,

We are excited to announce an upcoming online session titled "Mastering the Art of Presentation: Tips and Techniques" on January 11, 2021. This session is designed to equip you with essential skills and strategies for creating engaging and effective presentations for both academic and professional settings.

The session will offer valuable insights and practical tips to help you enhance your presentation skills and boost your confidence. Don't miss this opportunity to improve your ability to deliver compelling presentations.


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REPORT

On January 11, 2021, Ms. Jaya Bhati led a virtual session titled "Mastering the Art of Presentation: Tips and Techniques," designed to equip students with essential skills for delivering effective presentations. This session aimed to enhance participants' communication abilities and boost their confidence, attracting active participation from undergraduate and postgraduate students across various departments.

Ms. Bhati began the session by emphasizing the importance of effective presentations in both academic and professional settings. She explained how mastering presentation skills can significantly improve one's ability to communicate ideas clearly and persuasively.

Participants were guided through the process of structuring their presentations effectively, including how to organize main points, support arguments with evidence, and incorporate relevant visuals or multimedia. Techniques for engaging delivery, such as maintaining eye contact, speaking clearly and confidently, and using appropriate body language, were discussed and demonstrated. Ms. Bhati also covered best practices for utilizing visual aids (such as slides) and technology (like projectors or audio systems), focusing on how to use these tools to complement the speaker's message without overshadowing it.

By the end of the session, Ms. Bhati provided students with valuable insights and practical skills essential for becoming confident and persuasive presenters. The session focused on content development, delivery techniques, audience engagement, and effective use of visual aids, equipping participants with the tools needed to significantly enhance their presentation abilities.





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Ms. Jaya Bhati led a virtual session titled "Mastering the Art of Presentation: Tips and Techniques,"





Notice

Date: 08/07/2021

Dear Students,

We are thrilled to invite you to a special session on "Body Language and Etiquettes" and their role in shaping a professional image, scheduled for July 15, 2021. In today's competitive landscape, academic achievements are just one aspect of success. Equally important is the ability to communicate effectively and present oneself with confidence and poise.

We are pleased to have Ms.Ashwaty, a skilled expert, who will provide valuable insights into the importance of body language and etiquette in both social and professional environments.

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Report

The session titled "Body Language and Etiquettes" was held on July 15, 2021, at the college campus, and conducted by Miss Ashwaty. The goal was to enhance students' understanding of non-verbal communication and professional conduct. Both undergraduate and postgraduate students from various departments actively participated in the session.

The session began with an overview of body language, highlighting its crucial role in communication. Key non-verbal cues such as facial expressions, gestures, posture, and eye contact were explored. Participants learned about different types of body language and their interpretations in various situations, such as positive, negative, open, or closed. Emphasis was placed on the role of eye contact in building trust and credibility, as well as the impact of proper posture on self-confidence and perception.

The session then shifted to etiquettes, covering areas such as dining manners, professional dress code, and effective communication in the workplace. Role-plays and practical examples demonstrated appropriate behavior in professional settings. Interactive activities, including group discussions and exercises, involved students in applying the concepts. Feedback and Q&A sessions facilitated participation and addressed any questions.

Conclusion: The session on "Body Language and Etiquettes" wrapped up with a summary of key insights and practical advice for improving body language and etiquette. Additional resources for further reading and skill development were offered to interested students. The feedback from participants was positive, highlighting the session's practical relevance and usefulness in both academic and professional contexts.





Miss Ashwaty led a special session on "Body Language and Etiquettes"



Q&A session on "Body Language and Etiquettes"





Notice

Date: 22 /01/2024

Dear Students,

We are thrilled to announce an upcoming session on "Mastering Essential Communication Skills" scheduled for 29 January 2024. This session is aimed at helping students enhance and perfect their communication skills, which are crucial for success in both academic and professional settings.

The session will be conducted by Ms. Saloni Manglik, a renowned communication expert with extensive experience in assisting students and professionals in improving their communication abilities.

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Report

The session titled "Mastering Essential Communication Skills" was held on 29 January 2024 at the college campus, led by Ms. Saloni Manglik the purpose of the session was to provide students with crucial communication skills needed for academic achievement, professional growth, and personal development. The event was attended by undergraduate and postgraduate students from various departments.

The session started with an overview of the importance of communication skills in different areas of life. The facilitator covered key aspects of effective communication, including both verbal and non-verbal components, active listening, and clear expression.

Students explored various forms of communication such as interpersonal, group, and public speaking. Practical examples and scenarios demonstrated the relevance of each type in different situations. Strategies for enhancing verbal communication, including speaking with confidence, organizing messages clearly, choosing the right language and tone, and adjusting communication styles for different audiences, were discussed.

The session also emphasized the role of non-verbal communication, such as body language, facial expressions, eye contact, and gestures. Participants engaged in activities to practice and interpret non-verbal cues effectively.

Active listening techniques were introduced, focusing on attentive listening, asking clarifying questions, and providing feedback to ensure mutual understanding in conversations. Common communication barriers, including language issues, cultural differences, and emotional obstacles, were addressed. Strategies to overcome these barriers and promote inclusive communication were explored.





The session concluded with a Q&A segment, allowing students to seek clarification on specific communication challenges and strategies.

Conclusion: The "Mastering Essential Communication Skills" session equipped students with valuable tools and techniques to improve their communication abilities. It created a supportive learning environment where students could practice and refine their skills, preparing them for future academic and professional success.





Ms. Saloni Manglik session on "Mastering Essential Communication Skills"

