

Govt. College Amargarh

Metric ID No. 5.1.2

Findings of DVV

Provide Copy of circular /brochure /report of the event with Geo tagged Photographs with date and caption for Soft skills 2. Language and communication skills 3. Life skills (Yoga, physical fitness, health and hygiene) 4. ICT/computing skills for 2021-22.

Response:

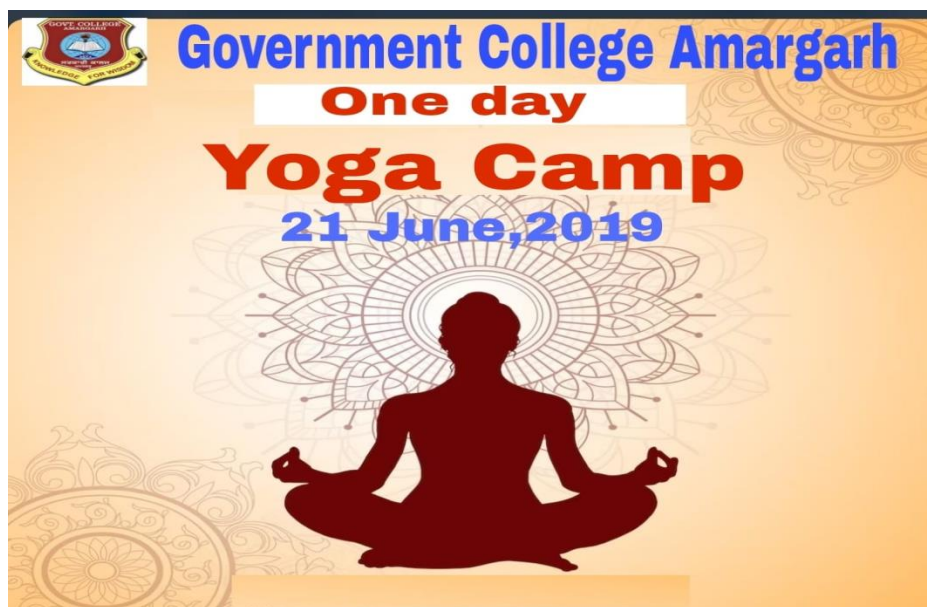
Copy of circular /brochure /report of the event with Geo tagged Photographs with date and caption for Soft skills, Language and communication skills, Life skills (Yoga, physical fitness, health and hygiene) and ICT/computing skills are provided below:

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1. LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGINE)

ONE DAY YOGA CAMP



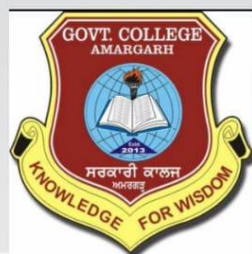
Date: 21.06.2019



Report of Event:

One day Yoga camp was organized by NSS department. This camp was organized under the supervision of Programme Officers, Asst. Prof. Jagjit Singh Hari and Asst. Prof. Kamaljit Singh. All faculty members and NSS volunteers participated in it and performed various yoga asana. The Event began with a brief introduction on yoga. Approximately 30 students participated in the event. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system warm up exercises were taken and all the students practiced and performed sitting and standing asana, importance of these were explained simultaneously. The function ended with a vote of thanks by Prof. Jagjeet Singh Hari.

ONE DAY WORKSHOP ON HEALTH AWARENESS



ONE DAY WORKSHOP ON HEALTH AWARENESS



GOVT. COLLEGE AMARGARH
15th July 2019
PLACE - Seminar Hall

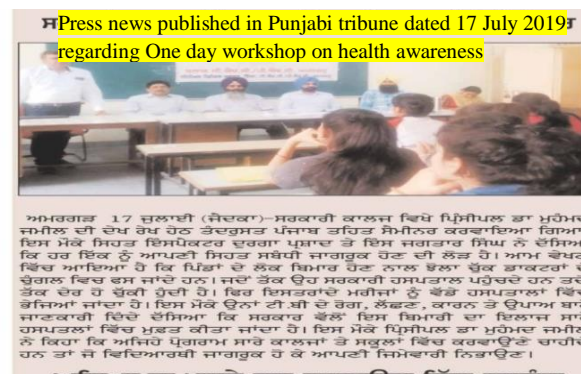
Date: 15.07.2019



Date -15-7-2019
One day workshop on health awareness.
Principal Dr. Mohd. Jameel addressing the students.



Date -15-7-2019 One day workshop on health awareness,
Health Inspector Sh.Durga Prasad addressing the students





ਸਰਕਾਰੀ ਸਿਹਤ ਕੇਂਦਰ ਵਿਖੇ ਸਿਮੀਨਾਰ ਠਾ ਵਰਕਸ਼ਾਪ
Press news published in Punjabi tribune dated 17 July 2019
regarding One day workshop on health awareness

A workshop was organized by the college with collaboration of CHC/PHC Amargarh. Sh. Durga Prasad (Health Inspector), Sh. Ranbeer Singh Dhandey, Sh. Parsan Singh addressed the students about the symptoms, causes and safeguards of T.B., cleanliness, proper nutrition and diet. Dr. Mohd. Jameel, the principal of the college also interacted with the students. Approximately 60 students participated in the workshop. The information imparted during the seminar served to be an eye-opener for the young students. The learning from the event would be a long way in tackling mental, physical and emotional issues. In the end, Sh. Durga Prasad (Health Inspector) answered the queries in detail raised by the audience.

SEMINAR ON “GET WELL SOON WITHOUT ANTIBIOTICS”

GOVERNMENT COLLEGE AMARGARH

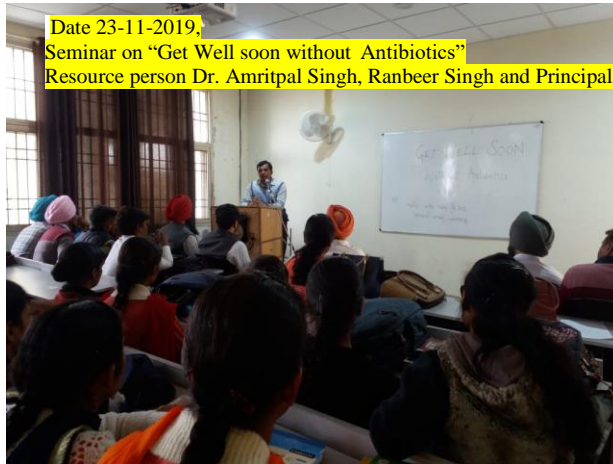


23-11-2019

**EXTENSION
LECTURE ON**

Get Well Soon Without Antibiotics

Date: 23.11.2019



Date 23-11-2019,

Seminar on "Get Well soon without Antibiotics"

Resource person Dr. Amritpal Singh, Ranbeer Singh and Principal Prof. Sukhbir Singh addressed the students



ਸਰਕਾਰੀ ਕਾਲਜ ਅਮਰਗੜ੍ਹ ਵਿੱਚ 'ਗੈੱਟ ਵੈੱਲ ਸੂਨ ਵਿਦਾਉਟ ਐਂਟੀਬਾਇਓਟਿਕਸ' ਸਬੰਧੀ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ



ਕੁਲਵੰਤ ਸਿੰਘ ਮੁਹਾਲੀ
ਅਮਰਗੜ੍ਹ, 22 ਨਵੰਬਰ
ਆਜ਼ਾਦ ਸੌਚ

ਸਥਾਨਕ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿੱਚ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਸੁਖਬੀਰ ਸਿੰਘ ਦੀ ਯੋਗ ਅਗਵਾਈ ਹੇਠ ਐਨ ਐਸ ਐਸ ਗਰੁੱਪ ਅਤੇ ਬੈਡੀਜ਼ ਗਰੁੱਪ ਵੱਲੋਂ ਗੈੱਟ ਵੈੱਲ ਸੂਨ ਵਿਦਾਉਟ ਐਂਟੀਬਾਇਓਟਿਕਸ ਸਬੰਧੀ ਜਾਗਰੂਕ ਕਰਨ ਲਈ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਸੁਖਬੀਰ ਸਿੰਘ ਨੇ ਪਰਦੂਸ਼ਣ ਪੌਸ਼ਟਿਕ ਅਧਾਰ ਦੀ ਵਰਤੋਂ ਨਾ ਕਰਨ, ਪਰਦੂਸ਼ਣ ਅਤੇ ਨਸ਼ਿਆਂ ਨੂੰ ਖਿਮਾਰੀਆਂ ਦਾ ਕਾਰਨ ਦੱਸਿਆ। ਉਮਿਦਿਪੰਥਿਕ ਮੈਡੀਕਲ ਅਫਸਰ ਡਾ. ਅਨਿਤਪਾਲ ਸਿੰਘ ਨੇ ਐਂਟੀਬਾਇਓਟਿਕ ਦੀ ਵਿਆਪਕ ਵਰਤੋਂ ਕਾਰਨ ਕੋਸ਼, ਐਚ ਆਈ ਵੀ

ਇਨਫੈਕਸ਼ਨ, ਬਲੱਡ ਪ੍ਰੈਸ਼ਰ, ਗੁਰਦਿਆਂ ਦੀਆਂ ਖਿਮਾਰੀਆਂ ਆਦਿ ਡਿਯਾਨਕ ਖਿਮਾਰੀਆਂ ਦੇ ਹੋਣ ਸਬੰਧੀ ਜਾਗਰੂਕ ਕੀਤਾ।

ਇਸ ਮੌਕੇ ਹੁਣਾਬੀਰ ਸਿੰਘ ਮਾਸ ਮੀਡੀਆ ਅਫਸਰ ਨੇ ਸਿਹਤ ਨੂੰ ਤੇਜ਼ ਕਰਨ ਵਾਲੀ ਖੁਫ਼ ਖੋਲ੍ਹੀਆਂ ਆਫ ਪੰਜਾਬ ਐੱਪ ਦੀ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਗਈ। ਇਸ ਮੌਕੇ ਪ੍ਰੋਗਰਾਮ ਅਫਸਰ ਪ੍ਰੋ. ਕਮਲਜੀਤ ਸਿੰਘ ਵੱਲੋਂ ਸਟੇਜ ਸਕਾਂਡਲ ਦੀ ਸੇਵਾ ਥਾਪੁਥੀ ਨਿਭਾਈ ਗਈ। ਵਾਈਸ ਪ੍ਰਿੰ. ਜਗਜੀਤ ਸਿੰਘ ਐਂਟੀਬਾਇਓਟਿਕ ਦਵਾਈਆਂ ਦੀ ਮਾਤਰਾ ਦੇ ਬਾਰੇ ਪੜ੍ਹ ਸੋਚਨ ਕਰਨ ਨਾਲ ਹੋਣ ਵਾਲੇ ਨੁਕਸਾਨ ਦੀ ਵਿਸਥਾਰ ਪੂਰਬਕ ਜਾਣਕਾਰੀ ਦਿੱਤੀ। ਇਸ ਮੌਕੇ ਦੁਰਗਾ ਪ੍ਰਸਾਦ ਸਿਹਤ ਇੰਸਪੈਕਟਰ, ਪ੍ਰੋ. ਰਾਮਦੀਪ ਕੌਰ, ਪ੍ਰੋ. ਬਲਜੀਤ ਕੌਰ ਅਤੇ ਪ੍ਰੋ. ਗੁਰਪ੍ਰੀਤ ਕੌਰ ਹਾਜ਼ਰ ਸਨ।

A seminar was organized by NSS department and Buddies Group. Dr. Amritpal Singh (Medical Officer, Homeopathy) explained the harmful consequences of excessive use of antibiotics. He explained the various diseases like cancer, blood pressure etc. which may be happened due to excessive use of antibiotics. He states that the best way to treat many conditions like sore throats, coughs and colds is by drinking plenty of fluids and rest. Sh. Ranbeer Singh Dalanwal, Mass Media Officer, Sh. Durga Prasad, Health Inspector were also interacted with the students. Approximately 90 students participated in the seminar. During the seminar all the faculty members were present and Prof. Kamaljit Singh headed the program under the able supervision of Principal Sukhbir Singh.

ONE DAY YOGA CAMP



GOVT COLLEGE
AMARGARH

महाराष्ट्री ज्ञानम्
KNOWLEDGE FOR WISDOM

Government College Amargarh

ONE DAY
YOGA CAMP

21 June, 2021



Date: 21.06.2021

INTERNATIONAL YOGA DAY
ਅੰਤਰ-ਰਾਸ਼ਟਰੀ ਯੋਗ ਦਿਵਸ
NSS UNIT, TEACHERS, STAFF AND STUDENTS
ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ, ਅਧਿਆਪਕ, ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀ
On 21st June ਮਿਤੀ 21 ਜੂਨ
GOVT. COLLEGE AMARGARH (SANGRUR)
ਸਰਕਾਰੀ ਕਾਲਜ ਅਮਰਗੜ੍ਹ (ਸੰਗਰੂਰ)



POSTER MAKING COMPETITION ON YOGA DAY



Date: 20.05.2022



On 20/05/2022 Poster making competition was conducted by NSS department on 'Importance of Yoga' under the able supervision of Principal Prof Meenu. 18 students participated in the poster making competition. The students are required to showcase their creativity on the social issues. The Evaluation has been done by Dr. Tejinder Singh and Dr. Amandeep Vatish. The activity kept the students engaged and gave them the platform to explore their creativity and to showcase their skills. The activity saw colorful posters from the students depicting the pictures on various yoga asana.

ONE DAY YOGA CAMP



Date: 21.06.2022



On International Yoga Day one day yoga camp was organized under the guidance of Principal Prof. Meenu by NSS department in collaboration with Red Ribbon Club. Dr. Tejinder Singh (Physical Education dept.) and Asst. Prof. Deepika Jindal (Nodal Officer Red Ribbon Club) instructed the students to perform various yoga asana. All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. 50 students participated in the one day

yoga camp. Dr. Tejinder Singh (Physical Education dept.) Vice- Principal gave vote of thanks to all the faculty members and students.

2. LANGUAGE AND COMMUNICATION SKILLS

SEMINAR ON INTERNATIONAL MOTHER LANGUAGE DAY

21-2-2019



International Mother Language Day



21st February
Time: 10:00 AM
Venue: Smart Class Room No. 14

Patron
Dr. Mohd. Jameel (Principal)
Main Speakers:

- Prof. Jagjit Singh Hari
- Prof. Kamaljit Singh
- Prof. Baljeet Kaur
- Prof. Gurpreet Kaur




Government College, Amargarh



Report of event:

International Mother Language Day was celebrated with great enthusiasm and zeal under the leadership of Dr. Mohd. Jameel. Govt. College, Amargarh observed Mother Language Day to promote awareness of linguistic and cultural diversity and promote multilingualism. Asst. Prof. Baljeet Kaur (Punjabi dept.) and Asst. Prof. Gurpreet Kaur (English dept.) addressed the students and explained the importance of the day. Asst. Prof. Kamaljit Singh gave a speech about the importance of Mother Language Day and about multilingualism in India. The importance of mother-tongue-based education is for the preservation of linguistic heritage, and the International Decade of Indigenous Languages has been initiated to safeguard cultural diversity. Asst. Prof. Jagjit Singh Hari gave vote of thanks. 60 students participated in this programme.

3. SOFT SKILLS

ONE DAY WORKSHOP ON SKILL BASED ADD ON COURSES





Govt. College Amargarh organized a seminar on career counseling under the worthy leadership of honorable principal Prof. Meenu. Asst. Prof. Deepika Jindal (In charge, Career Guidance & Placement Cell) addressed the students. Ms. Bhawna Mittal (old student) interacted with students and guided them to join various skill based certificate courses. Her mother Mrs. Meenu Mittal was also present there. Ms. Bhawna Mittal explained the importance of professional add on courses. Asst. Prof. Deepika Jindal guides the students for future and Prof. Sourab told about the learning aptitude among students. 45 students participated in the seminar. During the seminar all the faculty members were present.

ONE DAY WORKSHOP ON TIME MANAGEMENT DURING EXAMS

(11-06-2022)





On 11 June,2022 one day workshop has been organized at Govt. College Amargarh on the topic time management during exams. Under the able supervision of Principal Prof. Meenu, Dr. Tejinder Singh Vice- Principal of the institute headed his speech by saying that time management is the key to professional success. Students all over the world learn this with time. The best students are not mandatorily those who are 'smarter', but those who use their time efficiently. If you plan days and weeks, time can be your friend, not your enemy. 75 students of the college participated in the workshop.

4. ICT/COMPUTING SKILLS

ONE DAY WORKSHOP ON CYBER CRIME AWARENESS





One day workshop was organized by computer science department. A delightful beginning was made by Asst. Prof. Ramandeep Kaur with her speech on awareness of cybercrimes for participants. She talked about the increasing E-frauds & security issues shared the internet guidelines which serve as major piece of information for everyone. Asst. Prof. Manjinder Singh made the students aware of the different frauds, threats, vulnerabilities possible in the world of internet and how to secure one from such threats. In the end, Dr. Amandeep Vatish delivers vote of thanks to all the present members. 70 students participated in the workshop.

