

11. **Capacity Building of Students:**
i. Life Skills (Yoga, Martial Arts, Problem solving, Critical thinking, Decision making, Effective communication skills, coping with stress and emotions etc.)
ii. Language-cum-Graduate attributes Development programmes

The Principal
 Sidarth G.C
 Noida (U.P.)

Prof. Naveen
 N.S.S. Jindal
 Dr. V.K. Prasad

Subject - Application to get permission to conduct a 5 days Art of Living Program in the college campus.

Respected Sir,

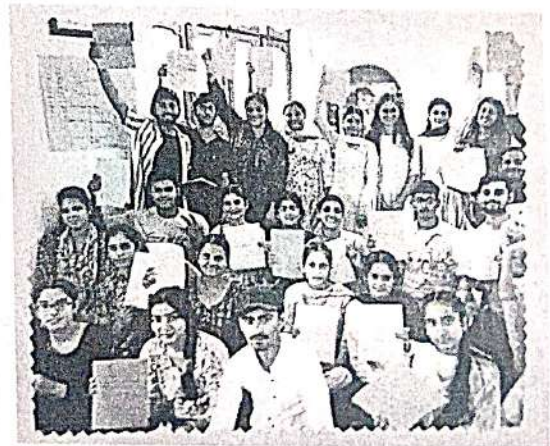
Most respectfully on behalf of myself Rajanka Sharma (Art of Living volunteer). I want to say that we want to organize and conduct a 5 day Youth Empowerment and skills (YES!) program for the students of your prestigious campus. The program includes breathing techniques and various group processes to ensure the mental, physical and emotional well-being and growth of the students. The program will be 5 days (3 hours a day).

We need to proceed with this holy initiative we need your kind blessings and support. The 3 hour per day of 5 days can be fixed 1:00 pm to 4:00 so the academic schedule is not disturbed. Kindly grant us the intimation of 1 hour in the classrooms to make the students aware about the benefits of the program. For the smooth conduction of program we will also require mailing as well as sound system. The interested students will be required to register themselves online before the program by paying ₹ 1200/- We will be grateful for this noble act of yours.

Thanking you!
 With regards
 Rajanka Sharma (Art of Living Karibu)
 Date - 13-09-2024 / 8580837262, 8891337500

- i) Yoga camp in collaboration with art of living.(10 to14 October) in Association with Art of Living was organized by women cell of the college
Course on stress and time management through yoga is being taught to the students of BA final year with major public administration.
 ii) A short term 30 days course on python language was organized.

20 20



The Principal
Siddarth G. C.
Nadaun (H.P).

Prof. Navreen
NSS incharge
for U/A
Pranav

Subject :- Application to get permission to conduct a 5 days
Act of Living Program in the college campus.

Respected Sir,

Most respectfully on behalf of myself Pragnika
Sharma (Act of Living volunteer). I want to say that we
want to organise and conduct a 5 day Youth Empowerment
and skills (YES!+) program for the students of your
prestigious campus. The program includes breathing techniques
and various group processes to ensure the mental, physical
emotional well-being and growth of the students.
The program will be 5 days (3 hours a day).

We need
to proceed with this holy initiative we need your kind blessing
and support. The 3 hour per day of 5 days can be fixed
from 4:00 so the academic schedule is not disturbed.
In addition to the interaction of 1 hour in the classrooms
to make the students aware about the benefits of the
program. For the smooth conduction of program we
require a music system as well as sound system. The
students will be required to register themselves
for the program by paying ₹ 1200/- . We will be
grateful for this noble act of yours.

sangeta dogra
Palak
Lakmi devi

Ajit dogra
sher Singh
Yogal kishor

B.A 2nd year
D.A. 2nd year
B.A. 2nd year

sangeta
palak
lakmi

VISHAL BANYAL

SHER SINGH

23BCA207

AARTI

RAMESH CHAND

23HI018 CLASS-B.A.2ND YEAR

Aarti

YOGESH SHARMA

RAMESH CHANDAN

23BCA145 (BCA)

KHUSHI

MANOJ KUMAR

23BCA169

Khushi

RIYA KUMARI

PYAR CHAND

22SO054

Riya Kumari

ASHISH

KULDEEP

CLASS - BA 3RD ROLL NO. 22PS050

ashish

RASHI THAKUR

AJAY KUMAR

24HS066 BA 1ST YEAR

Rashi

AYUSHI THAKUR

SH. VIRENDER SINGH

CLASS B.A. 2ND YEAR (23EN014)

ASHISH MOHAN SHARMA

AJAY MOHAN

BA. 2ND 23PS036

TRISHA KUMARI

RAJKUMAR

CLASS- BA 2ND YEAR, ROLL NO

Trisha

RADHIKA KUMARI

BHAJAN LAL

23PS028 B.A 2ND YEAR

Radhika

SHUBH

MUKESH

23HI001 B.A 2ND YEAR

shubh

RIDHIKA JAIN

MANGLESH JAIN

23BCA115 BCA2ND YEAR

Ridhika Jain

NANCY

SH. AJAY KUMAR

23HS032

AKSHITA SHARMA

ANIL SHARMA

CLASS: BCA 1 YEAR

Akshita

MOHAMMAD SAHIL CHAUHAN

SULTAN MOHAMMAD

22EC001

Sahil

ANAND MOHAN SHARMA

AJAY MOHAN

23HS040

ANMOL

BIRBAL

22EC024

ARTI

SUBHASH CHAND

22HI001

Arti

KASHISH SHARMA

RAJ KUMAR

23BCA116

Kashish

SHIVANI THAKUR

GURDEV SINGH

23HS012 B.A 2ND YEAR

Shivani Thakur

ISHITA THAKUR

AJAY KUMAR

23ZOO11

ISHITA THAKUR

VIKRAM KUMAR

PRITAM CHAND

23BCA141

PARVEEN SHARMA

VIPAN KUMAR

23BCA194

NANCY THAKUR

MANOJ KUMAR

23HS057B.A.2ND YEAR

Nancy Thakur

ANISHKA KUMARI

MANJEET KUMAR

23HS048B.A.2ND YEAR

Anishka

NANCY

AJAY KUMAR

23HS032 BA.2ND YEAR

Nancy

PREETI CHAUDHARY

JASDEV SINGH

24HS029 (B.A 1ST YEAR)

Preeti choudhary

SHIVALI

SANDEEP KUMAR

24HS051

PRIYA

JASWANT SINGH

23HS094 BA2ND

Priya

SHĒJAL

RAJ KUMAR

23HS037 B.A.2ND YEAR

Shrejal

LEKHRAJ

SH. MAHINDER KUMAR

BA2ND 23MV003

Lekhraj

GOURAV RANA

PARVEEN KUMAR

22BCA128

Parveen

ANJALI GUPTA

JAI PARKASH GUPTA

23HS036(BA 2ND YEAR)

Anjali Gupta

ANJALI KUMARI

RAKESH KUMAR

23HS033 (BA 2ND YEAR)

Anjali Kumari

VISHAL

SANJAY KUMAR

22BCA161

PARV SHARMA

DESH RAJ

23BCA199

PARV SHARMA

SIMRAN

DINESH KUMAR

23BCA119

SHILPA

MILAP CHAND

23PE028

AYUSH SHARMA

SH. VINOD KUMAR

24HS019

Ayush Sharma

ADITI GOSWAMI

VIRENDER GOSWAMI

22PS068 BA 3RD YEAR

Aditi

Suhani Sharma

Pawan Kumar

22CM144

Suhani

Sakshi Kaundal

Rajinder kumar

22PA033

Neha Chaudhary

Raghveer Singh

23HS009

Neha

Tanisha Dogra

Desh Raj

22HI013

Tanisha

Divya

Amarjeet

22PS017

Dimpal

Tidak Ray

22HI037

Dimpal

Kaundal
Desh Raj
22PS059
BA III year
D.A.

BA-III Year
Code :PUBA302A
Course SEC-4D Skill Enhancement Course
Course: Stress & Time Management

Course Code	CODE:PUBA302-A	
Credits-4	L (L=Lecture)	T(T=Tutorial)
	L-2	T-2
Course Type	Core Course/Major	

Term End Examination System:

Maximum Marks Allotted	Minimum Pass Marks	Time Allowed
70	32	3.00 Hrs

Continuous Comprehensive Assessment (CCA) Pattern:

Attendance	Class Test	House Test	Assignments, Tutorials and General Behaviour of students	Total Marks
05	05	10	10	30

Unit	Topic
I	i. Stress: Nature and Symptoms ii. Sources of Stress: Environmental, Social, Physiological and Psychological iii. Workplace Stress: Major Causes iv. Stress and Health: Effects of Stress on Health
II	i. Time Management: Concept ii. Waste of Time: Distractions at Workplace iii. Time Wasters and Time Savers iv. Effects of Poor Time Management on Job Performance
III	i. Effective Methods and Approaches to Manage Stress ii. Methods: Yoga, Meditation, Relaxation Techniques iii. Approaches: Action-oriented, Emotions-oriented, Acceptance-oriented and Adaptation- oriented iv Self awareness and Motivation
IV	Effective Methods and Approaches to Manage Time i. Creating an effective environment ii. Setting priorities and Goals iii. Elimination of non-priorities iv. Challenges of Time Management



Certificate of Training

This certificate is awarded to

Aditi

of Sidharth Govt. College Nadaun has successfully completed her 30 days in house training on Data Science Technology on 09-02-2024 to 14-03-2024, which is organized by Excellence Technology and Sidharth Govt. College Nadaun.

We are delighted to appreciate you for your outstanding Technical and problem solving ability. We pray that you always make such kind of significant accomplishments in future.

Branch Head



CH01D0007051



Director

Visit: www.excellencetechnology.in