

# Stress Management Workshop

**Date:** 01/01/2024

**Organizing Unit:** NSS unit VGC Mandi

**Collaborating Agency:** Prajapita Brahmakumari Ishwariya Vishwavidyalaya Mandi.

**No. of Students Participated:** 100

**No. of Teachers Participated:** 02

NSS Unit Vallabh Govt. College Mandi in collaboration with prajapita brahmakumaris ishwariya Vishwavidyalaya Mandi organised a 1 day Stress Management course for NSS Volunteers in which hundred volunteers took active participation. In today's life it becomes very important to have knowledge about stress management. Students learned a lot of things about stress, its causes and how to deal with it.



*Soni*  
Principal  
Vallabh Govt. College  
Mandi (H.P.)

## 11.1 Report on Capacity Building Workshop: **"Weaving Connections: Engaging Practices for Higher Education"**

**Introduction:** On May 8, 2024, the Internal Quality Assurance Cell (IQAC) of Vallabh Government College Mandi organized a full-day capacity-building workshop titled "Weaving Connections: Engaging Practices for Higher Education." The primary goal was to enhance the capabilities of the teaching staff in preparation for the upcoming implementation of the New Education Policy (NEP) 2020. Dr. Gopal Medha, an esteemed expert with extensive experience in workshops and seminars, facilitated the event. This initiative aimed to align the educators with modern teaching methods and student engagement strategies critical for the changing educational landscape.

### **Objectives:**

1. Equip the teaching staff with effective educational strategies aligned with NEP 2020.
2. Engage students and build their capacity for future professional life.
3. Foster curiosity and interactive learning in the classroom.
4. Address common issues and solutions in modern education.

### **Workshop Structure:**

The workshop was divided into four engaging sessions:

1. **The Puzzle of Good Education:** Focused on defining the elements of quality education and the role of educators in fostering it.
2. **Audience Questions: Issues and Solutions Highlighted in the Talk:** An interactive session where participants raised questions, which were addressed with practical solutions.
3. **Interaction with Students on Work-Life After College:** Designed for students, this session provided guidance on life and career post-college, helping them prepare for real-world challenges.
4. **Igniting Curiosity in Class:** Focused on encouraging teachers to promote curiosity and active learning among students.

**Outcomes:**

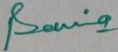
The workshop successfully equipped the teaching staff with new methods and techniques to engage students better and improve learning outcomes.

Teachers gained insights into fostering an interactive and curious classroom environment.

The session with students provided them with valuable knowledge on balancing work-life after college and developing essential skills for the future.

The participants became better prepared for the implementation of NEP 2020 and future educational transformations.

**Conclusion:** The capacity-building workshop was a successful initiative that brought about meaningful insights and practical strategies for both teaching staff and students. It laid the groundwork for effective implementation of the New Education Policy 2020, ensuring that the educators are well-prepared for future challenges in higher education.



Principal  
Vallabh Govt. College  
Mandi (H.P.)

## Seven Days Meditation course for NSS Volunteers

**Date:** 30/12/2023-05/01/2023

**Organizing Unit:** NSS unit VGC Mandi

**Collaborating Agency:** Prajapita Brahmakumari Ishwariya Vishwavidyalaya Mandi.

**No. of Students Participated:** 100

**No. of Teachers Participated:** 02

NSS Unit Vallabh Govt. College Mandi in collaboration with prajapita brahmakumaris ishwariya Vishwavidyalaya Mandi organised a 7 days meditation course for NSS Volunteers in which hundred volunteers took active participation. Volunteers learned a lot of things about mental health, about benefits and perks of doing meditation and what are the powers that we can acquire through meditation. In our life and mental health is an important aspect. During the seven days of the meditation course volunteers learned a lot of things and they also did a lot of tasks through which they can understand mediation in a better way.



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# Art of winning Without Stress Workshop

**Date:** 26/02/2024

**Organizing institution:** VGC Mandi

**Collaborating Agency:** Prajapita Brahmakumari Ishwariya Vishwavidyalaya Mandi.

**No. of Students Participated:** 168

**No. of Teachers Participated:** 10

Vallabh Govt. College Mandi in collaboration with prajapita brahmakumaris ishwariya Vishwavidyalaya Mandi organised a 1 day Art of winning without Stress workshop for college students in which 168 students took active participation. Every person wants to achieve great things. Every youth wants to win in every field but stress becomes a hurdle in the path of achieving these things. To solve this problem College authority organized this workshop. Students learned a lot of things about this topic.





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