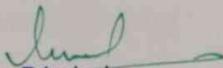


ABV Govt. College Naura, Distt. Kangra HP
Criteria-2 Student Support, Services and Progression (Score 280)
Session: 2024-25

Sr.No. 11 Capacity Building of Students

Sr. No.	Activity	Status	Score Claimed
i	Life Skills (Yoga, problem solving, critical thinking, decision making, communication skills, coping with stress and emotions)	Yes	10

Total score claimed: 10


Principal
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Distt. Kangra, DDO 213

(i)

A LECTURE ON MINDFULNESS

Date: 23.08.24

Time: 11 AM

Organizer: Women Grievance Redressal Cell

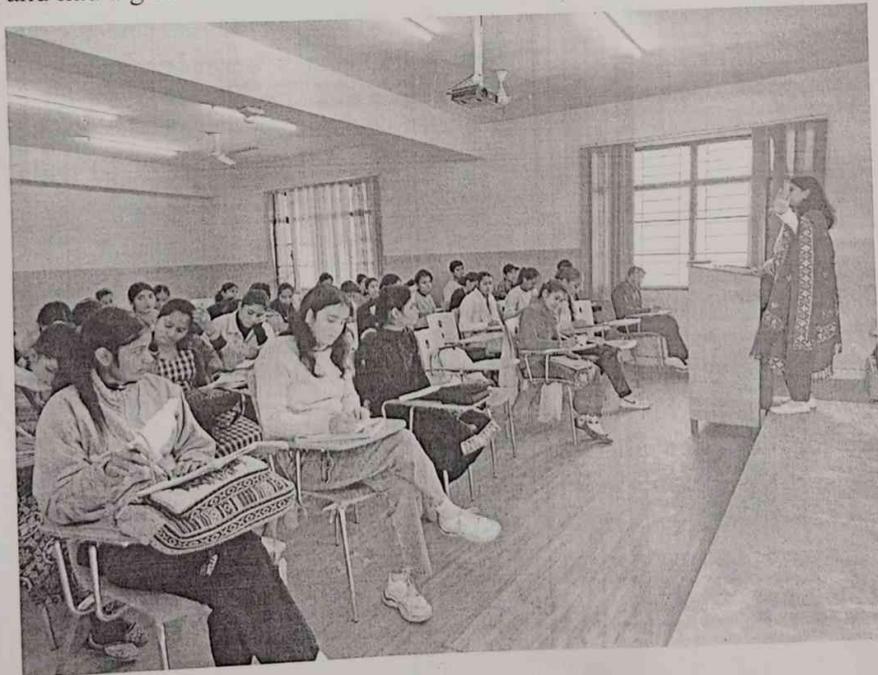
Venue : Room No 6

No. of Participants: 75

Resource Person : Dr Neha

REPORT

The Women Grievance Redressal Cell organised a lecture based on a journey of mindfulness with the help of reading. Dr Neha, Assistant Professor in the department of Zoology was the resource person for the session. Dr Neha further highlighted the importance of being mindful and also imparted the techniques of how to become mindful. She also insisted on the fact that it's never too late do anything worth doing. The students too participated with great enthusiasm and had a great interactive session at the end of the lecture.



M. Patel
IQAC CO-ORDINATOR

Principal
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Principal
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EDUCATIONAL TOUR TO DHARAMSHALA & MCLEODGANJ

Date: 02:12:24

Time: 10 am

Organizer: NSS Unit

Participants: NSS volunteers

Venue : War Memorial , Bhagsunag, Mcleodganj , Tibetan Temple, Church, Eco Park, Chamunda Temple

REPORT

A trip was organised for the overall development of NSS volunteers . All the students were quite enthusiastic throughout the trip. It was a one day trip and it imparted diverse experiences to everyone who was involved. It was a successful educational tour.

The destinations covered were as follows : War Memorial, Bhagsunag (Ancient Temple & Waterfall), Mcleodganjand Tibetan Monastery.

5. Church
6. Eco Park
7. Monastery
8. Chamunda Temple



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Documentary on POCSO Act 2012

Date: 15:02:25

Time: 11:30 pm

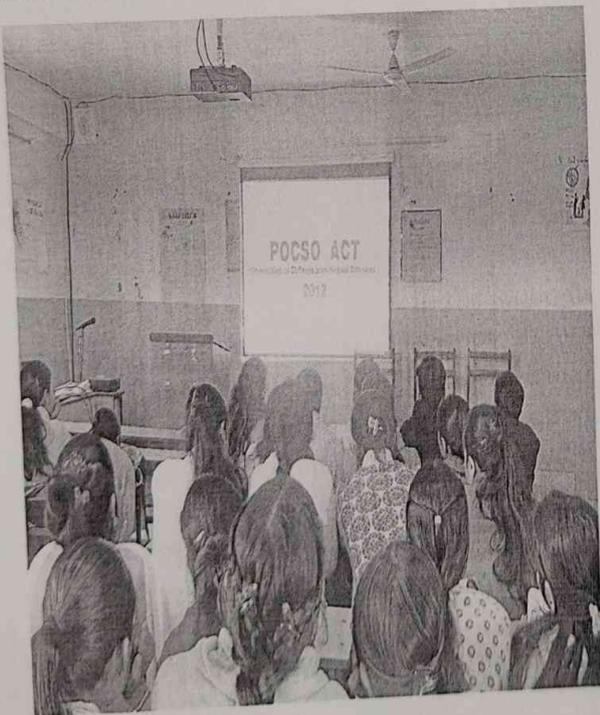
Organizer: Women Grievance Redressal Cell

Venue : Room No 10

No. of Participants: 85

REPORT

The Women Grievance Redressal Cell organised a session in which a documentary based on POCSO Act 2012 was shown to the students of all streams. Even boys were included in the session so that they too have the idea about their limitations and what should be their ideal role in shaping this society. The documentary clearly highlighted the role of POCSO Act 2012, that stands for Protection of Children from Sexual Offence. The basic aim was to make the students aware about the sexual abuse that is possible around them in the institution and how the victims can confront it and report it to the concerned department in order to eradicate this evil from the society forever.



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