



**GURU NANAK COLLEGE BUDHLADA**

Under the Management of Shiromani Gurdwara Parbandhak Committee, Sri Amritsar Sahib

**NAAC - SSR - Cycle - II**

## **Activity Report**

**Personality Development, Stress Management  
and Time Management Cell**



**2018-19**



### Personality Development, Stress Management and Time Management Cell

**Activity:** Debate Session

**Date:** 28-2-2019

**Description:** This so called session Debate session was participated by all the students and their participation was quality one.

**Impact:** Students came to know the crystal clear idea about the debate on a certain topic in a healthy as well as positive way rather than in a negative way.

#### NOTICE

**Personality Development Cell**

**Dated:** 22-02-2019

It is hereby informed to all the students that "Debate Session" will be held on 28-02-2019 organized by Personality Development Cell in College Campus. Session timing will be 10 am to 2 pm. This session will be beneficial for your improvement in communication skills helpful in career advancement in future so be present in session at proper timing as mentioned above.

Best wishes to all.





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## **Personality Development, Stress Management and Time Management Cell**

### **Activity: Meditation for Students**

**Date: 9-4-2019**

**Description:** This is so called Debate session was participated by all the students and their participation was quality one.

**Impact:** Students came to know about the significance of meditation in their life. They gave assertion that would find a certain time for meditation.

## **NOTICE**

### **Personality Development Cell**

**Dated: 03-04-2019**

It is hereby informed to all the students that "Meditation for students" program will be held on 09-04-2019 organized by Personality Development in sports ground of college. Meditation timing will be 6 a.m. to 8 a.m. This session will be booster for your physical fitness and will be helpful to improve your knowledge about health precautions. So be present in session at proper timing as mentioned above. Best wishes to all.





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## **Personality Development, Stress Management and Time Management Cell Activity: Group Discussion on Stress Management**

**Date: 22-8-2019**

**Description:** This so called session 'Group Discussion on Stress Management' participated by all the students and their participation was genuine.

**Impact:** Students came to know that stress affects a lot at certain level in their life and it has both roles negative as well as positive.

### **NOTICE**

#### **Personality Development Cell**

**Dated: 16-08-2019**

It is hereby informed to all the students that "Group Discussion "will be held on 22-08-2019 organized by Personality Development in seminar hall of college. Discussion timing will be 10 am to 12.m.This discussion will be booster for your better communication of ideas and suggestions exchanged to each other. So be present in discussion at proper timing as mentioned above. Best wishes to all.

