



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**



2020-21



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Personality Development Cell

Extension Activity Report

2020-2021

**Personality Development, Stress
Management and Time Management lecture
Committee**

**Guru Nanak College,
Budhlada**



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1. Title: Meditation and Yoga

A Two day Online Workshop on Meditation & yoga by Satish Kumar Sharma (Yoga instructor)



Guru Nanak College Budhlada
**Personality Development, Stress
Management and Time Management Cell**

**Two day Online Workshop
on Yoga and Meditation
17 & 18 Aug 2020**

Cell Convenor: Dr. Sheetal Bajaj

**Cell Members : Dr. Baljinder kaur,
Navjot Kaur, Simri kaur**



**Satish Kumar Sharma
(Yoga Instructor)**



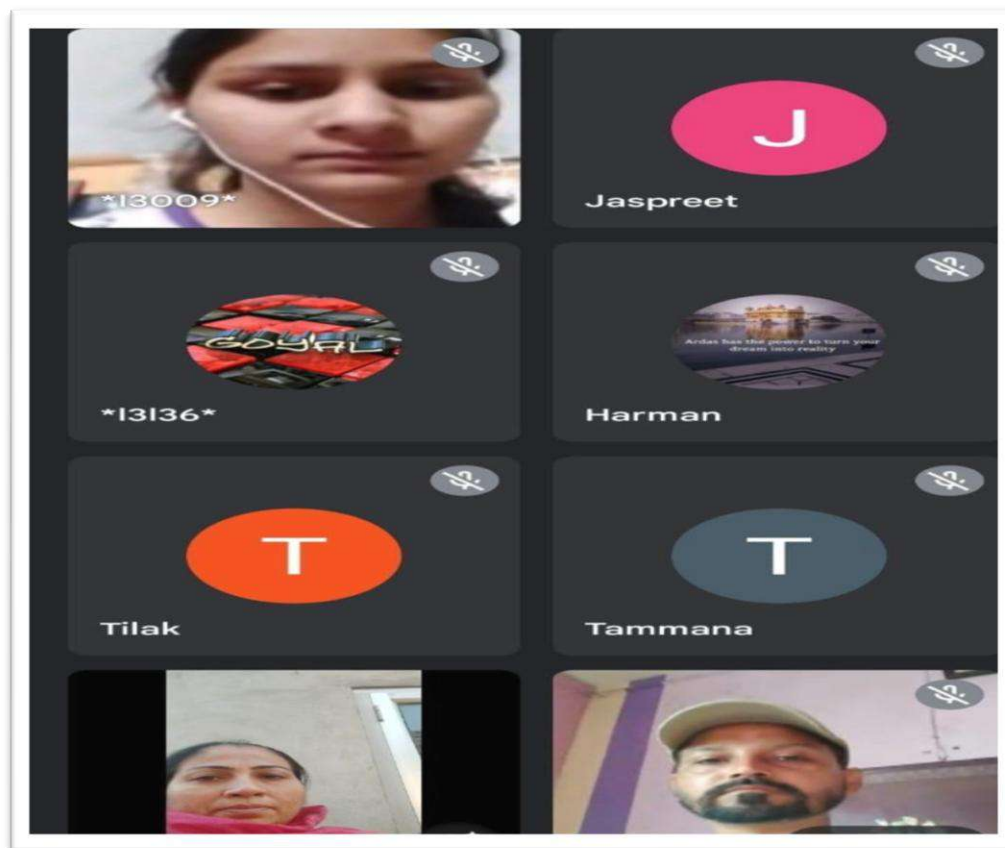
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This online workshop has been a great learning experience for the participants. The seminar imparted the students a great deal of knowledge about Yoga. In his explanations, the teacher Mr. Satish Sharma expressed very clearly how the entire body functions. The way he explained things was very concise. In addition the students enjoyed the practice of asana and breathing techniques in this course the students understood their body well and how to practice yoga safely. Students got the opportunity to gain a better understanding of the meaning of yoga, its History and its origins, as well as the direction at which to develop that knowledge. The students really learned a lot from this course, especially about asana, pranayama, yoga therapy and how yoga can be taught to all types of individuals.

On the first Day and the Second Day Satish Kumar Sharma (Yoga instructor) imparted his knowledge on **Meditation & yoga**.

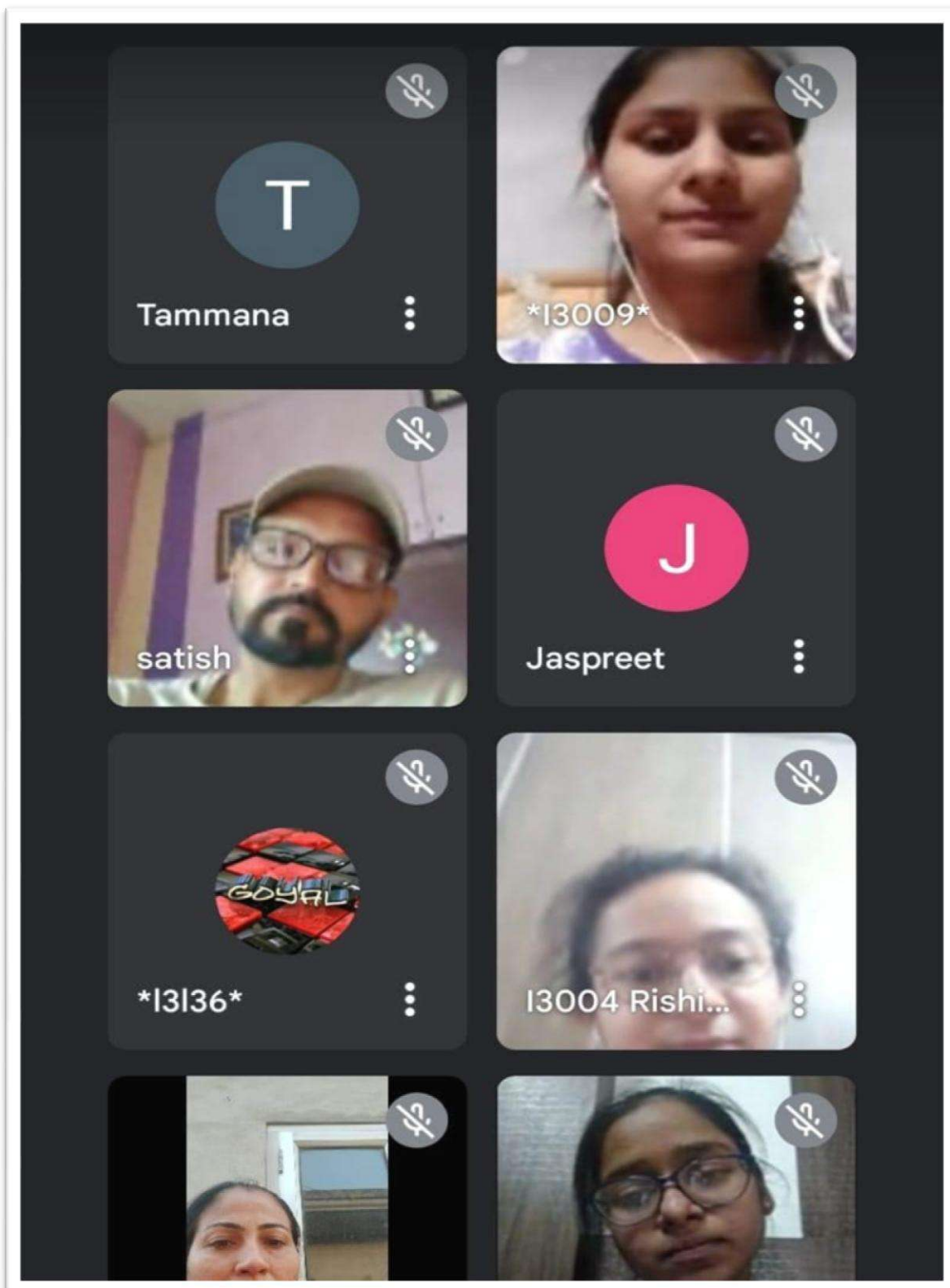




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1. Title -Academic Stress and Psychological health: An Indigenous Approach

Date-23 Sep, 2020

Guru Nanak College, Budhlada
Personality Development, Stress Management and Time Management Cell

**National Webinar on
"Academic Stress and
Psychological Health: An
indigenous approach"**
23 Sep, 2020

**Cell Convenor :
Dr. Sheetal Bajaj**

**Cell Members : Dr. Baljinder
Kaur, Navjot Kaur, Simri Kaur**

**Dr. Abha Singh
(Psychology)**

National Webinar on Academic Stress and Psychological health: An Indigenous Approach by Dr. Abha Singh has offered a lot to students. Students learnt being Stressors have a major in fluency upon mood, our sense of well-being, behavior, and health. Acute stress responses in young, healthy individuals may be adaptive and typically do not impose a health burden. However, if the threat is unrelenting, particularly in older or unhealthy individuals, the long-term effects of stressors can damage health. Due to Covid -19, as students have been passing through severe stress, Psycho social interventions have proven useful for treating stress-related disorders and may influence the course of chronic diseases.

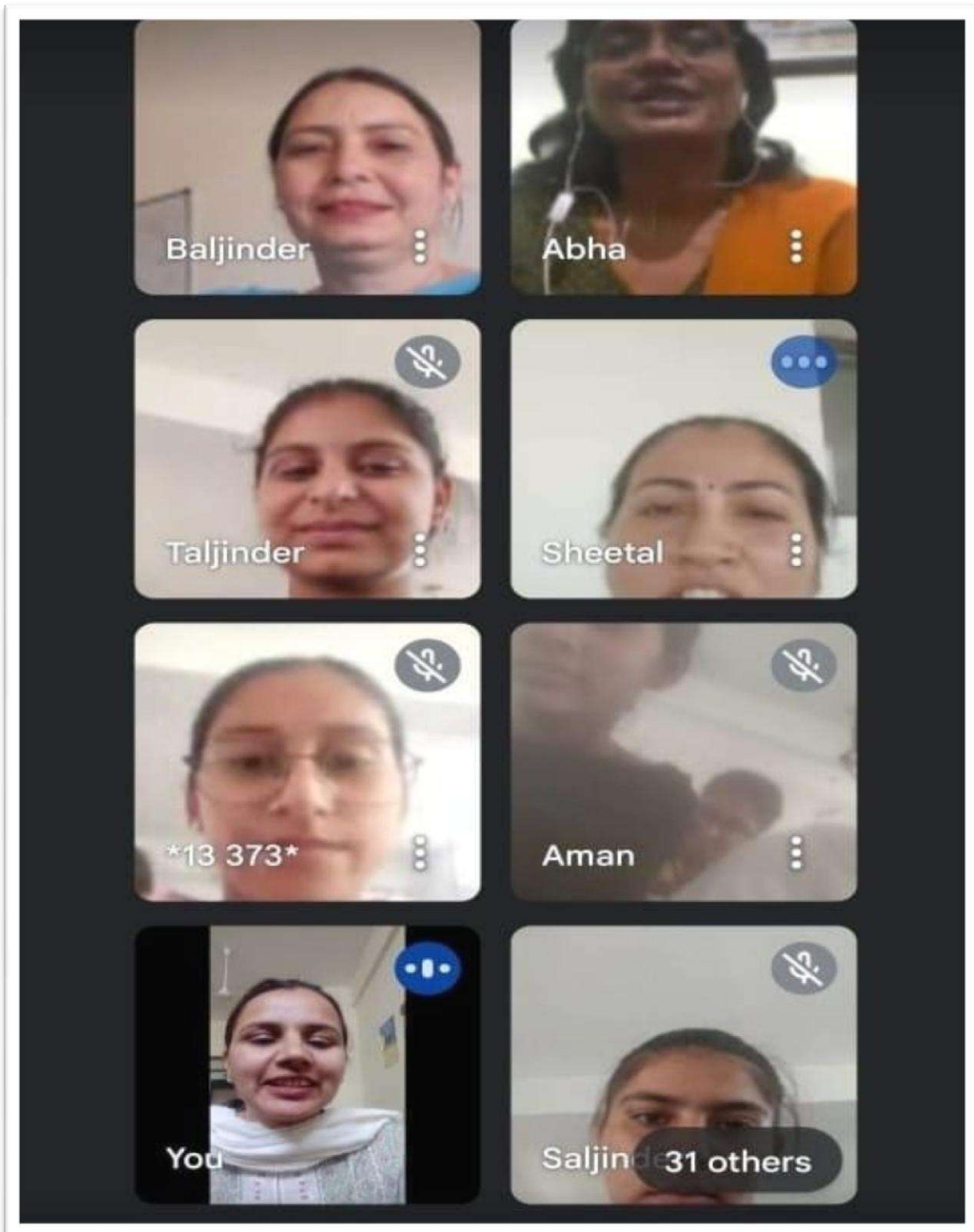
Dr. Abha Singh, Asst professor of Psychology, Jagatpur PG College Varanasi has expressed superbly the topic Academic Stress and Psychological health: An Indigenous Approach.



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Sheetal Bajaj (You)

Meeting host



I3009 Vanshita



I3I36 DIKSHA



Aarti rani



Harman Harman



Jashanpreet kaur



Jaspreet Kaur



I3171 kamaljeet Kaur



Nancy Bansal



Nancy Singla



Prabh kaur





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2 Title- Job Stress

Date-10Oct, 2020



Guru Nanak College, Budhlada
Personality Development, Stress
Management and Time Management Cell



Virtual Lecture on
"Job Stress"
10 Oct, 2020

Cell Convenor Dr.
Sheetal Bajaj

Cell Members: Dr. Baljinder
Kaur, Navjot Kaur, Simri
Kaur



Bhupinder Singh (Sub
Division Court)



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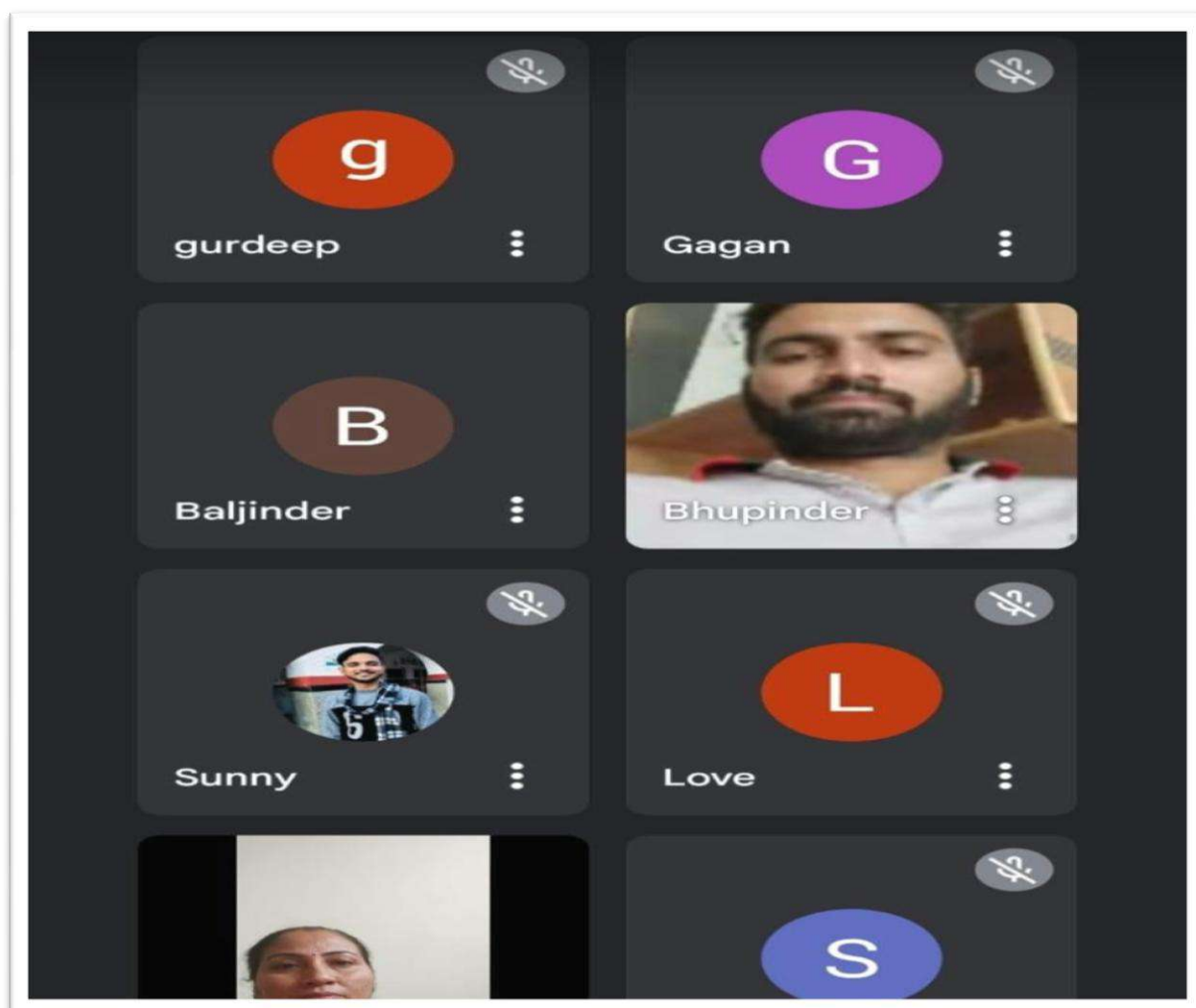
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The very Virtual Lecture on Job Stress by Bhupinder Kumar proved quite a fruitful for everyone who joined the lecture. We learnt that workplace stress is the harmful physical and emotional responses that can happen when there is a conflict between job demands on the employee and the amount of control an employee has over meeting these demands. In general, the combination of high demands in a job and a low amount of control over the situation can lead to stress. There are many strategies that can help control stress and reduce its impact to a person or

In the work place since the causes of work place stress varies greatly. Good job design accommodates an employee's mental and physical abilities.

Mr. Bhupinder Kumar, (Sub Division Court, Budhlada) did a brilliant job on the topic 'Job Stress'

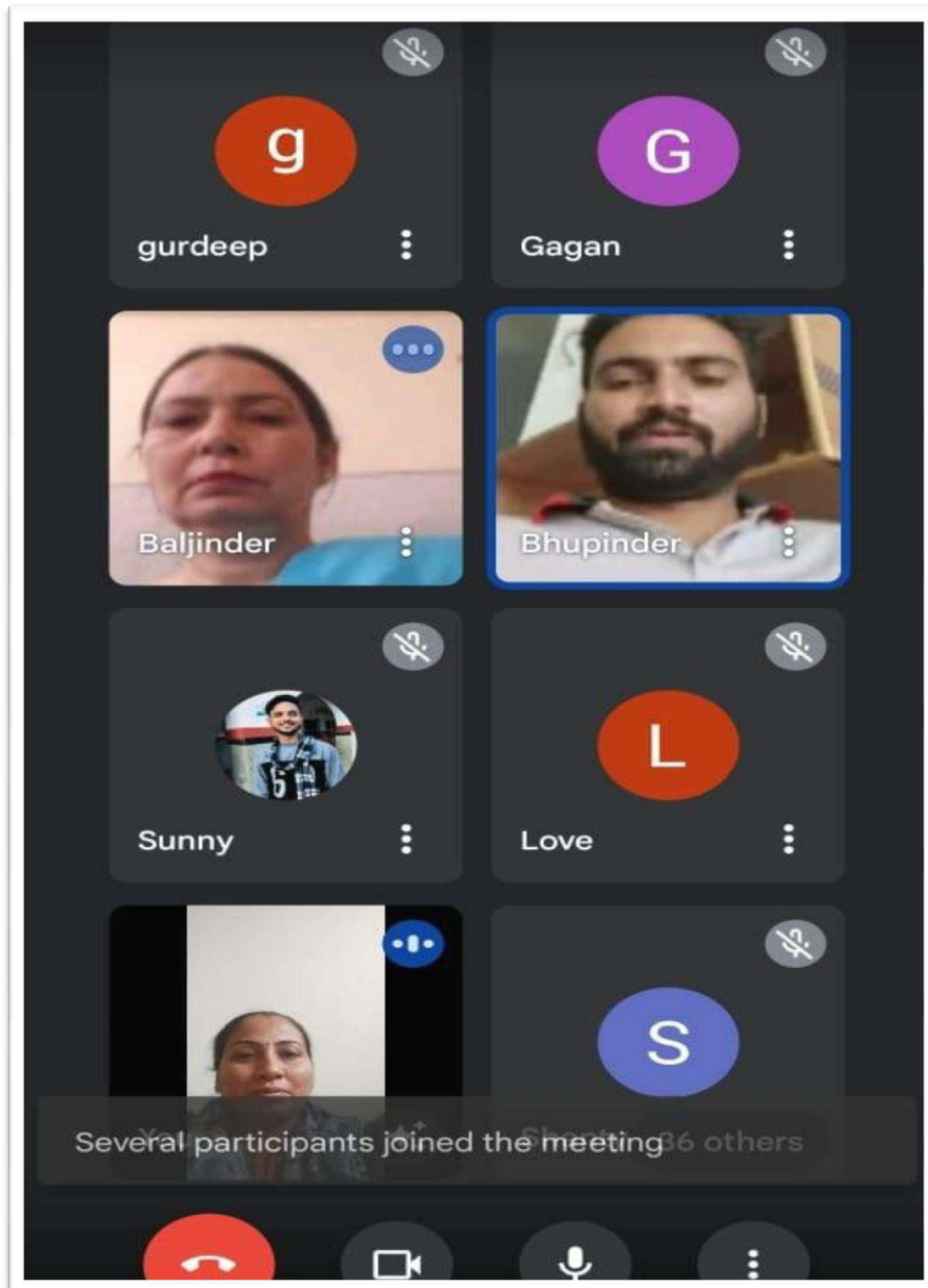




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2. **Title**-Personality Development: Enhancement of Communication Skills

3. **Date**-3rd&4thNov, 2020



Guru Nanak College, Budhlada

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



**A two day Online Workshop
on Personality Development :
Enhancement of Communication Skills**

3 & 4 Nov, 2020

**Cell Convenor :
Dr. Sheetal Bajaj**

**Cell Members: Dr.
Baljinder kaur, Navjot
Kaur, Simri kaur**



**Dr. Sheetal
Bajaj (Eng)**



**Dr.
Rupinderjeet
Kaur (Eng)**



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Taljinder



ਮਿਸਟਰ



Vanshita



Saljinder



I3171 kamaljeet



I3157 Ramanpreet

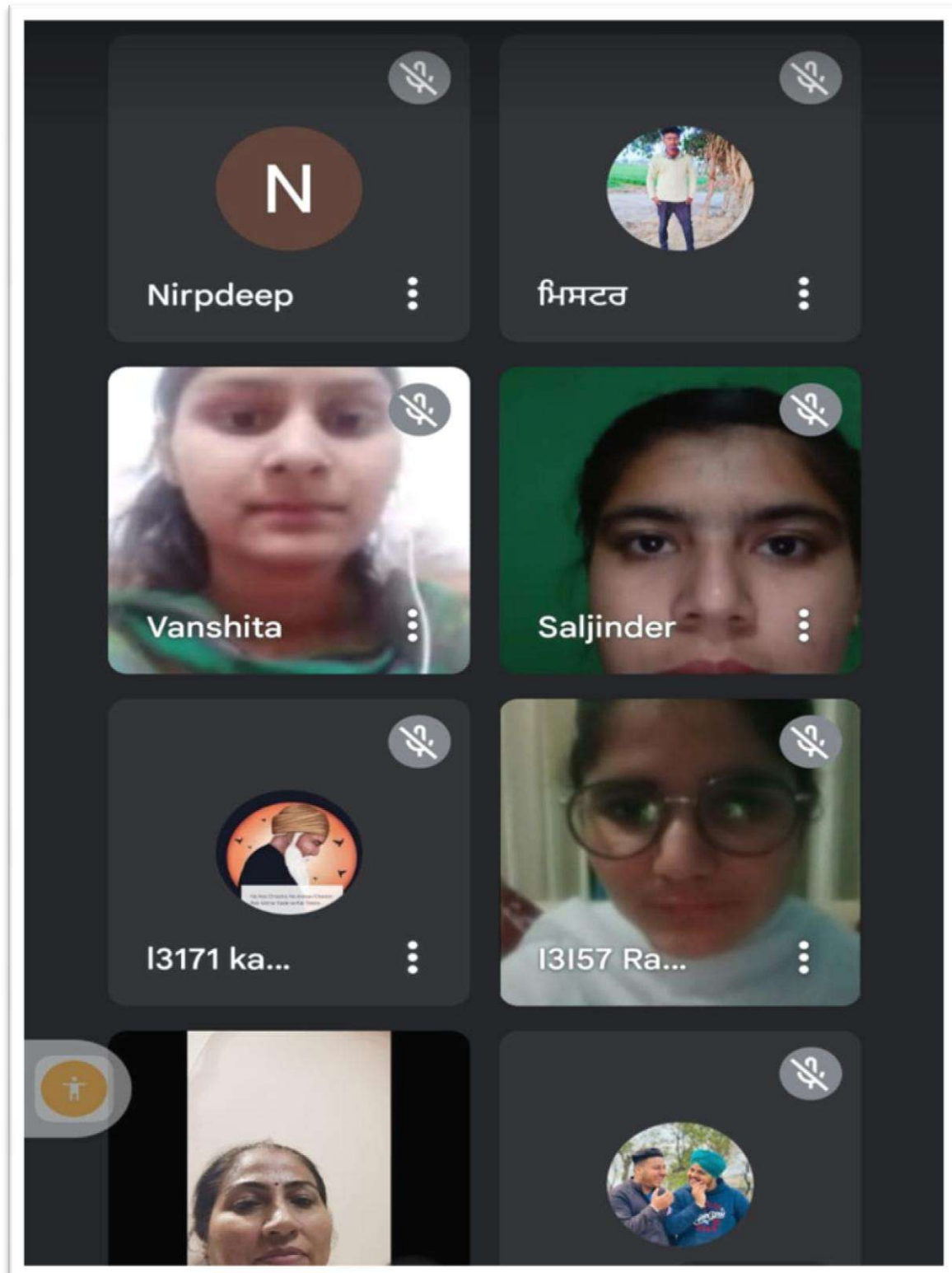




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A two day Online Workshop on Personality Development: Enhancement of Communication Skills by Rupinder Kaur and Dr. Sheetal Bajaj left a desired result. It taught that People with great communication skills tend to have a better and impressive personality than those who have problems in communicating as interacting without hers is not a challenge for them. Individuals with effective communication skills can easily converse with other people around be it their fellow workers, peers, family and so on. Effective communication skills strengthen the bond among individuals. Rupinder Kaur urged to improve the interpersonal relationships with other people. She added that the participants of workshop came to know that Personality development is the development of the organized pattern of behaviors and attitudes that makes a person distinctive. Dr. Sheetal Bajaj revealed that Personality development occurs by the ongoing interaction of temperament character, and environment. She added that Personality constitutes of various elements like intelligence, physique, temperament, patience etc. All these elements lead to a good personality.

On the first Day, Dr Rupinderjeet Kaur, Assistant Professor of English, expressed her views on the topic “Personality Development: Enhancement of Communication Skills. This lecture has immensely brought the desired result.

On the Second day, Dr. Sheetal Bajaj, Assistant Professor of English, eloquently delivered on the topic “Personality Development: Enhancement of Communication Skills. This lecture has immensely boosted the confidence in the students.



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4. Title-'How to Improve ur Time Management Skills'

Date-24Feb, 2021



Guru Nanak College, Budhlada

Personality Development, Stress Management and
Time Management Cell

Lecture on " How to improve your Time Management Skills "

24 Feb, 2021



Ast. Prof. Anuradha
(Commerce)



Cell Convenor Dr.
Sheetal Bajaj

Cell Members: Dr. Baljinder kaur,
Navjot Kaur, Simri kaur



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The lecture 'How to Improve your Time Management Skills' by Anuradha has been well addressed to the students. She let the students know that time management is the process of organizing and planning how to divide your time between different activities. Get it right, and you'll end up working matter, not harder, to get more done in less time even when time is tight and pressures are high. The benefits of good time management include greater productivity, less stress, and more opportunities to do the things that matter.

Mind Tools offers a wealth of resources to improve your time-management skills. They can help you to be more organized, to prioritize better, to schedule tasks appropriately – and then to complete them in a focused and efficient way.

The lecture 'How to Improve your Time Management Skills' by Anuradha Asst. professor of Commerce left no stone unturned and proved quite handy for the students.





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5. Title- 'Ways to manage Stress and Creating Values in

Life' Date-8 Feb, 2021



GURU NANAK COLLEGE , BUDHLADA
PERSONALITY
DEVELOPMENT, STRESS
MANAGEMENT AND TIME
MANAGEMENT CELL

8 FEB
2021



DR. SHANTY
(AST. PROF
COMMERCE)

CELL
CONVENOR
DR. SHEETAL
BAJAJ



MEMBERS :
DR. BALJINDER
KAUR, NAVJOT
KAUR, SIMRI
KAUR



Lecture on 'Ways to manage Stress and Creating Values in Life' by Dr. Shanti has left a great deal of positive impression on the participants. Students have learnt that Stress is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and troubles sleeping. It's important to figure out what causes stress for you. Everyone feels and responds to stress differently. Tracking your stress may help. Dr. Shanti gave popular examples of stress management are told like meditation, yoga, and exercise. Dr. Shanti also told its solution that Regular exercise is one of the best ways to manage stress. Walking is a great way to get started. It can help to write about the things that are bothering you. Let your feelings out. Talk, laugh, Cry, and express anger when you need to with someone you trust. Dr. Shanti also let the students know that how to create values in life. She said that your values are the things that you believe, are important in the way you live and work.

Lecture on' Ways to manage Stress and Creating Values in Life' by Dr. Shanti, Asst. Professor of Commerce did a commendable job.

