



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**



2021-22



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Personality Development, Stress Management and Time Management Cell Cell Activity 1

Title: A Two Day Workshop on Stress Management and Time Management

The brochure features the college's logo in the top left corner. The main title is 'Guru Nanak College Budhlada' followed by 'Personality Development, Stress Management and Time Management Cell'. Below this, it states 'A two day Workshop on Stress Management and Time Management 19 and 20 April, 2022'. It mentions 'In Collaboration with PG Department of English'. The Cell Convenor is Dr. Sheetal Bajaj, and the Cell Members are Dr. Baljinder kaur, A.P Navjot Kaur and Simri kaur. Two photographs of the faculty members, Dr. Shanty Grover and Nitika Singla, are shown. Their titles are listed below the photos: Dr. Shanty Grover (Asst. Prof. Commerce) and Nitika Singla (Asst. Prof. Computer).

Guru Nanak College Budhlada
Personality Development, Stress Management and Time Management Cell
A two day Workshop on Stress Management and Time Management 19 and 20 April, 2022
In Collaboration with PG Department of English

Cell Convenor : Dr. Sheetal Bajaj
Cell Members : Dr. Baljinder kaur, A.P Navjot Kaur and Simri kaur

Dr. Shanty Grover (Asst. Prof. Commerce)
Nitika Singla (Asst. Prof. Computer)

Brochure:

Description: -A Two Day Workshop on Stress Management And Time Management for the students was held on 19-20 April 2022, organized by "Personality Development, Stress Management And Time Management Cell" in collaboration with PG Department of English. The very aim of this Workshop is to prevent and reduce study stress as well as to show how to cope with time management. It will certainly help the students to have better understanding of the factors which cause stress and how they can better manage their time. These types of workshop often lead to immediate reduction in students' anxiety especially the stress of the recent outbreak of covid-19.



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Impact: - The part played by the resource persons at this workshop was quite praise worthy. They not only motivated the students but also freed them away from anxiety. Students were suggested numerous life style enhancement strategies to reduce stress as well as how to utilize time management in an effective way. Resource persons offered the students ample ideas like enhancing their ability to cope with the pressure in everyday life. On the first day, Nitika Singla, Assistant Professor of Computer Science, expressed her views on the topic "Stress Management". On the Second day, Dr. Shanty Grover, Assistant Professor of Commerce, expressed his views on the topic "Time Management".





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Personality Development, Stress Management and Time Management Cell

Cell Activity2

Title:- National webinar on Level of Anxiety, Depression, to learner and Stress among Working and Non-working Women

Brochure:

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

National Webinar on level of anxiety, Depression, Tolerance and Stress among Working and Non Working Women 28 April, 2022

In Collaboration with PG Department of English

Cell Convenor : Dr. Sheetal Bajaj
Cell Members : Dr. Baljinder kaur, A.P Navjot Kaur and Simri kaur

Dr. Abha Singh (Asst. Prof. Psychology)



Description: - National webinar on Level of Anxiety, Depression, Tolerance and Stress among Working and Non working Women was organized on 28 April 2022 by “Personality Development, Stress Management And Time Management Cell” in collaboration with PG Department of English. Its prominent aim was to

Aware the students about the depressions, stress reasons among the women especially in working and non-working. Students were made to learn that any level of anxiety can be harmful not only for body but also for mental health.

Impact: -It is no secret that this webinar left a deep impression on the students. Students came to know that depression is a serious circumstance that could impact everyone. It could have an effect on social existence, profession and motive. Students learnt that stress is a persistent fact of life and every one experience stress at times; a prolonged bout of it can affect health and one’s ability to cope with life

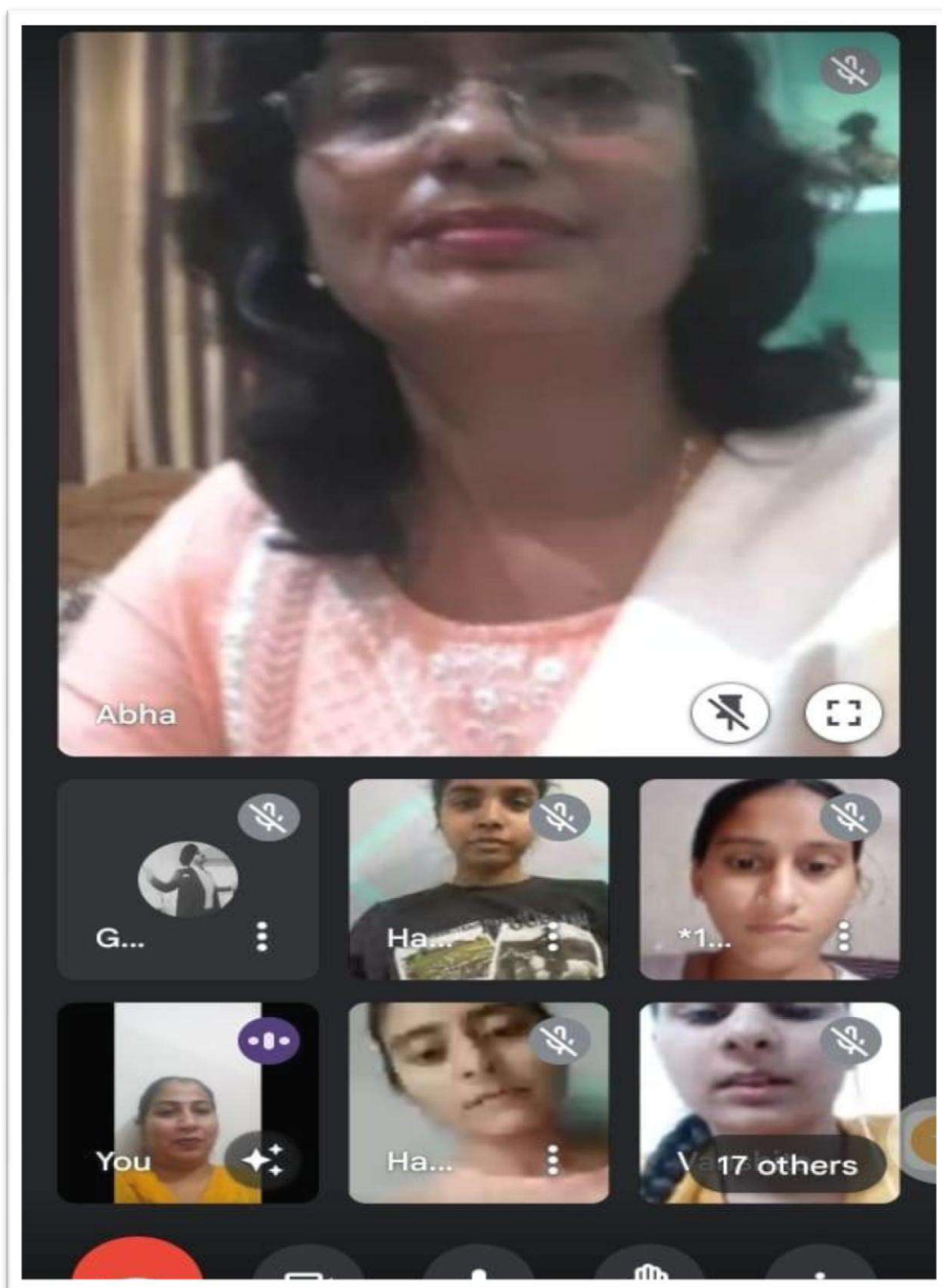
On this very day, Dr. Abha Singh, Assistant Professor of Psychology, expressed her views on the topic “Level of Anxiety, Depression, Tolerance and Stress among Working and Non-working Women”



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Attendance:

	Meeting host			
	13 373 Arshdeep ...			
	I3014 Rajveer kaur			
	Abha Singh			
	Amandeep Kaur			
	Deepika			
	GOBIND SINGH [55...			
	Gurpreet Kaur			
	Harman Harman			
	Harman Kaur			
	Harpreet Kaur			
	I3I57 Ramanpreet K...			
	Jaspreet Kaur			
	JatiN MehtA			
	I3171 kamaljeet Kaur			



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Personality Development, Stress Management and Time Management Cell

Cell Activity 3

Title: - Lecture on Personality Development

Brochure:



Guru Nanak College Budhlada

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

Lecture on Personality Development 6 May 2022

**In Collaboration with PG
Department of English**

*Cell Convenor : Dr. Sheetal Bajaj
Cell Members : Dr. Baljinder kaur,
A.P Navjot Kaur and Simri kaur*



**Dr. Rupinderjeet kaur
(Asst. Prof. English)**



Description: -Lecture on Personality Development for the students was held on 6May 2022, organized by “Personality Development, Stress Management and Time Management Cell” in collaboration with PG Department of English. Students learn that everyone wants a better personality and we all are born with our own set of strengths and weaknesses. There is no magic formula works wonder for all of us. We have to improve our personality and learn to get along with others.

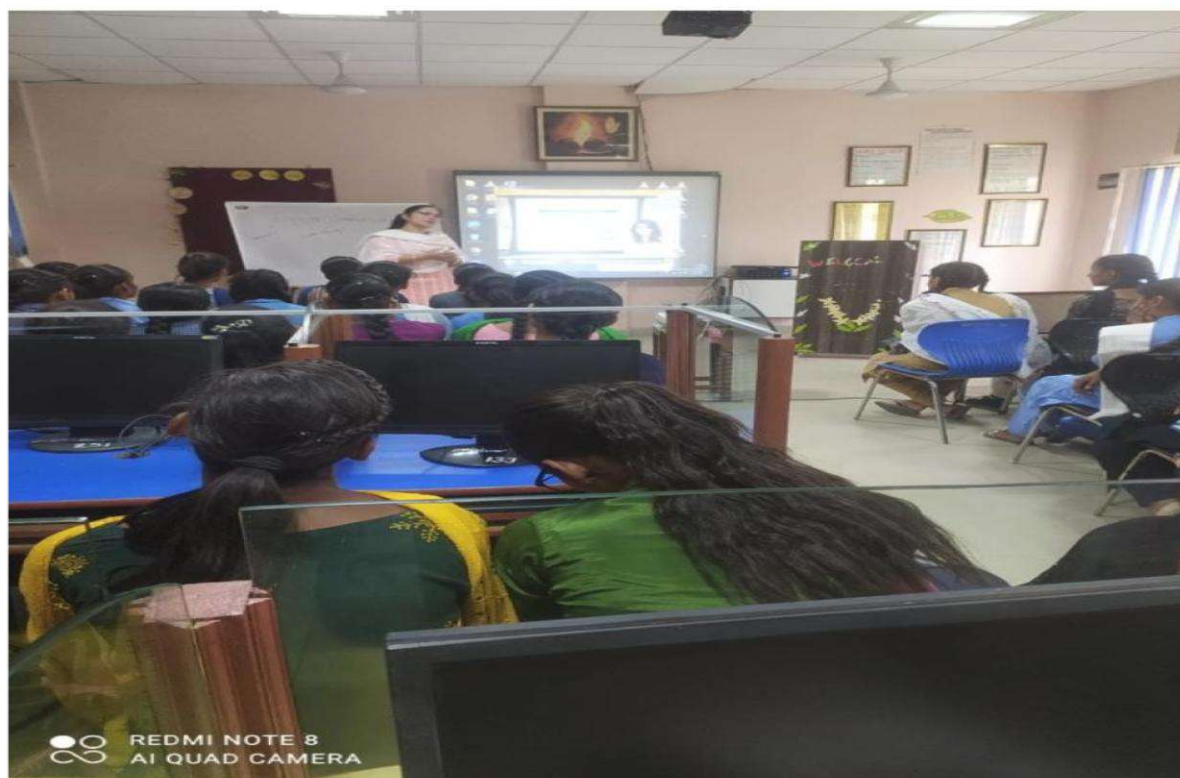
Impact: Students have got the essence to understand the different personality determinants and to identify their strength and weaknesses as well as to know some social graces. Students must have learnt this key point that developing the personality is the secret for success in all walks of life. Body image and self-confidence are all elements that contribute to ones 'overall personality. on this day, Dr. Rupinderjeet Kaur, Assistant Professor of English, expressed her views on the topic “Personality Development”



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4. Personality Development, Stress Management and Time Management Cell

Title:-Essay Writing Competition on World Heritage Day Celebration

Brochure:

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

Essay Writing Competition on World Heritage Day Celebration
22 April 2022

In Collaboration with PG Department of English

Cell Convenor: Dr. Sheetal Bajaj
Cell Members: Dr. Baljinder kaur, A.P Navjot Kaur and Simri kaur

Description:-Essay Writing Competition on World Heritage Day Celebration for the students was held on 18 April 2022, organized by “Personality Development, Stress Management and Time Management Cell” in collaboration with PG Department of English. Students came to know that any composition like essay competition keeps an immense place in their life. It teaches them in a number of ways of expressing thoughts in an organized way. The students learnt that any heritage regardless of a famous country plays a crucial role in a person's life.

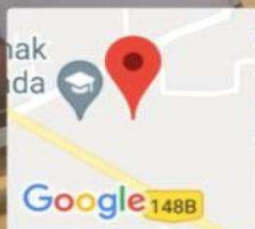
Impact: A spirit of healthy competition as well as importance of heritage inculcated among the students by this competition. The competition has embedded the feeling of love towards the country's heritage. Students learnt that competition makes them prepared for the challenges of life and it draws out of them the best to perform well.



GURU NANAK COLLEGE BUDHLADA

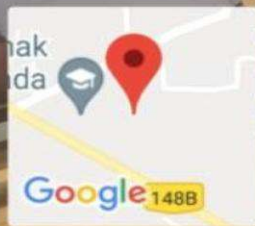
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GPS Map Camera



Talwandi, Punjab, India
WHM9+7G8, Talwandi, Punjab 151502, India
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