Academic Session 2024-25

5.1 BestPractices in r/o **Rajiv Gandhi Memorial Govt. College Joginder Nagar, Mandi, Himachal Pradesh**

BEST PRACTICE I

1. Title of the Practice: Book Bank and Financial Support to Students

2. Objectives of the Practice

a) To help needy and meritorious students.
b) To overcome financial constraints for bright students.
c) To have personal interaction with economically weak students

3. The Context

The college is located in a rural area and most of the students are from humble financial background. Keeping it in mind, staff members from different departments have taken the initiative to lend books to students from their own collections and have also offered financial assistance for covering college expenses.

4. The Practice

The Departments of Chemistry, English, Political Science, and Commerce have maintained a book bank. After completing their exams, the majority of students return the books they were provided by entering their records in the register. In accordance with their needs, some students also keep the books with them.

5. EvidenceofSuccess

a) The English Department has distributed books to 113 needy students.
b) The Chemistry Department has provided books to 55 needy students.
c) Books worth Rs. 7234/- were distributed to students through commerce society.
d) 39 books were given to sixteenstudents by Department of Political Science.

DEPARTMENT OF CHEMISTRY

Name of Book	Name of Student	Roll No.
Polymer Chemistry	Avantika	210224117
Peptide Chemistry	Avantika	210224117
Real Analysis (Maths) Statistical Mechanics (Phy) Thermodynamics (Phy) Reaction Mechanism (Phy)	Bhagwan Thakur	22BCC003
Inorganic Organic Chemistry & Aliphatic Hydrocarbons	Sita	23BSM014
Physical Chemistry Organic Chemistry Chemistry of Non-Transition Elements	Shreya Thakur Nikita Thakur	22BSM011 23BSM013
Physical Chemistry Organic Chemistry	Reema Thakur	22BCH017
Polymer Chemistry	Vanshika	210225[illegible]
Analytical Chemistry	Soloni	23[illegible]
Inorganic Chemistry Analytical Chemistry	Pratikshaben	23[illegible]
1) Physical Chemistry 2) Organic Chemistry 3) Inorganic Chemistry Vol I & II	Sita	23[illegible]

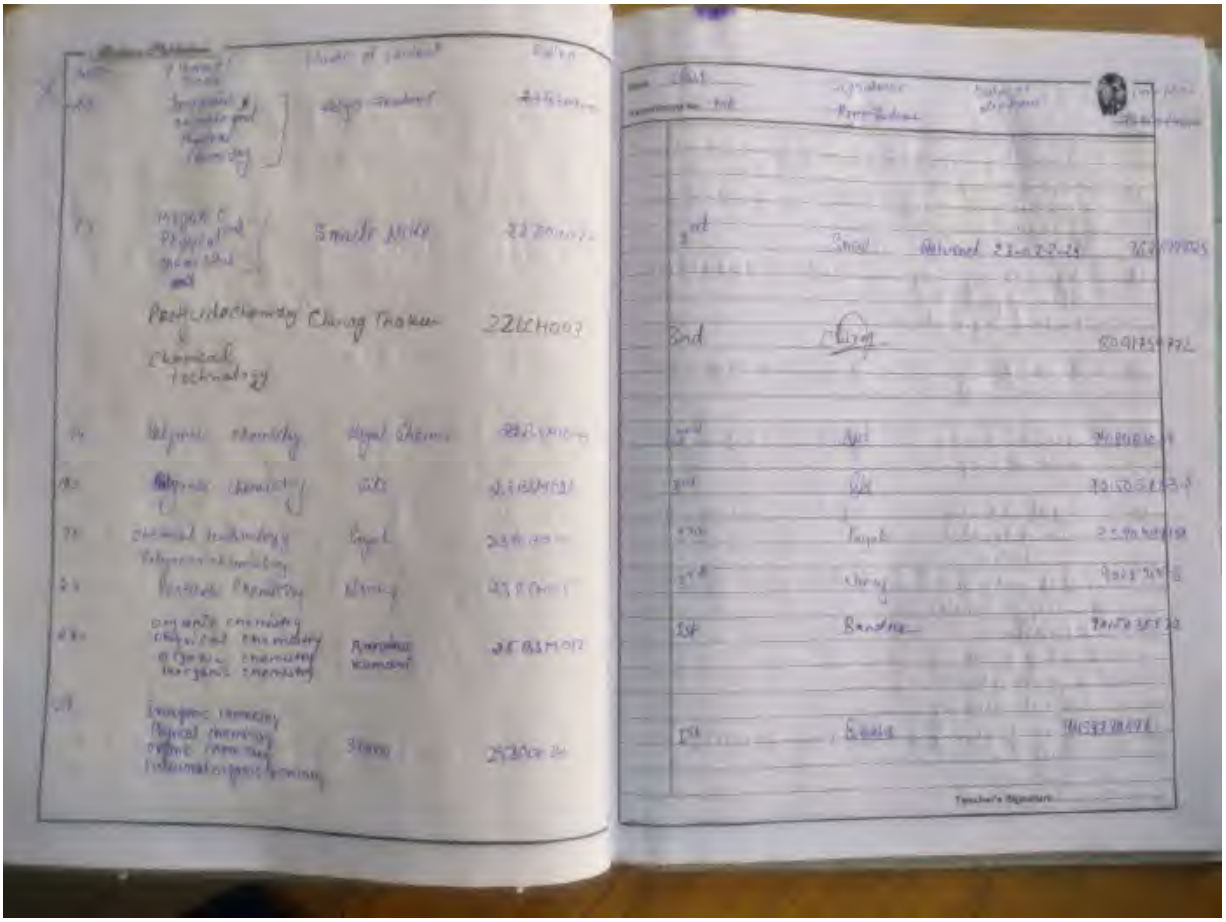
Date	Class	Signature	Date of Return
	BSc IIIrd year	[illegible]	05.07.24
	BSc IIIrd	[illegible]	04.09.24
	BSc IInd year	Bhagwan	7018[illegible]
	BSc IInd year	Sita	Returned on 9015[illegible] 23.08.2024
	BSc IInd year	Shreya	9015[illegible]
	BSc IInd year	Reema	32[illegible]
	BSc III year	Vanshika	[illegible]
	BSc II year	Soloni	Returned 22.08.24
	BSc II year	Nikita	12.8.24 [illegible]
	BSc IInd year	Sita	Returned 9015[illegible] 02.22.08.24

Teacher's Signature

Name of Book	Name of Student	Roll No.
Physical Chemistry Organic Chemistry	Rajat	23BCT005
Physical Chemistry	Sakshi Kalyan	22[illegible]
Physical Chemistry	Sneha	210224[illegible]
Physical Chemistry 2018 Chemistry of Main group elements 2018 Physical Chemistry 2018 Organic Chemistry 2018	Manjula Kumari	22BSM[illegible]
Physical Chemistry	Sita	23BSM[illegible]
Basic analytical Chemistry	Pankaj	23BSM[illegible]
1. Polymer Chemistry 2. Organic Chemistry	Manjula Kumari	23BSM[illegible]
Physical Chemistry	Rajat	23[illegible]
Polymer Chemistry Organic Chemistry Chemical Technology Biochemistry Spectroscopy	Shreya	22BSM013
Organic Chemistry	Rajat	23BCT005
" "	" "	23[illegible]

Date	Class	Signature	Date of Return
	BSc 5th	[illegible]	[illegible]
	BSc 2nd year	Sakshi Kalyan	22[illegible]
	BSc 1st year	Sita	01 May 2024 9015[illegible]
	BSc 2nd year	Manjula Kumari	30 May 2024 7488[illegible]
	BSc 3rd year	[illegible]	[illegible]
	BSc 3rd year	[illegible]	[illegible]
	BSc 3rd year	[illegible]	2[illegible]
	BSc 3rd year	[illegible]	7301[illegible]
	BSc 3rd year	[illegible]	14/01/25 Returned
	BSc	[illegible]	[illegible]
	"	[illegible]	7[illegible]

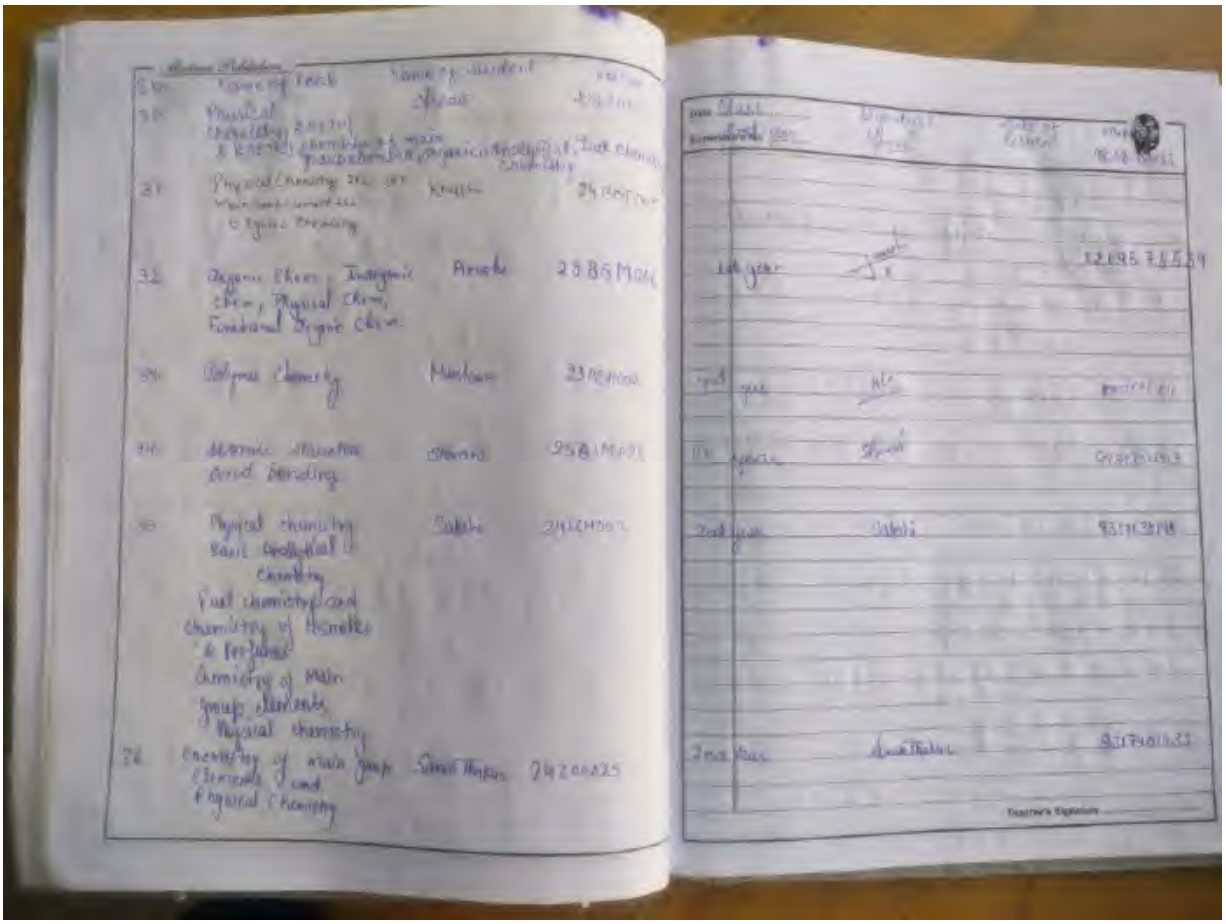
Teacher's Signature



Sr.	Name of Book	Name of Student	Roll No.
[illegible]	Inorganic & organic and Physical Chemistry	[illegible]	[illegible]
[illegible]	Organic & Physical Chemistry	Smith Nike	22[illegible]
	Pesticide Chemistry & Chemical technology	Chirag Thakur	22LCH003
[illegible]	Polymer chemistry	Nigal Chemist	[illegible]
[illegible]	Polymer chemistry	[illegible]	[illegible]
[illegible]	Chemical technology Polymer chemistry	Rajesh	[illegible]
[illegible]	Pesticide Chemistry	[illegible]	[illegible]
[illegible]	Organic chemistry Physical chemistry Organic chemistry Inorganic chemistry	Anandkumar	25BSM012
[illegible]	Inorganic chemistry Physical chemistry Organic chemistry Pulsional organic chemistry	[illegible]	[illegible]

Date	Class	Signature	Date of Issue	Date of Return
	2nd	Smith	Returned 23-02-2024	[illegible]
	3rd	Chirag		8091759772
	2nd	[illegible]		[illegible]
	3rd	[illegible]		[illegible]
	2nd	Rajesh		[illegible]
	3rd	Chirag		[illegible]
	1st	Bandra		[illegible]
	1st	[illegible]		[illegible]

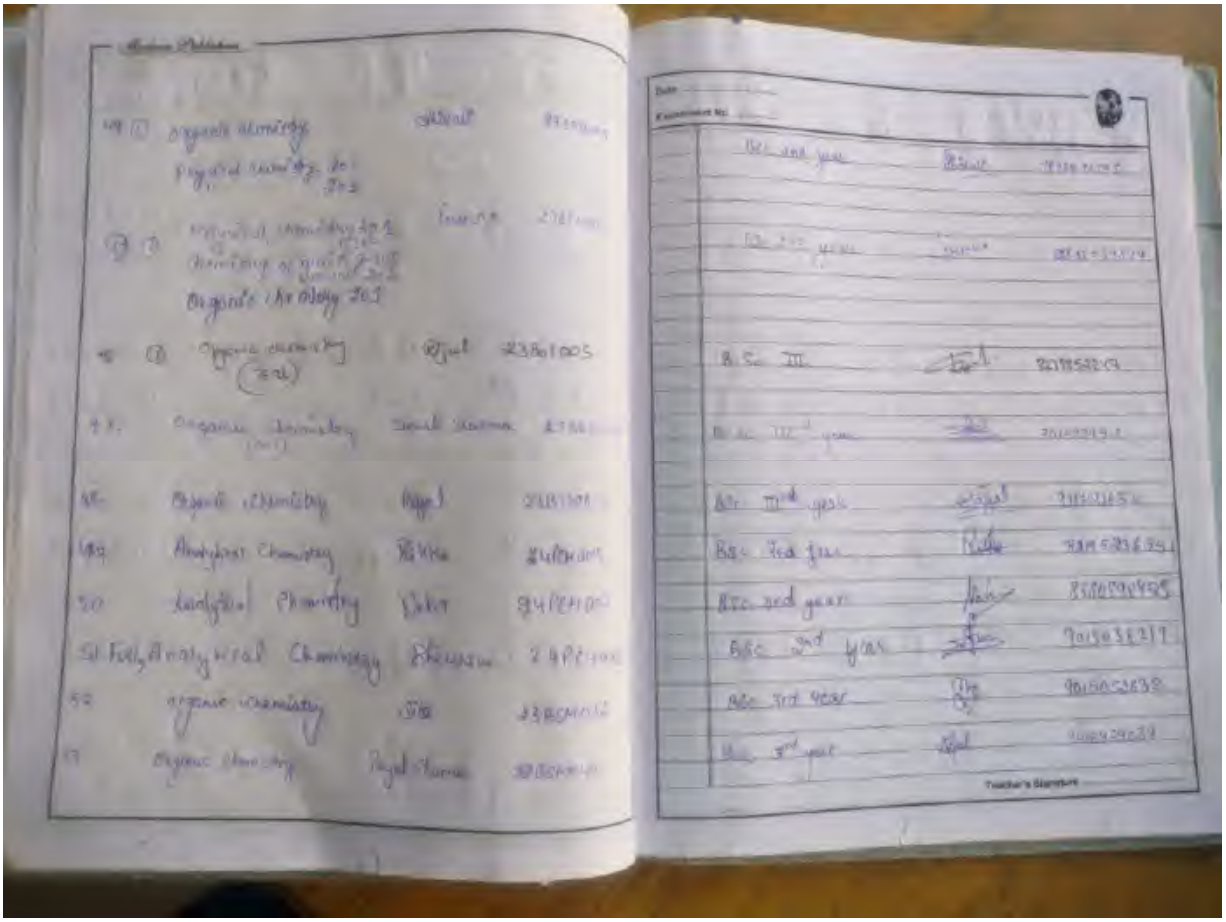
Teacher's Signature



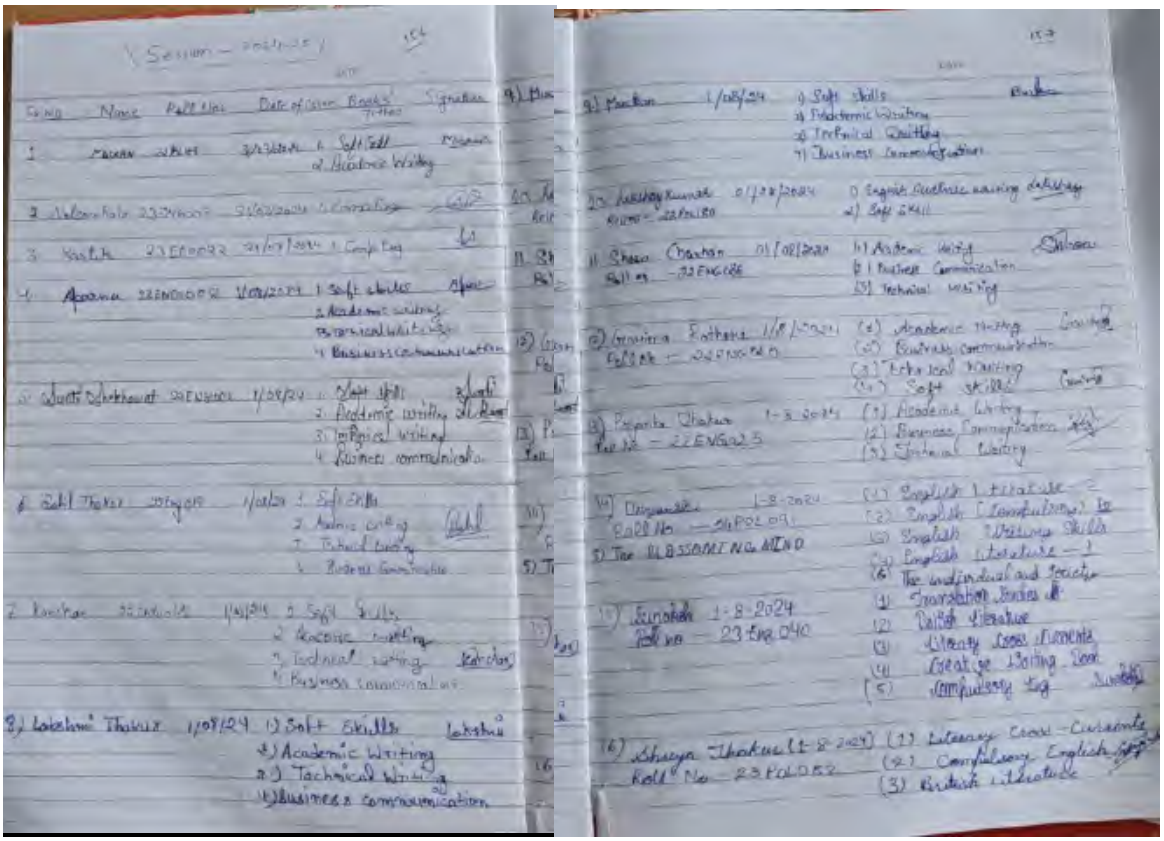
Sr.	Name of Book	Name of Student	Roll No.
30	Physical chemistry 2nd yr & [illegible] chemistry of main group elements, Organic Analytical, Fuel chemistry	[illegible]	[illegible]
31	Physical Chemistry 2nd yr Main group elements & Organic Chemistry	Krishna	24[illegible]
32	Organic Chem, Inorganic Chem, Physical Chem, Functional Organic Chem	Anuka	23BSM006
33	Polymer Chemistry	Mankaran	23BSM002
34	Atomic structure and bonding	Sharma	25BSM003
35	Physical chemistry Basic Analytical Chemistry Fuel chemistry and chemistry of Insecticides & Perfumes Chemistry of Main group elements Physical chemistry	Sakshi	24LCH002
36	Chemistry of main group Elements and Physical Chemistry	Sanvi Thakur	24200025

Date	Class	Signature	Date of Issue	Date of Return
	1st year	[illegible]		[illegible]
	2nd year	[illegible]		[illegible]
	1st year	[illegible]		[illegible]
	2nd year	Sakshi		[illegible]
	2nd year	Sanvi Thakur		[illegible]

Teacher's Signature



DEPARTMENT OF ENGLISH



27) Dixit	23BAM018 B.A 2nd year	3-8-24	1) Comp. Eng 2) Eng Literary Cross Cultural 3) Eng British Literature
28) Prasna	23HIS04 BA 2nd year	5/08/2024	Compulsory English
29) Hanchal	23ENG058 BA 2nd year	5/08/2024	Compulsory English
30) Ruta	23ENG016 BA 2nd year	5/08/2024	Compulsory English
31) Tanmaya	23HIS002 BA 2nd year	5/08/2024	Compulsory English
32) Palak	24HIS003 BA 1st year	5/08/2024	(1) Compulsory English (2) English ACCL (3) English ACCL
33) Shreya	24HIS01 BA 1st year		
34) Abhishek	23 Hus 04 BA 2nd year		(1) Compulsory English 5/08/2024 (2) Text book of Compulsory English ACCL
35) Payal	24ENG003 BA 1st year		
36) Hanchal	BA 2nd year (23ENG058)	5/08/2024	(1) Creative writing (2) The Mercantile of Venice (3) Literary Cross Cultural (4) Translation Studies

Sr.No	Name	Roll No	Date of Issue	Books	Signature
(17)	Riya Sejwar	24HIS02	03-08-2024	(1) Tech Eng	Riya
(18)	Reshma Devi	24HIS012	03-08-2024	(1) Tech Eng (2) English Cultural	
(19)	Shalini	22ENG014	03-08-2024	(1) Business communication (2) Technical writing	Shalini
(20)	Shagun	22ENG064	03-08-2024	(1) Business communication (2) Technical writing	
21)	Kanika Devi	24HIS005 BA 1st year	03-08-2024	(1) Comp. English	Kanika
(22)	Shivanya Thakur	24HIS006 BA 1st	03-8-2024	Comp. English	Shivanya
23)	Sayali Bhardwaj	24ENG004 BA 1st	03-08-2024	(1) The Mercantile and Sayali (2) Writing Skills (3) Eng DSC 101 (4) Eng DSC 101 (5) Comp. English	
24)	Sajid Thakur	24ENG038 BA 1st	03-08-2024	(1) The Mercantile (2) Eng Literature - I (3) Writing Skills (4) Comp. English	Sajid Thakur
25)	Riya	24HIS033 BA 1st	03-08-2024	(1) Comp. English	Riya
26)	Samson	22ENG015 BA 3rd	3-8-24	(1) Technical writing (Eng) (2) Business com. (Eng)	Samson

37) Shagun	BA 1st year 24HIS015	05/08/24	1) ENG CE 101 2) English literature 3) Writing skills
38) Harshit	24HIS070 BA 1st year	05/08/24	1) English literature - I 2) Writing skill
39) Mukesh Kumar	22MUSA002 BA 3rd year	06/08/24	1) Contemporary India - Women Empowerment 2) Literature from Himachal
40) Arsh Thakur	22ENG084 BA 3rd year	06/08/24	(i) Soft Skills (ii) Academic writing (iii) Business communication (iv) Technical writing
41) Sashay	22ENG008 BA 3rd year	06/08/24	1) Individual and Society 2) English literature - 2 (Poem, Stories) 3) Writing Skills 4) Compulsory English 5) Cultural diversity
42) Shreya	22ENG081 BA 3rd year	06/08/24	Business Communication
(43) Diksha	22ENG079 BA 3rd year	06/08/24	Business Communication

44) Sonya	BA 2nd year 23PSN019	6/8/2024	(1) Compulsory English
45) Ranta	B.Com. 1st year 24BCM030	August 6, 2024	(1) Writing Skill English
50) Diksha	B.Com. 1st year 24BCM032	August 6, 2024	(1) Writing Skill English
51) Monika	B.Com. 1st year 24BCM033	August 6, 2024	Writing Skill English
52) Palak	B.Com. 1st year 24BCM013	August 6, 2024	Writing Skill English
53) Sanika	B.Com. 1st year 24BCM010	August 6, 2024	Writing Skill English
54) Kamal	B.Com. 1st year 24BCM008	August 6, 2024	Writing Skill English
55) Abhi	B.COM 1st year 24BCM023	August 6, 2024	Writing Skill English
56) Sanika	B.COM 1st year 24BCM034	August 6, 2024	Compulsory English
57) Anshul	B.COM 1st year 24BCM015	August 6, 2024	Writing Skills
58) Abhinav	B.Com 2nd Year 23BCM005	August 7, 2024	Compulsory English

DATE

59) Gausich — BA 2nd year — August 7, 2024
23ENG0005
i) British Lit.
ii) Modern Indian Lit
iii) Creative writing book and media culture
iv) Literary Cross Currents
v) Fundamental Principles of Translation

60) Kanya Thakur — BA 2nd year — August 7, 2024
23ENG0015
1) Literary cross currents
2) Creative writing
3) English Comp. Grammar
4) Modern Indian Literature
5) British literature

61) Apoorva Thakur — BA 2nd year — August 7, 2024
23ENG0026
1. OBE 10 Literary Cross Currents
2. Creative writing
3. Compulsory (Apoorva)
4. English literature

Monika Thakur — BA 2nd year — August 7, 2024
23ENG0028
1) Merchant of Venice (TR)
2) Modern Indian Lit. (TR)
3) English Creative
4) English Comp.
5) British literature
6) Cross Currents
7) A face in the crowd (Ruskin Bond)

Vikki Thakur — BA 2nd year — August 7, 2024
23ENG0029
1) Creative writing
2) Cross Currents
3) British literature
4) Eng Compulsory

DATE

64) Nyati — BA 2nd year — August 7, 2024
23ENG0034
1) Creative writing
2) British literature
3) English compulsory
4) Literary cross currents
5)

65) Sakshi — BA 2nd year — August 7, 2024
23ENG0038
1) Literary cross currents
2) Merchant of Venice (TR)
3) British literature
4) English compulsory
5) Creative writing

66) Shreya Sood — BA 2nd year — 23ENG0039
1) Skill Enhancement
2) Comp English

67) Aditya Raj — BA 1st year — 24ENG01
1) Skill Enhancement
Comp English
2) August 2024

68) Mamta Devi — BA 2nd year — 22ENG030
1) Soft Skills Mamta
2) Academic writing Mamta
8-Aug-2024 Computer

69) Gaurav Verma — B.Sc 2nd Year — 23ENG054
1) Eng Com (ENGCF-203)
2) Eng DSC 203 (Rohan)
3) Creative writing (2024)

70) Kashish — 9-8-2024 — BA III Year — 22ENG051
1) Technical Writing
2) Business Communication
3) Soft skills
4) Creative writing

71) Sanjay Singh — BA 2nd — 24ENG021

72) Pijush — BA 1st — 24ENG002 — 10-8-2024 — Text book completion

DATE

73) Ishika — BA 1st — 24ENG023 — 10-8-2024 — Text book comp. org — 12-08-2024

74) Pooja — BA 2nd — 23ENG060 — Comp Eng — Text Book

75) Neha Devi — BA 2nd — 23ENG018 — 12-8-2024 — Comp Eng — Text Book

76) Vanshika Verma — B.A 2nd — 23ENG002 — 12-08-2024 — OE Eng — Text book

77) Riya — BA 3rd — 22-ENG003 — 12-08-2024 — OE - Eng — Text book

78) Rajat Kumar — BA 3rd Year — 22ENG009 — 13-08-2024 — 1) Technical writing 2) Business Communication — 13-08-2024

79) Neha Thakur — BA 2nd Year — 23ENG027 — 15-08-2024 — 1) Technical writing 2) Business Communication

80) Anu — 13-08-2024 — 1) Soft Skills — BA 3rd year — 23ECO017

81) Madhu — 14 Aug 2024 — MA 1st semester — History of English Literature — 2024 — (1) Poetry (2) (3) Fiction (4) Shakespeare

DATE

82) Chandni — BA — Comp English 24

83) Akshita — BA — Translation Studies

84) Yogesh — BA — Comp English — Aug 22 2024

85) Garima — BA 1st year — Creative writing Skills — 24ENG012 — 2) Compulsory English

86) Omi Sharma — BA 3rd year — Writing Skills — 24ENG024 — 2) Compulsory English

87) Devanshi Sharma — BA 3rd year — 23ENG001 — 1) Compulsory English — 2) Aug 24

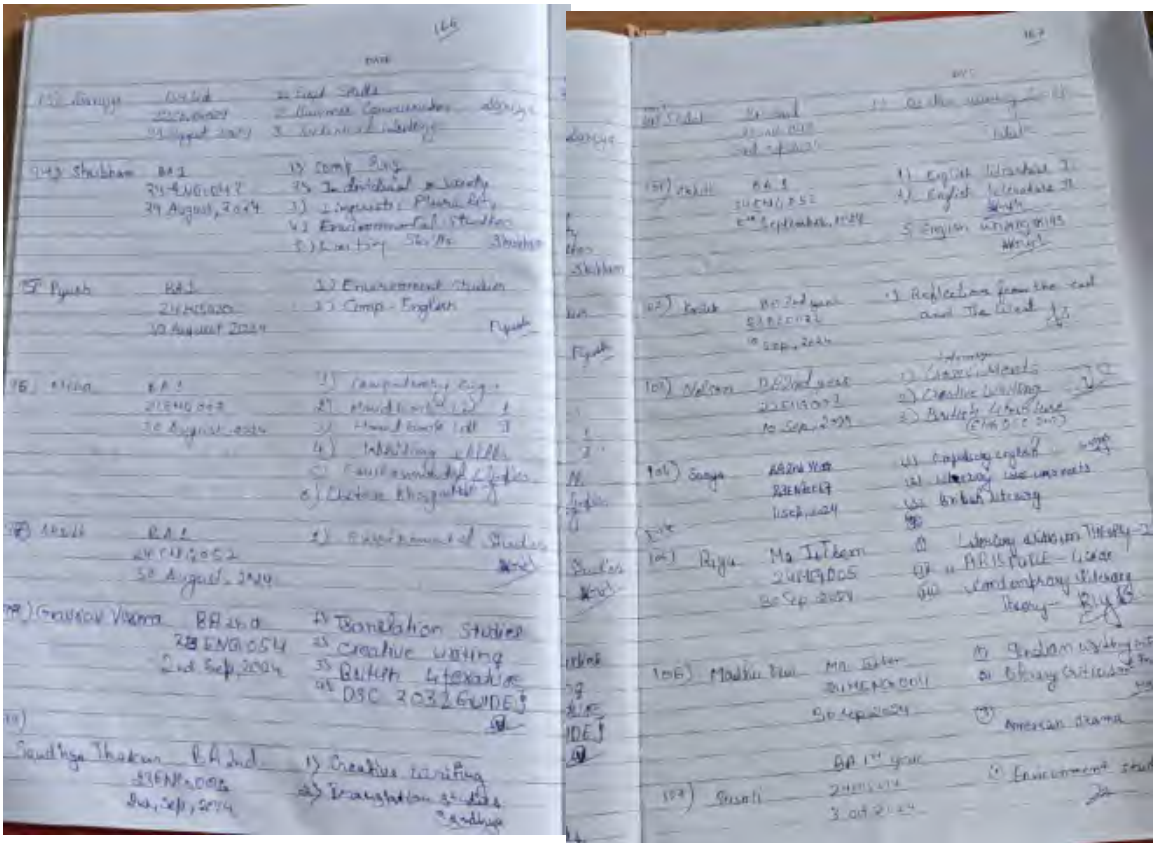
88) Nigal — BA 2nd Year — 23ENG045 — 1) Compulsory English — 2) Modern Indian Literature — 3) British Literature — 4) Literary Cross Currents — 5) Creative writing — 23 August

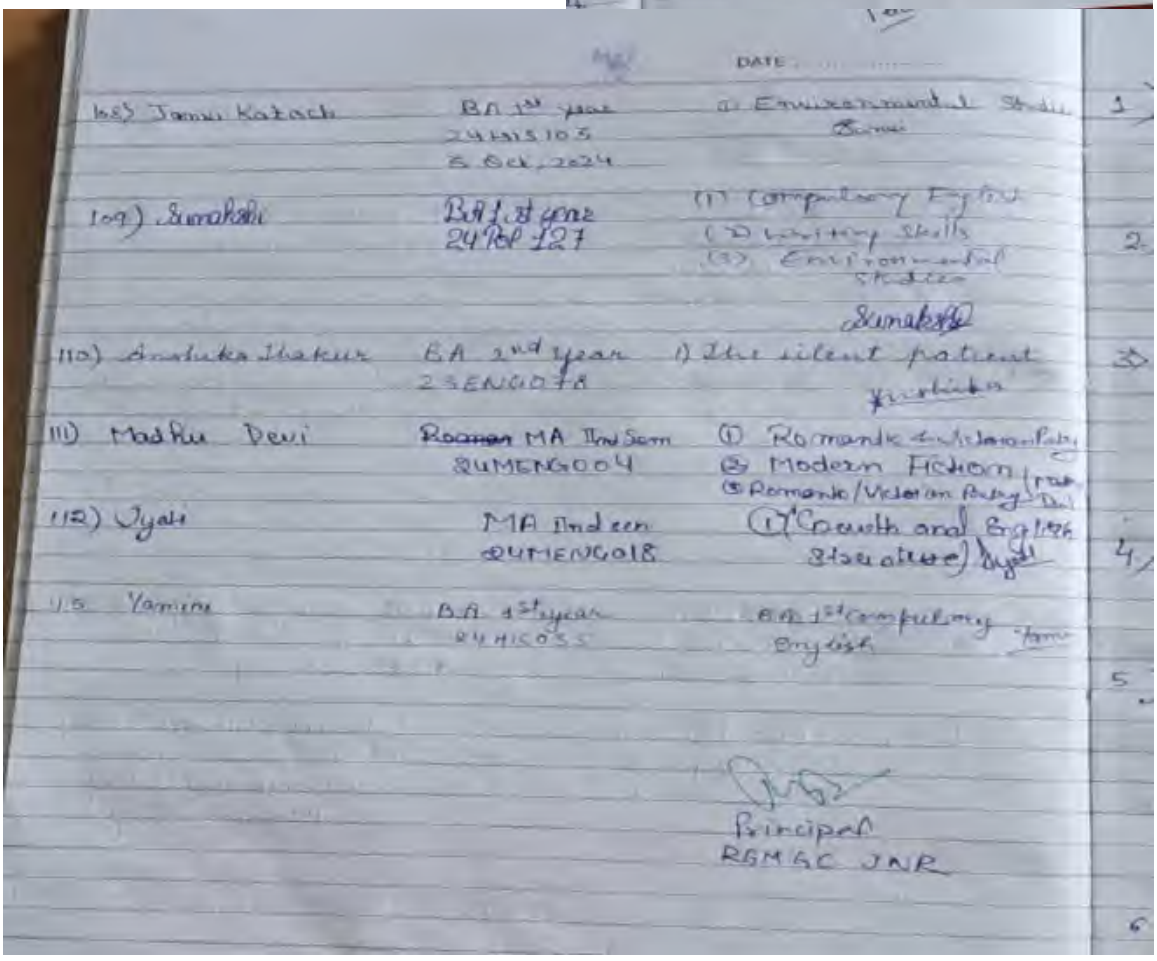
89) Sakshi — BA 2nd year — 23ENG012 — 1) British literature — 2) Literary Cross Currents

90) Shreya Thakur — 24 August 2024 — 1) Comp English — 2) Modern Indian Literature — 3) Cultural Diversity — August 7, 24

91) Anshul Thakur — 24 August 2024 — BA III 3rd year — 22ENG013 — 1) Business Communication — 2) Technical Writing — 3) Soft Skills

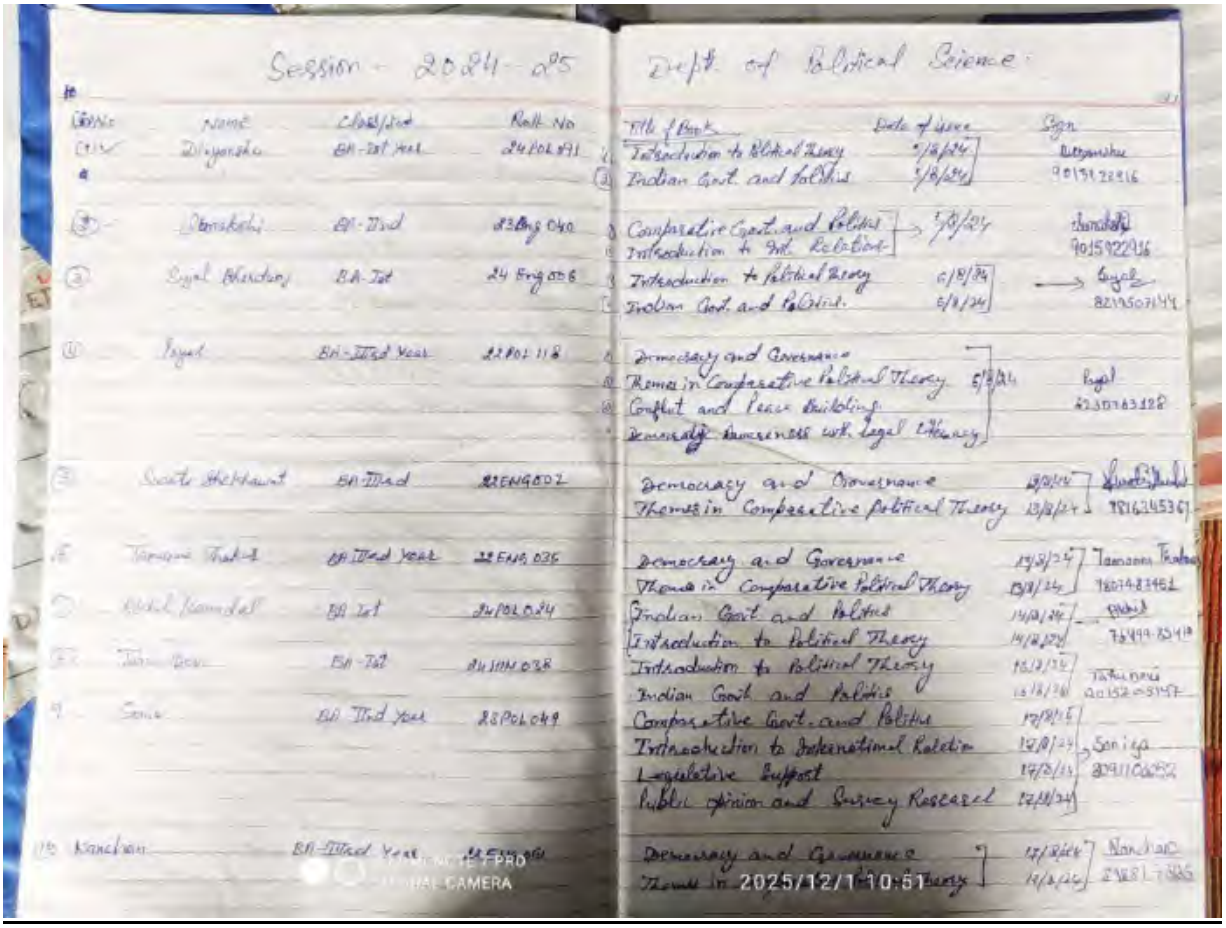
92) Ruby — 27 August 2024 — BA 3rd Year — 2) Human and Environment





108) Jamu Kalach	BA 1st year 24BS5103 8 Oct, 2024	1) Environmental Studies
109) Sumakshi	BA 1st year 24BP127	(1) Compulsory English (2) Writing Skills (3) Environmental Studies
110) Anshika Thakur	BA 2nd year 23ENG078	1) The silent patient
111) Madhu Devi	MA IInd Sem 24MENG004	(1) Romantic Literature Poetry (2) Modern Fiction (3) Romantic/Victorian Poetry
112) Jyoti	MA IInd sem 24MENG018	(1) Growth and Exercise
113) Yamini	BA 1st year 24HS055	BA 1st Compulsory English

Principal
RGMGC JNR



Session - 2024-25 | Deptt. of Political Science

S.No	Name	Class/Sem	Roll No	Title of Book	Date of issue	Sign
(1)	Divyanshu	BA-1st Year	24POL091	Introduction to Political Theory Indian Govt. and Politics	5/8/24 5/8/24	9015922916
(2)	Shankshi	BA-IInd	23Eng040	Comparative Govt. and Politics Introduction to Int. Relations	5/8/24	9015922916
(3)	Sujal Bhardwaj	BA-1st	24Eng006	Introduction to Political Theory Indian Govt. and Politics	6/8/24 6/8/24	8219507144
(4)	Sujal	BA-IIIrd Year	22POL118	Democracy and Governance Themes in Comparative Political Theory Conflict and Peace Building Democratic Awareness with Legal Literacy	5/8/24	8230783128
(5)	Swati Shekhawat	BA-IIIrd	22ENG002	Democracy and Governance Themes in Comparative Political Theory	13/8/24 13/8/24	9816245367
(6)	Tamanna Thakur	BA IIIrd Year	22ENG036	Democracy and Governance Themes in Comparative Political Theory	13/8/24 13/8/24	7807483462
(7)	Rishal Kaundal	BA-1st	24POL024	Indian Govt. and Politics Introduction to Political Theory	14/8/24 14/8/24	7849985918
(8)	Tanu Devi	BA-1st	24NEW038	Introduction to Political Theory Indian Govt. and Politics	15/8/24 15/8/24	8015283457
(9)	Soniya	BA IIIrd Year	22POL049	Comparative Govt. and Politics Introduction to International Relations Legislative Support Public opinion and Survey Research	17/8/24 17/8/24 17/8/24 17/8/24	8091106892
(10)	Nanchan	BA-IIIrd Year	22ENG060	Democracy and Governance Themes in Comparative Political Theory	17/8/24 17/8/24	8988173886

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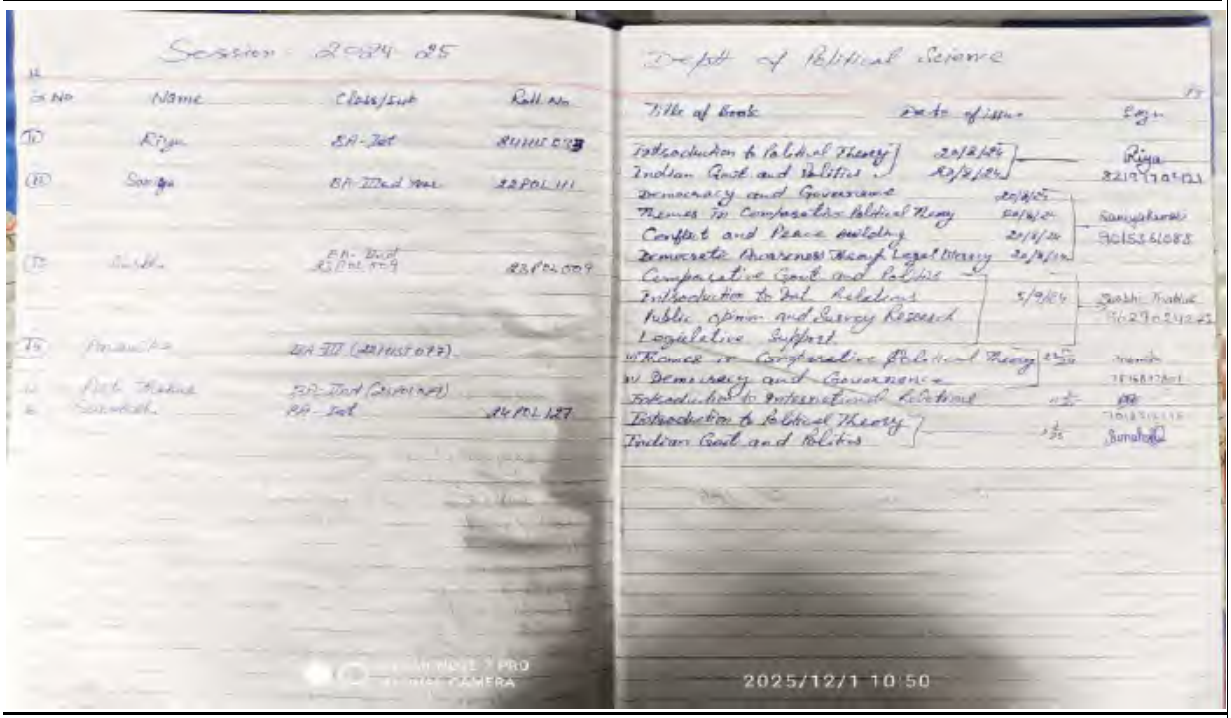

Session - 2024-25 | Deptt. of Political Science

S.No	Name	Class/Sem	Roll No	Title of Book	Date of issue	Sign
(10)	Riya	BA-1st	24NEW053	Introduction to Political Theory Indian Govt. and Politics	20/8/24 20/8/24	8219704021
(11)	Soniya	BA-IIIrd Year	22POL111	Democracy and Governance Themes in Comparative Political Theory Conflict and Peace Building Democratic Awareness through Legal Literacy	20/8/24 20/8/24 20/8/24 20/8/24	9015361088
(12)	Sushil	BA-IIIrd (22POL009)	22POL009	Comparative Govt. and Politics Introduction to Int. Relations Public opinion and Survey Research Legislative Support	5/9/24	9629024242
(13)	Prabhat	BA-III (22NEW077)		Themes in Comparative Political Theory Democracy and Governance	23/9/24	7814817201
(14)	Rishi Thakur	BA-IIIrd (22NEW049)		Introduction to International Relations	23/9/24	7018515119
(15)	Sumakshi	BA-1st	24POL127	Introduction to Political Theory Indian Govt. and Politics	23/9/24	Sumakshi

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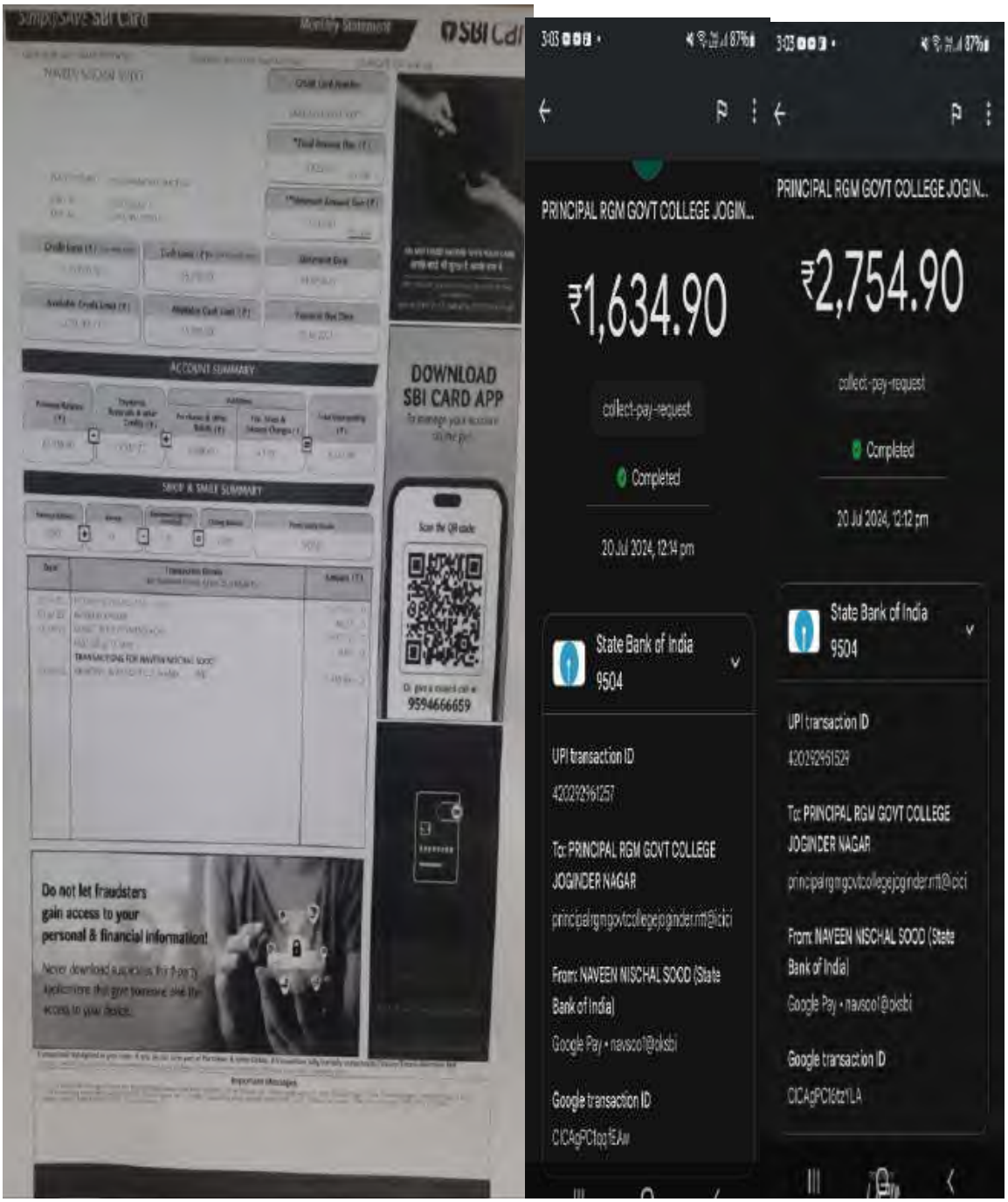
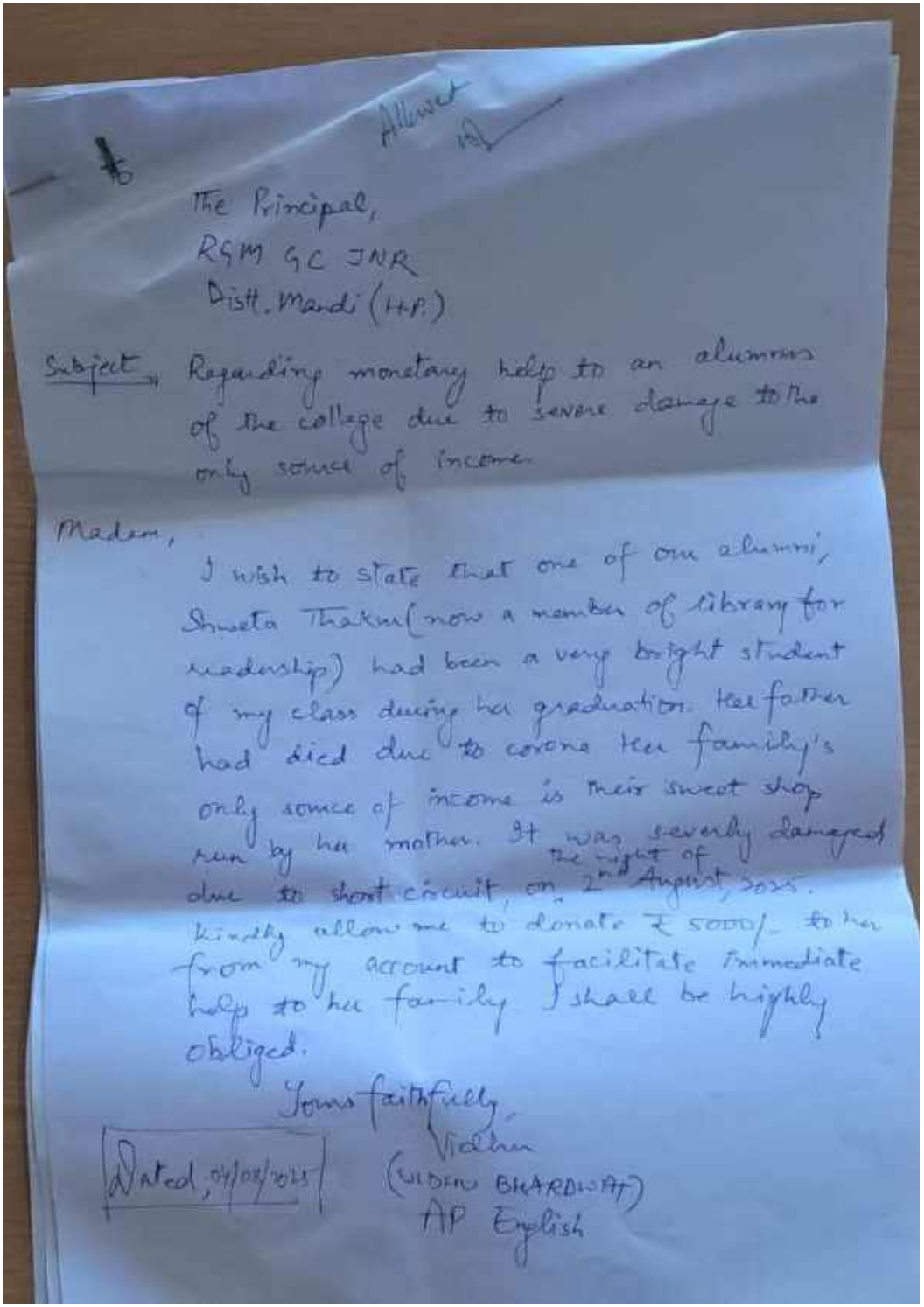
Mr. Naveen Nischal , AP Commerce has paid fees of three students in session 2024-25 namely Muskan, B.Com. 3rd Year, Anuj B.Com.1st Year and Priya B.A. 1st Year



Ms. Vidhu Bhrdwaj, AP English has financially helped a student.



Allowed

The Principal,
RSM GC JNR
Distt. Mandi (H.P.)

Subject → Regarding monetary help to an alumnus of the college due to severe damage to the only source of income.

Madam,

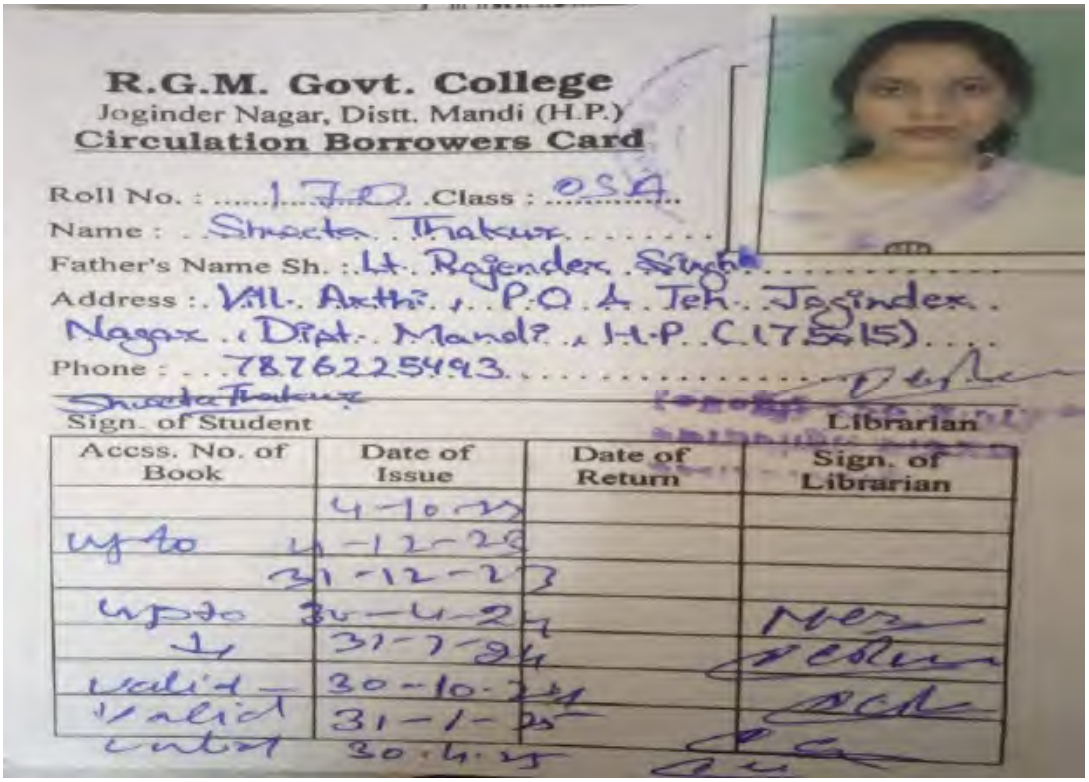
I wish to state that one of our alumni, Shweta Thakur (now a member of library for readership) had been a very bright student of my class during her graduation. Her father had died due to corona. Her family's only source of income is their sweet shop run by her mother. It was severly damaged due to short circuit, on the night of 2nd August, 2025. Kindly allow me to donate ₹ 5000/- to her from my account to facilitate immediate help to her family. I shall be highly obliged.

Yours faithfully,
Vidhu
(VIDHU BHARDWAJ)
AP English

Dated: 04/08/2025

6. ProblemsEncounteredandResourcesRequired

No such difficulty was encountered in implementing the practice however the limited resources with respect to student strength is a drawback.



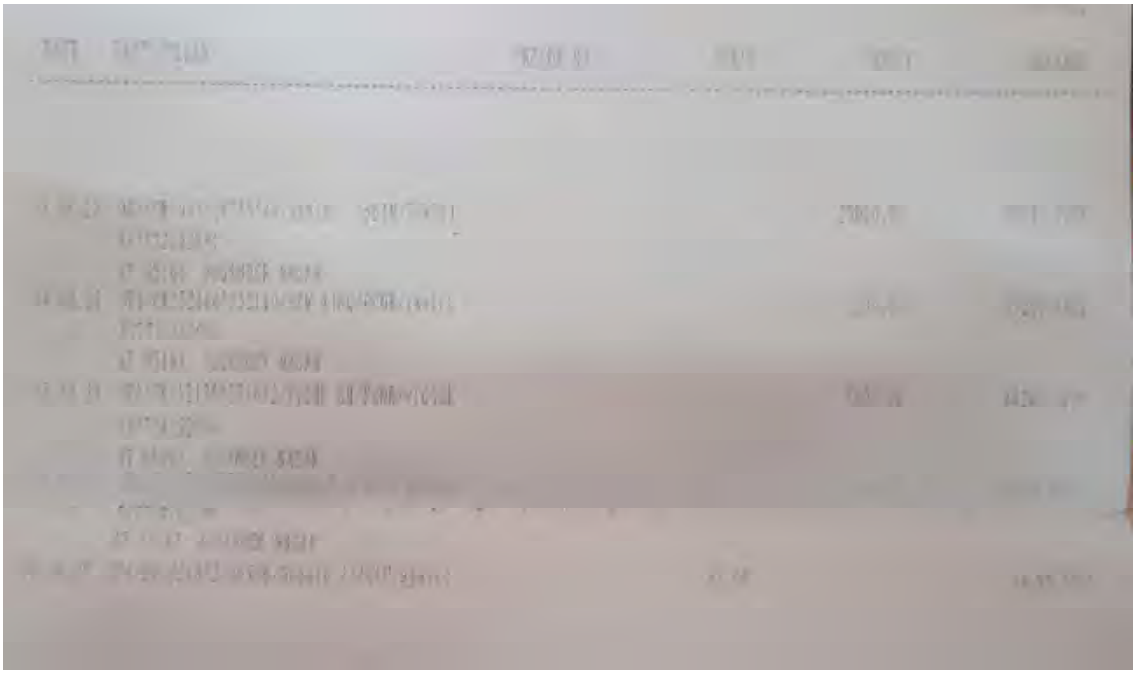
R.G.M. Govt. College
Joginder Nagar, Distt. Mandi (H.P.)
Circulation Borrowers Card

Roll No. : 170 Class : OSA
Name : Sheeta Thakur
Father's Name Sh. : Lt. Rajender Singh
Address : Vill. Arthi, P.O. & Teh. Jogindar Nagar, Distt. Mandi, H.P. (175015)
Phone : 7876225493

Sheeta Thakur
Sign. of Student

Librarian

Accss. No. of Book	Date of Issue	Date of Return	Sign. of Librarian
	4-10-23		
upto	4-12-23		
	31-12-23		
upto	30-4-24		
1	31-7-24		
valid	30-10-24		
valid	31-1-25		
valid	30-4-25		



BEST PRACTICE II

1. **TitleofthePractice: EMOTIONAL WELL BEING OF STUDENTS**

2. **Objectives ofthePractice:**

a) To optimize the emotional quotient of students.
b) To inculcate the qualities of leadership and teamwork.
c) To provide therapeutic sessions to streamline students' emotional needs.

3. **TheContext**

The college has always strived hard for holistic development of students and has produced academicians, sports persons and entrepreneurs. But, in the changing scenario of globalization, even after achieving the set life goals the people are falling into depression. With this context in mind, these motivational and therapeutic sessions were conducted to make our students emotionally resilient individuals.

4. **ThePractice**

Our college has collaborated with **PrajapatiKumarisIshwariyaVishwaVidyalaya**on 17th May, 2024. Two Rajyoga Wellness Programme were conducted in college w.e.f. 02.09.2024 to 07.09.2024 and 24.09.2024 to 04.10.2024 to foster mental wellbeing and positivity among students. Mr. OP Kapoor, Associate Professor of Economics also delivered lecture on self-realization to various students groups on 25.09.2024, 27.09.2024 and 30.11.2024.

5. **EvidenceofSuccess**

a) Through these sessions by BK Seema and Pallvi, the students found a profound change in their personality and expressed a desire to attend various sessions further.

RAJIV GANDHI MEMORIAL GOVERNMENT COLLEGE
JOGINDER NAGAR
Tehsil-Joginder Nagar, District-Mandi, HP, 175015
Tel. No. 01908-222426, eMail: gcjoginderngar-hp@nic.in

No. EDN-GC-JNR(20)-04/2022-Misc- 651
Dated: Joginder Nagar, the **29th August 2024**

NOTICE

It is informed that there will be one week Rajayoga Bases Wellness Programme in the college campus under the aegis of Prajapita Brahmakumari Ishwariya Vishwavidyalaya , w.e.f. 2nd September 2024 to 7th September 2024.

The interesting students may contact Dr. Deepak Mohan, Associate Professor-Zoology to attend the said programme. The programme will be in both Morning and Evening session, i.e. 8:30AM to 9:300AM and 3:00PM to 4:00PM respectively.

The contents of the programme will be as under: -

Unit 1.Stress, Health& Resilience
1.1 Introduction – stress & health definition
1.2 Stress and life- understanding the context
1.3 Stress and bodily response
1.4 Lifestyle disorders- a critical view
1.5 Stress management & resilience principles

Unit 1. Practical
1.1P_Body and breath awareness practices
1.2P_Deep Relaxation technique
1.3P_Assignment: Health benefits of 'early bed and early rise practice'

Unit 2. Harmony in relations
2.1 Life- a hub of relations
2.2 Connectedness- individual & global perspective
2.3 Living values and relations- Gratitude and Forgiveness
2.4 Family cycle and relevant value systems

Unit 2. Practical
2.1P_Good wishes bank
2.2P_Gratitude and forgiveness exercise
2.3P_Assignment: Looking the beauty within

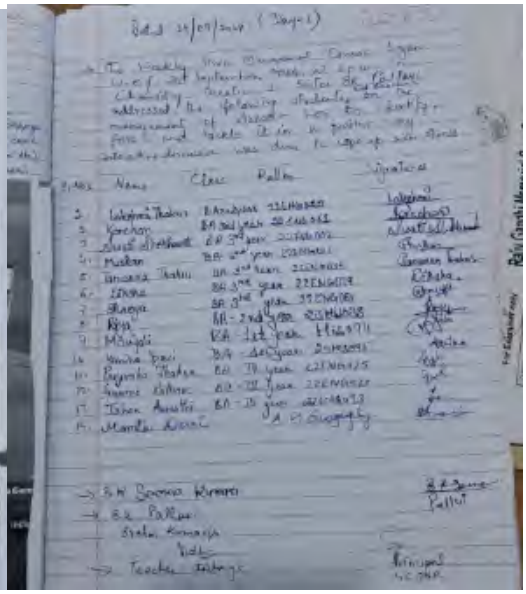
Unit 3. Habits & addiction: Focusing on solutions
3.1 Understanding reward & motivation
3.2 Happiness and habits-connecting the dots
3.3 Habit forming behaviors and substances
3.4 Principles of addiction prevention & rehabilitation

Unit 3. Practical
3.1P_Thrill & Novelty seeking
3.2P_Digital discipline & Thought budget
3.3P_Assignment: saying 'NO'

Unit 4. Rajayoga and wellness
4.1 Understanding Yoga- the holistic view
4.2 Basic tenets of Rajayoga
4.3 Self and inner potential
4.4 Yoga and Higher consciousness
4.5 Time, Destiny & wellness

Unit 4. Practical
4.1P_Inner powers implementation
4.2P_Experiencing the joy of inner journey
4.3P_Assignment: Letter to the Universal consciousness

(Suneeta Singh)
Principal



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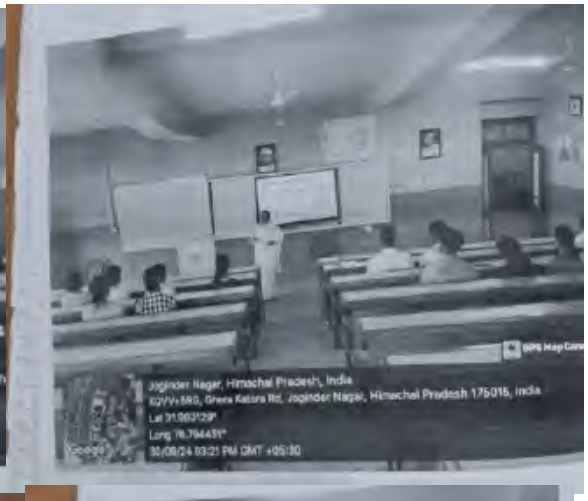
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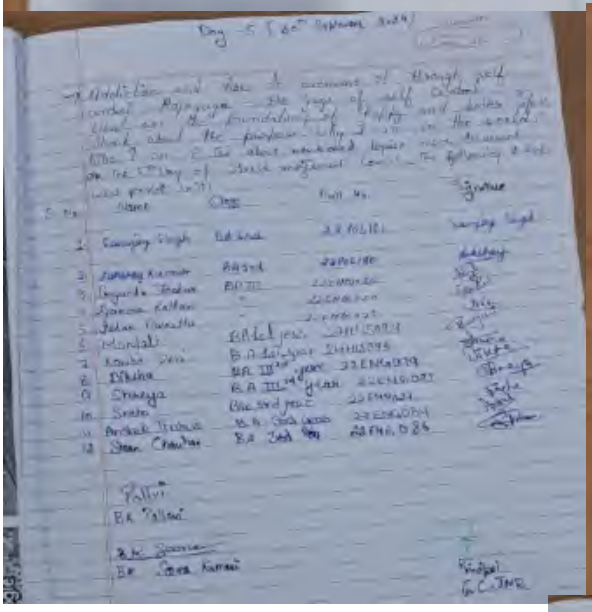

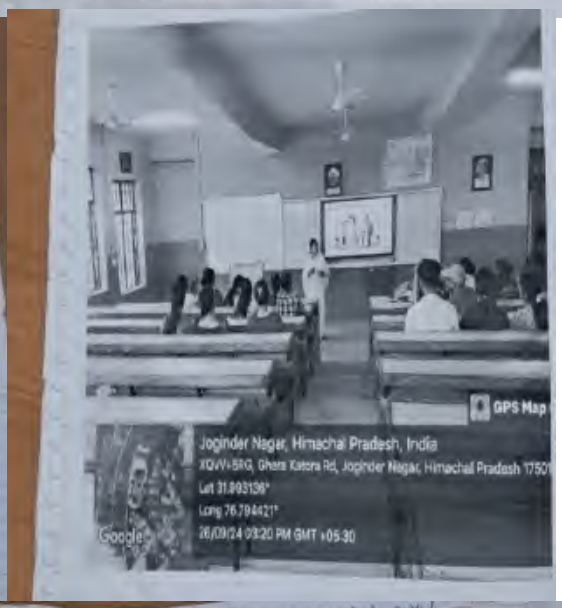
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GPS Map Camera
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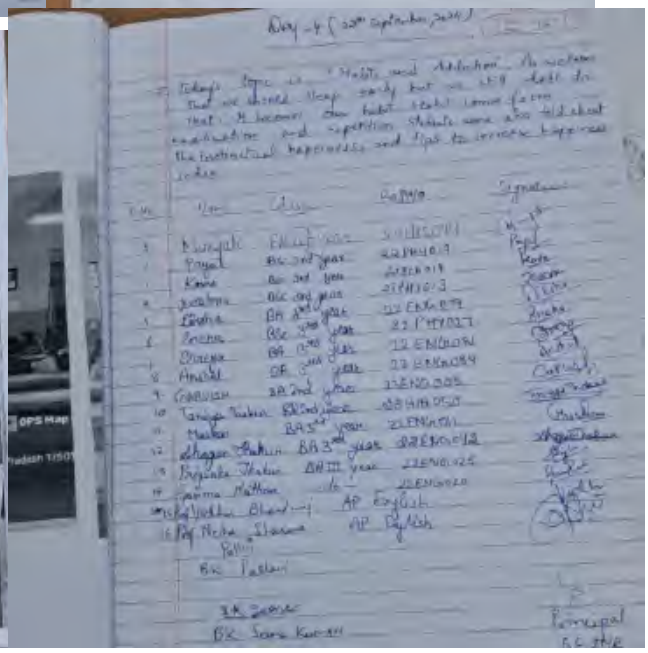
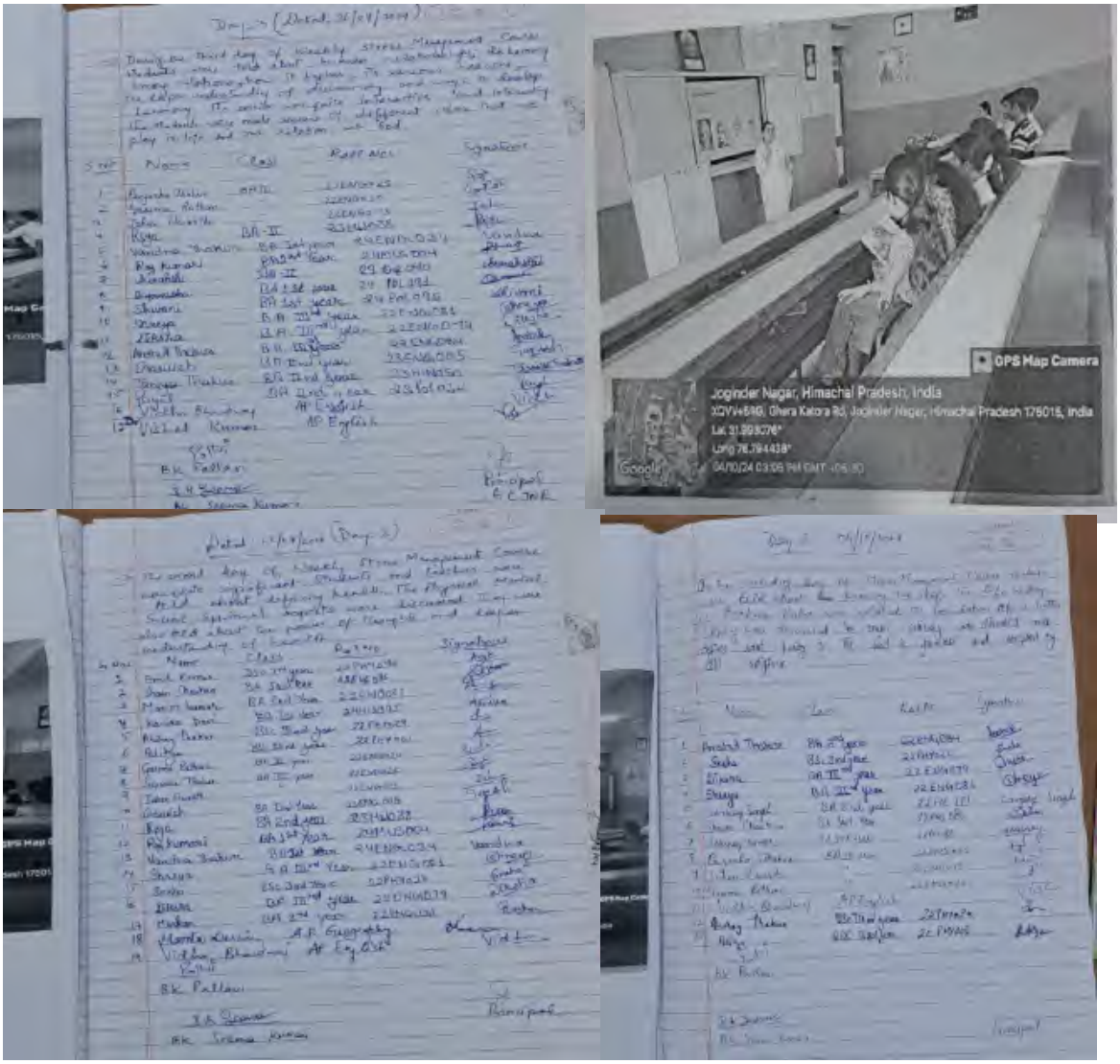
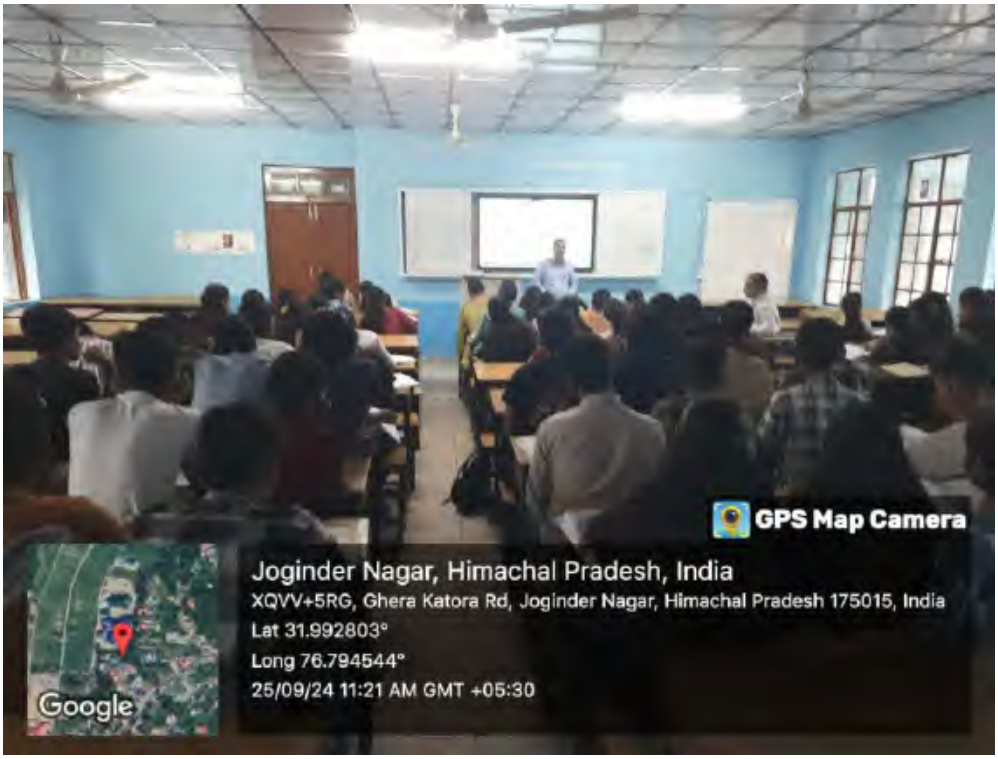




b) The sessions inducted by Mr. OP Kapoor among the large student groups led to a self worth realization immensly benefitting the students.
https://www.gcjogindernagar.in/page/g_dcsa24.html



6. **ProblemsEncounteredandResourcesRequired**

The only obstacle was to motivate the young minds to participate in these sessions, as our college is located in a rural area with little awareness of mental health issues and it is assumed that academic excellence is the primary domain of an educational institution. The resources required for these sessions were provided by **PrajapatiKumarisIshwariyaVishwaVidyalayaJogindernagar.**

Academic Session 2024-25

5.1. BestPractices in r/o **Rajiv Gandhi Memorial Govt. College Joginder Nagar,**

Mandi, Himachal Pradesh

BEST PRACTICE III

1. **TitleofthePractice: HOLISTIC DEVELOPMENT OF STUDENTS**

2. **Objectives ofthePractice:**

a) To divert students from their mobile phones to pursue their hobbies during leisure time to enrich their college experience.

b) To offer engaging activities for building connection among students with shared interests.

3. TheContext

The college has a variety of students from diverse backgrounds in different streams including Science,Commerce, and Humanities. These students with common interests or hobbies like yoga , sports, cultural, photography, art, and drama require a platform. With this context, various clubs were formed to foster community building among students and reducing the academic pressure.

4. ThePractice

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No. EDN-RGMGC-JNR(14)-04/2022-Misc-4153
Dated: Joginder Nagar, the 29th November 2023

INVITATION FOR COLLEGE STUDENTS TO JOIN VARIOUS CLUBS

The colleges is imparting quality education to the students for their overall development and sustain their future by offering unique opportunities for personal and professional growth by involving CSCA (College Student's Central Association). It is, therefore, all students are directed to join the following clubs (vibrant community) of the college to enhance their inherent talent and personality as under: -

1. Drug de-addiction Club
2. Cultural Club
3. Arts and craft Club
4. Indoor sports Club
5. Outdoor sports Club
6. Drama Club
7. Book/Debate Club
8. Foreign language Club
9. Photography Club
10. Yoga and Fitness Club

The interested students who want to join any of the above club(s) can give their name(s) to the following teacher as well as CSCA members before 5th December 2023.

1. Dr. Deepak Mohan, Associate Professor	Convener
2. Ms. Aarti Sharma, Assistant Professor	Member
3. Mr. Abhishek Bhatia, President-CSCA (8219553465)	Member
4. Ms. Drishti, Vice President-CSCA (7876592867)	Member

(Suneeta Singh)
Principal

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No. EDN-RGMGC-JNR(14)-04/2022-Misc- 4176
Dated: Joginder Nagar, the **29th November 2023**

ORDER

In continuation to the earlier notice dated 29.11.2023, vide which various clubs were framed for overall development and sustain the future of the students by offering them unique opportunities for personal and professional growth.

Keeping in view of the above, the following Club Incharges are hereby appointed as shown against each club for the smooth functioning and to enhance the inherent talent and personality of the students: -

Clubs	Incharges
1. Drug de-addiction Club	Dr. Dharmvir Singh
2. Cultural Club	Dr. Naveen Kumar, Ms. Mohini Devi
3. Arts and craft Club	Dr. Aarti Sharma
4. Indoor/Outdoor Sports Club	Mr. Jyoti Prakash
5. Drama Club	Ms. Kaumudi Sharma
6. Book/Debate Club	Ms. Vidhu Bhardwaj, Dr. Vishal Kumar
7. Foreign Language Club	Ms. Mamta Devi
8. Photography Club	Mr. Naveen Nischal Sood
9. Yoga and Fitness Club	Mr. Om Prakash Kapoor

(Suneeta Singh)
Principal

Endorsement No. Even, Dated: Joginder Nagar, the **5th December 2023**
Copy for information and compliance to:

1. All individual(s) concerned

Principal
RGMGC-Joginder Nagar

5. Evidence of Success

The clubs are functioning effectively in the college with immense participation of students.