



# SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI, BHILAI

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)

**NAAC RE-ACCREDITED WITH 'A' GRADE**

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav University, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

NAAC Accredited With A Grade

**Soft Skills** Training for College Students offered by Shri Shankaracharya Mahavidyalaya Junwani Bhilai: Interpersonal Communication, Presentation Skills, Email and Virtual Communication, Assertiveness, working in Teams, Negotiation Skills, Leadership Management, Art of Effective Pitching, creative thinking, self-awareness building skills. L-S-R-W is the four skills of language learning, a set of four capabilities that allow an individual to comprehend and produce spoken language for proper and effective interpersonal communication. These skills are Listening, Speaking, Reading, and Writing.

**Communication skills** are significant for the success of any profession; importance of language and right pronunciation is becoming significant worldwide. Being able to communicate well is the most important factor when seeking a placement in a company or institution. Students learn more easily through a language lab, using more class time instead to achieve three main objectives: To enable students to learn better pronunciation through stress on word accent, voice modulation etc. Introduction to the sounds of English letters through Phonetics Students will be familiar with the sounds of letters and word accent Self-learning, complimentary and monitoring and Evaluation. Active listening means paying close attention to the person who is speaking to you, Adapting your communication style to your audience, Friendliness, Confidence, Empathy and Respect.

**Life skills** (*Yoga, physical fitness, health and hygiene*) are defined as “a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with and manage their lives in a healthy. Yoga involves practicing of exercises that cultivates focus. If one develops focus or the ability to give a hundred percent to a task, life would become more efficient. Yoga significantly reduces stress and anxiety. A good physical health is not just due to absence of diseases but also is result of a balanced diet and regular exercise. Hygiene activities can be grouped into the following: home and everyday hygiene, personal hygiene, medical hygiene, sleep hygiene and food hygiene.

**ICT** stands for 'Information Communication Technology'. Everyday usage of digital technology includes when you use a computer, tablet or mobile phone, send email, browse the internet, make a video call - these are all examples of using basic ICT skills and technology to communicate. College graduates with ICT skills are in demand by employers in many sectors. It is widely acknowledged that there are skill shortages in the ICT area by employers, industry experts and Government officials alike.

## Soft Skill Development Program



## **SSMV approach**

Study revealed that there is a wide gap between the expectations of the employers and students. SSMV has adapted an approach that fill the gap to achieve some degree of two dimensional approach.

One, preparation of fresh graduates with employability skills which just don't comprise areas such as successfully cracking interviews in panels or writing resumes but several other programs such as Video shooting of GD Presentation with full Audio and Video systems on stage, classes in Audio Video rooms and online examinations, provide a realistic experience to our students.

## **What Are Soft Skills?**

Soft skills relate to how you work. It includes interpersonal (people) skills, communication skills, listening skills, time management, and empathy, among others.

Hiring managers typically look for job candidates with soft skills because they make someone more successful in the workplace. Someone can be excellent with technical, job-specific skills, but if they can't manage their time or work within a team, they may not be successful in the workplace.

## **Modules Offered**

- Basics of communication & Effective communication
- Resume writing & Interview Skills
- Group Discussion & Team Building
- Personal Effectiveness
- LSRW Skills

## **Outcome**

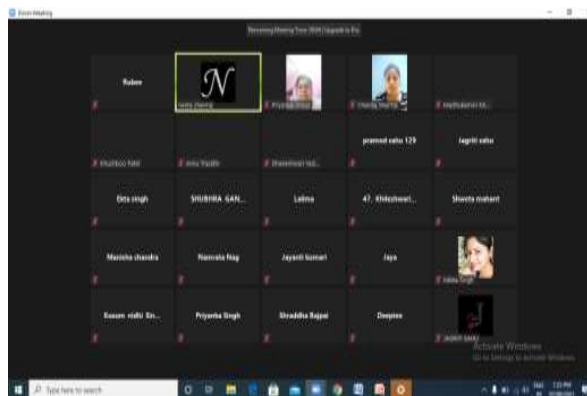
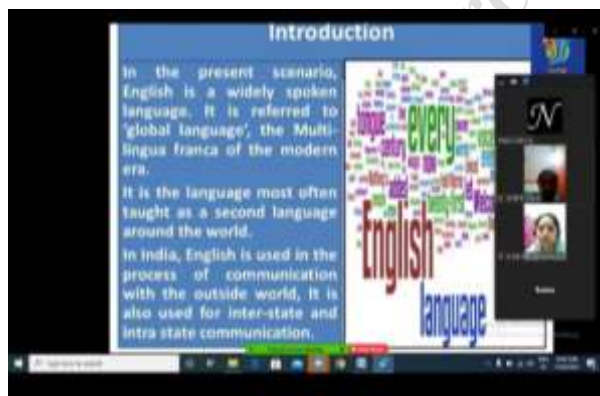
- A fresher walking with the required employability skills
- A fresher able to understand the magnitude of behavior in an organization
- A fresher equipped to develop soft skills
- An efficient employee for the organization and he/she is a fresher

### Dated 01.12.2020 to 03.12.2020

The English Department of SSMV organized a 15 day online certificate program on “**Soft Skill Development Program**” from 1<sup>st</sup> December to 15<sup>th</sup> December 2020 .The convener on the occasion was Prof. Dr. Neeta Sharma, Asst. Prof., Shankaracharya Mahavidyalaya, Bhilai. In this program she detailed on, how to boost-up your confidence level in this pandemic what is soft skill. She also threw light on the importance Soft skills relate to how you work on it. Soft skills include interpersonal (people) skills, communication skills, listening skills, time management, and empathy, among others.

This program was organized under the guidance of Principal Dr. Raksha Singh and Addl. Director Dr. J Durga Prasad Rao , under the direction of HoD of English Department, Mr. Rahul Mene.

The English Department of SSMV organized a Online certificate training program on the topic ‘Soft Skill Development’. The Convener was Prof. Dr. Neeta Sharma, (Asst. Prof., Shri Shankracharya Mahavidyalaya, Bhilai). In his Program he detailed on what is soft Skill and how to communicate with positively and with confidence to other people, She said on key note to students for communication- No matter what job you have in life, your success will be determined 5% by your academic, credentials.15% by your professional experiences and 80% by your communication skill. This lecture was organized under the guidance of Principal Dr. Raksha Singh and Add. Director Dr. J Durga Prasad Rao and under the direction of HoD of English Department, Mr. Rahul Mene.



### Dated 04.12.2020– 05.12.2020

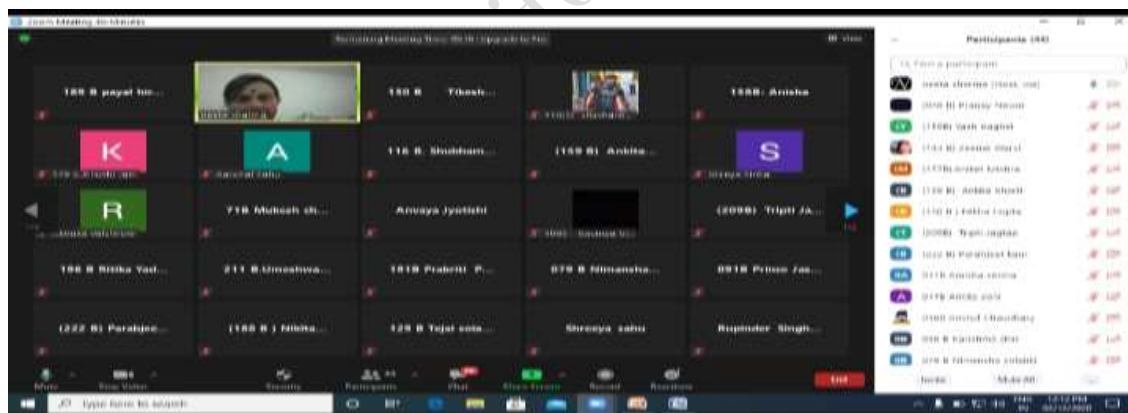
“Whatever you think that you will be; if you think yourself weak you will be; if you think yourself strong you will be.” are the words of Swami Vivekananda. On the program Dr. Neeta Sharma is a convener of soft skill development program she talk about Soft skills include: Adaptability, Communication , Creative thinking, Dependability, Work ethic ,Teamwork, Positivity ,Time management and how to develop these skills.



**Dated 06.12.2020–07.12.2020**

English department online certificate training program convener doctor Neeta Sharma gave detail effect on soft skill in our life and our carrier See also describe an importance on following personality improvement like-

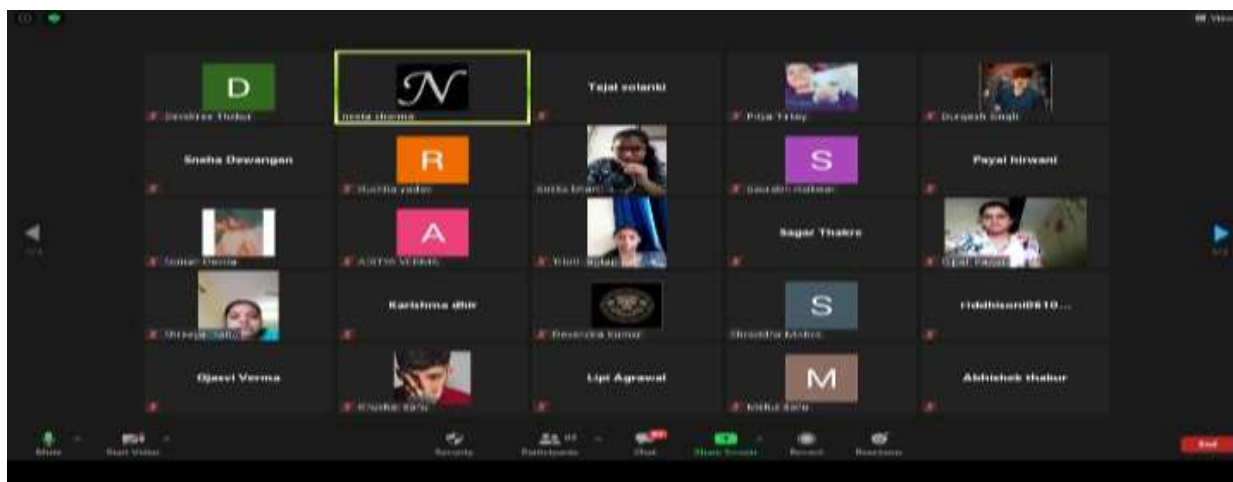
Effective communication, resume writing and interview skills, group discussion and team building, personal effectiveness, numerical ability and test of reasoning.



**Dated 08.12.2020–09.12.2020**

Soft skill development program English Department HoD Dr. Rahul Mene interacts with students he said -English language plays an essential role in our lives as it helps in communication. It is the main language for studying any subject all over the world. English is important for students as it broadens their minds, develops emotional skills, improve the quality of life by providing job opportunities. And students ask some question about her nervousness about to English speaking and their improvement.

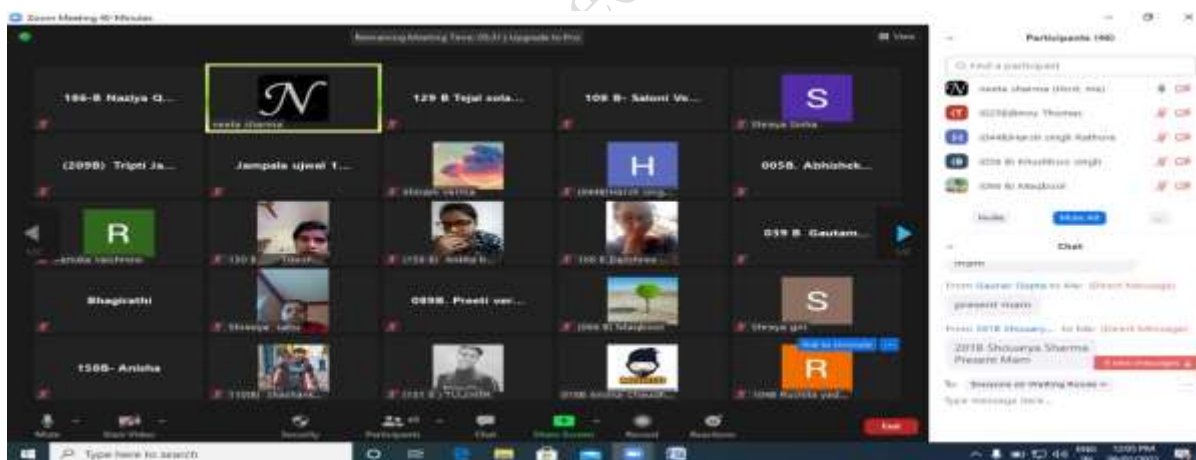




**Dated 10.12.2020–11.12.2020**

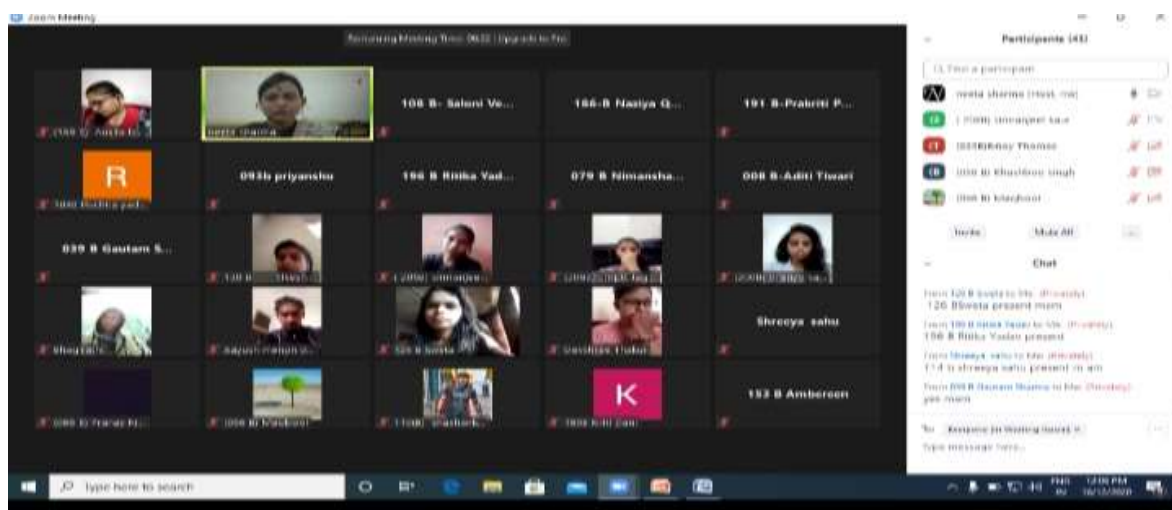
Program convener Dr. Neeta Sharma communicates with students with online Zoom Meeting and talk about how to represent yourself on workplace she said-When it became to succeeding in the workplace a college degree isn't necessary enough. Nor years of experiences on the job.

That's because the most in demand skills that employers crave are the exclusive "soft skill" the intangible but important qualities that enable you to work and interact with the people around you effectively.



**Dated 12.12.2020–13.12.2020**

Program convener Dr. Neeta Sharma communicates with students with online Zoom Meeting she explain the meaning of LSRW how we develop are dictionary skills, word power, pronunciation, grammar. L-S-R-W is the four skills of language learning, a set of four capabilities that allow an individual to comprehend and produce spoken language for proper and effective interpersonal communication. These skills are **Listening, Speaking, Reading, and Writing**.



**Dated 14.12.2020–15.12.2020**

Program convener Dr. Neeta Sharma communicates with students with online Zoom Meeting she explain about the ability how to build leadership quality. They are good communicators, trustworthy, and they nurture relationships with their employees. Leaders also must be keenly aware of what their team needs to do their best work. And importantly, they understand the strengths and weaknesses of each member and give them each a role that they can excel in. These kinds of leadership qualities can help build motivated and efficient work teams to increase productivity and workplace happiness.

Team leaders have a lot of pressure on them. They have to retain a position of authority and respect. They have to inspire a common purpose for the members of their team to agree on and work towards. And they need to be actively involved in developing the skills of individuals on their team so that they can benefit the group. Many people in positions of leadership don't know the best ways to encourage and develop team building among their employees. Team building activities are a great way to get started with this.

A vote of thanks given by HoD of English Department Dr. Rahul Mene sir he Congratulate all the student for the completion of 15 days "Skill Development program" and gave best wishes for their bright future.





### **Student's Verdict (Feedback)**

Through these 15 days soft skill development program organized by Shri Shankaracharya Mahavidyalaya in this pandemic (lockdown) we achieve various basic purpose of the communication skill to gain positivity, confidence and how to develop these excellent concept help to create our bright future. So we are thankful to whole Shankaracharya Mahavidyalaya Faculty HoD of English Department and Convener who support us to build our confidence in this pandemic.

NAAC Accredited With A Grade



# SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI, BHILAI

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)

**NAAC RE-ACCREDITED WITH 'A' GRADE**

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav University, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

## Language and Communication skills

Master  
Listening  
Effective Body  
Language Well  
Non-verbal Business Cross Good  
Communication  
Skills  
Message Active  
Empathic  
Cultural  
Listen

Shri Shankaracharya Mahavidyalaya, Junwani, Bhilai can flaunt a Language Laboratory which is overseen and worked by the Department of Education. The Laboratory has eight consoles for the students alongside an ace reassurance for the teacher.

Language laboratory is a various media establishment utilized in current instructing techniques to get familiar with the unknown dialects. It is an innovative achievement for bestowing aptitudes in English. The lab offers a selective outcome situated and effective approach to improve the English language learning process.

### Major Benefits of our Language Lab:

- **Auditory Oriented:** The immediate sound transmission encourages the understudies to adhere to the educator's guidelines without any difficulty.
- **Comprehensive:** The Lab expands the pace of understanding as understudies' training is absolutely founded on the dimension of study.
- **Effective learning:** The lab gives to become familiar with the unknown dialect practice in an engaged setting that disposes of the sentiments of reluctance.
- **Focussed Guidance:** It is anything but difficult to control the gatherings by checking every understudy freely without irritating the others understudies.
- **Self evaluation:** The understudies can complete a periodical self assessment to quantify their advancement just as assess their language aptitude with that of the master.
- **Independent learning:** Access to assets past the timetable supports autonomous learning.
- **Overcome the fear :** The computerized learning condition expels one's dread and makes an upbeat learning circumstance.
- **Medium of interactivity:** The understudies can record their very own voice and play back the accounts, interface with one another and the instructor, and store the outcomes.

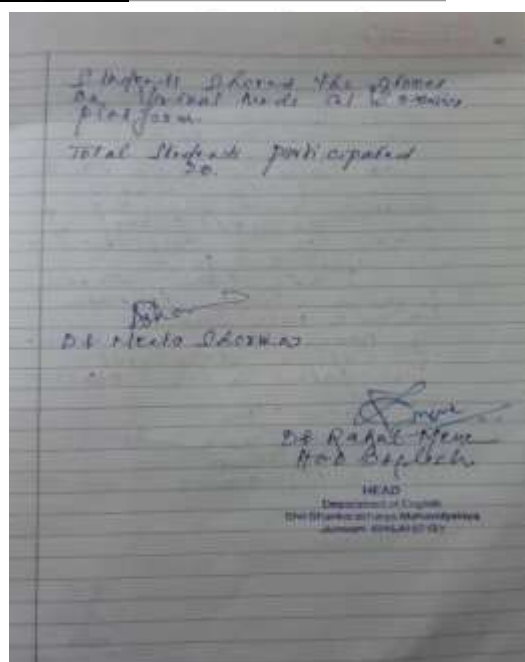
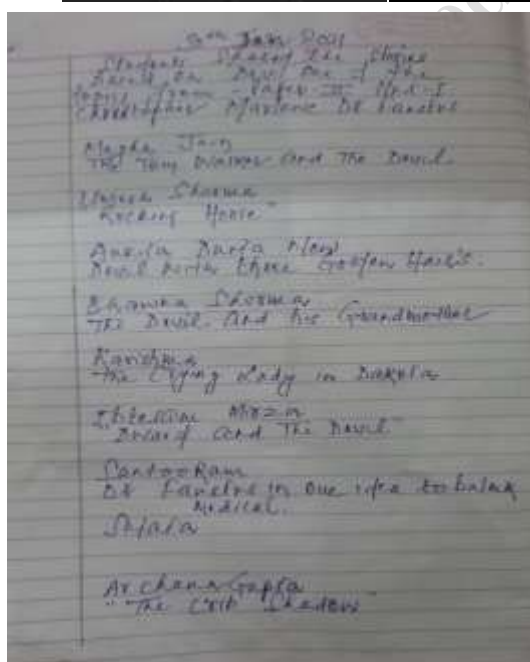
## Name of the Activity: LANGUAGE AND COMMUNICATION SKILL PROGRAM



**Event Date: - 30/01/2021**

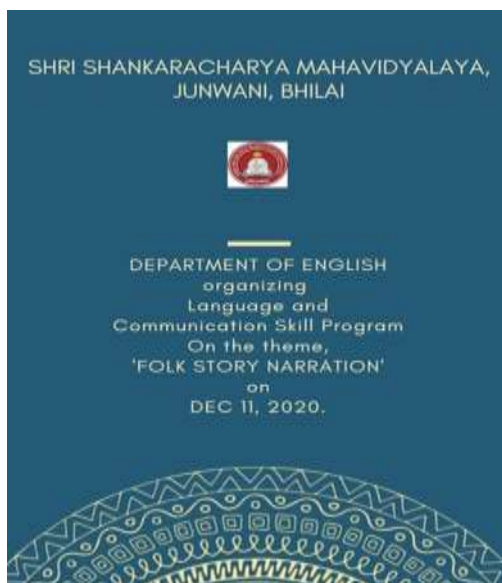
**No. of Participant: - 20**

English department of SSMV organized story telling session based on Language and Communication Skill for P.G. students. The students were delivered the stories of Devil. Ms. Ankita Dutta of M.A. English Ist semester shared the story of 'Devil with three Golden Hairs.' Ms. Bhawana Sharma of M.A. English Ist semester shared the story of 'Devil and his Grandmother.'



**Press Release: - (Newspaper / Facebook):-**

<https://www.facebook.com/ShankaraCollegeBhilai/>.



**Event Date: - 11/12/2020**

**No. of Participant: - 21**

English department of SSMV organized Language and Communication Skill program for P.G. students of the college. In the program the students were delivered the Folk stories. Ms.Neha Kumari of M.A. English IVth Semester narrated the story, 'Snow White'. Mr.Devnand Bharti of M.A. English Ivth Semester narrated the story, 'Sleeping Beauty'.



**Press Release: - (Newspaper / Facebook):-**

<https://www.facebook.com/ShankaraCollegeBhilai/>.

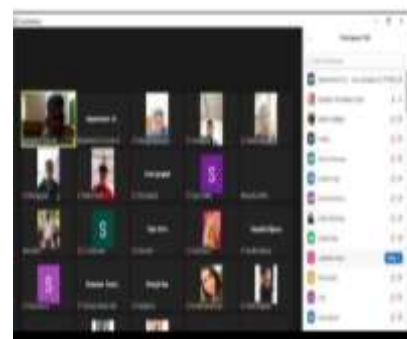
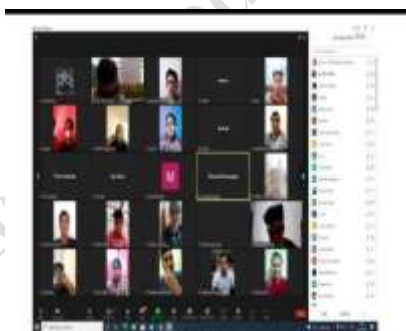
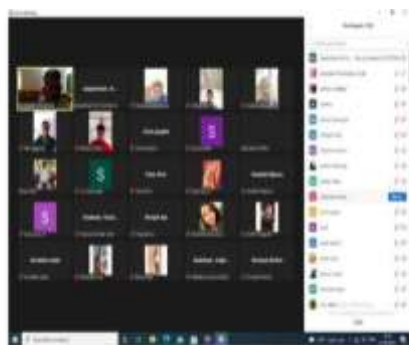




**Event Date: - 09-12-2021**

**No. of Participant: - 138**

English department has organized one day online workshop on “How to create a perfect C.V.” In this workshop, students were taught how to prepare curriculum Vitae that will help them to jumpstart their career. Importance of making C.V. was also told to the students. This session was taken by Dr. Neeta Sharma, language lab in-charge. In this session, Dr. Rahul Mene, H.O.D. English Department, Ms. Shreya Paul, Mrs. Sharmistha Pawar of English department was also present.



**Press Release :- (Newspaper / Facebook)**

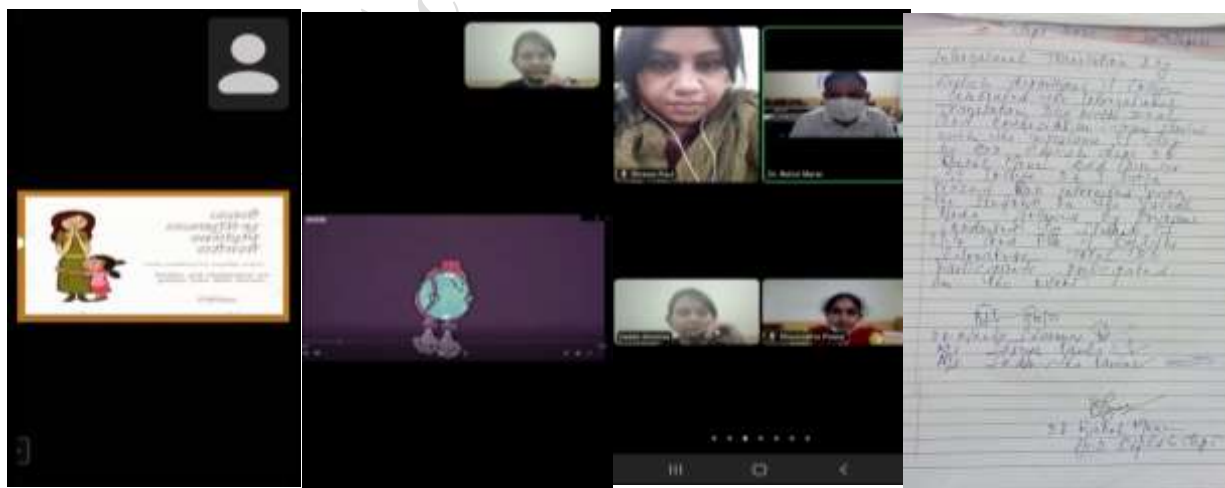
[https://m.facebook.com/story.php?story\\_fbid=2655362441276734&id=100004090118833](https://m.facebook.com/story.php?story_fbid=2655362441276734&id=100004090118833).



**Event Date: - 30-10-2021**

**No. of Participant: - 25**

English department of SSMV organised a Virtual program on International Translation Day. The significance of the program was a great platform to highlight the importance of translators and importance of translation work which is increasing rapidly. English literature students of both U.G. and P.G. were actively participated. They celebrated this day by translating their thoughts and feelings from their mother tongue into English.



**Press Release :- (Newspaper / Facebook)**

[http://sundaycampus.com/2021/09/शंकराचार्य-महाविद्यालय-91/?utm\\_source=WhatsApp&utm\\_medium=IM&utm\\_campaign=share](http://sundaycampus.com/2021/09/शंकराचार्य-महाविद्यालय-91/?utm_source=WhatsApp&utm_medium=IM&utm_campaign=share).



# SHRI SHANKARACHARAYA MAHAVIDYALAYA JUNWANI, BHILAI

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)

**NAAC RE-ACCREDITED WITH 'A' GRADE**

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav University, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

## Yoga and Meditation



## Overview

Meditation is, of course, the practice of quieting the mind and focusing on the present moment. Though yoga and meditation are different, yoga is often described as “moving meditation” — calming the mind and creating awareness through simple body movements. Yoga being enabler to cognitive skills and physical wellbeing the priority to be given in the education should necessarily get its due. All over the world the educational systems have floated the Yoga as practice of mindfulness and wellbeing.

## SSMV approach

SHRI SHANKARACHARAYA MAHAVIDYALAYA have geared up to add the concepts of Yoga as practices of wellness and quality life. New Education policy recognizes Yoga as one of the curricular activities within the college atmosphere with recommendation for organizing yoga training in regular basis.

## What Are Yoga and Meditation?

Yoga path improves everyday fitness routines, better postures, strengthens the immunity and energy levels are significantly improved. It is fast becoming a method of choice for effective weight loss and daily stress reduction. Traditional Yoga has eight limbs the first four limbs are Yama, Niyama, Asanas, Pranayama. Pratyahara (5th Limb) is considered the bridge between External Yoga and Antaranga Yoga /internal Yoga. Antaranga Yoga consist of- Dharana, Dhyana, and Samadhi.

Meditation practice consists of no exercises or bodily movements. An individual sits at a definite place and tries to focus the energies within the body on a particular object, sound, breath etc. Essentially, meditation is a part of yoga, which is mostly performed after Yoga asana practice.

## Modules Offered

- Yogic principles help to strengthen and develop positive health enabling us to withstand stress better.

## Outcome

- Yoga has also been seen to improve indices of risk in adults with type 2 diabetes, including glucose tolerance and insulin sensitivity, lipid profiles, anthropometric characteristics and blood pressure.
- Students will demonstrate decision-making, goal-setting, problem solving, and communication skills by meditation.
- Yoga helps you in all-around fitness
- Yoga benefits in weight loss
- Yoga is one of the best solutions for stress relief
- Yoga helps for inner peace
- Yoga Improves Immunity
- Practice of Yoga Offers Greater Awareness
- Yoga improves relationships
- Yoga Increases Energy
- Yoga Gives you Better Flexibility and Posture
- Yoga helps in improving intuition

**Dated: 06/06/2020-21/06/2020**

Like every year, yoga and meditation practice and training program was organized, but this year due to the crisis of global pandemic Covid-19, the nature of celebrating Yoga Day has completely changed, this time Shri Shankaracharya Mahavidyalaya, Patanjali Yuva Bharat Chhattisgarh and Chhattisgarh Yoga Association has taken a big initiative, in the same vein, the Principal of Shri Shankaracharya College Junwani Bhilai, A contract was signed with Dr. Raksha Singh. In which training of the protocol of 21 June International Yoga Day was given for 15 consecutive days through online video conferencing, Google Meet from 6th June so that social distance could be followed, in which many trainees attended the last day of the camp (21st June) In the number of thousands. People joined by doing yoga from their homes. Thus, June 21 has become the first organization in Chhattisgarh to conduct protocol training of International Yoga Day completely through online digital video conferencing.

Notice and registration link for 15days yoga and meditation programme





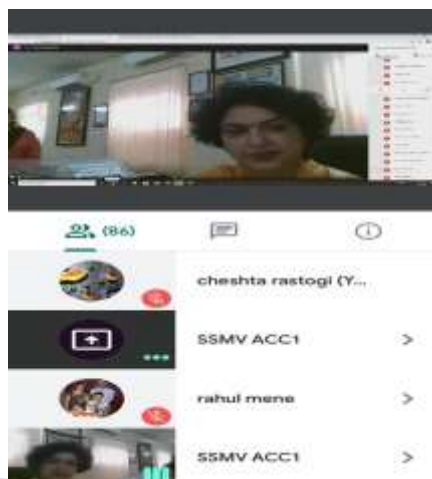
## Brochure



## Banner



**Dated: 06/06/2020**

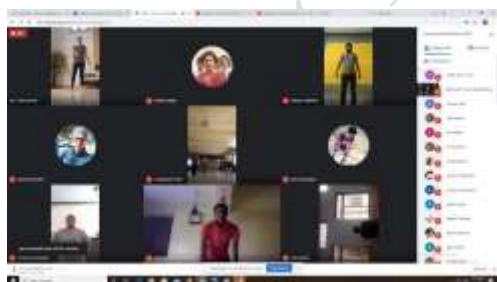




Dr. Raksha Singh (Principal and Director) shared the outline of the yoga and practice program on the first day of the camp and brief introduction of the trainers was given by Dr. Vandana Singh, the coordinator of the program and all the necessary information related to yoga like what time of yoga What to do, where to do and what should be the food so that we are always healthy. Shailendra ji of Chhattisgarh Yoga Association (State in-charge CG Yoga Association) started yoga training by stating the importance of yoga. On this occasion, Shri Jayant Bharti (State In-charge Patanjali Yuva Bharat CG) while expressing his views on the importance of Yoga said that if we want to remain healthy in today's daily routine, then we should practice yoga daily and Mrs. Jaya Mishra (President – Shri Gangajali Teaching) The committee,) has been assured to give regular solutions to the questions related to yoga through Facebook. Blessings were given by Shri IP Mishra, Chairman of Shri Gangajali Educational Institute. Prachi sister of Prajapita Brahmakumari Ishwariya Vishwavidyalaya was given meditation training first and then by Shri Kameshwar (State Executive Member and Yoga Trainer CG Yoga Association) and Ms. Purvi Verma (State Executive Member and Yoga Trainer CG Yoga Association). trained while performing In which different types of asanas like Tadasana, Vrikshasana, Padahastasana were performed. Which was followed by the public including various professors.

**Dated: 07/06/2020**

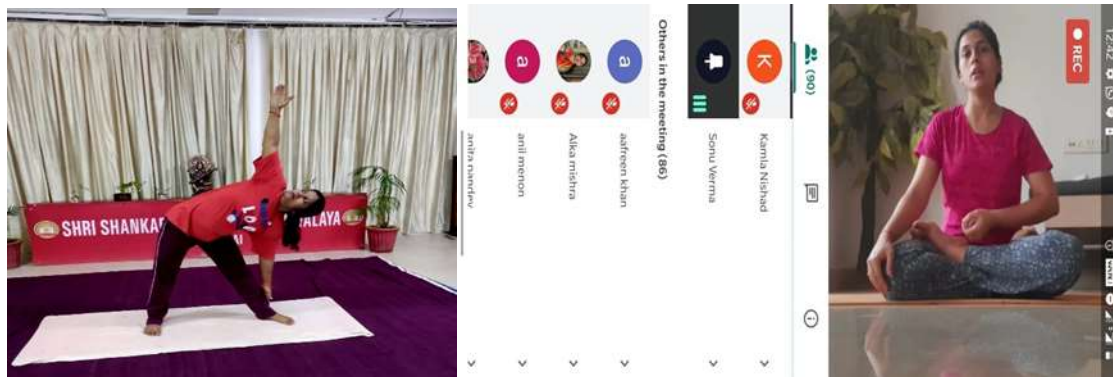
On the second day of e-training on 07/06/2020, Chhattisgarh Yoga Ms. Purvi Verma (State Executive Member and Yoga Trainer CG Yoga Association) practiced yoga for 1.30 hours. In which he practiced important and body-friendly asanas like Ustrasana, Padahastasan, and explained the importance of Pranayama by expanding Kapal Bhati and Anulom-Vilom. Finally, Miss Ada Indian Classic and City Quin (2018) Deepa Meshram explains the importance of yoga and it is because of yoga and meditation that she keeps herself physically and mentally healthy.



**Dated: 08/06/2020**

On the third day of yoga meditation camp 08/06/2020 Yoga camp was started by Kavita Kushwaha Shri Shankaracharya Mahavidyalaya Junwani Bhilai with subtle exercises, then by Miss Purvi Verma (State Executive Member Yoga Trainer Chhattisgarh Yoga Association) various postures related to stomach, Naukasana, Other asanas were practiced including

Shavasana, Bhujangasana, Makarasan, the method of doing Anulom Vilom Kapalbhati in Pranayama and Bhramari Pranayama was practiced And its benefits were told, how can we get rid of the heat through yoga in the summer season. Mrs. Asia Runner Up Mrs. Gunjan Chauhan Chandel in her statement on the new era explained how Yoga has been able to take her to new heights related to business by making her confident.

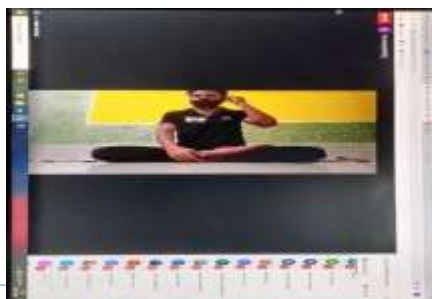


**Dated: 09/06/2020**

On the fourth day of meditation and yoga camp on 09/06/2020, Shri Tameshwar Gaikwad Yoga Trainer Chhattisgarh Yoga Association conducted various asanas related to Naukasan, Tadasana, Pawanmuktasana, Vajrasana, Bhadrasana in sitting position, including Shavasana, abdomen, waist and legs. After this, all Pranayama Kapalbhati Agnisar Anulom Vilom Ujjaini Bhastrika and Bhramari Pranayama were practiced by giving proper information. After that the training camp was concluded by reciting peace with prayer. The eminent chartered accountant of Durg, Shri Suresh Kothari, in his message called upon all the people to join yoga so that everyone can remain healthy and healthy and can fight against the epidemic like corona.

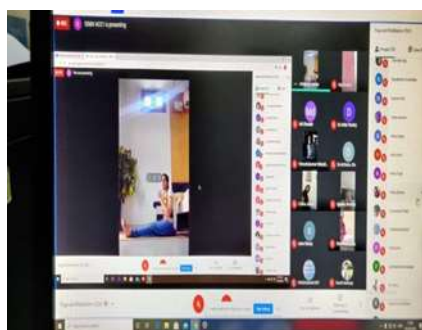
**Dated: 10/06/2020**

On the fifth day of yoga and meditation camp 10/06/2020 was started by Debjani Mukherjee, in his statement, he divided Pranayama into two separate words, explaining the meaning of both Prana and Ayam, saying that Prana means life and dimension means restraint. In this way, we can also say Pranayama to expand the life or control it. In its next phase, training was given jointly by Tameshwar Gaikwad and Purvi Verma today by Patanjali Yog Samiti. In addition to this, the practice of Anulom Vilom Kapalbhati Bhramari and Ujjaini Pranayama was done for the purification of the pulse.



**Dated: 11/06/2020**

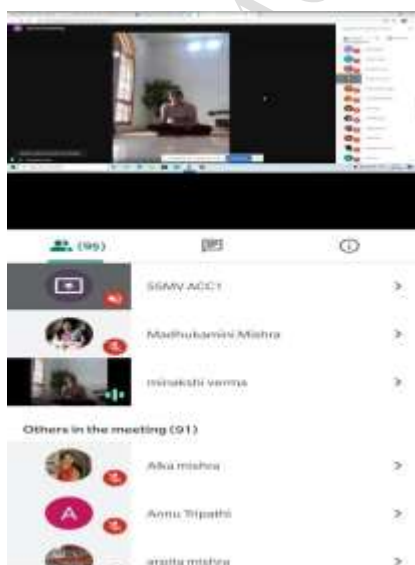
On the sixth day of e-yoga and meditation training organized by Shankaracharya Mahavidyalaya, on 11/06/2020, Ms. Purvi Verma (State Executive Member and Yoga Trainer Chhattisgarh Yoga Association) got the practice of various asanas like Makarasan, Bhujangasana, Pawanmuktasana, Shavasana and Pranayama including subtle exercises. Shweta Paddha, alumnus of the college; .pp pjmatdanjpvadans pp.2014) shared his experiences related to yoga and appreciated this training of the college saying that today yoga helps in increasing our immunity to fight against covid-19, we should include it regularly in our daily routine.



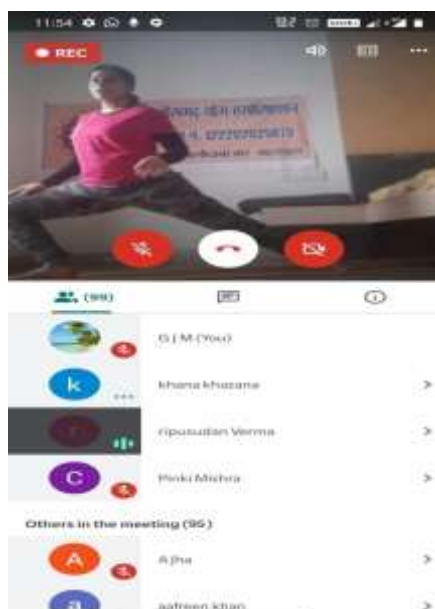
**Dated: 12/06/2020**

On the seventh day, today 12/06/2020, the trainer of Patanjali Yoga Association Chhattisgarh, Purvi Verma, did the first subtle exercise, followed by Tadasana, Vrikshasana, Padahastasan, Trikonasana, Bhadrasana, Vajrasana, Ustrasana, and pulse purification in various asanas and pranayama, Anulom Vilom, Kapalbhati Sheetali Pranayama, Bhramari's alumni Mrs. Shweta Paddha (professional) got her practice done. .pp pjmatdanjpvadanspp.2014) today again addressed the trainees and apprised them

of the various benefits of



yoga.



**Dated: 13/06/2020**

In the practice of 8th day on 13/06/2020, today Ms. Purvi Verma Trainer Patanjali Chhattisgarh Association first got the complete physical exercise done, then got the practice of Surya Namaskar, Uttanapada Asana and Yoga Nidra, got the practice of Pranayama, explaining the benefits of Yoga Nidra. Advocate Helina Giridharan is associated with the State Member of Visakha Samiti, while appreciating Sri Shankaracharya Mahavidyalaya and described this yoga training camp as socially useful and public utility. While expressing your personal experience, you told that how yoga is helpful in removing not only physical ailments but also hormonal irregularities, so every person must do yoga in his life so that he can stay away from various physical problems.

**Dated: 14/06/2020**

On the ninth day on 14/06/2020, today Ms. Purvi Verma, Trainer Patanjali Chhattisgarh Association first got the complete physical exercise, then got the practice of Pranayama, finally finished the training with Shanti lessons, after that the Safai Karamchhari of the college, Satish told That every year yoga training is given in the college, he does yoga every day at home so that he remains fit and healthy and able to do his work well.



**Dated: 15/06/2020**

On the tenth day 15/06/2020 Koshree Tameshwar Gaikwad, Trainer Patanjali Chhattisgarh Association first got the complete physical exercise done, then got the exercise explaining the benefits of various asanas and got the practice of Pranayama, finally finished the training with Shanti lessons.

**Dated: 16/06/2020**

On the eleventh day 16/06/2020, Ms. Purvi Verma, Trainer, Patanjali Chhattisgarh Association first got the complete physical exercise followed by Uttanpad Asana, Bhujangasana, Vajrasana, Sukhasan, Makarasan, Sankashan etc. After this, Mrs. Nalini Taneja (Manager in NULM at Nagar Palik Nigam, Bhilai)

described this yoga training camp as social and public utility. she said that there is no age to do yoga. It is beneficial at time of pandemic COVID-19.

**Dated: 17/06/2020**

On the twelfth day 17/06/2020 Ms. Purvi Verma, Trainer, Patanjali Chhattisgarh Association first got the complete physical exercise and pranayama done, after that Dr. Rakhi Rai, Nritya Guru Director, Nritya Dham joined us and he said that healthy mind resides in a healthy body only. It is only by staying healthy that we can defeat Kovid-19, Yoga plays an important role in this.

**Dated: 18/06/2020**

On the thirteenth day, 18/06/2020, today the trainer of Patanjali Yoga Association Chhattisgarh, Purvi Verma and Tameshwar Gaikwad jointly practiced Yoga. It is the medium by which a person remains physically and mentally fit. Good thoughts come in the mind, Yoga saves us from depression, today the whole world is giving importance to Yoga, he appreciated and thanked the college for this yoga training program.

**Dated: 19/06/2020**

On the fourteenth day 19/06/2020, trainer of Patanjali Chhattisgarh Yoga Association, Purvi Verma, got all the asanas and pranayamas to be practiced according to the protocol. In this episode of Yoga, detailed information was given about various Ayurvedic medicines and how they can be included in our daily routine and give us a healthy standard of living.

**Dated: 20/06/2020**

On the 15th day 20/06/2020, the trainer of Patanjali Chhattisgarh Yoga Association, Purvi Verma and Tameshwar Gaikwad got all the asanas practiced according to the protocol, Mrs. Anita Agarwal, President Lions Club appreciated this training work of Sri Shankaracharya Mahavidyalaya and thanked you that today Stress and depression have made a place in the part of life style, through yoga we all can remain mentally and physically healthy.

**Dated: 21/06/2020**

The 6th International Day was organized in the college on 21st June 2020, this program is being organized every year in a very dignified manner in the college in a new style, due to Covid-19,



its form has been changed to online. Shri Shankaracharya Mahavidyalaya became the first college in Chhattisgarh to organize such an event, it was organized in limited level in Shri Shankaracharya Mahavidyalaya due to maintaining social distance. And organized on unlimited level online like Google Meet, YouTube, Facebook and Instagram in which not only from different states of India like Orissa, Jharkhand, West Bengal, Bihar and Uttar Pradesh but also from foreign countries like USA, Singapore and Jakarta People showed their participation, thus the nature of this Yoga Day became a truly international yoga festival. Due to the participation of more people than expected in this program, the number of trainees remained in thousands.



On this day Yoga Mahotsav was organized under the aegis of Patanjali Yuva Bharat Chhattisgarh and Chhattisgarh Yoga Association in the auditorium of Shri Shankaracharya Mahavidyalaya where trainers Purvi Verma and Tameshwar Gaikwad and their colleagues practiced all the asanas and pranayam according to the protocol. The program started with the college anthem, followed by Dr. Raksha Singh, the principal and director of the college, while giving a welcome statement, introduced Dr. Aruna Palta Vice Chancellor Hem chand yadav University. Online itself Dr. Aruna Palta Vice Chancellor Hemchandyadav University, Shri IP Mishra Shri Gangajali Education Committee Smt. Jaya Mishra, President Shri Gangajali Education Committee and Principal and Director of the college, Dr. Raksha Singh addressed all the trainees and gave their best wishes. Shri Nikhil awakened the spirit of patriotism with his songs. After this, trainer Purvi Verma and Tameshwar Gaikwad of Patanjali Yuva Bharat Chhattisgarh and Chhattisgarh Yoga Association and their companions practiced all the asanas and pranayamo according to the protocol. After that, with the college anthem, Dr. J. Durga Prasad Rao, Additional Director of the college, announced the end of the program with a vote of thanks.



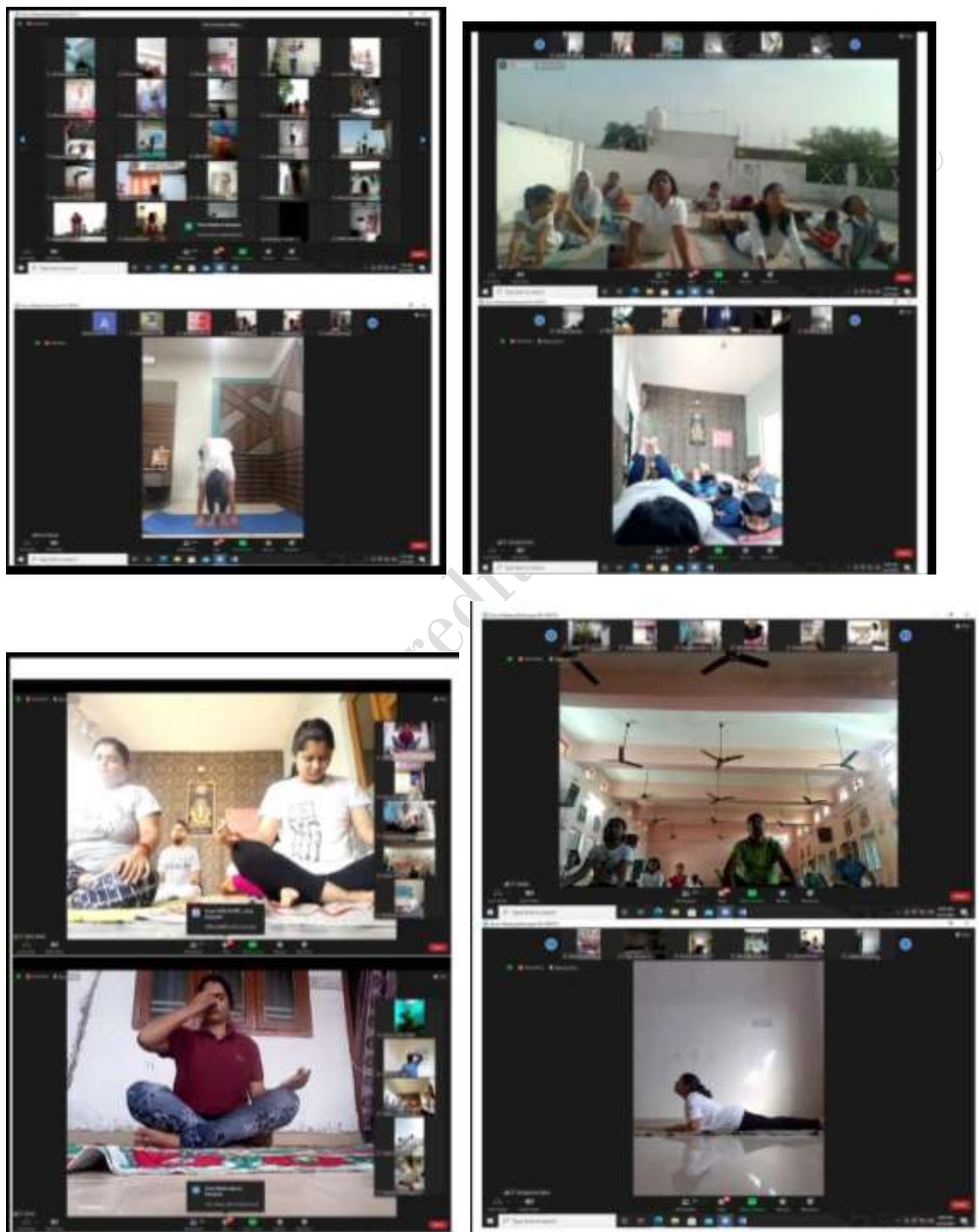




**Dated: 21/06/2021**

International Yoga Day was organized at Shri Shankaracharya College under the aegis of Chhattisgarh Yoga Association and Yoga Mundu Martial Arts and Fitness Class. This event was organized in an online mode due to Corona in which more than 1200 people joined Chhattisgarh, Madhya Pradesh and Bihar, Jalandhar, Punjab Trainees from Jharkhand and Assam are included. On this occasion the principal and director of the college Dr. Raksha Singh emphasized the need to do yoga explaining the importance of yoga to all. You also said that this year's yoga practice is dedicated to children so this training is S Camp Driven by children for children and adults you appealed to all people to use more cycles to go to their destination i.e. your work zone so we can build healthy India know that Keeping the purpose in mind, "Chakra Vahini Club" has been formed by Sri Shankaracharya College whose member can become any common citizen, Shri Shailendra Vishi of Chhattisgarh Yoga Association promoted where to prioritize yoga in his statement. Share their organization The main objective is that you have said that everyone is healthy and happy with yoga. 21st June is the biggest day of celebrating Yoga Day today. This is the reason for yoga day. Yoga makes a healthy body longer. After this Yoga Mundo Martial Arts students. Different Yoga poses performed on Shakti song by Chhattisgarh Yoga Association as per protocol yoga practice conducted by Mrs. East Verma as well as 15 days Yoga & Mindfulness practice conducted in college The program of the ritual camp also concluded. At the end of Thanksgiving, Dr. Additional Director of College. J. Durga Prasad Rao Sir wished all the trainees a bright future and called everyone to continue doing yoga. The program was

successfully conducted by Dr. Vandana Singh from the college on this occasion. Archana Jha, Doctor V. K Singh, Dr. Laxmi Verma, Kavita Kushwaha, Mrs. Poonam Mrs. Purnima Tiwari \* Mrs. Manju Mishra, Afreen Khan Vishnu, Gaurav Chauhan, Suraj Nanda, Satish, Ramu were present. All other professors and uneducational staff participated online from their home. Recorded it.

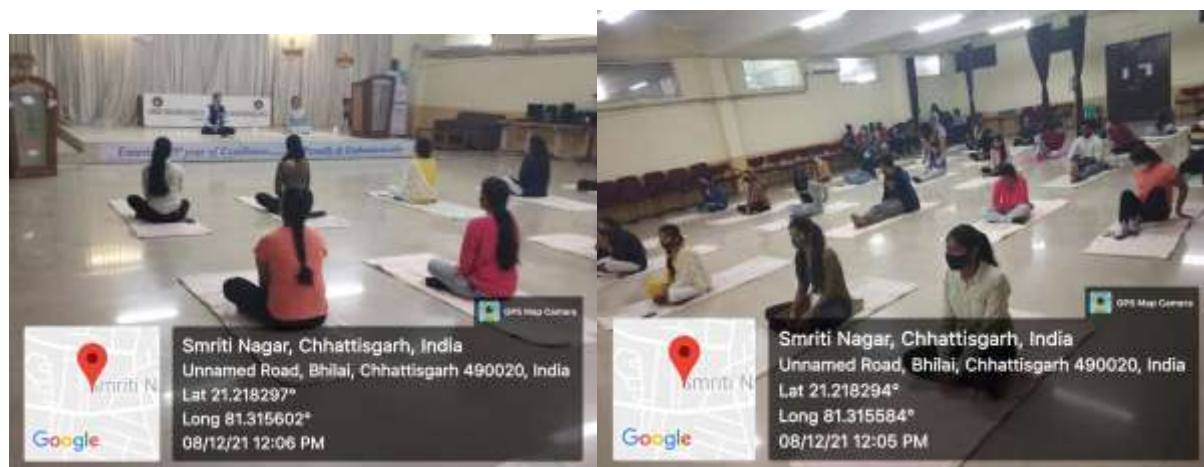






**Dated: 08/12/2021**

Organizing workshop and training program on Health and Nutrition at Shri Shankaracharya College Junwani Bhilai Workshop on Health and Nutrition and one-month training program will be organized by Microbiology and Zoology of Shri Shankaracharya College Junwani Bhilai. Detailed information about skill development, yoga and mushroom training will be given under this program. On the last day of valedictory session all the participants of mushroom culture gave yoga training by Assistant Professor Neera Singh (Yoga Vibhaag) Vishwanath Yadav Tamaskar PG Autonomous College Durg, Chhattisgarh.



**Dated: 11/12/2021**

Education Department Shri Shankaracharya Mahavidyalaya Bhilai again organize one-day Yoga program on 11 December 2021 for B.Ed. students of the college. In this training programme organized by Dr. Vandana Singh (Assistant Professor) Education Department. Assistant Professor Neera Singh (Yoga Vibhaag) Vishwanath Yadav Tamaskar PG Autonomous College Durg, Chhattisgarh introduce the Yoga concept, its benefits as well as Yogasan.





# SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI, BHILAI

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)

**NAAC RE-ACCREDITED WITH 'A' GRADE**

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav University, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

## Physical Fitness





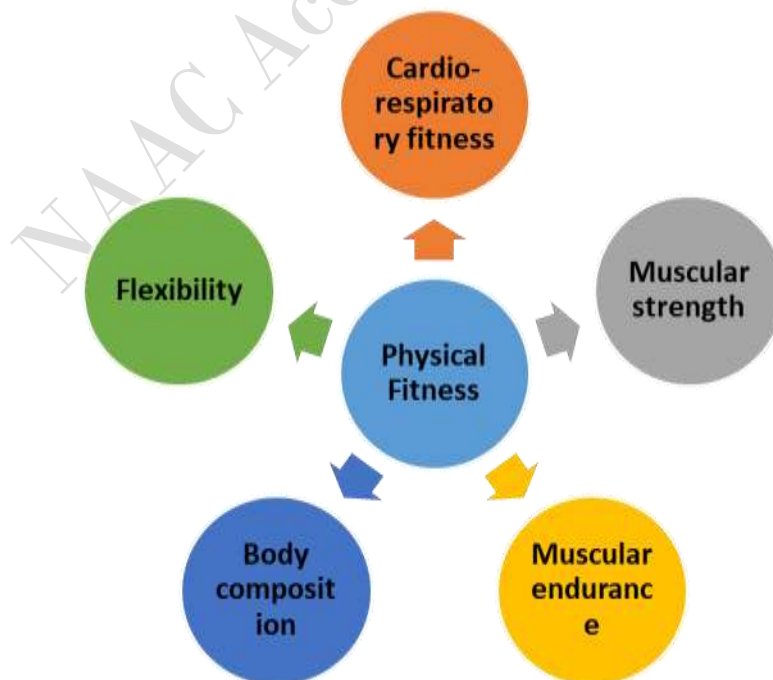
## What is Physical Fitness?

Physical fitness as “one’s ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior.”

Physical fitness is one of the core preconditions of health. We cannot imagine a person to be healthy without being physically fit. Physical fitness, therefore needs to be appreciated in full measure. The common perception of physical fitness is the absence of ailment. If individual is not suffering from any perceptible disease, then he is considered physically fit.

When it comes to fitness, these components are:

- Cardiorespiratory fitness
- Muscular strength
- Muscular endurance
- Body composition
- Flexibility



## Outcome

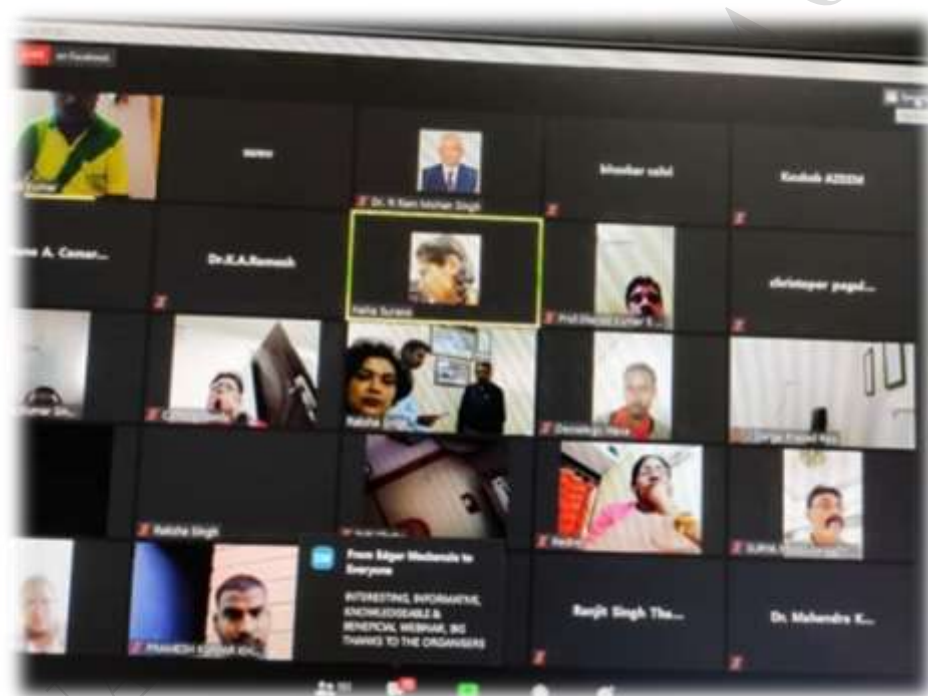
- Maintaining good physical fitness can help prevent some conditions.
- With exercise, body composition can change without changing weight.
- Athletes' hearts show different changes depending on their chosen sport.
- Muscle strength increases due to fiber hypertrophy and neural changes.
- Stretching to increase flexibility can ease a number of medical complaints.

### SSMV Apporach:

SSMV organize various events for physical activity for students. increase engagement in physical activity by giving students the opportunity to be connected to other students and staff members, thereby enabling them to monitor their progress and encouraging them to continue their activities. students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of College. A high-quality physical activity curriculum enables all students to enjoy and succeed in many kinds of physical activity. In Covid pandemic SSMV Organize Online sports event was effectively launched and executed throughout the lockdown period. This included push-ups, crunches, pull-ups, yogic Asanas followed by few challenges like Cardiovascular Endurance challenge, Balancing challenge, etc. We were successfully able to do this event online keeping the current pandemic situation in mind and the importance of exercise in our day-to-day life.

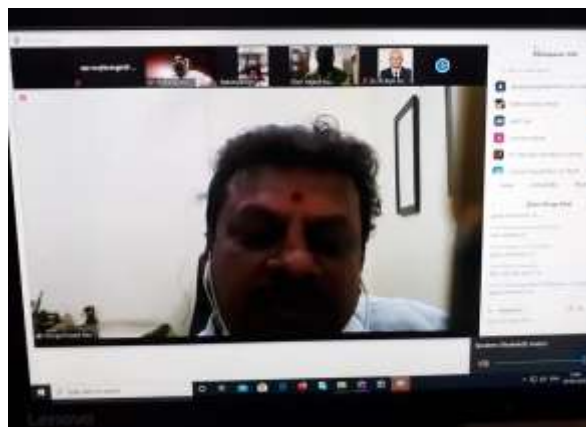
## Cybernetics in fitness: Special reference to covid-19 Pandemic

( 27 june 2020 )



Department of Computer and Sports, SSMV organized an online Webinar on “**Cybernetics in fitness: Special reference to covid-19 Pandemic**” on 27<sup>th</sup> June 2020 by Dr. VK Singh, Sports Official, SSMV, Bhilai. This program was organized under the guidance of Principal Dr. Raksha Singh and Addl. Director Dr. J Durga Prasad Rao.

**Dr. Raksha Singh, Director and Principal, SSMV, Bhilai** in her welcome speech talked about how inspite being in the period of Lockdown our college has been conducting several webinars from all different sectors. Following this order our college has conducted an International Webinar on the topic “Cybernetics in Fitness: Special Reference to the COVID-19 Pandemic” in which many dignitaries are participating from different countries from all around the world.



ilal welcomed e

**Chief Patron**  
Sri P. P. Waltra, Chairperson, S.E.E.  
Smt. Jaya Waltra, President, S.E.E.

**Patron**  
Dr. Balakrishna Singh, Director & Principal

**Organizing Secretary**  
Dr. J. S. Singh, Principal, A.P. College  
Dr. Vinod Kumar Singh, Asst. Director

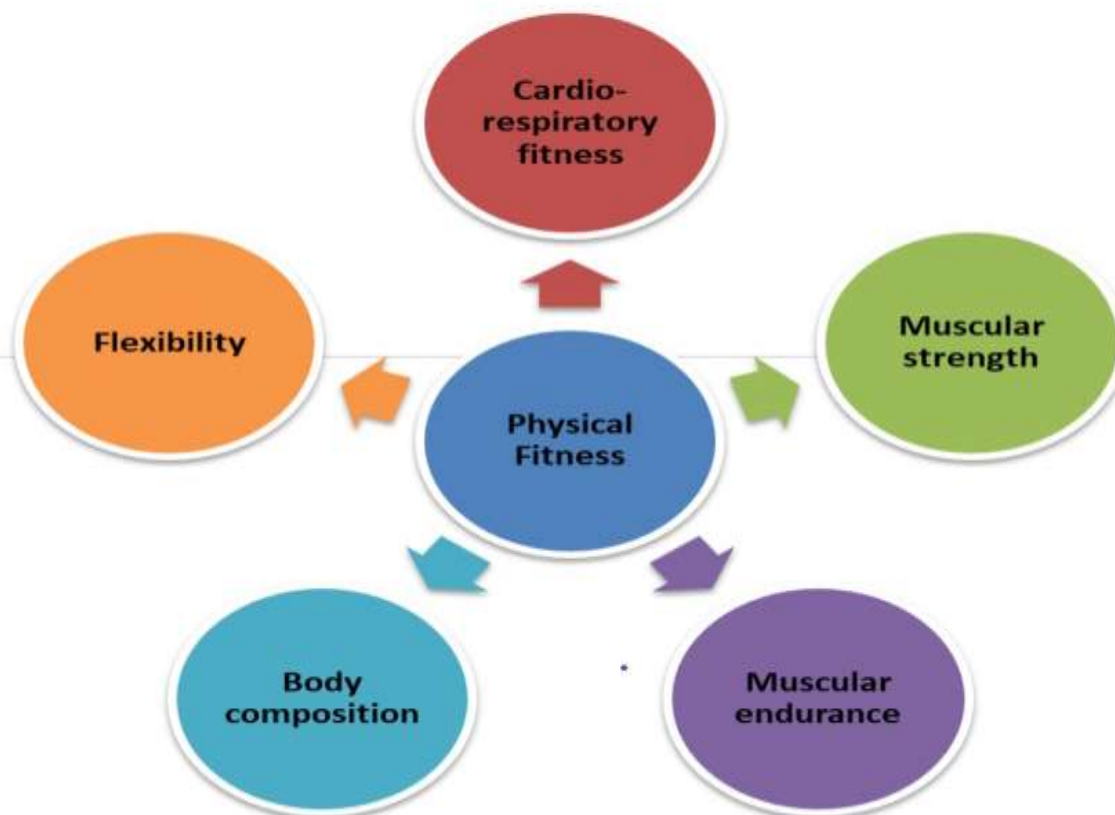
**Deposit Your Fees to: (Rs. 100 INR)**  
A/c No. 0029344205  
Sri Shikharacharya Mahavidyalaya  
Block of Maharashtra, P.O. Mahesana

[illegible]



**SHRI SHANKARACHARYA MAHAVIDYALAYA, JUNWANI  
BHILAI**

**Organised by  
Department of Computer Science and Sports  
27 June 2020**



The Computer and Sports department, SSMV organized an online webinar on the topic 'Cybernetic in Fitness: Special Reference to COVID-19 Pandemic'. The Convener was Dr. V.K Singh, (Asst. Prof., Shri Shankracharya Mahavidyalaya, Bhilai). In his Program he detailed on physical Fitness and its importance on anybody's life. This lecture was organized under the guidance of Principal Dr. Raksha Singh and Add. Director Dr. J Durga Prasad Rao.

The first speaker for the day on this occasion was Dr. Lim Boon Hui, University of Malaya, Malaysia. The topic he chose to speak on was Psychological intervention of Injured Athletes. In this program he emphasized on both Physical and mental fitness of Players and how regular exercise is important for it.



The 2<sup>nd</sup> speaker was Dr. C. Virendar, Director, U and me, Hyderabad, spoke on “Impact of Human Psychology on Psycho-social Dynamics”. In his statement he talked about how people are getting more and more cautious. because of this worldwide spread of Covid virus. He also talked about the preventive measures being face mask, sanitizer usage and social distancing.



The next speaker for this event was Dr. Kubab Azeem from the University of Unikinf Fahad, Saudi Arabia. He presented his lecture on “Cybernetics and fitness management”. In his session he talked about health and fitness and for which one must bring positive changes in their lifestyle and diet and also about the importance and impact of exercise in our lives.

The next speaker Dr. C. D. Agaase from pt. Ravishankar Shukla University, Raipur, gave his lecture on Cybernetics in Fitness: with Special reference to Covid-19 Pandemic. In his lecture he talked about the preventive measures for Covid-19 and made an appeal to everyone regarding the same that during this dark time people must follow every protocol that has been issued against





this pandemic.

**Prof. Rajesh Kumar, President,** International Federation of Physical Education, Fitness And Sports Science Association, Hyderabad And **Prof. L. B. Laxmikant Rathore, Secretary General,** International Federation of Physical Education, Fitness And Sports Science Association, Hyderabad, were also present throughout the webinar.

The final welcome speech was given by Dr. Virendra K. Singh, Sports official, SSMV, Bhilai

- On the occasion of National Sports Day 29th August, 2020, under the initiative of Fit India Movement towards making life healthier, the Shri Shankaracharya Mahavidyalaya, Junwani, Bhilai with very essence of happiness feeling extremely proud to launch the 'International Virtual Run for Fit India 2020' in association with Chhattisgarh Olympic Association and International Federation of Physical and Sports Science Association on September 6, 2020 from 6:00 am to 9:00 am. The year 2020 has brought the world to a standstill and affected everyone at significant level. We believe it is of great importance to follow a healthy and active life style. We, keeping in mind the present situation, are determined to enjoy the spirit of running. Registration for this event is absolutely free. We cordially solicit the gracious participation at very large number. Please register yourselves to make the world a healthier and productive place to live.
- Registration Link : <https://forms.gle/FUSnvPhTDB3dStAx7>  
Participants are required to post their pre/during/post run selfies on social media like Instagram, Facebook and Twitter and tag @Shri Shankaracharya Mahavidyalaya Bhilai (Facebook), @SSMVBhilai (Twitter), @ssmvbhilai (Instagram).



**Date-24June2021**

Remembering the man with vision larger than life Prof. Abhishek Mishra Sir on his birthday by CHAKRAVAHINI FITNESS CLUB SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI BHILAI (C.G.)

“The purpose of education is to make good human beings with skill and expertise... Enlightened human beings can be created by teachers.”

Professor Abhishek Mishra's, the former Vice-President, SGES firm belief that education was the only means of bringing about material, intellectual and spiritual attainment of mankind. He believes that education is to be for us to learn how the world works. It's a way in which we can better ourselves, and the environment around us, if we chose to let this happen. He was an educationalist who not only believed that education allows us to explore every aspect of life and can lead us to anywhere we want to go in life. Education is having a thirst for knowledge and the ambition to take your learning to the next level.



- **Regular exercise and physical activity promotes strong muscles and bones.** It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers. Physical fitness is of key importance for this college. Keeping in mind college has developed an integrated gym for all the students which has been running from several years. Mr. Praveen Verma is the incharge of gym. By keeping the current scenario in mind it has been seen and monitored that students must follow every protocol i.e of maintaining distance, using mask and sanitizer.



- A paragraph writing competition was organized by the department of Commerce, Shri Shankaracharya Mahavidyalaya Junwani on the World Bicycle Day (3rd June). 1st position was secured by Ms Ramandeep Kaur, 2nd position by Ms Shakshi Agrawal and 3rd position by Ms Delilah Martin.





- Video making competition is being organized by Computer Department of Shri Shankaracharya Mahavidyalaya on the topic Fitness Awareness through Digital Media, you can send your video to this email id [ssmvcomputerdept@gmail.com](mailto:ssmvcomputerdept@gmail.com).

<https://www.facebook.com/ssmv.bhilai>



# SHRI SHANKARACHARYA MAHAVIDYALAYA IJUNWANI. BHILAI

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)

**NAAC RE-ACCREDITED WITH 'A' GRADE**

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav University, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)



Website: [www.ssmv.ac.in](http://www.ssmv.ac.in) E-mail: [ssmbhilai@hotmail.com](mailto:ssmbhilai@hotmail.com)

## Health & Hygiene



## Overview

**Health and Hygiene:** Health and Hygiene are two essential concepts when it comes to the human body. Health refers to the state of physically as well as mental well-being. Health also encompasses the social well-being of an individual. Health is not just about being fit but also having the appropriate resources to live. Having a sound body and mind is an indication of good health.

Hygiene refers to maintaining good health through practices that focus on cleanliness. Good Hygiene helps to prevent the spread of diseases and illnesses. Hygiene and health go hand in hand. In today's world, where pollution levels are rising and numerous diseases are emerging, good health and Hygiene are a necessity.

## SSMV approach

Personal hygiene is particularly important among students because they spend most of their time in public places, such as schools, colleges, or universities in proximity with others.

Shri Shankracharya Mahavidyalaya has adapted an approach and Teach personal hygiene to students provides them with the knowledge in health, making them aware of the reduction of risk associated with poor hygiene practices, such as disease transmission. Health education made the college students capable to pass personal hygiene information to their families and community. Thus, leads to a better lifestyle, which can potentially increase their social hygiene profile. The development of policies, services, and research on such issues is integral to maintaining and raising the quality of health education.

SSMV maintain college hygiene and sanitization with proper cleanness of campus, ground, classrooms, toilets and also provide girls proper hygienic room. College aware also students and community with various hygiene and sanitization related program.

## Benefit of clean environment

1. Health refers to a person's overall well-being- physical, social, mental.
2. The World Health Organization adds to this definition by stating that health does not just refer to the objective of living but also resources for everyday life.
3. Hygiene refers to practices to ensure that we have good health.
4. Hygiene protects our body from diseases and helps our immune system become more robust.
5. A balanced and nutritious diet is a prerequisite for good health. Fruits and vegetables have vital minerals and vitamins which we need. We must wash fruits and cook vegetables before consumption.
6. Cleanliness is also imperative. Taking a bath regularly and wearing clean clothes improves our Hygiene. Washing hands frequently, cutting nails, and brushing as well as flossing daily also help to enhance personal Hygiene.



7. Pure drinking water is vital as it keeps us hydrated and helps in the functioning of our organs and removing toxins. Untreated water causes diseases like typhoid and cholera.
8. Proper garbage disposal helps to keep the surroundings clean. Defecation in the open is very unhygienic, and it needs to stop.
9. Adopting healthy practices are not just benefit individuals but society as well. A healthy community makes the nation stronger.

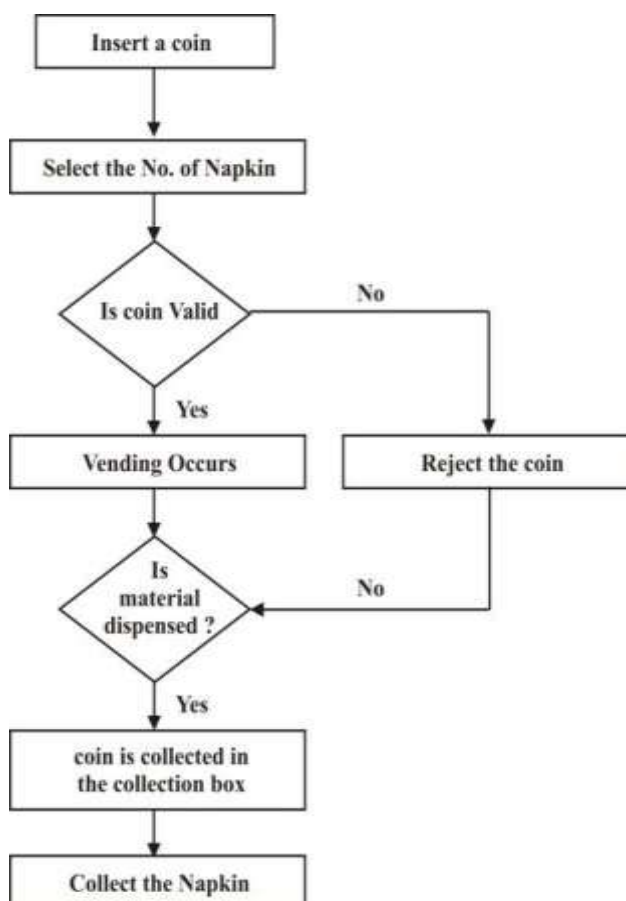
### Proper Disposal guidelines of sanitary napkins in college campus:

The problem of improper disposal of menstrual waste is measure road block to our achieving “Swachha Bharat” missions goal to create a clean India. This waste is problematic for several reasons. Heaps of sanitary napkins with a large amount of disease causing bacteria on them pose a significant threat to the hygiene in the surrounding area. Young girls and even certain older women’s are not aware of the hygiene problems cause by improper disposal of Napkins.

Why is it necessary to dispose of sanitary napkins?

- If they are left in the open, they are sore sight.
- May lead transmission of infections like hepatitis B and hepatitis C.
- No danger of HIV infections.
- Will attract flies and insects.

### Flow chart of Sanitary Vending Machine



### ➤ Sanitary Incinerator

This system is one of the best way to dispose menstrual waste is to burner is napkin using electrical fire based burner without allowing smoke generate in the process to escape into the atmosphere. This steps must be taken to solve the problems that improper disposal of napkins causes to the environment and to the public health.

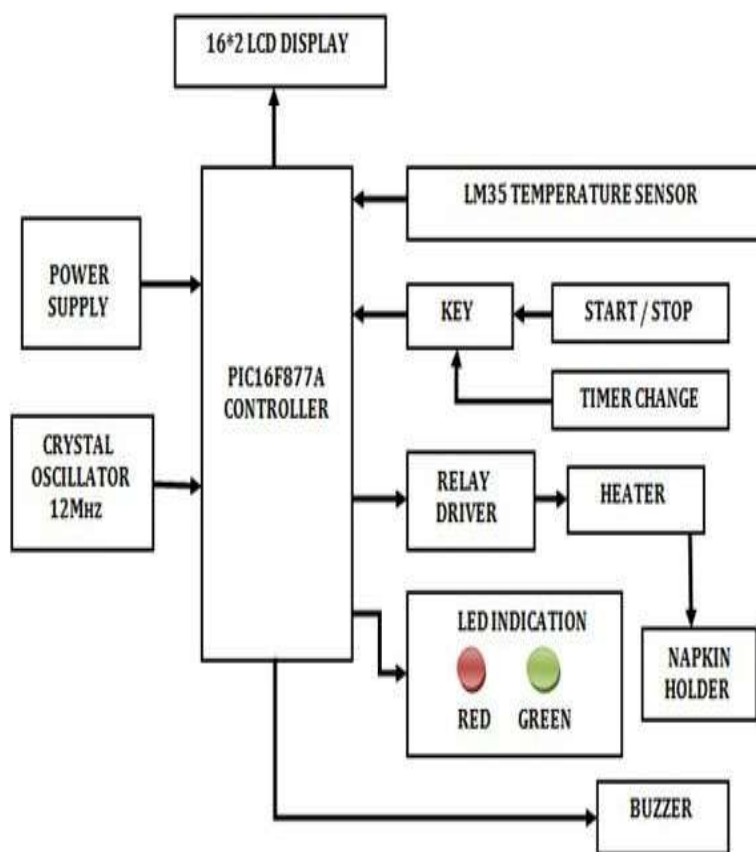


### Treatment Protocol

Using Electric heater, more than 600 degree heat is produced, .Mean time when Wet napkin is inserted inside SNI, initially smoke is produced and then napkin starts burning.Napkin which is burnt produces ash, which is stored in the ash tray.

### Post Treatment handling Protocol :

- 1) How much ash is produces : 1 napkin produces 1 gm of ash.
- 2) what are Ash contents : suspended particulate matter (SPM)
- 3) what emission during the process : SO<sub>2</sub>,NO<sub>2</sub>,CO,CO<sub>2</sub>
- 4) how ash can be disposed : **Ash can be flushed in the toilet.**



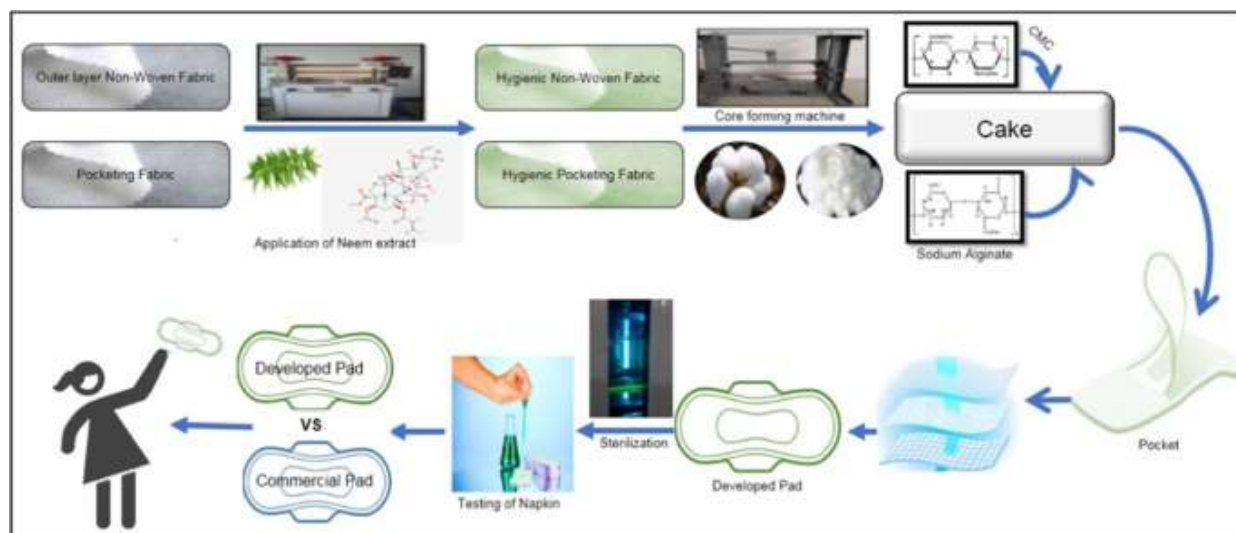
### ➤ Training Programme for students How to prepare Biodegradable Sanitary Napkin

#### Objectives:

1. Assessment of Sanitary Napkin available in the Market .
2. Selection of the alternative eco-friendly, antimicrobial and biodegradable material/ improvement for the commercially available Sanitary Napkin.
3. Designing of the eco-friendly and biodegradable Sanitary Napkin.
4. Comparison of the developed Sanitary Napkin with commercially available one with reference to characteristics and cost.

#### Materials used for preparation of biodegradable napkin

100% cotton, viscose fiber and tissue paper, commercial grade sodium alginate (CMC), neem extract on non-woven fabric, Distilled water, Saline solution, Natural fibers (Areca husk fibers and cotton fibers)



## Procedure

1. Collected Fresh neem leaves were washed with distilled water and cut into fine pieces, then boiled with 100 ml of distilled water, and filtration was performed using whatman No. 1 filter paper.
2. Non-woven fabrics were first treated with neem extract.
3. The non-woven fabric was immersed in a solution comprising neem leaf extract
4. The layers of our Napkin are
  - a. First layer – Cotton net fabric
  - b. Second layer- Super absorbent material sodium alginate (CMC),
  - c. Third layer- Natural fibres and cotton
  - d. Fourth layer- Non woven fabric treated with neem extract

➤ **SSMV Training programme for sanitary napkin** – SSMV college professors train students how to make sanitary napkin and record video for circulation on college social media platforms like College Youtube channel, SSMV Facebook Page etc., and other departments use to train for new students.

➤ <https://youtu.be/yWQJ9VPxCig>



➤ **For COVID -19 effects & Sanitization Awareness for students –**

- The Mahavidyalya train their staff and students to assist and undertake the work related to safety and health to prevent an outbreak of the pandemic in their campuses. Non-resident students should be allowed in campuses only after thermal scanning, sanitization of their hands, wearing of face masks and gloves.
- Also provide online training video for awareness for Covid-19 disease this training video is related to – Mask Making, Sanitization Process etc.

- Link- <https://youtu.be/MrCYkFfsX2k>
- <https://youtu.be/uQVwmeOqwYA>
- [https://youtu.be/2uY7g7\\_QQuI](https://youtu.be/2uY7g7_QQuI)
- <https://youtu.be/JoLGccA5vEI>



- **If any health issues of college student we provides medical facility in Shri Shankaracharya Institute of Medical Sciences which is our sister concern.**

➤ **Replace the Plastic Bag to Bio-degradable Paper Bag**

<https://youtu.be/uQVwmeOqwYA>



- **Selfie Zone In College Campus-** Social media use has grown rapidly in recent years, with one of the most popular activities for young people being the taking, sharing, and browsing of digital self-photos, known as selfies. However, research has only recently begun to investigate selfies, and little is known about selfie practices in adolescents, or the associations between these practices and well-being and body confidence. This paper aimed to address this gap and conduct a narrative review of selfie practices and the relationships with well-being and body confidence in adolescents.

- figure out more about who they are.
- capture and share memories of exciting and important events.
- connect with their friends and peers.
- have fun and express themselves.

After pandemic mental illness and anxiety in the mind of students and all therefore ssmv take new initiative to make a selfie zone in college campus for students. Students relax their mind and build their confidence in that place. Girls and boys having two different selfie zone as per interest. Selfie zone have lots of health importance like. Joyfulness, controlling the anxiety, high bp, various psychological factors, short time but long time of relaxation in mind.





- Activates related hygiene and sanitization by college-

**5-May-2020**

In the Awareness program against the COVID, cadets of Shri Shankaracharya Mahavidyalaya bhilai aware the people of Sikola bhata market area, Durg to maintain the social distance and apply the mask on face. In this program 9 cadets and Lt. Dr. Krishna Jibon Mondal actively participated.

Shri Shankaracharya mahavidyalaya family congratulate every cadet for noble work.

<https://www.facebook.com/ssmv.bhilai/posts/2084698521676465>



**6 July 2020**

Time of covid-19 pandemic, the college is making all possible efforts and helping to fight and protect against Kovid-19. It is completely eco-friendly, while distributing the handmade paper bag, the rules of social distancing were completely followed.





<https://www.facebook.com/photo/?fbid=2152932371519746&set=a.673377502808581>



### 10 July 2020

Training program in education department under department orientation program in Shri Shankaracharya Mahavidyalaya.

Under Kovid 19, all the teachers in Sri Shankaracharya College, Junwani Bhilai were trained by the Education Department to make different types of masks on the basis of their experiences, keeping in mind the social distancing, were given to each other. In this program, Dr. Raksha Singh (Director/Principal, Shri Shankaracharya Mahavidyalaya Junwani, Bhilai) informed that the training for making masks has also been released by the college through YouTube in the month of April-May so that people can see it and use it comfortably at home. can make. The masks made by the non-teaching staff of the college were also distributed among the general public and students on a large scale and he said that this type of program boosts the morale of everyone in today's subject conditions and this training program by the teachers also helps the students. is transferred. All the teachers of the department were present in this training program.

<https://www.facebook.com/photo/?fbid=2155198577959792&set=pcb.2155198974626419>







**12 July 2020**

<https://www.facebook.com/ssmv.bhilai/posts/2157058674440449>

In Covid pandemic SSMV motivate and spread safety messages to aware students and people through social media links like Facebook, Instagram, Twitter etc.



**31 July 2020**

<https://www.facebook.com/ssmv.bhilai/posts/2177410525738597>  
<https://youtu.be/KuYIZRvv9kE>

Dr Raksha Singh is Director and Principal of Shri Shankaracharya Mahavidyalaya Bhilai. Inspired by the numerous workshops and orientations she ventured into the field of compost manure, use



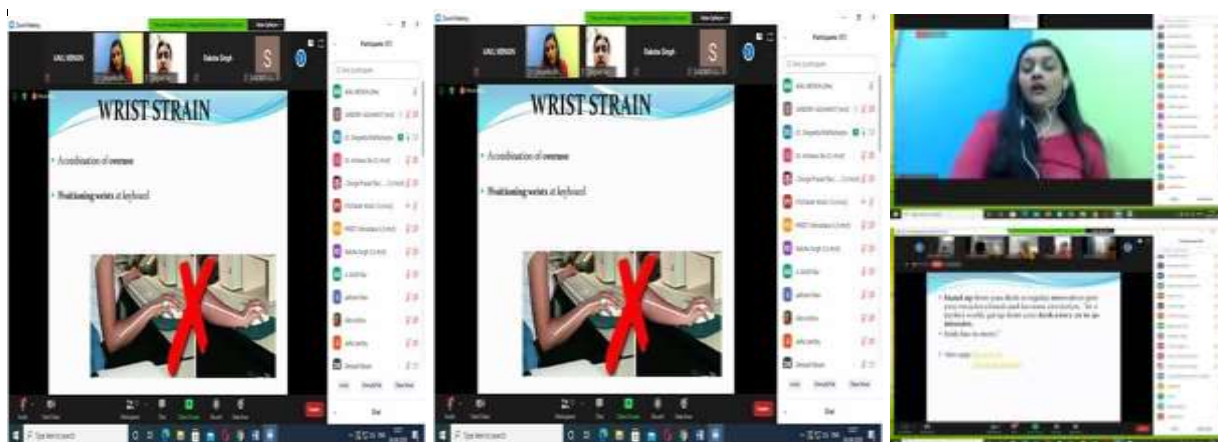
of bio-enzymes and practices both religiously. She makes special mention of Poornima Savargaonkar, former scientist with ISRO for inspiring her in bio-enzymes. Her efforts have been recognized by the Bhilai Municipal Corporation and an MoU has been signed, whereby the college will provide training to SHGs in waste management, compost and bio-enzymes.



### 8 September 2020

A workshop on Physio for working was organized through virtual medium on the occasion of World Physiotherapy Day 2020 under the joint aegis of Shri Shankaracharya Mahavidyalaya, Junwani, Bhilai and Sunday Campus Bhilai. Keynote speaker of the program Dr. Sangeeta Bhattacharya (Physiotherapist in south eastern central railways chattisgarh, Rehabilitation expert in swachh bharat mission chattisgarh, Rehabilitation expert in rgavp for government of rajasthan, Qualified advanced volley ball coach for special olympics bharat, former principal of apollo college of physiotherapy chattisgarh, former senior consultant muskan mentally challenged school chattisgarh, former consultant in sparsh multi speciality hospital chattisgarh). In the program the director/principal of the college, Dr. Raksha Singh, Ex. Director Dr J. Durga Prasad Rao and Shri Deepak Ranjan Das of Sunday Campus Bhilai were especially associated. Director/Principal of the college Dr. Introducing the keynote speaker, Raksha Singh said that in the difficult times of today's Covid 19, he briefly expressed his views on how physiotherapy can be effective on a human infected with Covid 19. You said that this is the first such effort in the entire region to make public aware of health through virtual medium. The keynote speaker of the program Dr. Sangeeta Bhattacharya said that physiotherapy is playing an important role in today's Covid 19 and busy life. You said that those who sit for more than 6 hours, many problems are coming from sitting, which can be treated with physiotherapy. We should keep in mind that keeping the brain directly on the screen while sitting causes a problem, it feels like we are tired and we need rest. Therefore, a fixed interval and a break in between should be taken.

<https://www.facebook.com/ssmv.bhilai/posts/2218860844926898>



**20 September 2020**

<https://www.facebook.com/ssmv.bhilai/posts/2231300763682906>

Steam Week\*✓□

According to doctors, COVID-19 can be killed through nasal-mouth steam, which can eliminate corona. If everyone starts a campaign to take steam for a week, then Corona can end.\* To do this work in the above direction, we urge people all over the world to

\*Start the steam process for a week from 19th September to 25th September, ie morning, and evening. Just 05-05 mins to take steam. By adopting this exercise for a week, we are sure that the deadly COVID-19 will be eradicated\*

Doing this will only benefit, there is no side effect.

So please send this message to all your groups, relatives, friends and neighbors so that we all can kill this corona virus together and live and walk freely in this beautiful world.

Only in doing it all together, can one get the full benefit of it. Please share more and more.

\* \* come on all of us .. take a vow now that from September 19 .. for a week .. morning / evening .. for 5 minutes .. will definitely take steam.." !!\*



**10 October 2020**

On October 10, 2020, a program on the topic of mental health awareness was organized on the occasion of World Mental Health Day under the joint aegis of Education Department and Counseling Cell of Shri Shankaracharya Mahavidyalaya. Guest speaker Dr. Anjana Srivastava Sociological Consultant was present on this occasion. Head of the department Dr. Neera Pandey introduced the guest speaker. Dr. Anjana Srivastava, while starting her lecture, said on the

occasion of World Mental Health Day that a person has to be associated with social vision. Earlier, everyone was stressed to meet and connect with each other in the society, but today, being imprisoned in the house during the Corona period, they are socially cut off from everyone. The principal of the college, Dr. Raksha Singh said that mental health has an effect on our personality, so we can show good personality only by staying mentally healthy. Dr. J Durga Prasad Rao, Additional Director of the college, while congratulating the department for organizing this lecture said that to remain mentally healthy, we have to create a positive environment around us. A large number of students of M.Ed and D.Ed were benefited by joining this program.

<https://www.facebook.com/ssmv.bhilai/posts/2253029368176712>





**3-October- 2020**

A one-day workshop was organized by the members of the Women's Cell of Shri Shankaracharya Mahavidyalaya, Vividha and Prerna Teachers' Association. In which the women of Green Valley Junwani Bhilai were taught to make masks of different designs and different types of decoctions, through which they were taught to make masks of different designs and different types of decoction to protect themselves from the global epidemic corona. And being financially empowered, you can help your family financially by sitting at home. Raksha Singh, Principal and Director of the college, while addressing the women said that if they want, there are many other things and activities which are conducted by the Srijan Kala Kendra of the college, they can also be taught, the college family is always special for help. Dr. J Durga Prasad Rao, Additional Director of the college, who is always ready and committed to help women, appreciated the said one-day workshop organized by the Women's Cell, Miscellaneous and Prerna Teachers Association.

<https://www.facebook.com/ssmv.bhilai/posts/2245895828890066>



## 12-October-2020

On the occasion of International Girl's child day woman cell "Vividha" of Shri Shankaracharya Mahavidyalaya junwani Bhilai has taken an initiative to aware women/girls about health, hygiene and good practice that prevent them from various infections and diseases for which the Vividha Cell distributed oxy- biodegradable sanitary napkins at free of cost which is available in Bhartiya Jan aushadhi centre for Rs 1 Our Endeavour is that more and more women should use it and avoid the infection related to it and as it is biodegradable it is environment friendly.

<https://www.facebook.com/ssmv.bhilai/posts/2255035784642737>



## 26 October 2020

Under the joint aegis of Shri Shankaracharya Mahavidyalaya Junwani Bhilai and Indian Academy of Pediatrics, Durg Bhilai, a one-day national webinar will be organized on October 28 at 3 PM President of Indian Academy of Pediatrics, Durg Bhilai, Dr. N.S. Thakur, Bharat Ratna Atal Bihari Bajpayee Excellence Awardee Dr. Omesh Khurana, Secretary of Indian Academy of Pediatrics, Durg Bhilai, Dr. Seema Jain.

<https://www.facebook.com/ssmv.bhilai/posts/2270931073053208>





**29 October 2020**

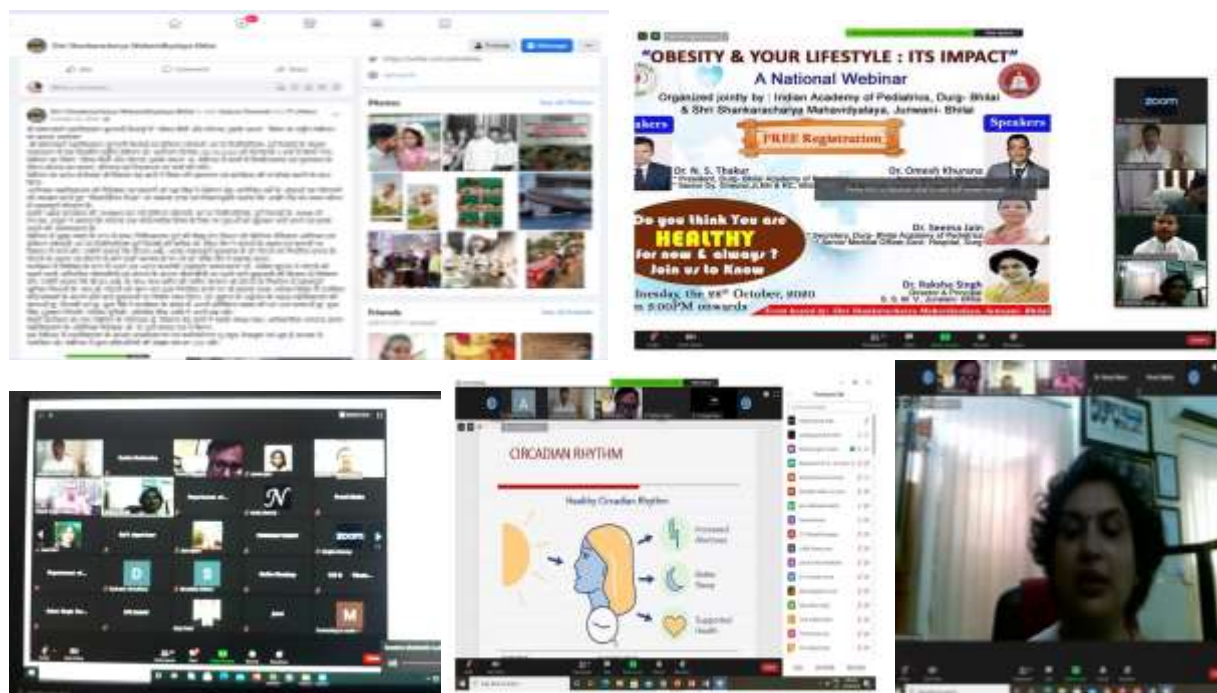
Successful organization of National Webinar on “Lifestyle and Obesity: Its Effects” at Shri Shankaracharya Mahavidyalaya Junwani Bhilai

A one-day national webinar was organized on 28/10/2020 from 3 pm on 28/10/2020 under the joint aegis of Shri Shankaracharya Mahavidyalaya Junwani Bhilai and Indian Academy of Pediatrics, Durg Bhilai. The topic of the webinar was “Lifestyle and Obesity: Its Effects”, the webinar discussed the causes, consequences and prevention of obesity in children during adolescence and puberty. The webinar started with the introduction of the topic and outline of the program by the convener Shri Vikas Chandra Sharma. Dr. Raksha Singh, the director and principal of the organizing college, while explaining the data and results of the survey conducted for the webinar, threw light on "Kicardian Rhythm" and explained in detail that good sleep has an important contribution in a healthy life.

After this, the President of Indian Academy of Pediatrics, Durg Bhilai, presiding over the program, Dr. ns Thakur said that obesity is a sensitive topic on which youth need to discuss openly and fight it. As the keynote speaker at the webinar, Mrs. Senior Medical Officer, Department of Pediatrics, Hospital Durg and Secretary of Indian Academy of Pediatrics, Durg Bhilai, Dr. Seema Jain discussed in detail the symptoms and causes of obesity. He told that B.M.I. Extremely important is the index that determines obesity. On the types of obesity and the problems caused by obesity, Dr. Seema Jain highlighted. The summary of the entire program was given by the convener of the webinar, Prof. Vikas Chandra Sharma put it in front of everyone. Official vote of thanks to the Additional Director of the college Dr. J. Durga Prasad Rao.

In this webinar, all the faculty and staff of the college were present through YouTube, Facebook and Zoom e-medium. The total number of participants in the webinar was around 350.

<https://www.facebook.com/ssmv.bhilai/posts/2274052076074441>



**19-November-2020**

### **CELEBRATION OF WORLD TOILET DAY IN SSMV BHILAI**

Shri Shankaracharya Mahavidyalaya Junwani Bhilai celebrates World Toilet Day which raises awareness of the 4.2 billion people living without access to safely managed sanitation. It is about taking action to tackle the global sanitation crisis and achieve Sustainable Development Goal 6: Water and Sanitation for All by 2030. This year the theme remarks the importance of "Sustainable Sanitation and Climate Change". On this occasion a cleanliness drive was conducted in the college campus to make toilets and sanitary places clean and hygienic.

Toilets save lives, because human waste spreads killer diseases. World Toilet Day is about inspiring action to tackle the global sanitation crisis. World Toilet Day is celebrated on 19th November every year. World Toilet Day 2019 is drawing attention to those people being left behind without sanitation

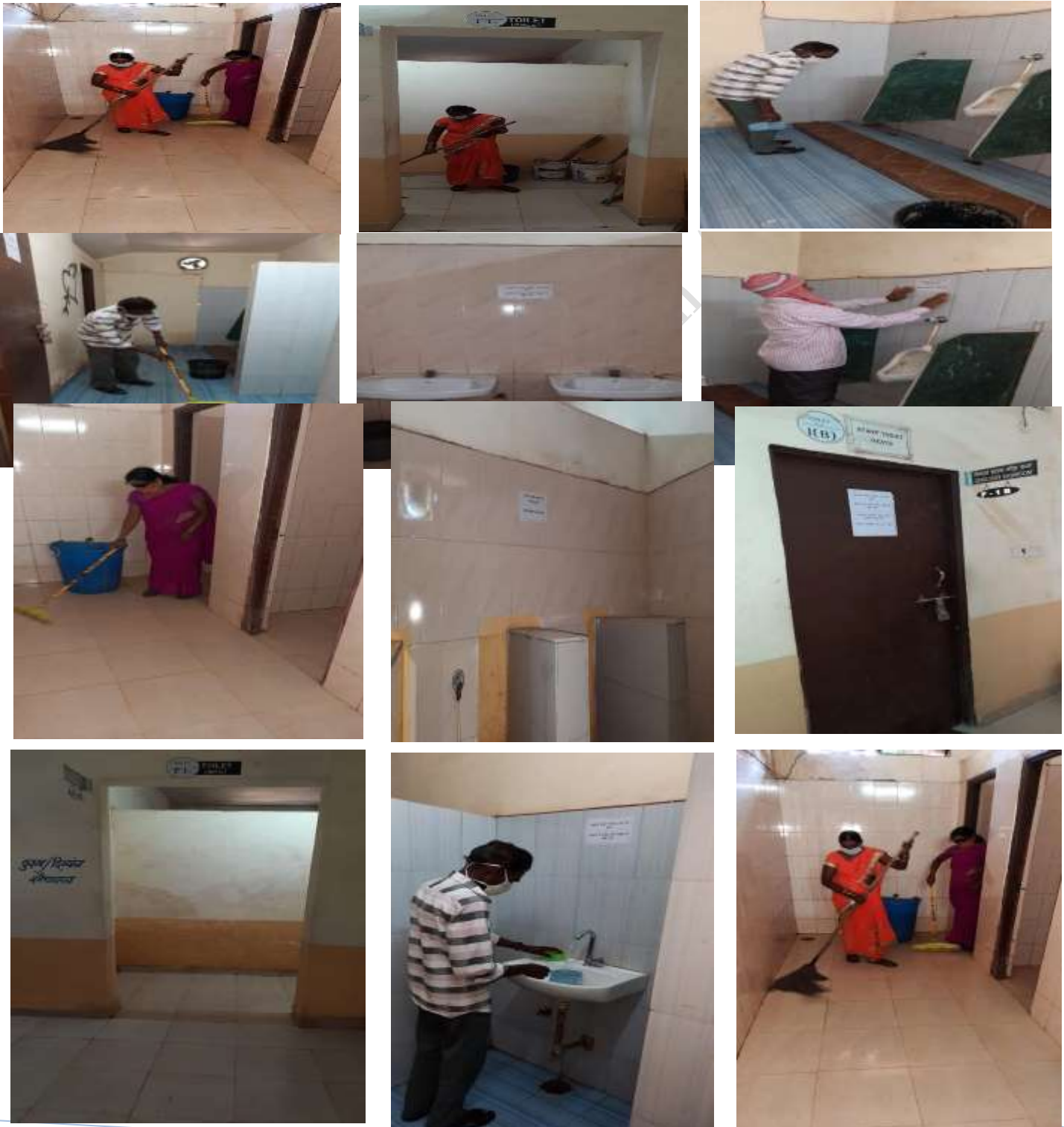
Everyone must have sustainable sanitation, alongside clean water and handwashing facilities, to help protect and maintain our health security and stop the spread of deadly infectious diseases such as COVID-19, cholera, and typhoid.

Personal hygiene can be defined as the practice of maintaining cleanliness and promoting and preserving body health. The term "hygiene" comes from the Greek word "Hygeia," which means goddess of health, cleanliness, and sanitation. Maintaining a high level of personal hygiene can help increase confidence and self-esteem, leading to a healthy lifestyle. While the failure to keep up a standard of hygiene may have many implications. Not only there is a high risk of getting an

illness or infection but also there are many social and psychological issues are possible due to poor hygiene.

Personal hygiene is one of the most effective methods of public disease prevention.

<https://www.facebook.com/ssmv.bhilai/posts/2297840633695585>





### 1 –December- 2020

NCC and Zoology department of Shri Shankaracharya Mahavidyalaya, Bhilai celebrated the Aids day on 01 /12/2020 by conducting poster competitions for the students. On 1 December, World AIDS Day brings people from all over the world together to raise awareness of HIV/AIDS and show international unity in the face of the pandemic. The day offers an opportunity for public and private partners to raise awareness of the state of the pandemic and foster progress around the world in the prevention, treatment and care of HIV/AIDS. It has become one of the international health days most widely recognized and a vital opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services.

<https://www.facebook.com/ssmv.bhilai/posts/2309980175814964>



### 4-December-2020

NCC cadets of Shri Shankaracharya College organised a nukkad natak on constitution day and move forward on its duty path. In this sequence, Nukkad Natak was organized in the adopted village Khapri, kutel bhata by the cadets of NCC in which the rights and duties provided by the constitution of the country threw light on cleanliness and other social issues. The main motives behind it is to promote the values of the constitution of our country among the youth during the period of Western civilization. Principal and Director Dr. Raksha Singh said in her statement that the cadets of today will fulfill their important role in the country tomorrow. Some students among the cadets beautify various important institutions like the Army and Defense of the country and provide their dignified presence in the NCC. Due to this, they always have a sense of discipline and patriotism, which gives them a good personality.

<https://www.facebook.com/ssmv.bhilai/posts/2312956465517335>



### 30- January-2021-

NCC unit of Shri Shankaracharya Mahavidyalaya, Bhilai pay a tribute to the martyrs of India on the death anniversary of Mahatma Gandhi on January 30 in college campus. Cadets also organised 5KM cyclothan rally as a part of FIT INDIA MOVEMENT, to keep healthy and fit on 30/01/2021 between 10.30 am and 12.00 pm.

The event was flag off by the Director and Principal of the college Dr. Raksha Singh. She shared her words that this cycling event is to create awareness in maintaining physical and mental health. In this event 27 cadets, Lt. Dr. KJ Mondal and Lt. Ujwala Bhonsle given their active participation. All the event are organised by maintaining corona protocols.

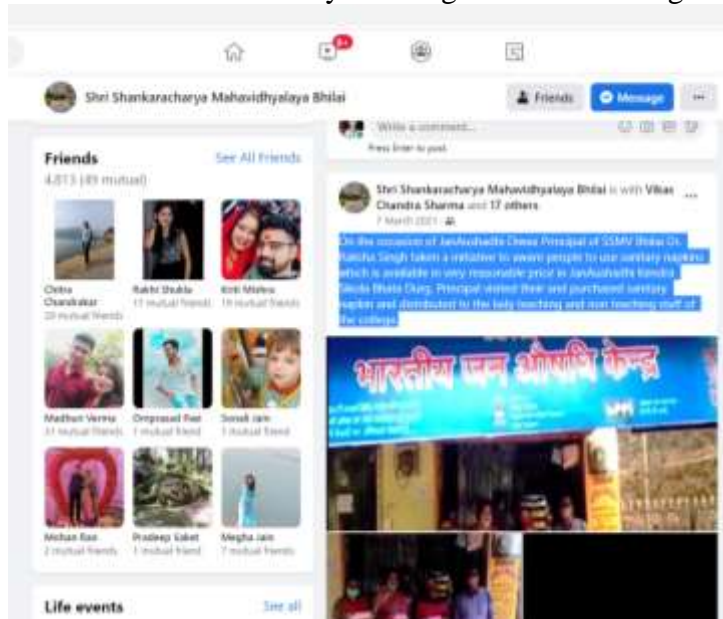
<https://www.facebook.com/ssmv.bhilai/posts/2365915443554770>





### 7-March-2021

On the occasion of JanAushadhi Diwas Principal of SSMV Bhilai Dr. Raksha Singh taken a initiative to aware people to use sanitary napkins which is available in very reasonable price in JanAushadhi Kendra Sikola Bhata Durg. Principal visited their and purchased sanitary napkin and distributed to the lady teaching and non teaching staff of the college.



### 30-April-2021

On the occasion of International Day of Immunology i.e on 29th April 2021 Department of Microbiology of Shri Shankaracharya Mahavidyalaya junwani Bhilai organised awareness program for the students of life science department. The main aim to organise this program was to aware students about importance of immunology in the fight against infection, allergies, autoimmunity and cancer. Assistant professor Aafreen Khanam gave the brief description and basics of immunology and further student of M.Sc. III sem Samson Alfonzo Martin gave presentation on Immunity booster diet and aware students how to maintain immunity and to take proper diet. Jeffin jose of M.Sc. I sem presentation was on vaccine and their types.

Director and principal Dr. Raksha Singh said that it's very necessary to boost our immunity in this pandemic era and Additional Director Dr J Durga Prasad Rao said that it's our duty to take vaccine and improve our immunity. Dr. Rachana Choudhary, Mrs. Bhuneshwari Naik contributed lot for the success of the program.

<https://www.facebook.com/ssmv.bhilai/posts/2448211005325213>



**25-April-2021**

Ashish Tamrakar, an Alumnus of Department of English Shri Shankaracharya Mahavidyalaya Junwani Bhilai is serving the society during this COVID-19 Pandemic crisis. SSMV family is feeling proud and supporting him for his noble cause.

**10-April-2021**

<https://www.facebook.com/ssmv.bhilai/posts/2429990633813917>



8-April-2021

<https://www.facebook.com/ssmv.bhilai/posts/2428107080668939>


8-April-2021

<https://www.facebook.com/ssmv.bhilai/posts/2427193634093617>


HOME QUARANTINE SCHEDULE		
S.L.	Timing	Details
1.	06:00 AM	Wake Up
2.	06:30 AM to 07:00 AM	1/2 Hour Yoga (Pranayama + Surya Namaskar)
3.	07:00 AM	50 to 100 ML Hot Lemon Water (नमूने रोज़ पियें)
4.	07:30 AM to 08:00 AM	1/2 Hour Break Fast (Toile)
5.	08:30 AM	50 to 100 ML Hot Milk (नमूने रोज़ पियें)
6.	09:00 AM	05 to 10 Minute Shower (नमूने)
7.	09:30 AM	50 to 100 ML Kadha (नमूने रोज़ पियें)
8.	11:00 AM	50 ML Hot Tea (नमूने पियें)
9.	12:00 PM	50 to 100 ML Hot Lemon Water (नमूने रोज़ पियें)
10.	01:00 PM to 02:00 PM	Vikram - C + B Lunch (नमूने रोज़ पियें)
11.	02:00 PM	05 to 10 Minute Shower (नमूने)
12.	04:00 PM to 05:00 PM	1 Hour Rest (नमूने रोज़ पियें)
13.	05:30 PM	50 to 100 ML Kadha (नमूने रोज़ पियें)
14.	06:00 PM to 07:00 PM	1 Hour Yoga and Aerobics (नमूने रोज़ पियें)
15.	07:00 PM	50 to 100 ML Hot Lemon Water (नमूने रोज़ पियें)
16.	07:30 PM to 08:30 PM	Vikram - C + B Dinner (नमूने रोज़ पियें)
17.	09:00 PM	05 to 10 Minute Shower (नमूने)
18.	09:30 PM	50 to 100 ML Kadha (नमूने रोज़ पियें)
19.	Before Sleep	50 to 100 ML Hot Milk (नमूने रोज़ पियें)

यह जागरूकता हर ईन्सान तक पहुँच जाए तो कोरोनावायरस की जरूरत नहीं होगी इसे अधिक से अधिक शेयर करें



### 31-May-2021

World No Tobacco Day was celebrated by NCC cadets at Shri Shankaracharya Mahavidyalaya Junwani Bhilai. The director and principal of the college, Dr. Raksha Singh and the additional director, Dr. J. Durgaprasad Rao. The oath was administered by the cadets of NCC on this day. Dr. Raksha Singh, the director and principal of the college, gave directions to the cadets of NCC to make them aware about the harm caused to the healthy due to tobacco. Additional director Dr. J. Durga Prasad Rao said that the cadets of NCC were motivated to work unitedly to prevent tobacco causing deadly diseases. A total of 52 cadets were involved in this oath.

<https://www.facebook.com/ssmv.bhilai/posts/2476693679143612>



### 31-May-2021

Observance of World No Tobacco Day 2021 in Shri Shankaracharya Mahavidyalaya Junwani, Bhilai (C.G.)

No one said that quitting smoking and tobacco was easy, but on World No Tobacco Day today on 31 May 2021, Shri Shankaracharya Mahavidyalaya Junwani, Bhilai seems earnest in its fight against tobacco consumption in order to justify its social responsibility of being an Educational institution.

Since it's a pandemic situation prevailing in the country so an Online Pledge Taking Ceremony was organised for the Non- Teaching Staff of the college by Internal Quality Assurance Cell

(IQAC) to educate them about the harmful effects of tobacco on the human body. This year, the theme of World No Tobacco Day 2021 is "Commit to Quit".

All the Non- Teaching Staff members were present on the occasion which includes Dinesh Mishra, Pawan Kumar Sahu, Toran Lal Dewangan, Gaurav Chauhan, Gokul, R Vishnu, Dheeraj, David Raju etc. IQAC Coordinator Dr. Rahul Mene first shared a brief video on the awareness to reduce tobacco consumption which can lead to deadly diseases like cancer and early death. Then he administered an Online Pledge to the Non-Teaching Staff as per UGC and the affiliating university instructions. Some of the Non-Teaching Staff members like Gokul and R Vishnu also expressed their opinion about the ill effects of tobacco.

Director & Principal Dr. Raksha Singh said "No-Tobacco Day is an attempt to draw public and government attention on the need to take effective measures to prevent tobacco consumption which contaminates the air in which we live. So, if your dream is to live in a pollution-free environment, then Anti- Tobacco Day is the right time to express your support to help create a safe and healthy environment for future generations."

<https://www.facebook.com/ssmv.bhilai/posts/2476681115811535>

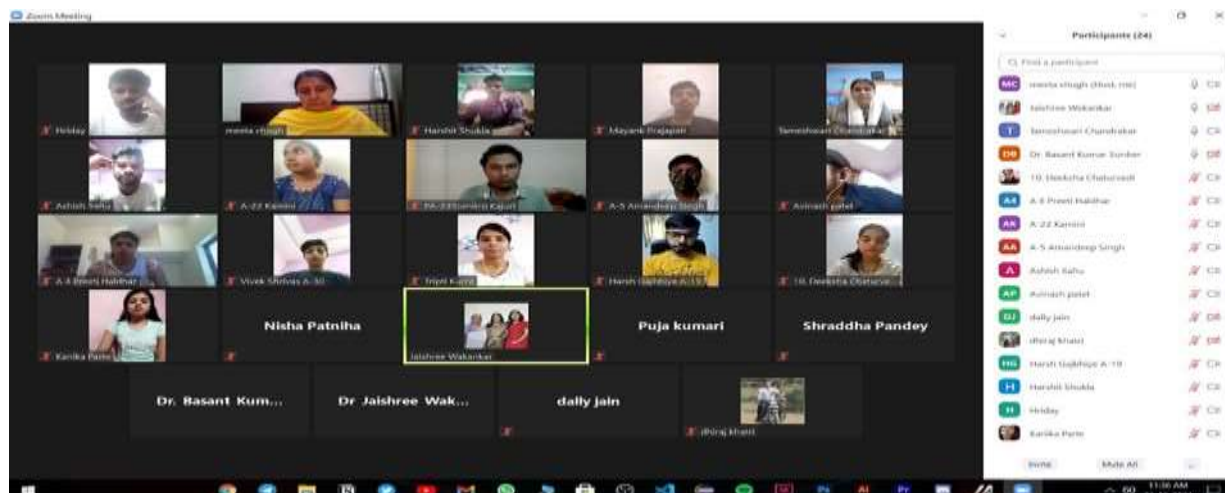


### 28-May-2021

Guest lecture was organized by Art Faculty Shri Shankaracharya Mahavidyalaya Junwani Bhilai. Dr Basant Kumar Sonberkar Assistant Professor Kamala Devi Girls College Rajnandgaon delivered a lecture on mental stress during Kovid-19 and ways to avoid it. He said that the present situation is very frightening. Under no circumstances, we should be patient and spend positive time with our family, understanding each other's feelings and keeping the family environment pleasant.

<https://www.facebook.com/ssmv.bhilai/posts/2473900286089618>

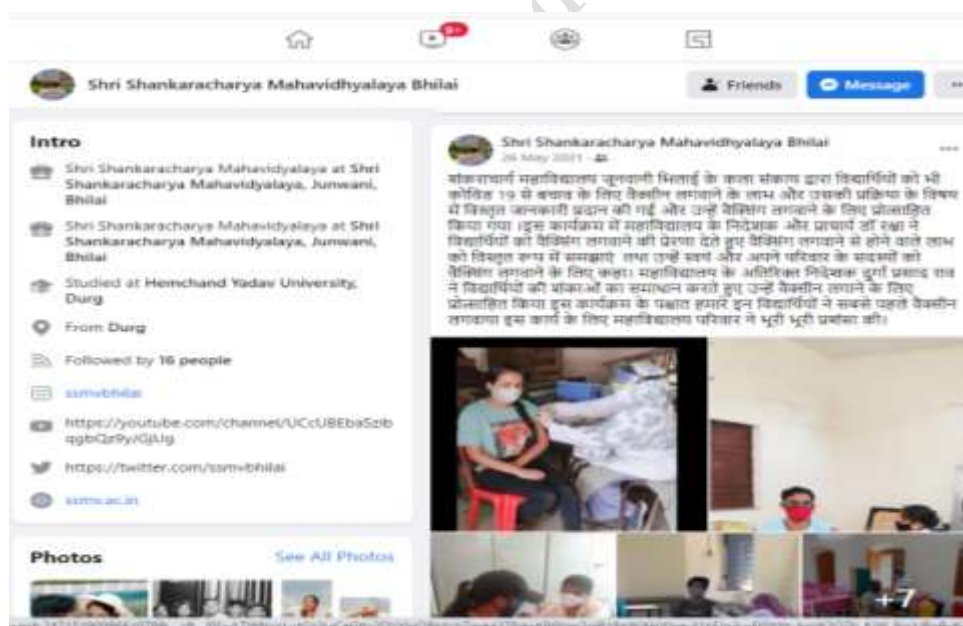




## 28-May-2021

By the Arts Faculty of Shankaracharya Mahavidyalaya Junwani Bhilai, students were also provided detailed information about the benefits and process of getting the vaccine to protect against Kovid 19 and they were encouraged to get waxing. In this program, Dr. Raksha, the director and principal of the college, while motivating the students to get waxed, explained the benefits of waxing in detail and asked them to get themselves and their family members waxed.

<https://www.facebook.com/ssmv.bhilai/posts/2471519009661079>



## 22-June-2021

A one-day workshop on the subject of Psycho-Logic Support for Kovid Pandemic Condition was organized in virtual mode by the Education Department in Shri Shankaracharya Mahavidyalaya, in the courtesy of Mahatma Gandhi National Council for Rural Education, with the aim of increasing the awareness of the problems arising due to Kovid-19 among the students. how to present your participation in it. Inaugurating the program, Dr. Raksha Singh, the director and principal of the college, spoke about the problems and participation caused by Kovid-19, so that we can help the people. Go and throw light on how the students should be filled with this spirit, after that Shri Amritanshu Dwivedi said in his statement that everyone was doing his duty in the time of Kovid-19. Whether it is a soldier, a nurse or a doctor, he did not do any shortcoming in performing his duty, but did the work 2 times and 3 times, only teachers were those who worked less than their normal work time, while they did their role very well. We should be ready to help people at all times.

<https://www.facebook.com/ssmv.bhilai/posts/2495894850556828>



### 19-October -2021

On the occasion of World Food Day, a power point presentation program was organized by the Department of Microbiology of Shri Shankaracharya College, Junwani, Bhilai in which the history of World Food Day, problems of hunger, malnutrition and what kind of food for our health by the students. Provided information about what is beneficial and harmful. In this program, the purpose of organizing World Food Day through power point presentation and documentary film by Rashmi Thapa, Shifa Swaleha and Kavita Verma, students of B.Sc. Third year (Microbiology) and the changes coming in food in the changing environment and their impact on us. The health effects were discussed. Keeping in mind the infection of Kovid-19 by the students, information was provided about the maintenance of balanced diet and food items. encouraged to adopt

<https://www.facebook.com/ssmv.bhilai/posts/2598740370272275>



### 1-November -2021

Organized workshop and training program on Health and Nutrition in Shri Shankaracharya College, Junwani Bhilai

Microbiology and Zoology of Shri Shankaracharya College, Junwani Bhilai will organize a workshop on health and nutrition and a one-month training program. Under this program, detailed information will be given about skill development, yoga and mushroom training. The first session was inaugurated by the chief guest Dr. Pratibha Issar (Head of Department of Radiodiagnosis, Jawaharlal Nehru Hospital and Research Center Bhilai, Chhattisgarh) by showing power point presentation and video on breast cancer, identifying breast cancer to the students, self breast training, stage of breast cancer. and survival percentage and in-hospital testing techniques like mammography, sonography, IMR. Provided detailed information about In the second session of the program, Mr. Abhishek Bansod (Owner of J.D. Mushroom Firm, Bhilai-3 and Bhootpurv Alumni Shri Shankaracharya Mahavidyalaya Junwani Bhilai) Giving a power point presentation on Mushroom Cultivation, gave information about the ingredients used in Mushroom Cultivation. Dr. Raksha Singh, the director and principal of the college, while



making aware about breast cancer, talked about making it aware to the women in every household and told the importance of mushroom and advised to use it in daily life.

<https://www.facebook.com/ssmv.bhilai/posts/2617750825037896>







### 1-December -2021

A two-day program was organized by the Department of Biotechnology and Botany on World AIDS Day on 1st December and National Pollution Control Day on 2nd December at Shri Shankaracharya Mahavidyalaya Junwani Bhilai. On the occasion of World AIDS Day, poster competition and Rangoli competition were organized under AIDS awareness campaign in which college students participated enthusiastically. In Rangoli competition, first year student of Kumkum B.Sc. secured first position and in poster competition, Shweta Verma, student of B.Sc. second year (Biotechnology) secured first position. Senior Professor Dr. Archana Jha (Head of Department - Faculty of Hindi) and Mrs. Preeti Srivastava (Head of Department - Faculty of Mathematics) played the role of judge of this competition. In the next phase of the program, a power point presentation was presented by the students on the topic of pollution and its control on 2nd December, in which Pandri Shubham B.Sc (Microbiology) got the first position. This two-day program was organized by Dr. Akanksha Jain (Head of Department - Biotechnology) and Ms. Varsha Yadav (Head of Department - Botany). Appreciating this program, Principal of the college Dr. Raksha Singh and Sir Director Dr. J. Durga Prasad Rao encouraged to organize such events in future also.

<http://sundaycampus.com/?p=26131>

[https://www.facebook.com/ssmv.bhilai/posts/2636482513164727?\\_cft\\_\[0\]=AZWvR\\_2iJZKRTi9hDLIW\\_ZbMxb1wfYb3iBSYDIZt5CFd7sUERohgvxBmfDKv8FYnJluYxqx2AaTKcOAs3CjapIDGs7BbXKDXxOsMJCmB-Wx4ABD7S-P88QjF5UcOC7bIXeB8&\\_tn\\_=%2CO%2CP-R](https://www.facebook.com/ssmv.bhilai/posts/2636482513164727?_cft_[0]=AZWvR_2iJZKRTi9hDLIW_ZbMxb1wfYb3iBSYDIZt5CFd7sUERohgvxBmfDKv8FYnJluYxqx2AaTKcOAs3CjapIDGs7BbXKDXxOsMJCmB-Wx4ABD7S-P88QjF5UcOC7bIXeB8&_tn_=%2CO%2CP-R)

[https://www.facebook.com/ssmv.bhilai/posts/2637496396396672?\\_cft\\_\[0\]=AZWKrq07FErcYxQuYar\\_gKZhvvY44HOLRn8Q\\_pVhYowy5OP59qVXMRiG2Em2PWYj47z4Q0dvh2O3mMtfuluI7Wu7clv63Qjlekyhod\\_gtP-FzKA6gF7N9a\\_7rBuckQe0gPCM&\\_tn\\_=%2CO%2CP-R](https://www.facebook.com/ssmv.bhilai/posts/2637496396396672?_cft_[0]=AZWKrq07FErcYxQuYar_gKZhvvY44HOLRn8Q_pVhYowy5OP59qVXMRiG2Em2PWYj47z4Q0dvh2O3mMtfuluI7Wu7clv63Qjlekyhod_gtP-FzKA6gF7N9a_7rBuckQe0gPCM&_tn_=%2CO%2CP-R)



Enclosed event Documents:



Handwritten notes at the top of the table:

Handwritten notes at the top of the table:

Handwritten notes at the top of the table:

S.No.	Name of Students	Grade	Signature
1	Pratik Bhojwani	B.Sc. 1st year	
2	Pratik Bhojwani	B.Sc. 1st year	
3	Pratik Bhojwani	B.Sc. 1st year	
4	Pratik Bhojwani	B.Sc. 1st year	
5	Pratik Bhojwani	B.Sc. 1st year	
6	Pratik Bhojwani	B.Sc. 1st year	
7	Pratik Bhojwani	B.Sc. 1st year	
8	Pratik Bhojwani	B.Sc. 1st year	
9	Pratik Bhojwani	B.Sc. 1st year	
10	Pratik Bhojwani	B.Sc. 1st year	
11	Pratik Bhojwani	B.Sc. 1st year	
12	Pratik Bhojwani	B.Sc. 1st year	
13	Pratik Bhojwani	B.Sc. 1st year	
14	Pratik Bhojwani	B.Sc. 1st year	
15	Pratik Bhojwani	B.Sc. 1st year	
16	Pratik Bhojwani	B.Sc. 1st year	
17	Pratik Bhojwani	B.Sc. 1st year	
18	Pratik Bhojwani	B.Sc. 1st year	
19	Pratik Bhojwani	B.Sc. 1st year	
20	Pratik Bhojwani	B.Sc. 1st year	
21	Pratik Bhojwani	B.Sc. 1st year	
22	Pratik Bhojwani	B.Sc. 1st year	
23	Pratik Bhojwani	B.Sc. 1st year	
24	Pratik Bhojwani	B.Sc. 1st year	
25	Pratik Bhojwani	B.Sc. 1st year	
26	Pratik Bhojwani	B.Sc. 1st year	
27	Pratik Bhojwani	B.Sc. 1st year	
28	Pratik Bhojwani	B.Sc. 1st year	
29	Pratik Bhojwani	B.Sc. 1st year	
30	Pratik Bhojwani	B.Sc. 1st year	
31	Pratik Bhojwani	B.Sc. 1st year	
32	Pratik Bhojwani	B.Sc. 1st year	
33	Pratik Bhojwani	B.Sc. 1st year	
34	Pratik Bhojwani	B.Sc. 1st year	
35	Pratik Bhojwani	B.Sc. 1st year	
36	Pratik Bhojwani	B.Sc. 1st year	
37	Pratik Bhojwani	B.Sc. 1st year	
38	Pratik Bhojwani	B.Sc. 1st year	
39	Pratik Bhojwani	B.Sc. 1st year	
40	Pratik Bhojwani	B.Sc. 1st year	
41	Pratik Bhojwani	B.Sc. 1st year	
42	Pratik Bhojwani	B.Sc. 1st year	
43	Pratik Bhojwani	B.Sc. 1st year	
44	Pratik Bhojwani	B.Sc. 1st year	
45	Pratik Bhojwani	B.Sc. 1st year	
46	Pratik Bhojwani	B.Sc. 1st year	
47	Pratik Bhojwani	B.Sc. 1st year	
48	Pratik Bhojwani	B.Sc. 1st year	
49	Pratik Bhojwani	B.Sc. 1st year	
50	Pratik Bhojwani	B.Sc. 1st year	
51	Pratik Bhojwani	B.Sc. 1st year	
52	Pratik Bhojwani	B.Sc. 1st year	
53	Pratik Bhojwani	B.Sc. 1st year	
54	Pratik Bhojwani	B.Sc. 1st year	
55	Pratik Bhojwani	B.Sc. 1st year	
56	Pratik Bhojwani	B.Sc. 1st year	
57	Pratik Bhojwani	B.Sc. 1st year	
58	Pratik Bhojwani	B.Sc. 1st year	
59	Pratik Bhojwani	B.Sc. 1st year	
60	Pratik Bhojwani	B.Sc. 1st year	
61	Pratik Bhojwani	B.Sc. 1st year	
62	Pratik Bhojwani	B.Sc. 1st year	
63	Pratik Bhojwani	B.Sc. 1st year	
64	Pratik Bhojwani	B.Sc. 1st year	
65	Pratik Bhojwani	B.Sc. 1st year	
66	Pratik Bhojwani	B.Sc. 1st year	
67	Pratik Bhojwani	B.Sc. 1st year	
68	Pratik Bhojwani	B.Sc. 1st year	
69	Pratik Bhojwani	B.Sc. 1st year	
70	Pratik Bhojwani	B.Sc. 1st year	
71	Pratik Bhojwani	B.Sc. 1st year	
72	Pratik Bhojwani	B.Sc. 1st year	
73	Pratik Bhojwani	B.Sc. 1st year	
74	Pratik Bhojwani	B.Sc. 1st year	
75	Pratik Bhojwani	B.Sc. 1st year	
76	Pratik Bhojwani	B.Sc. 1st year	
77	Pratik Bhojwani	B.Sc. 1st year	
78	Pratik Bhojwani	B.Sc. 1st year	
79	Pratik Bhojwani	B.Sc. 1st year	
80	Pratik Bhojwani	B.Sc. 1st year	
81	Pratik Bhojwani	B.Sc. 1st year	
82	Pratik Bhojwani	B.Sc. 1st year	
83	Pratik Bhojwani	B.Sc. 1st year	
84	Pratik Bhojwani	B.Sc. 1st year	
85	Pratik Bhojwani	B.Sc. 1st year	
86	Pratik Bhojwani	B.Sc. 1st year	
87	Pratik Bhojwani	B.Sc. 1st year	
88	Pratik Bhojwani	B.Sc. 1st year	
89	Pratik Bhojwani	B.Sc. 1st year	
90	Pratik Bhojwani	B.Sc. 1st year	
91	Pratik Bhojwani	B.Sc. 1st year	
92	Pratik Bhojwani	B.Sc. 1st year	
93	Pratik Bhojwani	B.Sc. 1st year	
94	Pratik Bhojwani	B.Sc. 1st year	
95	Pratik Bhojwani	B.Sc. 1st year	
96	Pratik Bhojwani	B.Sc. 1st year	
97	Pratik Bhojwani	B.Sc. 1st year	
98	Pratik Bhojwani	B.Sc. 1st year	
99	Pratik Bhojwani	B.Sc. 1st year	
100	Pratik Bhojwani	B.Sc. 1st year	

- To concern about health and hygiene of ssmv Family along with all students, Rohit kale of B.sc 2nd year made sanitizer machine.







# SHRI SHANKARACHARYA MAHAVIDYALAYA JUNWANI, BHILAI

(RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILAI)

**NAAC RE-ACCREDITED WITH 'A' GRADE**

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav University, Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

## ICT





## National Webinar on “Current IT Sector Requirements”

19/06/2021

Meet Link: <https://meet.google.com/tzx-nkcf-qtz>

Youtube link: [https://youtu.be/A7GdY\\_50Kdg](https://youtu.be/A7GdY_50Kdg)

### Event Report:

National webinar on “Current IT Sector Requirements” was organized by the Computer Department of Shri Shankaracharya Mahavidyalaya on June 19 with collaborations of . MoU Pataner Anion Softtech Raipur .the keynote speaker was Shri Ankit Mishra, Business Development Manager, Anion Soft Tech, Raipur.

The main objective of this webinar is to provide knowledge and tools that will allow to design and implement effective, economical, and creative solutions for the needs of individuals, society, High-tech economy and give information about current Trends of IT Industry .

Mr. Ankit Mishra in the beginning of his speech told that how students should do their self-assessment before starting their career. While highlighting the opportunities of IT sector, you said that in today's time it is very important to have communication skills along with being technical based.



## 6 Days Workshop on Advance Programming

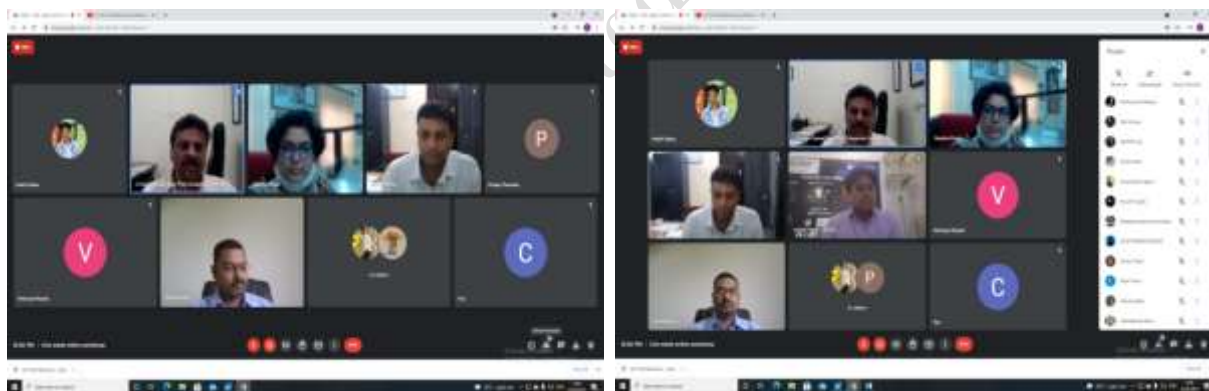
**Date :-16/08/2021 to 21 /08/2021**

The main Objective of workshop to provide knowledge about web based Advance Programming such as HTML, CSS, DOM, and JavaScript) . This workshop was completed in 6 Day . The key Speaker of this workshop gave complete knowledge of **Front End Development**. A front-end developer architects and develops websites and applications using web technologies (i.e., HTML, CSS, DOM, and JavaScript), which run on the Open Web Platform or act as compilation input for non-web platform environments.

### Day-01

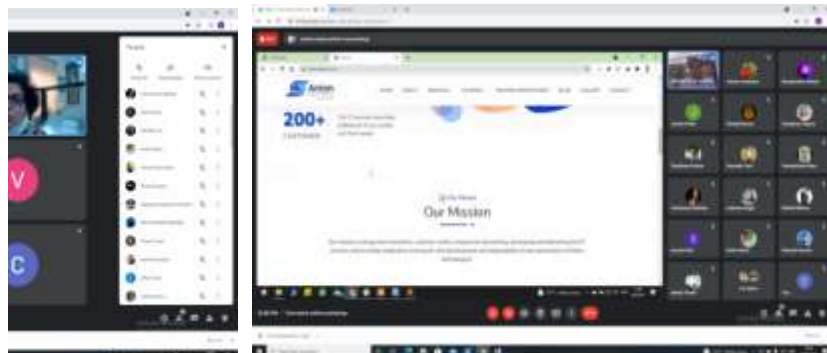
#### HTML:

HTML stands for Hypertext Markup Language. It is used to design web pages using a markup language. HTML is the combination of Hypertext and Markup language. Hypertext defines the link between the web pages. A markup language is used to define the text document within tag which defines the structure of web pages.



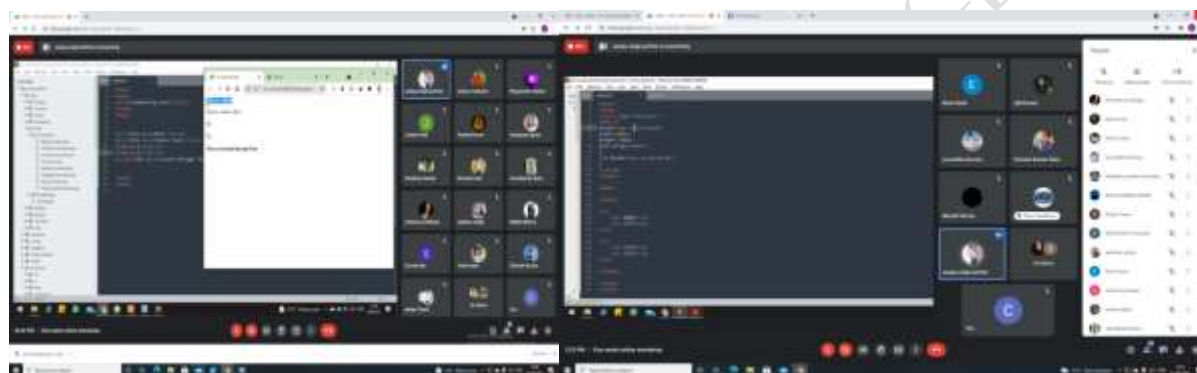
### शंकराचार्य महाविद्यालय द्वारा 21 को अंतर्राष्ट्रीय योग दिवस पर वृहद आयोजन

भिलाईनगर, 19 जून (देशबन्धु)। शंकराचार्य महाविद्यालय में 6 जून से 21 जून योग एवं ध्यान ई-प्रशिक्षण शिविर का आयोजन किया जा रहा है। जिसमें मुगल मीरा, पेरसबुक और यूट्यूब के माध्यम से प्रतिदिन 500 से अधिक लोग शिविर का लाभ उठा रहे हैं। इस योग एवं ध्यान प्रशिक्षण शिविर का आयोजन पारंपरिक युवा भारत उत्तरीसंगठन व उत्तरीसंगठन योग एसोसिएशन के सहयोग से किया जा रहा है। जिसमें सुखी पुर्वी चर्मी एवं तामेधर गायकवाड़ (राज्य कार्यकारी सदस्य व योग ट्रेनर छ.ग.योग एसोसिएशन) द्वारा नियम योग का प्रशिक्षण दिया जा रहा है एवं प्रस्तावित ब्रह्माकुमारी प्राची बहान के द्वारा राजयोग सर्टिफिकेशन का अभ्यास कराया जा रहा है। चार्टर्ड अवॉर्डेट सुलत कोठारी, डॉ. मानसी गुलाटी, एलुमिनी सीमती केस पड़ुड़, राखी राय, मिसेस एशिका इंटरनेशनल गुंजन चौहान चंदेल, अदा दीपा मेहता मिसेस एशिका इंटरनेशनल, भिलाई नगर निगम की जलनी तनेजा एवं बकौल हेलीना गिरीभरन सहित अनेक योग से संबंधित अपने स्तर में सभी जनमानस को योग से जुड़ने का आग्रह किया ताकि सभी स्वस्थ एवं विरोग रह सकें तथा कोरोना जैसी महामारी का डरकर मुक्तकला कर सकें। शंकराचार्य महाविद्यालय में 21 जून को योग एवं ध्यान ई-प्रशिक्षण शिविर का आयोजन वृहद पैमाने पर किया जाएगा। जिसमें 1000 से अधिक लोगों के जुड़ने की उम्मीद है। महाविद्यालय की निदेशक एवं प्रधानाचार्य रक्षा सिंह ने स्वस्थ तन एवं मन के विकास के लिए अधिक से अधिक संख्या में ई-योग प्रशिक्षण शिविर से जुड़े और कार्यक्रम का अधिकारिक लाभ उठाये। 21 जून को प्रातः 6:45 से प्रशिक्षण शिविर का शुभारंभ होगा। जनमानस की शंकराचार्य महाविद्यालय के यूट्यूब लिंक एवं पेरसबुक एप्लेट से जुड़कर योग का लाभ ले सकते हैं। आई. पी. मिश्रा चेयरमैन, श्री गंगाजली शिक्षण समिति एवं सीमती जया मिश्रा अध्यक्ष, श्री गंगजली शिक्षण समिति ने महाविद्यालय परिसर को इस अभूतपूर्व आयोजन के लिए अपनी सहभागिता दर्ज की है।



## Day 2

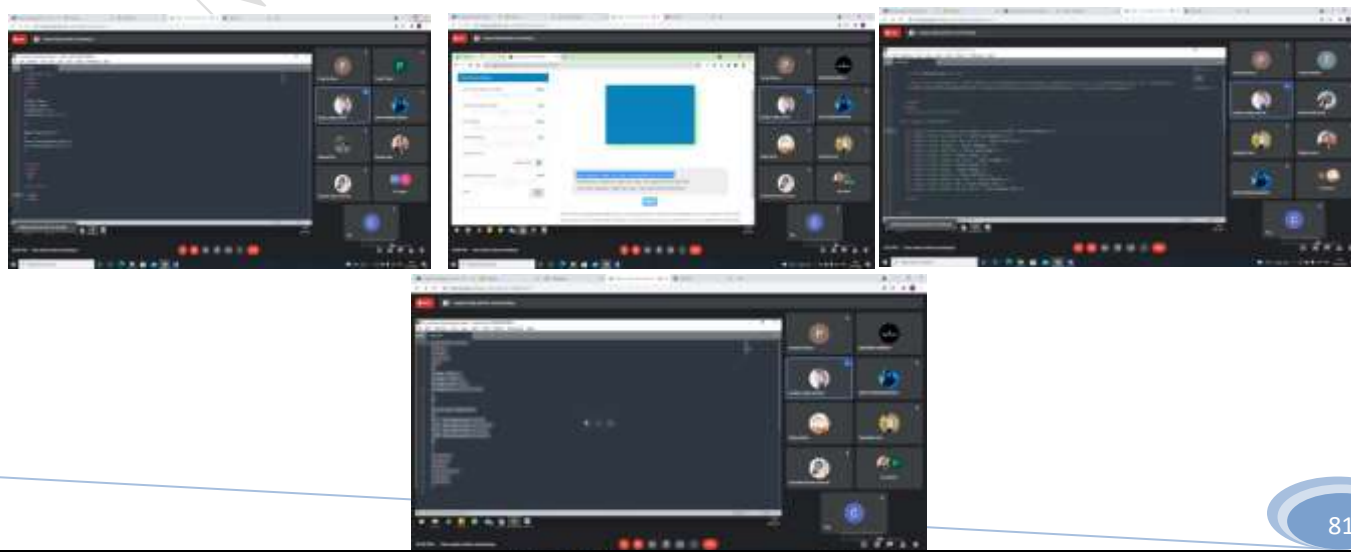
**CSS - Cascading Style Sheets (CSS)** is a style sheet language used for describing the look and formatting of a document written in a markup language. Although most often used to change the style of web pages and user interfaces written in HTML and XHTML, the language can be applied to any kind of XML document, including plain XML, SVG and XUL. Along with HTML and JavaScript, CSS is a cornerstone technology used by most websites to create visually engaging webpages, user interfaces for web applications, and user interfaces for many mobile applications.



## Day 3

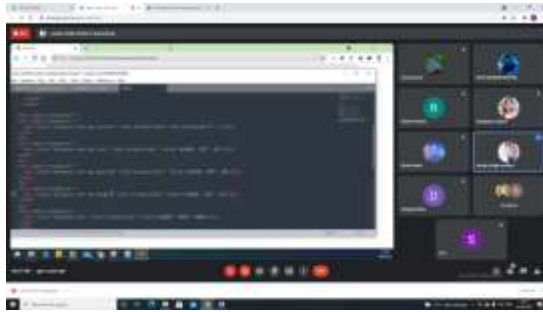
### CSS Animations

An animation lets an element gradually change from one style to another. You can change as many CSS properties you want, as many times as you want. To use CSS animation, you must first specify some keyframes for the animation. Keyframes hold what styles the element will have at certain times..



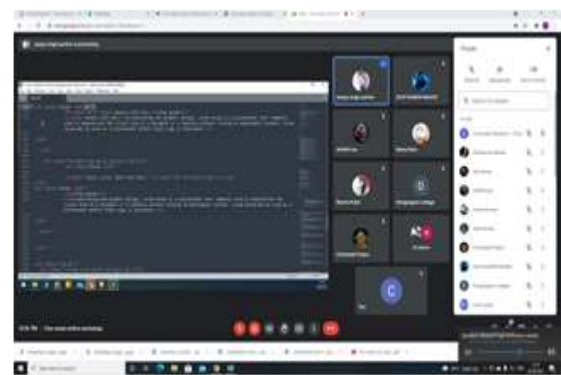
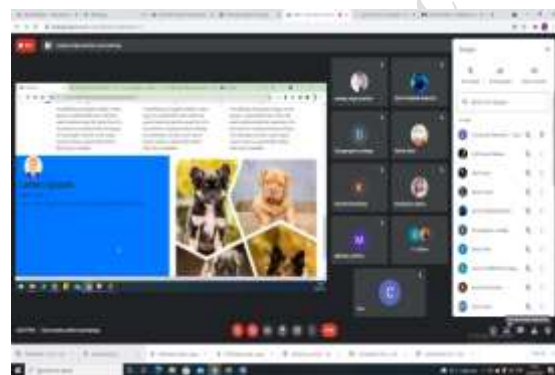
## Bootstrap Framework

Bootstrap is a free and open-source CSS framework directed at responsive, mobile-first front-end web development. It contains CSS- and (optionally) JavaScript-based design templates for typography, forms, buttons, navigation, and other interface components.



<https://getbootstrap.com/docs/4.6/components/carousel/>

CSS is used to describe how HTML elements should be presented on the web page. CSS can not only provide colours, positions to the HTML elements, etc. but also create animations and amplify your web page. Developers and web designers are intrigued by ways to try out advanced CSS techniques and contribute to the advancement of what CSS can do. CSS is becoming more dominant and now provides many opportunities to create engaging and browser compatible websites.



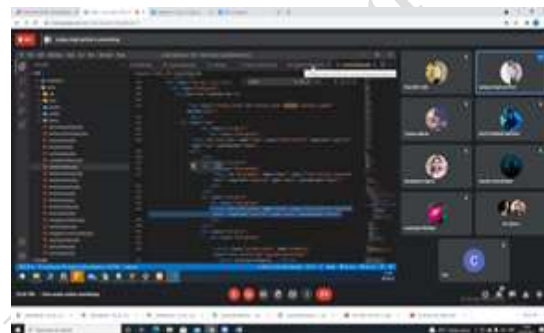
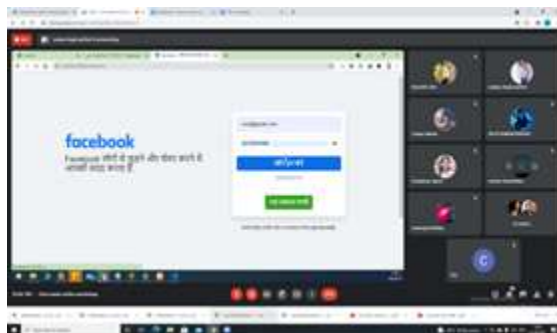
Ethical hackers learn and perform hacking in a professional manner, based on the direction of the client, and later, present a maturity scorecard highlighting their overall risk and vulnerabilities and suggestions to improve.

Ethical hacking, also known as penetration testing or pen testing, is legally breaking into computers and devices to test an organization's defenses. It's among the most exciting IT jobs



any person can be involved in. You are literally getting paid to keep up with the latest technology and get to break into computers without the threat of being arrested.

Depending on the vulnerability and exploit, the now gained access may require “privilege escalation” to turn a normal user’s access into higher administrative access. This can require a second exploit to be used, but only if the initial exploit didn’t already give the attacker privileged access.



**SHRI SHANKARACHARYA MAHAVIDYALAYA**  
JUNWANI, BHILAI  
NAAC B++ accredited with 'A' Grade (CGPA 3.10)  
Organized by  
Department of Computer Science  
and  
Internal Quality Assurance Cell

**06 Days Workshop**  
**ON ADVANCE PROGRAMMING**

**Chief Patron**  
Smt. L.P. Mishra (Chairman)  
Shri Gangadhar Educational Society, Bilai  
Smt. Jaya Mishra (President)  
Shri Gangadhar Educational Society, Bilai

**Patron**  
Dr. Raksha Singh  
(Director & Principal)  
Dr. J. Durga Prasad Rao  
(Additional Director)

**Speaker**  
Mr. Sanjay Singh Parihar  
Senior Software Developer of  
Anion Software, Jaipur

**Advisory Committee**  
Dr. Archana Jha  
Mr. Sandeep Jaiswal  
Dr. Rahul Meena  
Mrs. Preeti Shrivastava

**In Collaboration with**  
MIIU Partner  
**Anion**  
Software

**18 - 23 August, 2021**  
Time: 12:00 Noon onwards

**Convener**  
Mr. Tushar Devraj Singh  
HOD  
Department of Computer Science

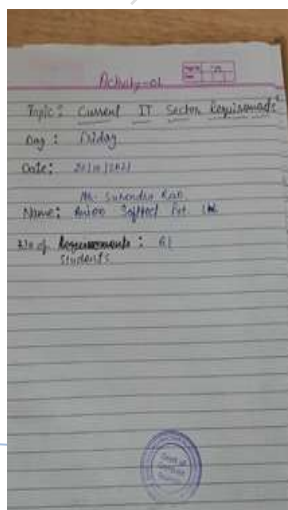
**Co-Convener**  
Mrs. Poonam Yadav  
Mrs. Kavita Kishore

Registration Link- <https://forms.gle/sic5hirdLu75jrPLA>  
Join Event Through Google Meet Link-  
<https://meet.google.com/sgm-qvz-tyq>

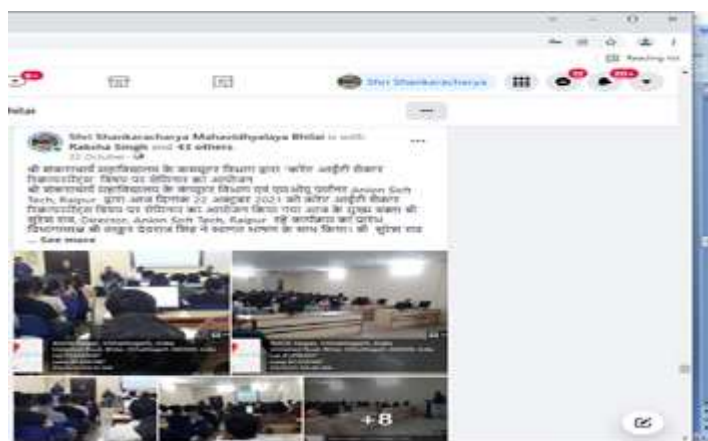


**Date :- 22/10/2021**

Seminar on current I.T sectors requirements was organized by the computer department of Shri Shankaracharya Mahavidyalaya, Junwani, Bhilai in collaboration with MOU partner Anion Softech. Mr. Suresh Rao Director of Anion Softech, shares his experience and knowledge with the students for the current requirements in I.T companies. Explaining the advantages of internship and certification courses in I.T sector, you motivated the students to do internship and join I.T oriented courses. There are unlimited career related opportunities in I.T sector by which you can join software companies. Data science, full stack developer, Artificial Intelligence, digital marketing etc. are the fields where you can make your career in the I.T sector. At the end of the program, you answered the questions asked by the students in a very simple way and pacified their curiosity and cleared their doubts.







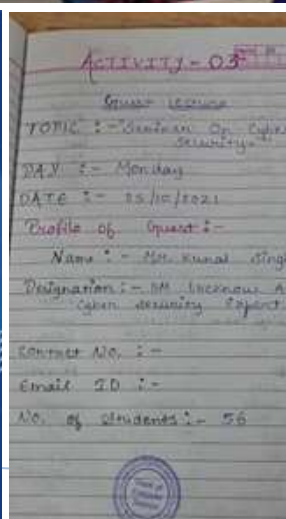
**Date:- 23/10/2021**

Department of computer science was organized typing test competitions for PGDCA students. The test was started with the instructions given to the students by head of department about the competitions. Sir has told that what the benefit of typing skills in job requirement is. Students were given text content of 500 words in 15 minutes. In this competition first place secured by Anurag Goswami second place Saket singh and Ishita Sen and Anju Bharti commonly got third place.

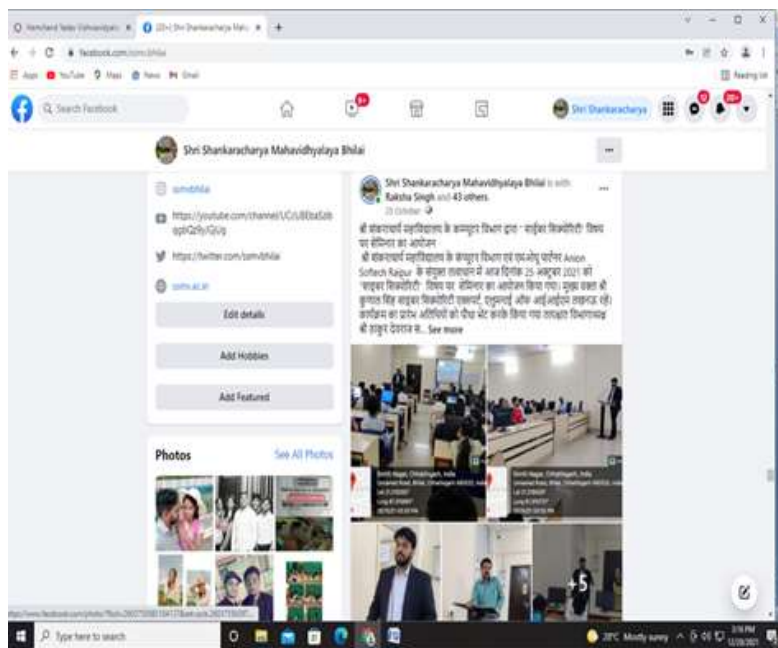


**Date:- 25/10/2021**

A one day Seminar on cyber security was organized by the computer department of Shri shankaracharya Mahavidyalaya College, Junwani, Bhilai. Mr.Kunal Singh cyber security expert shares his experiences and knowledge with the students. Explaining about the threats and risk to our data and information which we provide, you explained us how it's necessary to manage and protect our data from cyber risk. By explaining the Cyber security you described students how cyber security save and defend servers, mobile devices, networks and our data from malicious attacks. You motivated the students to join short term certification course for cyber security. You tell students about the career related opportunities for cyber security in I.T sector. At the end of the program, you answered the questions asked by the students in a very simple way and pacified their curiosity.







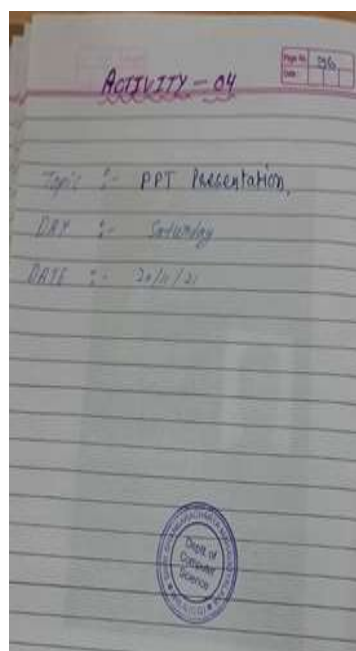
**Date:-** 20/11/2021

For enhancing the presentation skill Department of computer science was organized Power point presentation program on date 20<sup>th</sup> November all the students of BCA 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year, teachers, staff and faculty gathered for the seminar session organized by computer department.

The program start with the presentation given by Amit from BCA 3<sup>rd</sup> on the topic of mobile development & hybrid apps. Ranika from 2<sup>nd</sup> year gives presentation on the topic Block chain. Khilendra from 2nd year gives presentation on the topic GST. Ajay on AI (Artificial Intelligence) from 3<sup>rd</sup> year. Rishabh Singh from BCA 3<sup>rd</sup> gives presentation on the topic cyber security.

Prathamesh Raich shared his experience on IIT certifications. Farhan Ahmed Khan 2<sup>nd</sup> year on the topic Data Science. And the last one by Bhupendra Nishad on the topic Hacker. Arpita sang a song for entertainment. Next song sang by Rishabh, Parmeshwar, Kiranpreet and Kanchan from BCA 3<sup>rd</sup> to lighten up the surrounding.

At the end, our HoD Mr. Devrajsingh sir appreciated the motive of the program.



**Date:-** 27/11/2021

For enhancing the presentation skill Department of computer science was organized Power point presentation program on date 27nov all student of BCA I,II,II ,M.Sc I and PGDCA and faculty gather for seminar session from computer department.

Kiranpreet from BCA III hosting the program and she invited first Amit kumar Thakur (BCA III) on topic mobile app development. Second Leeladhar sahu (Msc I) on topic operating system. Third Swati iyer (Msc I) on topic AI (Artificial intelligence). Fourth Sobia kainat (Msc I) on topic operating system. Fifth Faraz hamid on topic Evolution of smartphones. Sixth Khilendrasahu (BCA II) on topic Gst. Seventh Rishab singh (BCA III) on topic Cyber security. Eighth Muktasinh on topic History of operating system. And the last Sourabh tembhekar on topic brahmos missile.

After completing seminar entertainment program started. Arpita Mishra (BCA III) sang a song then we started playing group game and all the batch participated and enjoy the program.

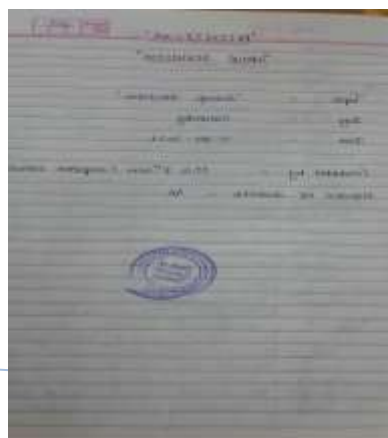
At the end of the program our HOD Mr Devraj singh thakur appreciated this motive of the program.





**Date: - 4/12/2021**

- The main purpose of a group discussion is to measure group communication skills. Group communication skills deal with how a person in a group is able to communicate with other persons and influence his/her idea on others. Group communication skill is necessary in order to achieve group goals effectively and efficiently. For improving group goals department of computer science conducted program of group Discussion. Then the session started by the team A speaking on the topic self-reliant India. The participants were Mayank, Yaman, Harnish, Bishal, Aayush, Gaurav Rashmi, Neha, Jalaj, Kunal. The conclusion was given by Harnish. The participants of team B spoke for ban on Chinese items in India and the participants were Suyash, Tushar, Prashant, Gaurav, Vaishali, Aditya, Anjali, Mouli, Anushtha and the conclusion of this team was given by Anushtha.





**Date :- 11/12/2021**

The guest lecture was organized by the MoU partner , Sai Mahavidyalaya on the topic “Digital Logic Circuit” by the Computer Department of Shri Shankaracharya College, on 11th December 2021. The main purpose of a seminar is to provide knowledge of logic gates. The keynote speaker of the program, told that how the circuit is made, where it is used and its types were also given in detail, he also explain K Map in details, in the end, the Answered the question of the students in a very simple and interesting way.



श्री शंकराचार्य महाविद्यालय के शिक्षा विभाग में एमएस ऑफिस सर्टिफिकेट कोर्स का समापन

[February 15, 2024](#) | [Editorial board](#) | [Data contributors](#)

श्रीगुरुदेव ! श्री वाक्यारण्य महाविद्वत्पुत्रान् जनजाती के शिक्षा विभाग एवं श्रीीपर कौन्सिल वैवाजी समर्थ शिक्षा के समुक्त लक्ष्यान्वय श्री एगारह अक्षिप शिक्षा विभाग विषय पर 21 दिनांक 19/05/2019 को 12 दिनांक 19/05/2019 को आता सम्मान किया गया। पूरे प्रशिक्षण कार्यक्रम श्री महाविद्वत्पुत्रान् के परमपुत्र श्रीपुत्र एवं श्रीपुत्रान् के 12 प्रशिक्षणार्थी श्री पंजीयन कराया। महाविद्वत्पुत्रान् के प्रार्थना रीत शिष्ट ने शिक्षा विभाग को पूरा इनकार के प्रशिक्षण कार्यक्रम के आदेशन पर ब्रह्मदेव देव गुरु का शिक्षा आधुनिक टेक्नोलॉजी के युग में आती शिक्षाओं को कंप्यूटर का ज्ञान ज्ञान अन्वयका है। श्रीगुरुदेव ने अन्वयान्वाहकता के अतिरिक्त अन्वयका को कंप्यूटर के अन्वयान्वाहक से ही किया जाता है। अन्वय को पूरे श्री वैदिक ज्ञानकार्य से होती ही चाहिए।

श्री शंकराचार्य महाविद्यालय में एनसीसी कैडेट्स ने चलाया स्वच्छता अभियान

December 13, 2020 | Education | No comments



मिनाई। श्री शंकराचार्य महाविद्यालय जुनवाणी मिनाई के एग्रेसीवी कैंटेनरी में स्वच्छता पत्रकाया के तहत सप्ताह अभियान का आयोजन किया यह सप्ताहां एक दिवसीय 2020 से मनाया जा रहा है। जिसके अंतर्गत आज श्री शंकराचार्य महाविद्यालय जुनवाणी मिनाई के एग्रेसीवी कैंटेनरी के द्वारा स्वच्छविद्यालय के प्रधानाचार्य प्रमुख श्री सागर नारायण श्री दुस भावे को आगे बढ़ाते हुए सप्ताह अभियान के अंतर्गत ऑनलाइन इनाम एवं वीटिंग को भी पूर्ण रूप से किया और सप्ताह जगजगत् को समर्पण। इसकी साथ ही धन-धर जगजगत् को सप्ताह अभियान के तहत एक जगजगत् का संदेश। इसकी साथ ही कैंटेनरी के द्वारा दिया गया।

वर्ल्ड फिजियोथेरेपी डे पर श्री शंकराचार्य महाविद्यालय व संडे कैम्पस ने किया वेब-वर्कशॉप का आयोजन

**World Physiotherapy Day, 8th September**



मिलाई। विश्व भौतिक चिकित्सा दिवस (वर्ल्ड फिजियोथेरेपी) दिवस पर आज शंकराचार्य महाविद्यालय जुलहानी ने सॉर्टे कैम्पस के साथ संयुक्त रूप से एक वेब-वर्कशॉप का आयोजन किया। दुनिया-पूर्य-मध्य-रतवे से जुडी फिजियोथेरेपी एक्सपर्ट डॉ शंगीता भट्टाचार्य इस कार्यशाला की मुख्य पाठ्य थी। उन्होंने बर्क फ्राम होम की चुनौतियों की चर्चा करते हुए इससे बचने के उपाय बताए।

शंकराचार्य कालेज के एनसीसी कैडेट्स ने ड्रग्स पर  
खेला नक्कड़ नाटक

February 19, 2021 | Education | No comments

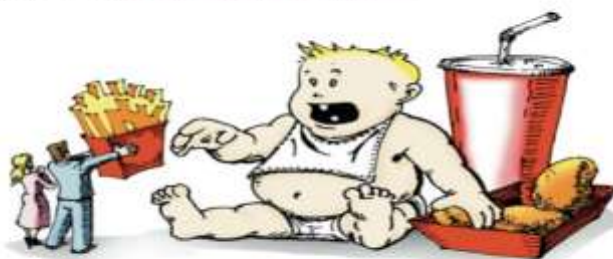


मिलाई। श्री शंकराचार्य महाविद्यालय के पनसरीसी कैटेडॉ द्वारा इस निषेध दिवस पर नुककड़ नाटक के द्वारा जनमानस को जागरूक करने के लिए नुककड़ नाटक खेला गया। यह नाटक गोद-धाम खपरी में खेला गया। इस नाटक का उद्देश्य लोगों को नशे से मुक्त कराने का है। नशे से लोगों की मृत्यु तक हो जाती है और यह किन्ता हानिकारक है, इसे नाटक के द्वारा गोद-धाम मन्त्री में लोगों को जागरूक करने के लिए किया गया।

थकान होती है तो बाँध टब में सेंधा नमक डालकर करें आराम, होगा फायदा: डॉ. हर्द

शंकराचार्य महाविद्यालय में जीवन शैली एवं मोटापा पर राष्ट्रीय वेबीनार 28 को

October 28, 2020 • Education, Health • [See comments](#)



मिलाई। श्री बांकदराधारी मोहाविद्यालयस्य जुलुसानी मिलाले एवं इण्डियन एकेडमी अफ मेडियाटोरिकस, दुजे मिलाले के संयुक्त तत्त्वचारासन नी एका टिचरिनीस राटोनी वीहीनर का आयोजन 28 अक्टूबर को टोपडर 3 काले की किया जायैसा। वीहीनर का विषय "जीवन नी नीरी अरि मोटाया: प्रश्नक प्रकाश" नी। वीहीनर नी बरपनी नी कियोरावरासन एव युवावसरासन के टीचर मोटाया का कावय, धर्षणरस एवं निराकरसन पर सारा की जायैनी। इरा सारर एव सरी किया जा रात नी।







