



# SHDCHE



## SANT HARI DASS COLLEGE OF HIGHER EDUCATION

(RECOGNIZED BY NCTE, GOVT. OF INDIA, APPROVED BY DHE, GOVT. OF NCT OF DELHI, & AFFILIATED TO GGSIP University, DELHI)

### SEMINAR – CTET & PERSONALITY ASSESSMENT

A seminar was organized by IQAC cell of Sant Hari Dass College of Higher Education titled “CTET & PERSONALITY ASSESSMENT” on 4<sup>th</sup> January 2023 for all the students of B.Ed & BBA Dptt.

The programme was sponsored by Adda 24x7. An eminent spokes person Dr. Uttam Kumar Roy shared his knowledge and views on the detailed syllabus of CTET and how to prepare for that. He motivated all the students as the future teachers and given the vast information about the purpose and benefits of CTET.



He also

emphasized on personality development and explained the various types of personalities and its impact on the whole performance of a person.

He also illustrated on understanding the child’s perspective and child’s psychology, so that as a teacher one should be able to interact positively and in compatible manner and make them motivated. He cleared the career objectives and purpose of the teacher and to create a positive environment.

It was a very productive and knowledgeable session and overwhelming experiences for everyone present there.

**“Life is all about getting experiences &  
Experiences come by making wrong decisions!”**

*Jai Bhagwan*  
Principal  
Sant Hari Dass College of Higher Education  
Bani Camp, Najafgarh, New Delhi-110043



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### REPORT ON WORKSHOP ON YOGA & HEALTHY FOOD HABITS – A WAY OF LIFE

Sant Hari Dass College of Higher Education has organized a workshop titled as “YOGA & HEALTHY FOOD HABITS – A WAY OF LIFE” dated 8<sup>th</sup> February 2023 in the college campus.

#### Aims & Objectives of the Workshop

- ❖ To acquaint the students with the concept of holistic health
- ❖ To enable them to understand the various dimensions & determinants of health
- ❖ To enable them to understand the need & importance of physical education
- ❖ To understand the need & relevance of Yoga and develops the skills in yogic practices
- ❖ To practice mental hygiene and emotional stability
- ❖ To integrate moral value
- ❖ To get relief on any kind of stress and depression
- ❖ To improve concentration power

#### Session 1 – Yoga & Meditation (9:30am to 12:30pm)

##### Parnayama

##### Objective of parnayama:

Physical- pranayam strengthens the muscles that are used in breathing, increasing our lung capacity and improving circulation throughout the body.

Mental – Focusing on our breath sends more oxygen to the brain, improving mental clarity, focus, concentration and attention. Breathing helps us to engage higher order thinking skills to promote throughout the organization, good decision making and planning skills.

Emotional - Pranayam helps us to let go of our negative thoughts and emotions. Focusing on our breath activates the parasympathetic nervous system, reducing the fight or flight respond and producing a sense of calmness.



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Spiritual – Focusing on our breath draws our attention to the present moments and can increase feelings of inner peace of stillness.

Meaning – “Pranayam is control of Breath”. “Prana” is Breath or vital energy in the body. “ayama” means control. So, Pranayam is “control of Breath”.

### Surya Namaskar

We did the 12 steps of surayanamaskar. All the students follow the steps and did the same as the students showed the steps:-

- Pose 1: prayer pose – Pranamasana
  - Pose 2: Raised arms pose – Hasta uttan asana
  - Pose 3: Standing forward bend – Hastapadasana
  - Pose 4: Equestrian Pose – Ashwa Sanchalanasana
  - Pose 5: Stick pose – Dandasana
  - Pose 6: Salute with eight parts - Ashtanga
  - Pose 7: Cobra pose – Bhujangasana
  - Pose 8: Downward facing dog pose – Adtio Mukha svanasana
  - Pose 9: Equestrian pose – Ashwa Sanchalanasana
  - Pose 10: Standing forward bend – Hastapadasana
  - Pose 11: Raised arms pose – Hastapadasana
  - Pose 12: Mountain pose – Tadasana
- All the students did the 12 poses very nicely.

### IMPORTANCE:

- Helps in weight loss
- Strengthens muscles and joints
- Improved complexion
- Ensures a better functioning digestive system
- Helps combat insomnia
- Spinal cord and abdominal muscles are stretched
- Improves flexibility of the body
- Improves balance in the nervous system



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- Reduces blood sugar levels
- Reduces stress levels
- Eliminates stomach ailments

### MEDITATION

Objectives of Meditation:-

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self – awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Lowering resting heart rate
- Lowering resting blood pressure
- Improving sleep quality

After these objectives discussion, we did three types of meditation as:-

- 1) Mantra Meditation
- 2) Mindfulness Meditation
- 3) Chakra Meditation

Meditation is very useful for us.

### Session 2- Food Habits & Balanced diet (1:00pm to 3:00pm)

### HEALTHY FOOD HABITS

Most of the time, health goals relate to our eating habits. When we want to lose our belly fat, we have to change the way we eat. Here are 5 good eating habits which will help us to achieve our health goals.



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We have goals for our relationships, careers, finance and also health. They are expressions of our inner desires or what we want from our lives. Often we write them down to make these goals more concrete and also as reminders to ourselves to keep moving towards our goals.

When it comes to health, we often have fitness and food goals like losing weight, exercising regularly, eating healthier or making better food choices. Losing weight could take months. Exercising regularly could take years while eating healthier and making better food choices are hard to measure.

Before we achieve these goals, we may feel discouraged and give up. To stay on track, we can break down these health goals into smaller and more realistic steps - steps that are easier to measure and track weekly or monthly so that we can see our progress and feel motivated.

For instance, we could set a smaller goal to develop a healthy eating habit such as drinking water instead of sweetened drinks during lunch.

Here are 5 good eating habits which will definitely help us to achieve our food goals. For those of us with diabetes, these healthy eating habits will also help us to control our blood sugar.

### #1 Choose Water

Set a goal to drink water instead of sugar-sweetened drinks. To make this more measurable, write down how often you will make this choice e.g. 5 times a week.

### #2 Eat Slowly and Mindfully

It takes about 20 minutes for your brain to send out signals that you are full. Eat slowly. Take the extra time to pay attention to what we are eating and how much. To make this more measurable, write down how often you will make an effort to take at least a half hour to finish your meal.

### #3 Stick to One Serving

For those of us who love having seconds, eating one serving will help us keep our calorie intake in check. Challenge yourself to stick to one serving and also standard portion sizes.

### #4 Eat Fruit and Vegetables

Set a goal to fill half your plate with fruit and vegetables at every meal. Fruit and vegetables are naturally low in saturated and trans fat, and rich in dietary fibre, vitamins and minerals. Or simply set a goal to use My Healthy Plate for all meals.

### #5 Swop to Wholegrains

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Eating wholegrain foods such as brown rice, wholemeal bread and rolled oats can help reduce the risk of developing heart disease and diabetes. They can also help with weight management because they keep you feeling full longer and reduce the need for snacking. Set a goal to ask for brown rice and make it measurable e.g. ask for brown rice at least 3 times a week at lunch.

These 5 good eating habits take time to develop. Be patient. When we slip up, rather than give up, we should persevere. These changes, no matter how small, make a big difference to our health.

### DIET CHART

#### Principle of diet chart

The diet – planning principle of adequacy, balance, calorie (energy), control, nutrient density, moderation and variety are important concepts in choosing a healthful full diet.

#### Aim and objective of Diet – chart

- It provides essential micronutrients viz. vitamins and minerals to maintain the cells, tissues and organs.
- A balanced diet chart also helps in maintaining a healthy weight, reducing body fat, provides your body with energy and eventually gives a feeling of well being.
- A healthy eating plan also will lower your risk for heart diseases and other health conditions.
- A healthy eating plan gives your body the nutrients it needs every day which staying within your daily calorie goal for weight loss or gain.

#### LEARNING OUTCOMES OF THE WORKSHOP:-

- Students are able to establish relationship between the concept, determinants and dimensions of health and wellness
- Discuss the various areas of concern for health and wellness
- Implement yoga and meditation as a way of life
- Appreciate the role of physical education programmes in developing integrated personality
- Improves concentration power

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Schedule of Workshop YOGA & HEALTHY FOOD HABITS – A WAY OF LIFE				
S.NO.	DATE	DAY	TIME	ACTIVITY
1	8/2/2023	Saturday	9:30 am to 12:30pm	Yoga & Meditation Session
2	8/2/2023	Saturday	1:00pm to 3:00pm	Food Habits & Balanced diet

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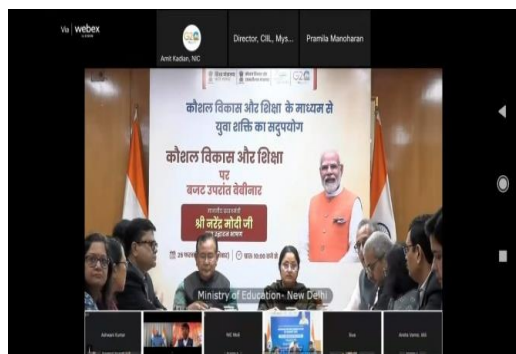
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### REPORT ON WEBINAR ON BUDGET ANNOUNCEMENTS ON SKILL/EDUCATION & TEACHER'S TRAINING

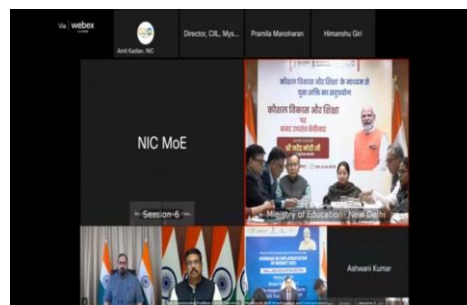
The Prime Minister, Shri Narendra Modi addressed the post-budget webinar on 'Harnessing Youth Power – Skilling and Education' today. It is the third of a series of 12 post-budget webinars organized by the government to seek ideas and suggestions for the effective implementation of the initiatives announced in the Union Budget 2023 on 25<sup>th</sup> February 2023 at 10:00am.

In this context the management, staff and all the students of Sant Haridass College of Higher Education have enthusiastically participated in this webinar.



The Prime Minister underlined that Skill and Education are the two principal tools during India's Amrit Kaal and it is the youth who are leading the nation's Amrit Yatra with the vision of a developed India. Highlighting the special emphasis given towards the youth and their future in the first budget of Amrit Kaal, the Prime Minister said that this year's budget strengthens the foundations of the education system by making it more practical and industry oriented. The

Prime Minister lamented the lack of flexibility in the education system over the years and mentioned the efforts of the government to bring about change. "Education and skilling have been reoriented according to the aptitude of the youth and the demands of the future", the Prime Minister said. He further added that equal emphasis is being given to both education and skilling as part of the New Educational Policy and expressed delight that this step has garnered the support of teachers. The Prime Minister stated that the move encourages the government to undertake further reforms in the education and skilling sectors while unburdening our students from the regulations of the past.



Noting the experiences during the Covid pandemic, the Prime Minister underlined that new technology is helping create new types of classrooms. He noted

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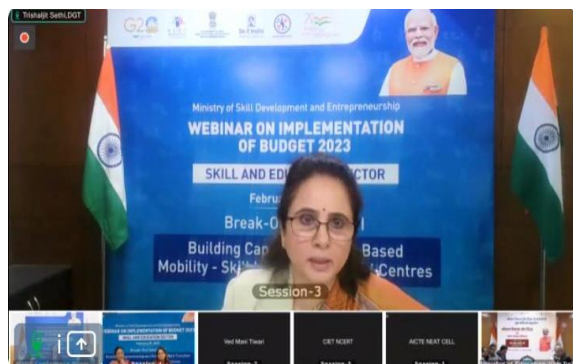
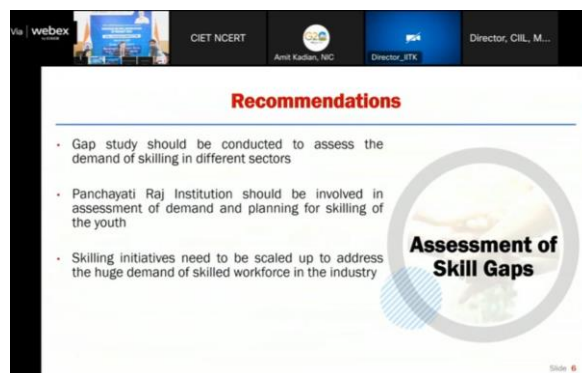


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that the government is focussing on tools that ensure 'anywhere access to knowledge' and gave the example of SWAYAM, an e-learning platform with 3 crore members. He pointed out the possibility of Virtual Labs and National Digital Library becoming a huge medium of knowledge. He also mentioned the opportunity to study in local languages through DTH channels and said that many such digital and technology-based initiatives are going on in the country which will get more strength from the National Digital University. "Such futuristic steps are going to change the entire space of our education, skills and knowledge-science", the Prime Minister said, "Now the role of our teachers will not be limited only to the classroom." He mentioned that more variety of teaching material will be available for our educational institutions from all over the country which will open new doors of opportunities for the teachers while filling the gap between village and city schools. Throwing light on 'on-the-job learning' the Prime Minister noted the special emphasis by several countries and highlighted the efforts of the central government in providing focused internships and apprenticeships to give 'outside the classroom exposure' to its youth. "Today there are about 75 thousand employers on the National Internship Portal where requirements for 25 lakh internships have been posted so far", the Prime Minister informed. He urged the industry and educational institutions to make maximum use of this portal and further expand the culture of internship in the country.

Overall it was fully knowledgeable and youth encouraging session and many opportunities



will be opened for educationist job seekers and employees.

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“प्रधानमंत्री कौशल विकास योजना 4.0 आने वाले वर्षों में लाखों युवाओं को skill, reskill और upskill करेगी। इस योजना से आदिवासियों, दिव्यांगों और महिला की जरूरतों के अनुसार tailor-made programs बनाए जा रहे हैं। साथ ही इसमें Industry 4.0 जैसे AI, Robotics, IoT, Drones, जैसे अनेक सेक्टरों के लिए भी मैनपावर का निर्माण किया जा रहा है।”

Shri Narendra Modi  
Prime Minister

Post-Budget Webinar  
25<sup>th</sup> February 2023

05 Wider Repository (Diversified pool of content/books)

06 Online safety, IPR and digital Rights Management

07 Learning Object Metadata & catalogue management

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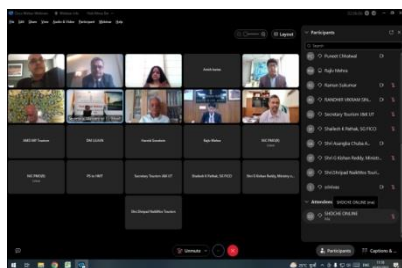


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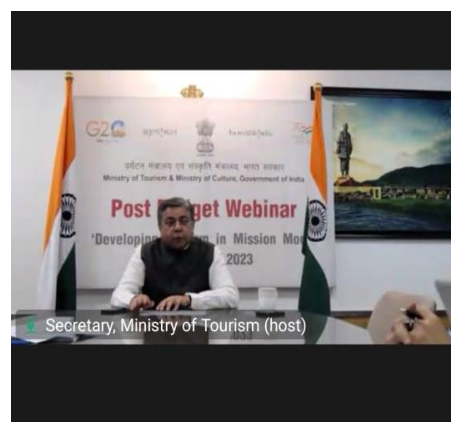
### REPORT ON WEBINAR ON “DEVELOPING TOURISM IN MISSION MODE”

**On 3rd March 2023:** Prime Minister Narendra Modi addressed a post-budget webinar on ‘Developing Tourism in Mission Mode’ on Friday. It was part of a series of 12 post-budget webinars being organized by the government to seek ideas and suggestions for the effective implementation of the initiatives announced in the Union Budget PM Modi will address the participants via a video conferencing link in the morning.



At least 50 destinations were selected through challenge mode and developed as a complete package of tourism. Sector-specific skilling and entrepreneurship development were discussed to achieve the

objectives of the Dekho Apna Desh.



The themes of the breakout sessions was a destination-centric approach to tourism development, convergence – the power of collaboration, strengthening public-private participation in the tourism sector, driving innovation and digitalization in the tourism sector, impacting lives at the grassroots level through tourism and cultural heritage for promotion of tourism.

The post-budget webinar was being organised by the Ministry of Tourism with six breakout sessions covering the priority areas identified in the Union Budget.

Besides ministers and secretaries of the central ministries concerned, a host of stakeholders drawn from the travel and industry sector,

representatives from the department of tourism, students, leading

industrialists, educational institutions under the Ministry of Tourism, attended the session.



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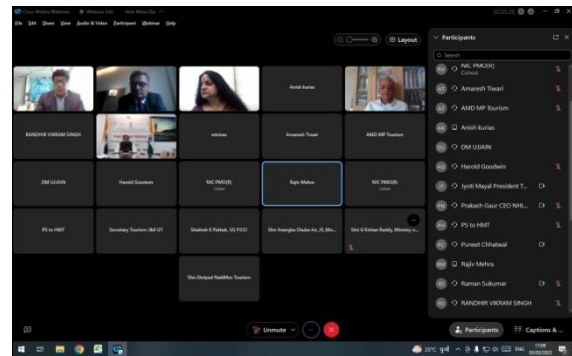
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In this context the Principal, Dr. Jai Bhagwan Vyas, Director Dr. Neelam Soni, all the faculties, staff and students also joined and attended the session through video link.

Representatives of industry bodies like FICCI and CII as well as heads of tourism and hospitality industry associations attended these sessions and contributed through their suggestions and ideas for better implementation of budgetary announcements for the tourism sector.

It was indeed thoroughly very knowledgeable and motivation session.



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### REPORT ON WORKSHOP ON ARTIFICIAL INTELLIGENCE

The IQAC cell of Sant Hari Dass College of Higher Education, in association with CSRBOX Foundation team organized a Workshop on “ARTIFICIAL INTELLIGENCE” on 10<sup>th</sup> March 2023 for all the students of B.Ed & BBA towards IBM Skills Build Initiative to promote and develop Digital Skills.

Ms. Nupur, the resource person highlighted the concept of “ARTIFICIAL INTELLIGENCE” to the audience. She further discussed about how Artificial Intelligence sometimes called Machine Intelligence is Intelligence demonstrated by machines in contrast with the natural intelligence displayed by humans and other animals, such as learning and problem solving.

She further told that AI is the study of Intelligence agents i.e. any device which perceives its environment and take actions that maximize its chance for successful achieving its goals. She explained how AI works in real world by combining large amount of data with fast, iterative processing and intelligent algorithms, allowing the software to learn automatically from patterns or features in the data.

She further discussed AI is widely used in real world to provide personalized recommendations to people, based for example on their previous searches and purchases or other online behaviour.

CSRBOX is a social sector consulting firm in India & has partnered with IBM for the SkillsBuild platform to offer SkillsBuild services to Indian educators by virtue of the IBM CSR Initiative. CSRBOX has partnered with Organisations & Institutions across India and engaged with learners in both urban & rural parts of India.

IBM SkillsBuild for Students is a **FREE DIGITAL LEARNING PLATFORM** that aims to build Digital Skills, Workplace Skills and Life Skills in service and pre-service teachers. It is aligned with New Education Policy and provides educators with opportunities to up skill themselves while gaining unique digital badges and certifications at no extra cost. The courses on the platform are designed by reputed institutions & organizations like Oxford, Adobe, IBM to name a few.

IBM SkillsBuild value drivers:

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1. Aligned to NEP: teachers/trainers to earn the industry-recognized credentials and certificates that will help them develop new skills in line with NEP.
2. Offering to Teachers/Trainers: Special content for teachers/institutes provides them with ideas on how to use digital learning as a basis for engaging student projects.
3. Exposure to emerging careers and skills: Educators will gain insight into emerging technology trends, enabling them to begin their career exploration with critical baseline knowledge.

The team further discussed about to give access to the platform by adding names and email IDs of the audience as soon as possible.

It was a very knowledgeable, insightful and valuable workshop.

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### REPORT ON WORKSHOP ON “TRAIN THE TRAINEE”

A Workshop on TRAIN THE TRAINEE had been organized by IQAC cell of Sant Hari Dass College of Higher Education in association with RENA EXCEL on 16th March, 2023 for B.ED and BBA students to improve the communication skills by doing certain activities.



The Workshop was inaugurated by the Principal sir Dr Jai Bhagwan Vyas and further discussed by the Director of the college Dr. Neelam Soni, who emphasized on the development of communication skill among the students.

Student from B.ED gave the brief introduction of the session. The team described and explained about all skills i.e. communication skill, soft skills, interpersonal skills etc. Later on the team distributed questionnaire related to improvement of communication skills and other skills, further general grammar which was related to questionnaire was also discussed.



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Further Ms. Rinku, the coordinator of the programme discussed about the personality traits of a teacher and students responded very well at the discussion.

Overall the session was all about enhancing the communication skills and personality traits. Everyone found this session very informative, meaningful and interactive.



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### REPORT ON WORKSHOP ON SAHAJA YOGA

On 17<sup>th</sup> March 2023, Sant Hari Dass College of Higher Education organized a Yoga Workshop by Sahaja yoga team for all the students of B.Ed & BBA.

The session was inaugurated by Principal Sir Dr. Jai Bhagwan Vyas. He explained the benefits of yoga and further introduced SAHAJA YOGA TEAM to the audience.

Sahaja yoga is not an organization but it is related to SAHAJA + YOGA, which forms an ability to connect oneself. Sahaja means in born, spontaneous and yoga is Union of our attention with divine. Mata Nirmala Devi, who is the founder of the Sahaja Yoga, is born on 21<sup>st</sup> May 1923 in chindvada (M.P). All the member of Sahaja Yoga Team explained the importance of Yoga & Meditation through their different perspective.

This experience of sahaj yoga is also called self realization is described in the teachings.

They explained that every human being is born with the subtle mechanism inside. They asked to practice for 10 minutes. Before starting their practice, they asked us to remove the shoes and they asked us to keep the right hand on heart to feel vibration, later on the neck, on forehead and last on the head. This was how, the



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students practiced their Meditation.

This way, the session ended very peacefully spreading positive vibes and satisfaction on every face. Everyone found, that session very useful for future use in daily life.



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## National Conference on NEP 2020: A Transformative Educational Policy for Aspirational India”

**July 22, 2023**

<b>Chief Patron</b>	: Shri Jai Bhagwan Singh Chairman, SHDCHE
<b>Patron</b>	: Dr. Jai Bhagwan Principal, SHDCHE
<b>Convener</b>	: Dr. Neelam Soni Director, SHDCHE
<b>Co-Convenor</b>	: Dr. Madhu Shrivastava Asst. Prof., SHDCHE Ms. Sapna Yadav Asst. Prof., SHDCHE
<b>Organizing Committee</b>	: Dr. Joni devi, Assistant Professor, SHDCHE Ms. Rinky Kohli Assistant Professor, SHDCHE Ms. Neena, Assistant Professor, SHDCHE Mr. Vijay Assistant Professor, SHDCHE Ms. Sapna Yadav, Assistant Professor, SHDCHE

**NATIONAL CONFERENCE**  
ON  
“NEP 2020: A Transformative Educational Policy for Aspirational India”

**NATIONAL EDUCATION POLICY 2020**

**July 22, 2023, 11:00 A.M. Onwards**

**Organized By**

**SANT HARI DASS COLLEGE OF HIGHER EDUCATION**  
Affiliated to G.G.S.I.P. University, Dwarka, New Delhi  
Opp. Airforce Station, Bari Camp, Najafgarh, New Delhi - 110043

Meeting Link: <https://meet.google.com/rve-sfzp-rji>

All correspondences and queries must be addressed to [shdcheconference23@sanit.com](mailto:shdcheconference23@sanit.com)

One day National Conference was conducted by Sant Hari Dass college of Higher Education through Google Meet. This conference aims at providing an ideal opportunity to bring together all the stakeholders of different disciplines to deliberate on diverse perspectives of NEP 2020, understand its role in transforming education and discuss the practical challenges that may be encountered during the implementation of this policy.

The conference started with a welcome note and inaugural address by Dr. Neelam Soni, Director, SHDCHE. This was followed by conference overview by Dr. Jai Bhagwan, Principal, SHDCHE. He addressed and welcomed all distinguished speakers and the numerous participants.

Dr. Suman Nehra and Dr. Indu Sharma were the Keynote speakers for the conference. Dr. Suman Nehra gave a brief summary about what the new NEP was about. She said that The National Education Policy (NEP) which was approved by the Union Cabinet of India on July 2020 providing large scale transformation in both school and higher education. The new policy aims to pave the way for transformational reforms in school and higher education systems in the country.

*Jai Bhagwan*  
Principal  
Sant Hari Dass College of Higher Education  
Bari Camp, Najafgarh, New Delhi-110043



# SHDCHE



## SANT HARI DASS COLLEGE OF HIGHER EDUCATION

(RECOGNIZED BY NCTE, GOVT. OF INDIA, APPROVED BY DHE, GOVT. OF NCT OF DELHI, & AFFILIATED TO GGSIP University, DELHI)

The New policy highlights on blended learning system and integrating of courses together to provided effective learning system to the students. This policy focuses on no hard separation of the subjects and treating all the subjects equal, integration of wholeness in future. National skill formation framework will be prepared out to retail out all the disciplines and the professions, credit bases system will be proposed out. Establishment of higher education policy will be there. National higher education regulatory policy will take the main role to implement the system of education. Hence effective measures are taken to implement the policies in future.

Various experts andeducators from different universities, , research scholars, students took part in the conference. Presentations were done by 18 participants on various subthemes of the conference. Certificates were given to all the Paper presenters.

The conclusion drawn from the conference will facilitate the organizers, participants and other stakeholders in making suggestions-based interventions to bring about positive and wholesome transformation in social sphere.



*Jai Bhagwan*  
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