

Career Councillng Cell
LBS Govt College Saraswatinagar
Soft Skills

On 26th July, 2019 an Interactive session was conducted by the Career and Guidance Cell of the college regarding improvement of Soft skills. Mr. Bachchan Singh Gantuan was the resource person of the session. He delivered a lecture on soft skills. During the session students were made aware of communication, teamwork. Students were also told about positive attitude and taking the initiative. The entire session was full of information and highly motivational. Mr. Bachchan Singh told the students to take initiative to improve your communication skills. He also suggested some online sites where from students can take help to improve soft skills. Around one hundred and sixty students enthusiastically participated in this session.







Note – There is no Geo tagged photograph available with the college since the direction for Geo tagged photos was given much later in 2020-21

Communication Skills Enrollment 2017-18

DEPARTMENT OF ENGLISH

Sr. No.	Name	Class	Roll No.
1	Poonam	BA 3rd Sem	16025
2	Kritika	BA 3rd Sem	16027
3	Suraj	BA 3rd Sem	16254
4	Vinay	BA 3rd Sem	16256
5	Himanshu	BA 3rd Sem	16279
6	Kumul	BA 3rd Sem	16012
7	Divya	BA 3rd Sem	16016
8	Parul	BA 3rd Sem	16058
9	poonam	BA 3rd Sem	16084
10	Shubham	BA 3rd Sem	16212
11	Ranjeet	BA 3rd Sem	16202
12	Neeraj	BA 3rd Sem	16222
13	akshay	BA 3rd Sem	16272
14	Bhumika	BA 3rd Sem	16073
15	Geeta	BA 5th Sem	15025
16	Rekha	BA 5th Sem	15046
17	Shivani	BA 5th Sem	15098
18	Meenu	BA 5th Sem	15012
19	Akshi	BA 5th Sem	15038
20	Pashupati	BA 5th Sem	15042
21	Sejal	BA 5th Sem	15049
22	Naveen	BA 5th Sem	15243
23	Prashant	Bcom 3rd Sem	16702
24	Kritika	Bcom 3rd Sem	16704
25	Arun	Bcom 3rd Sem	16722
26	Varun	Bcom 3rd Sem	16728
27	Ritika	Bcom 3rd Sem	16708
28	Santosh	Bcom 3rd Sem	16734
29	Nishant	Bcom 3rd Sem	16740
30	Angeera	BA 1st Sem	17022
31	Arina	BA 1st Sem	17049
32	Ganga	BA 1st Sem	17067
33	Shearil	BA 1st Sem	17091
34	Navneet	BA 1st Sem	17221
35	Shreyas	BA 1st Sem	17237
36	Preeti	BA 1st Sem	17093
37	Monika	BSC 1st Sem	17502
38	Priyanka	BSC 1st Sem	17512
39	Ritika	BSC 1st Sem	17507
40	Suman	BSC 1st Sem	17510
41	Shivani	BSC 1st Sem	17511
42	Vipul	BSC 1st Sem	17601
43	Naveen	BSC 1st Sem	17602

44	Rohit	BSC 1st Sem	17604
45	Lalit	BSC 1st Sem	17606
46	Bhasker	BSC 1st Sem	17610
47	Sonika	BCOM 1st Sem	17702
48	Pallavi	BCOM 1st Sem	17706
49	Aditi	BCOM 1st Sem	17711
50	Rahul	BCOM 1st Sem	17801
51	Rohit	BCOM 1st Sem	17802
52	Anmol	BCOM 1st Sem	17808
53	Dixit	BSC 1st Sem	17509
54	Deepu	BA 1st Sem	17258

Department of English
LBS GDC Saraswatinagar

Communication Skills Enrollment (2018-19)

DEPARTMENT OF ENGLISH

Sr. No.	Name	Class	Roll No.
1	Yamini	B.SC 1st Year	18501
2	Kritika	B.SC 1st Year	18502
3	Pratyush	B.SC 1st Year	18552
4	Rahul	B.SC 1st Year	18554
5	Neha	B.Com 1st Year	18703
6	Bhawna	B.Com 1st Year	18704
7	Manisha	B.Com 1st Year	18706
8	Richu	B.Com 1st Year	18707
9	Kavita	B.Com 1st Year	18708
10	Sapna	B.Com 1st Year	18711
11	Ripika	B.Com 1st Year	18712
12	Priyanka	B.Com 1st Year	18714
13	Rahul	B.Com 1st Year	18751
14	Rahul	B.Com 1st Year	18752
15	Manish	B.Com 1st Year	18755
16	Prajwal	B.Com 1st Year	18757
17	Akshit	B.Com 1st Year	18760
18	Ritik	B.Com 1st Year	18761
19	Varun	B.Com 1st Year	18764
20	Daminee	BA 1st Year	ENG 18002
21	Isha	BA 1st Year	18007
22	Paarish	BA 1st Year	18011
23	Himank	BA 1st Year	18010
24	Aryan	BA 1st Year	18009
25	Diksha	BA 1st Year	PHY 18001
26	Mukti	BA 1st Year	ECO 18001
27	Ravina	BA 1st Year	ECO 18008
28	Monika	BA 1st Year	ECO 18012

29	Mukesh	BA 1st Year	Hist 004
30	Neha	BA 1st Year	18001
31	Surksha	BA 1st Year	18005
32	Dikshika	BA 1st Year	HIST18008
33	Deepika	BA 1st Year	Pol 18004
34	Anchal	BA 1st Year	Eco 013
35	Nitika	BA 1st Year	Eco 006

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Communication Skills Enrollment (2019-20)

DEPARTMENT OF ENGLISH

Sr. No.	Name	Class	Roll No.
1	Awantika	BA 5th Sem	18030
2	Nitika	BA 5th Sem	18006
3	Pallavi	BA 5th Sem	18017
4	Sakshi	BA 5th Sem	18023
5	Aman	BA 5th Sem	18001
6	Arushi	BA 5th Sem	19005
7	Rohini	BA 5th Sem	19043
8	Bhawna	BA 5th Sem	19075
9	Varsha	BA 5th Sem	19047
10	Sonia	BA 5th Sem	19061
11	Shubham	BA 5th Sem	19209
12	Vijay	BA 5th Sem	19219
13	Anushka	BA 5th Sem	18038
14	Aman	BA 5th Sem	18012
15	Ruchi	BA 5th Sem	18025
16	Priya	BA 5th Sem	18039
17	Shubham	BA 5th Sem	18010
18	Riya	BA 5th Sem	18722
19	Sadhna	BA 5th Sem	18701
20	Preeti	BA 5th Sem	18705
21	Sapna	BA 2nd Year	17058
22	Divya	BA 2nd Year	17033
23	Rittu Thakur	BA 2nd Year	19125
24	Anamika	BA 2nd Year	19050
25	Vandna	BA 2nd Year	19074
26	Pallavi Fishta	BA 2nd Year	19081
27	Shraya	BA 2nd Year	19034
28	Anita	BA 2nd Year	19116
29	Tamnna	BA 2nd Year	19703
30	Samichi	BA 2nd Year	19714
31	Pooja	BA 2nd Year	19710
32	Abhay	BA 2nd Year	19756

33	Sanchit	BA 2nd Year	19254
34	Divyani	BA 2nd Year	19104
35	Sakshi	BA 2nd Year	19114
36	Ravikant	BA 2nd Year	19218
37	Kritika	BA 2nd Year	19707
38	Pranjal	BA 2nd Year	19709
39	Archit	BA 2nd Year	19253

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Communication Skills Enrollment (2020-21)

DEPARTMENT OF ENGLISH

Sr. No	Name	Class	Roll No
1	Abhimanyu	BA 1st Year	2001001
2	Ritik	BA 1st Year	2001005
3	Nishant	BA 1st Year	2001006
4	Rahul	BA 1st Year	2001007
5	Shavik	BA 1st Year	2001008
6	Bhawani	BA 1st Year	2001009
7	Paras Birta	BA 1st Year	2001010
8	Saurabh	BA 1st Year	2001011
9	Mehak	BA 1st Year	2001012
10	Aarti	BA 1st Year	2001013
11	Hitesh	BA 1st Year	2001021
12	Himani	BA 1st Year	2001019
13	Abhishek	BA 1st Year	2001022
14	Ravi	BA 1st Year	2001023
15	Mridul	BA 1st Year	2001107
16	Ayush	BA 1st Year	2001116
17	Riyaz	BA 1st Year	2001156
18	Alisha	BA 1st Year	2001161
19	Shivani	BA 1st Year	2001137
20	Sejal	BA 2nd Year	19079
21	Pallavi	BA 2nd Year	19080
22	Anjali	BA 2nd Year	19082
23	Sheetal	BA 2nd Year	19083
24	Anchal	BA 2nd Year	19086
25	Archit	BA 2nd Year	19253
26	Sanchit	BA 2nd Year	19254
27	Rishav	BA 2nd Year	19255
28	pummy	BA 2nd Year	19257
29	Saurabh	BA 2nd Year	19287
30	Kashish	BA 2nd Year	19130
31	Rittu	BA 2nd Year	19125



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Note – There is no Geo tagged photograph available with the college since the direction for Geo tagged photos was given much later in 2020-21

Report on One Day Yoga Session of NSS Special Camp

[2017-2018]

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. On 29th November, 2017 One Day Yoga session was organized by the NCC unit of the college in college campus. Prof. B.S Pirta renowned yoga instructor was the resource person of the session. The session started at 7:00 am in the morning. At the beginning of the session Gayatri Mantra was chanted. Asanas starting with warm up and Surya Namskar were followed by series of Padamasanas, Sukhasan, Bhujang asana, Utkatasana, Naukasana, Halasana, Bhujangasana, Vakrasana, Dhanurasana and ending with Shavasana. Ninety-Eight volunteers participated in this yoga session. NSS Programme Officers Prof. Nirmal Chauhan and Prof Anil Chauhan were also present in this session. The Yoga sessions were started from 5am in the morning. In the day time lecture on the importance of yoga in our life was also highlighted to the volunteers by resource person.





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 7:30 9:00

A large group of students in blue uniforms are sitting on mats in a courtyard, participating in an International Day of Yoga event. A banner on the left reads "INTERNATIONAL DAY OF YOGA NATIONAL CADET CORPS". The courtyard is paved with red and blue mats, and there are green benches and trees in the background.





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❖ Haemoglobin Test (20.09.19)

'Women Grievance/ Sexual Harassment & Redressal Cell' of the college organized 'Haemoglobin Test' of girls of the college on 20.09.2019 in the Hindi Dept. at 12:30 pm. As September 2019 is considered as a month of nutrition by Prime Minister Narendra Modi. The announcement was made in his Mann Ki Baat program in which he laid emphasis on creating awareness to fight malnutrition among children, particularly girl child. So, this month of September is celebrated as 'Poshan Abhiyan' across India. Keeping this in mind, Dr Nirmala Chauhan, Convener of the Cell organised this program with the help of a team from the Civil Hospital, Saraswatinagar, Supervisor, Mrs Sunita Surajta from ICDS (Integrated Child Development Service Scheme) Jubbal and Aaganwadi worker, Sawra to check the Hb status of the girls of our college. About 71 girls came forward to check their Hb. Out of 71, 54 girls were found with Hb ranging between 10.0 – 11.0 gm, 17 girls between 11.0 – 12.0 gm and no one was having Hb above 12.0 gm. The appropriate range of Hb for girls should be 12.0 to 15.5 gm. This result gave us an idea about improper nutrition and poor health status of the girls in our college. Thereafter, girls were counseled for proper nutritive diet plans. They were told to eat healthy and nutritive food especially green vegetables and fruits. Our Principal, Dr P.P. Chauhan advised girls to take proper care of their health and encouraged them not to eat junk food and make a diet chart with the help of their teachers and parents. The girls were quite satisfied and motivated to look after themselves and they also promised to eat healthy and live healthy.



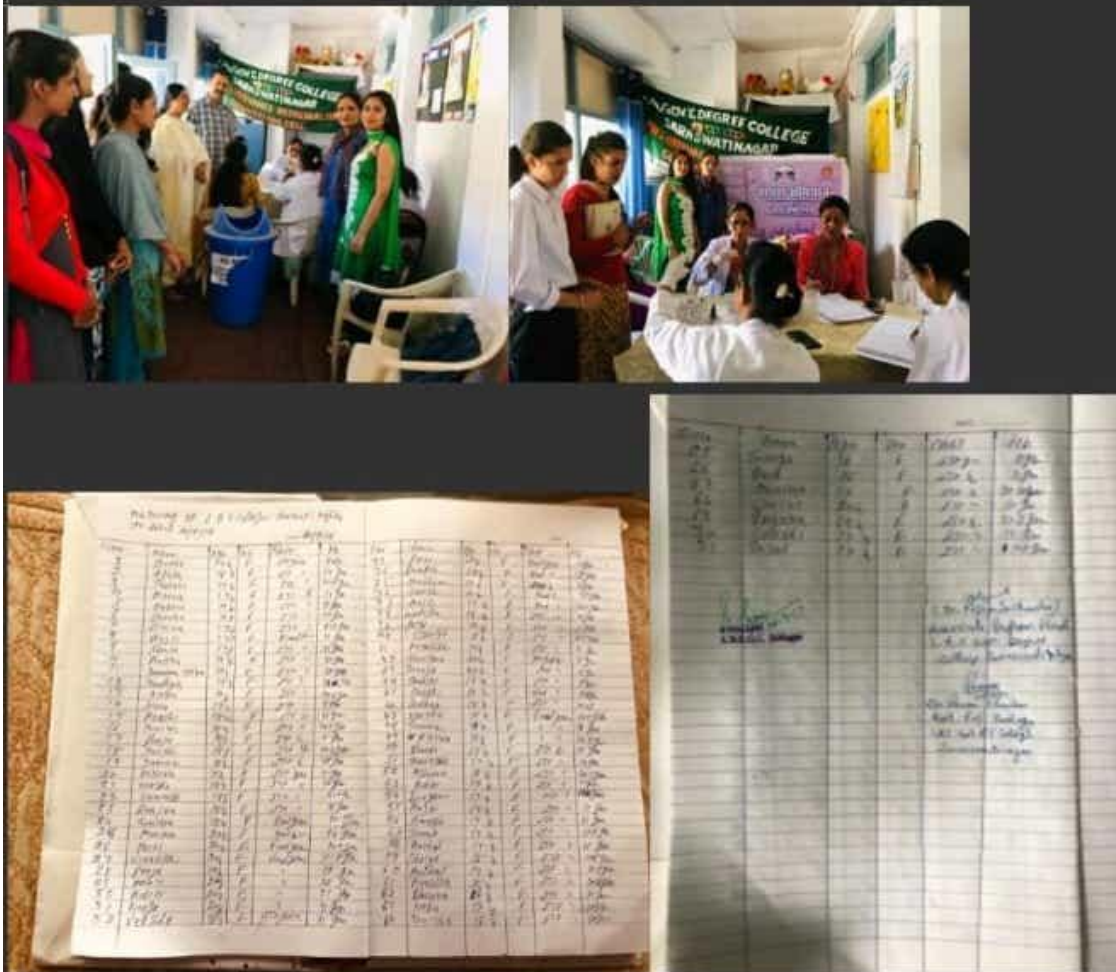


Fig.3 Haemoglobin Test Page Break

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ICT/computing Skills (Year wise Enrollment)

Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
ICT/ Computing Skills	2016-17	48 in Certificate Course 16 in Diploma Course 3 in Advance Diploma Total = 67	BCA Deptt. LBS Govt. PG College Saraswati Nagar
ICT/ Computing Skills	2017-18	24 in Certificate Course 18 in Diploma Course 5 in Advance Diploma Total = 47	BCA Deptt. LBS Govt. PG College Saraswati Nagar
ICT/ Computing Skills	2018-19	16 in Certificate Course 10 in Diploma Course 1 in Advance Diploma Total = 27	BCA Deptt. LBS Govt. PG College Saraswati Nagar
ICT/ Computing Skills	2019-20	67 in Certificate Course 8 in Diploma Course 4 in Advance Diploma Total = 79	BCA Deptt. LBS Govt. PG College Saraswati Nagar
ICT/ Computing Skills	2020-21	31 in Certificate Course 46 in Diploma Course 2 in Advance Diploma Total = 79	BCA Deptt. LBS Govt. PG College Saraswati Nagar





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