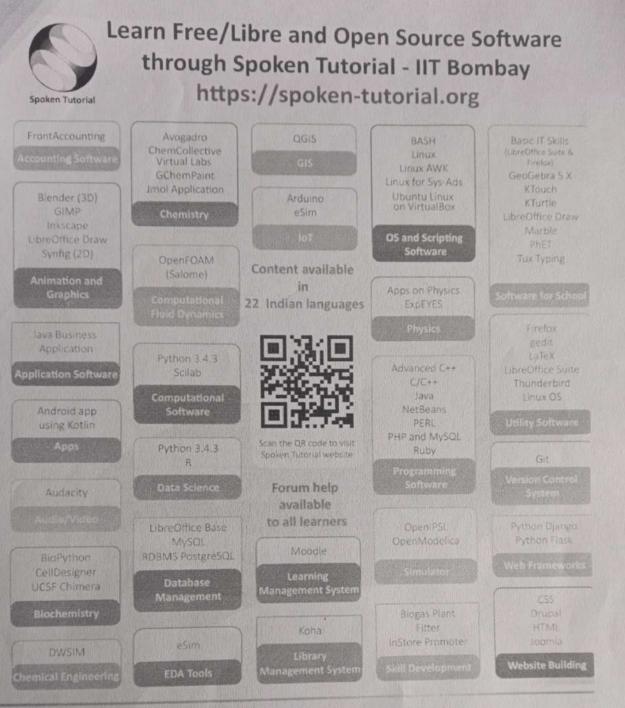
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Started : 20 oct 2022 - 10/03/2023 Batch: 3 batch (30 per batch) Total students : 90 students Students passed : 85 students

Phase 2

Start date : 6 nov 2023 End date : 27 may 2024 Batch : 4 batch (30 per batch) Total students: 120 students Students passed: 120students

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For more details write to contact@spoken-tutorial.org

Spoken Tutorial project is funded by National Mission on Education through ICT, MHRD, Govt. of India and Pandit Madan Mohan Malaviya

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G Search

Department of Psychology at CoE, GC Sanjauli, Shimla-6

International Mental Health Day Report

Date: October 9, 2023

The Department of Psychology at CoE, GC Sanjauli, Shimla-6, took a significant step towards promoting mental health awareness by organizing a classroom activity on International Mental Health Day, celebrated on October 9, 2023. The event aimed to educate and raise awareness among students about the critical issue of mental health, particularly focusing on the youth. This detailed report provides an overview of the event, its objectives, and the activities conducted by the first-year BA students.

Objective:

The primary objective of the program was to spread awareness about the importance of mental health among the student community. Mental health is a vital aspect of overall well-being, especially for the youth who often face unique challenges and stressors. The event aimed to educate students on recognizing the significance of mental health and addressing the various aspects related to it.

Activities and Highlights:

The event was organized with precision, and the activities carried out by the enthusiastic BA First-year students were commendable. The following activities and highlights provide insight into the program's success:

1. PowerPoint Presentations: Several BA First-year students delivered informative and well-researched PowerPoint presentations on various topics related to mental health among youth. These presentations covered subjects such as stress management, anxiety, depression, self-care, and the importance of seeking professional help when needed. The presentations were informative and engaging, providing valuable insights into the complexities of mental health.

2. Poster Displays: In addition to the presentations, some students exhibited their creativity by designing informative posters. These posters visually conveyed essential information about mental health, highlighting key messages and strategies for maintaining good mental well-being. The colorful and thoughtfully designed posters served as excellent visual aids for the audience.

3. Interactive Discussions: Following the presentations and poster displays, interactive discussions were held, allowing students to ask questions, share personal experiences, and seek guidance from their

peers and faculty members. These discussions encouraged a sense of community and support among the students.

Conclusion:

The classroom activity organized by the Department of Psychology on International Mental Health Day was a resounding success. It achieved its primary goal of raising awareness among students about the importance of mental health, particularly focusing on the youth. The engaging presentations, informative posters, interactive discussions, and the presence of a guest speaker created a holistic learning experience for all participants.

This event not only educated the students but also emphasized the significance of open conversations and support networks when it comes to mental health. It is hoped that the knowledge and insights gained during this program will help students prioritize their mental well-being and encourage them to seek help when necessary.

The Department of Psychology at CoE, GC Sanjauli, Shimla-6, remains committed to promoting mental health awareness and looks forward to organizing more such activities in the future.

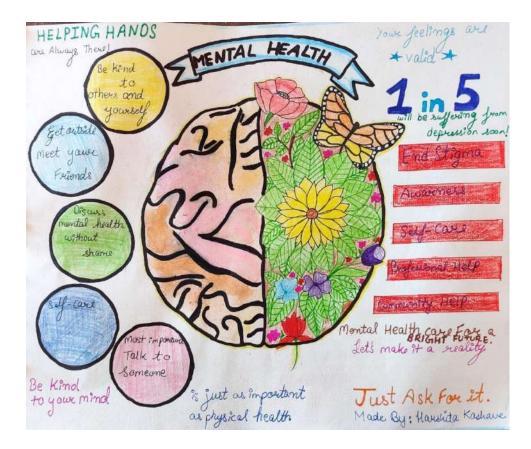
MR. Akshay Azad Assistant Professor Department of Psychology

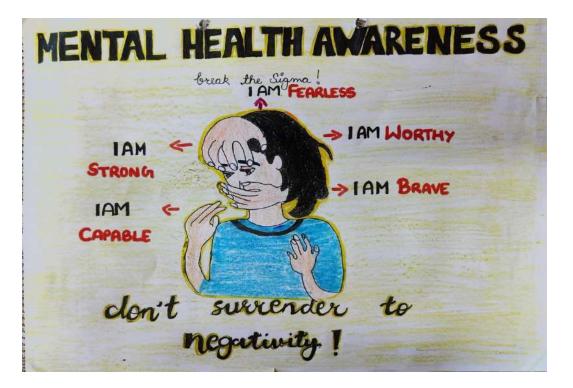
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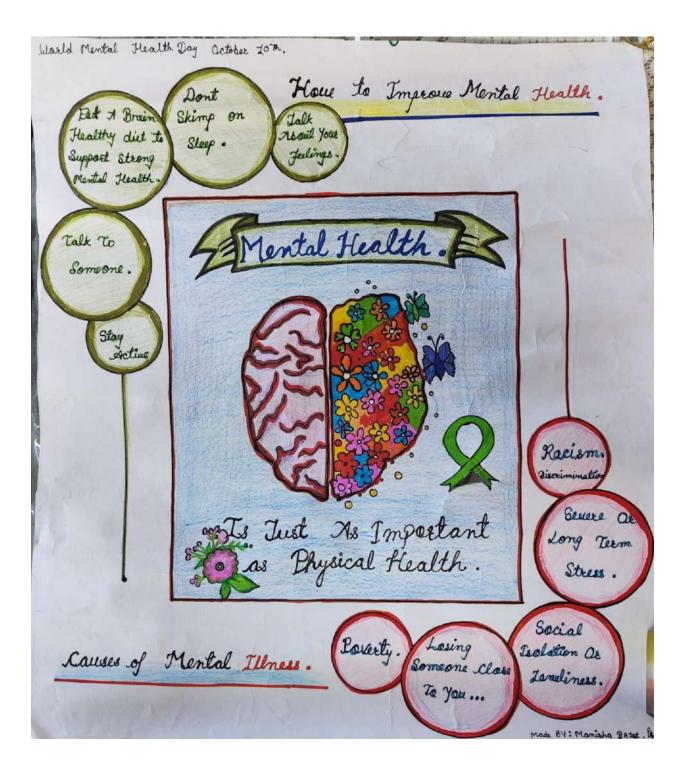




















CLUB



INTERACTIVE ALUMNI SESSION

- DATE: Friday, September01, 2023
- Organised by free thinkers club of the department of political science
- Centre of excellence, Goverment college sanjauli.

The invitation

Political science society invites you to an

Interactive Alumni session Speaker - Sapna

PHD Research Scholar Political Science Panjab University NET JRF Qualified 2021

(2017-2020 Batch)

On 01 September 2023 At 10:30am in CONFERENCE ROOM



- The free thinkers club of the department of political science were thrilled to organize a interactive Alumni Session.
- The guest for this session was Miss. Sapna who's a PHD research scholar in political science who has qualified NET/JRF at quite a young age.
- The primary purpose of the session was to provide a platform for our alumni to share her experience at the alma mater and discuss various aspects of her academic and Professional journey.

The Alumni





Key points discussed

Sharing Experiences:

Alumni member sapna, shared her experience during her time at the alma mater. she highlighted the significance of her academic journey and the valueable lessons she learned during her studies.

Sharing Strategies during studies:

- our esteemed alumi shared different strategies during studies **such as:** When preparing for studies, give proper attention and focus to accumulate study material. Priority based learning, engage and prioritize writing to retain ideas effectively. Make self-decisions and stay strong in choosing your academic path. Prioritize subjects, and focus on both academic and personal development.
- Future Ventures After Graduation:
- Miss Sapna focused on two main ventures academic and the procedure and methodology qualifying entrance exams like UGC/NET. She shared insights into the requirements and benifits of pursuing these paths.

Insights and Q and A Session

The Q&A session added another layar of depth of the alumni meeting, allowing us to gain Insight directly from sapan's experiences. Her candid responses provide valueable perspective, ethical considerations & effective study techniques.

1. During the Q&A session the participants raised question That how we can grab the opportunity to study in Abroad?

- Sapna's response highlighted that To get the opportunity to study in Abroad, you can start by researching universities and programs that interest you. Look for scholarships, grants, that can support your journey.
- 2. The second question Was on vlog writing .
- She emphasis the importance of learning in vlog writing. We should read and read more. Only then we can create thought.
- 3. The next was details about JRF.
- Miss Sapna provided details about JRF. JRF stands for Junior Research Fellowship. It is a prestigious research scholarship offered to candidates who qualify in national-level entrance exams like UGC NET or other similar exams. JRF provides financial support to pursue research in various fields and can be a stepping stone towards a career in academia or research.

Group of participants



Many students attended the session, not just political science students. There were more than 150 students from different streams. Quite a diverse group!

मोटिवेशन संजौली कालेज की पूर्व छात्रा सपना ने राजनीतिक विज्ञान विभाग के छात्रों के साथ साझा किए अपने विचार आत्मविश्वास और समय प्रबंधन से लक्ष्य हासिल करना आसान

स्टाफ रिपोर्टर-शिमला

शहर के प्रसिद्ध संजौली कालेज में शनिवार को कालेज की पूर्व छात्रा सपना ने राजनीतिक विज्ञान विभाग के विद्यार्थियों के साथ अपने विचार साझा किए।

उन्होंने कहा कि आत्मविश्वास और समय प्रबंधन के माध्यम से विद्यार्थी कोई भी लक्ष्य हासिल कर सकते हैं। किसी भी लक्ष्य को हासिल करने के लिए समय प्रबंधन जरूरी है। जैसे-जैसे समय प्रबंधन का नियम मजबूत होता जाएगा, विद्यार्थियों में आत्मविश्वास भी बढता जाएगा। उन्होंने छात्रों को बताया कि वे किस प्रकार परीक्षा की उचित रणनीति बना सकते हैं. जिसके माध्यम से कोई भी परीक्षा



उत्तीर्ण की जी सकती है। सपना ने छत्रों को नेट-जेआरएफ, सेट परीक्षाओं की जानकारी दी और बता दें कि सपना ने पंजाब बताया कि राजनीति विज्ञान विषय में छात्रों के पास बहुत से रास्ते है। उन्हें सिविल सर्विस, सहायक प्रोफेसर और अन्य प्रतियोगी

परीक्षाओं के लिए राजनीतिक विज्ञान में पीएचडी कर रही हैं। विज्ञान विषय की समझ जरूरी है। विश्वविद्यालय से एमए और एमफिल की डिग्री हासिल की है। वर्तमान में पंजाब वह विश्वविद्यालय से ही राजनीतिक

राजनीतिक विज्ञान विभाग में अभिषेक सहायक प्रोफेसर ठकर छात्रों को प्रोत्साहन करने के लिए विभाग में कई गतिविधियां करवाते रहते हैं। अभिषेक ठाकर ने कहा कि वह आने वाले समय ने

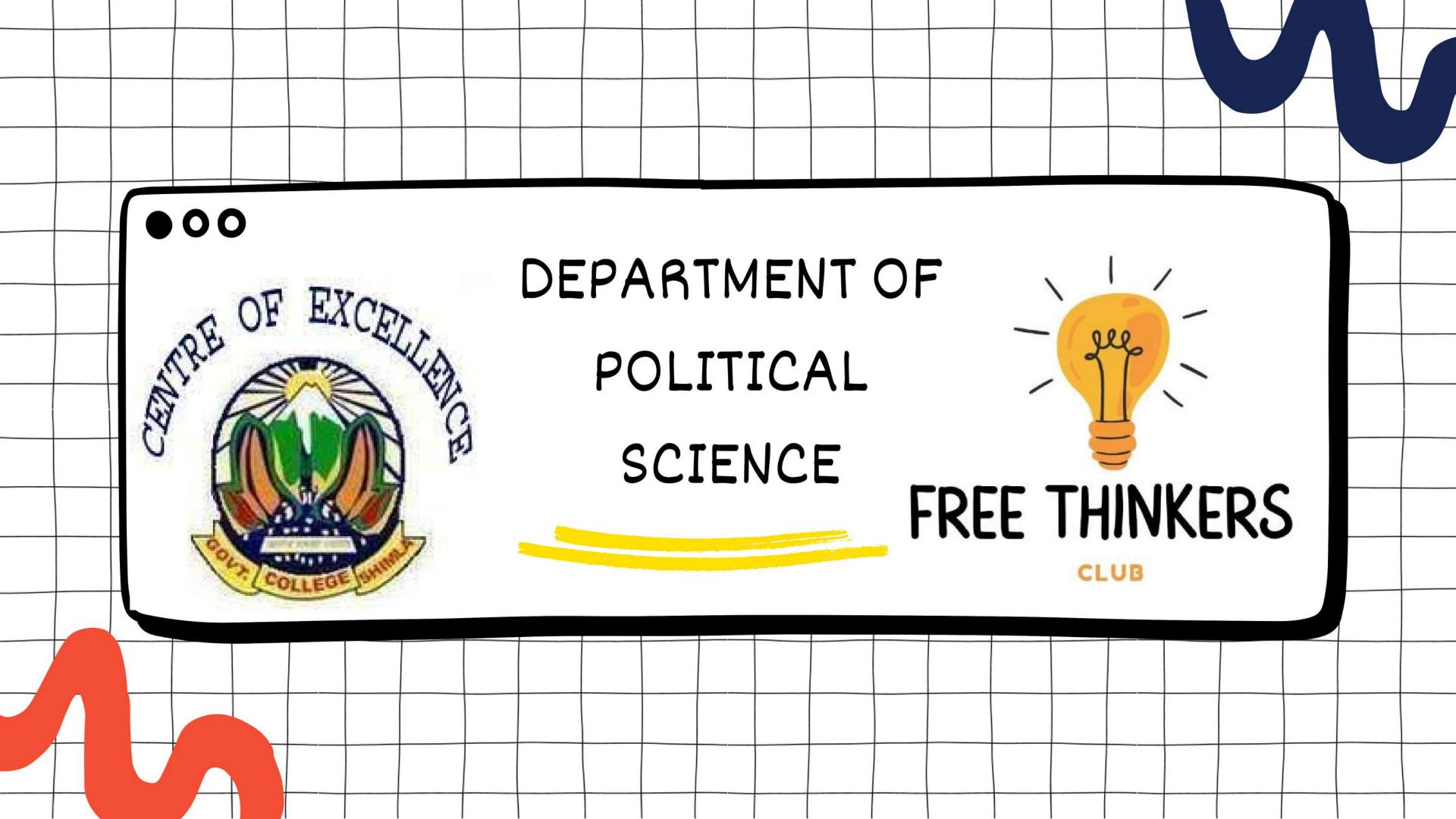
छात्रों के लिए ऐसी कई गतिविधियों का आयोजन करेंगे. जिससे उनके छात्रों को बहुत कुछ सीखने को मिलेगा। सपना ने सहायक प्रोफेसर अभिषेक ठाकुर का उन्हें कालेज में बलाने के लिए धन्यवाद किया

The Alumni session was covered by Divya Himachal newspaper! Raising awareness among people is an important objective of Our knowledgeable session.

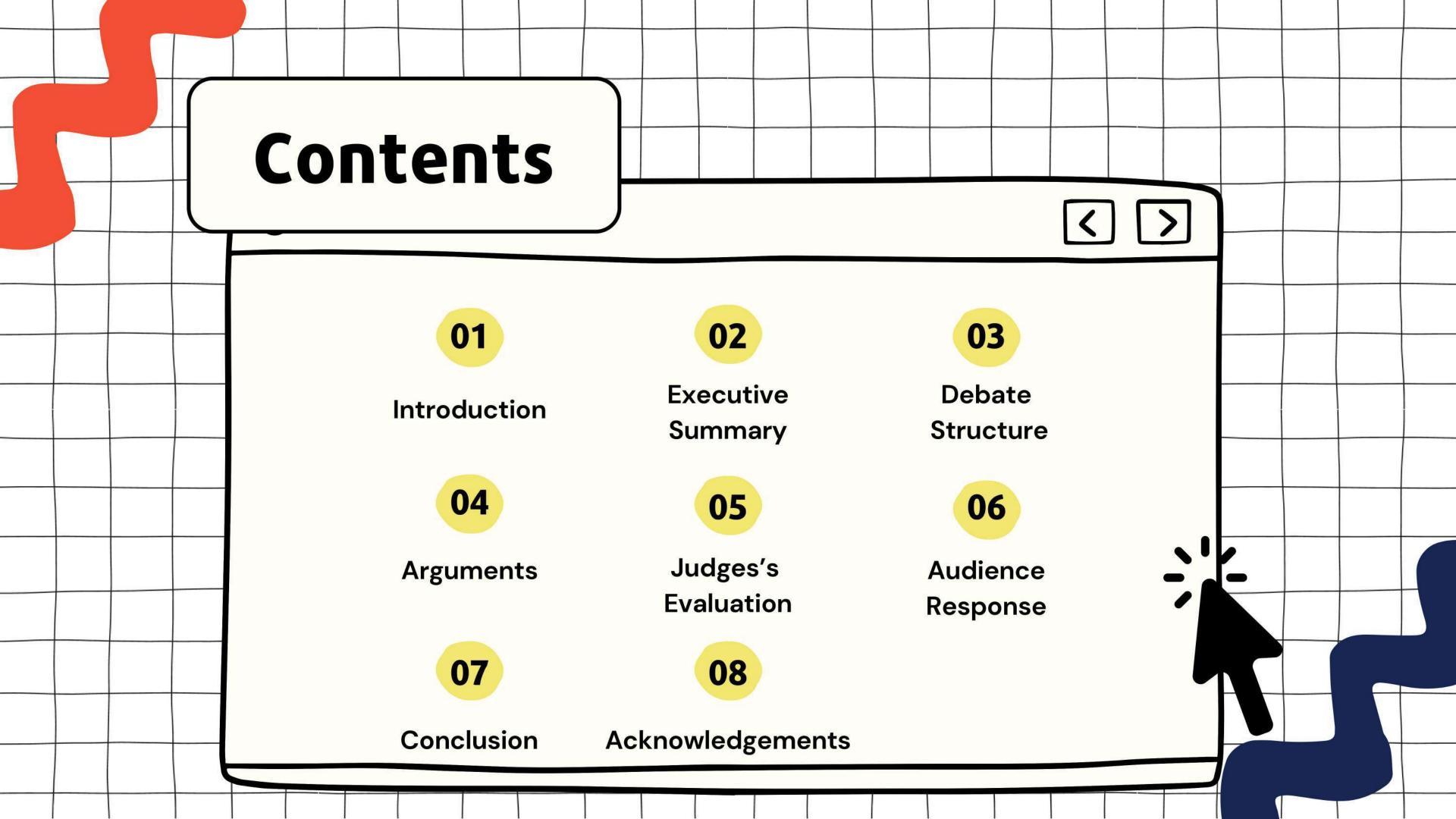
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Prepared by Deepika Sharma BA1st year Rollno.23506007

Guided by Mr.Abhishek Thakur (Asst.Professor of political science)





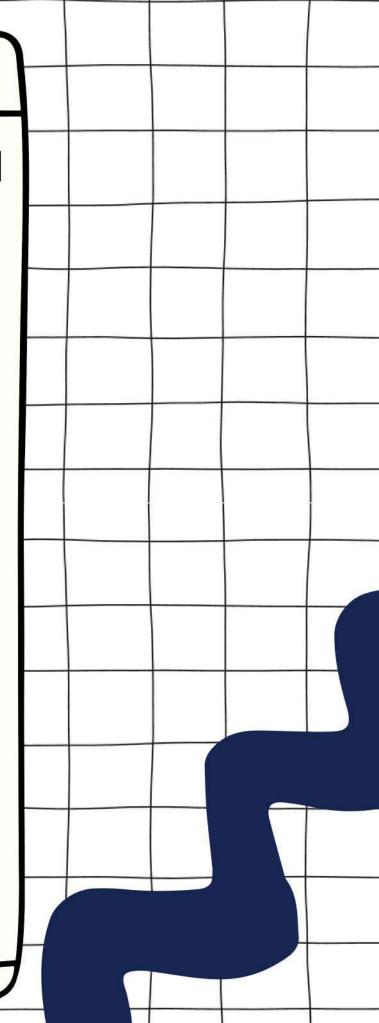


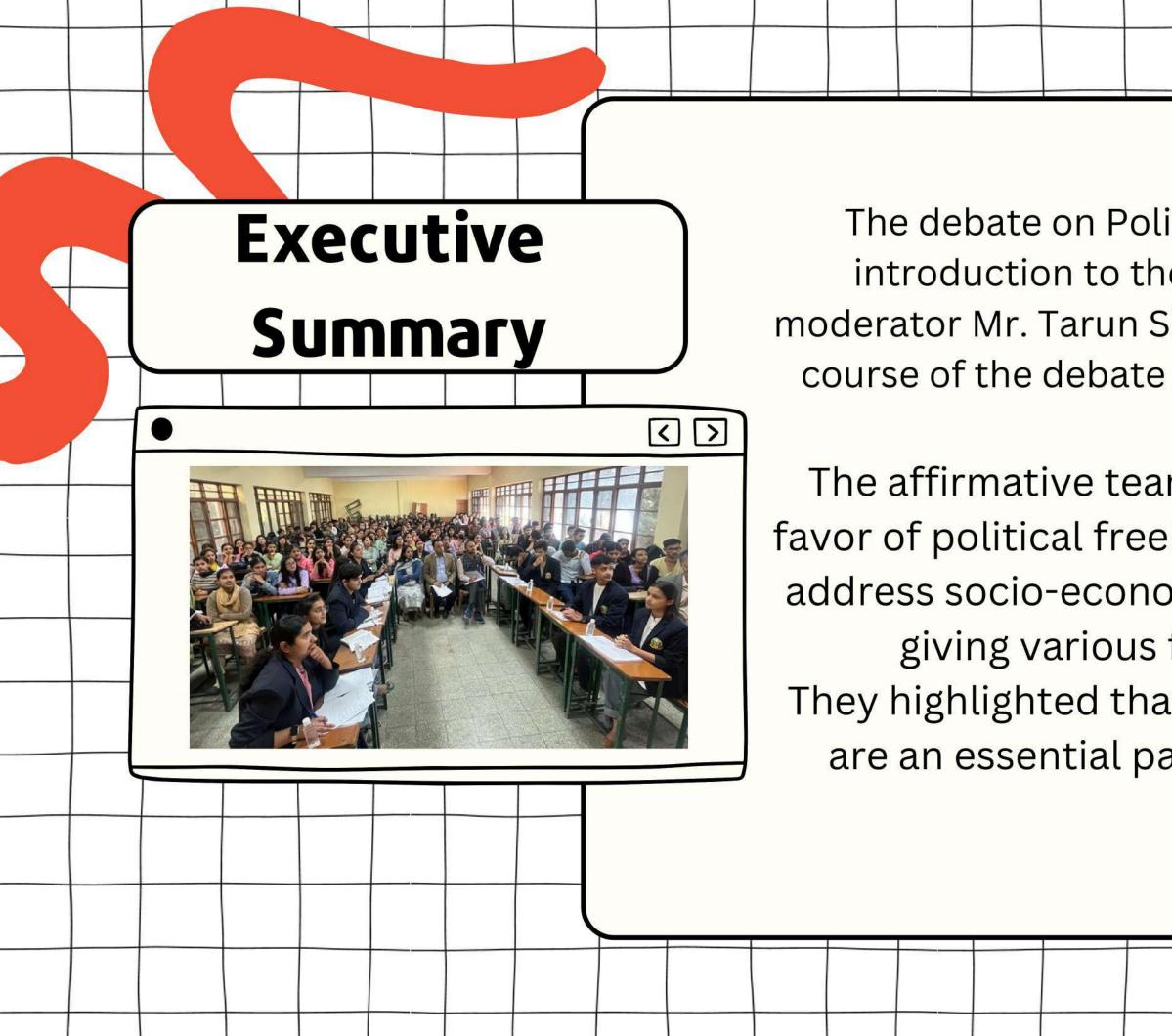
Introduction

The Free Thinkers Club of the Department of Political Science hosted a hot debate on the topic of Political Freebies on 6 October 2023 at 1:20 PM featuring judges Dr. Harsh Vardhan Singh Khimta (Assoc. Prof.) and Mr. Sandesh Kumar (Asst. Prof.).

The event became a platform for students to passionately argue in favor of or against political freebies.

The report provides a brief account of the debate, highlight of the key arguments and the judges' perspectives, offering an overview of the dynamic engagement between the participants.





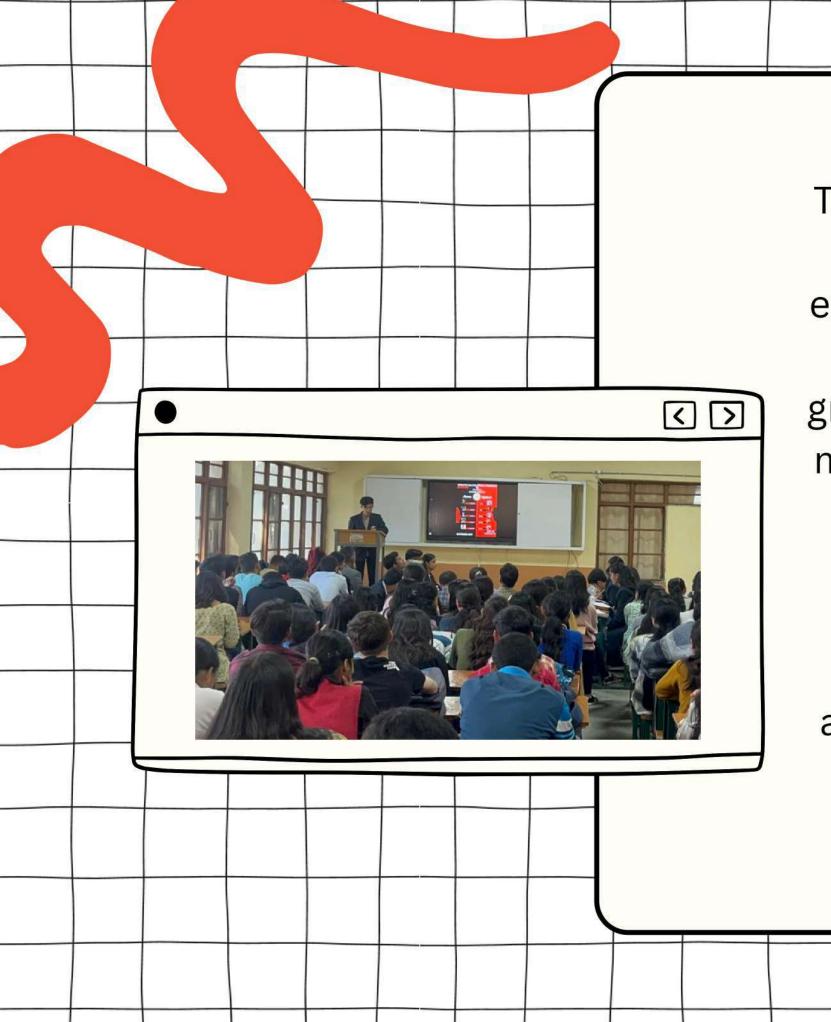
The debate on Political Freebies began with an introduction to the rules of the debate by the moderator Mr. Tarun Sharma who skillfully steered the course of the debate in a very professional manner.

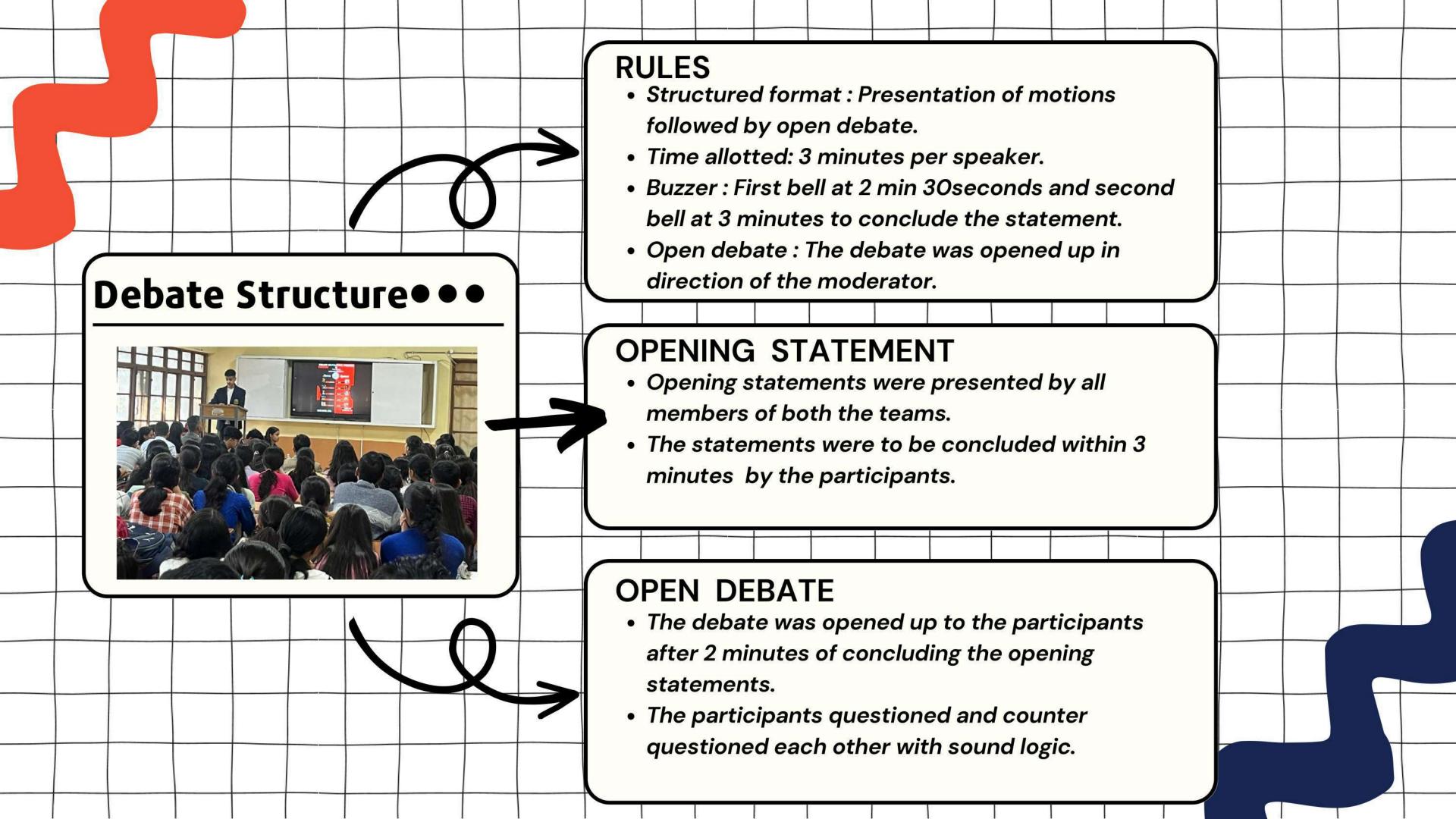
The affirmative team convincingly argued in the favor of political freebies quoting their potential to address socio-economic disparities and to ensure giving various facilities to the society.

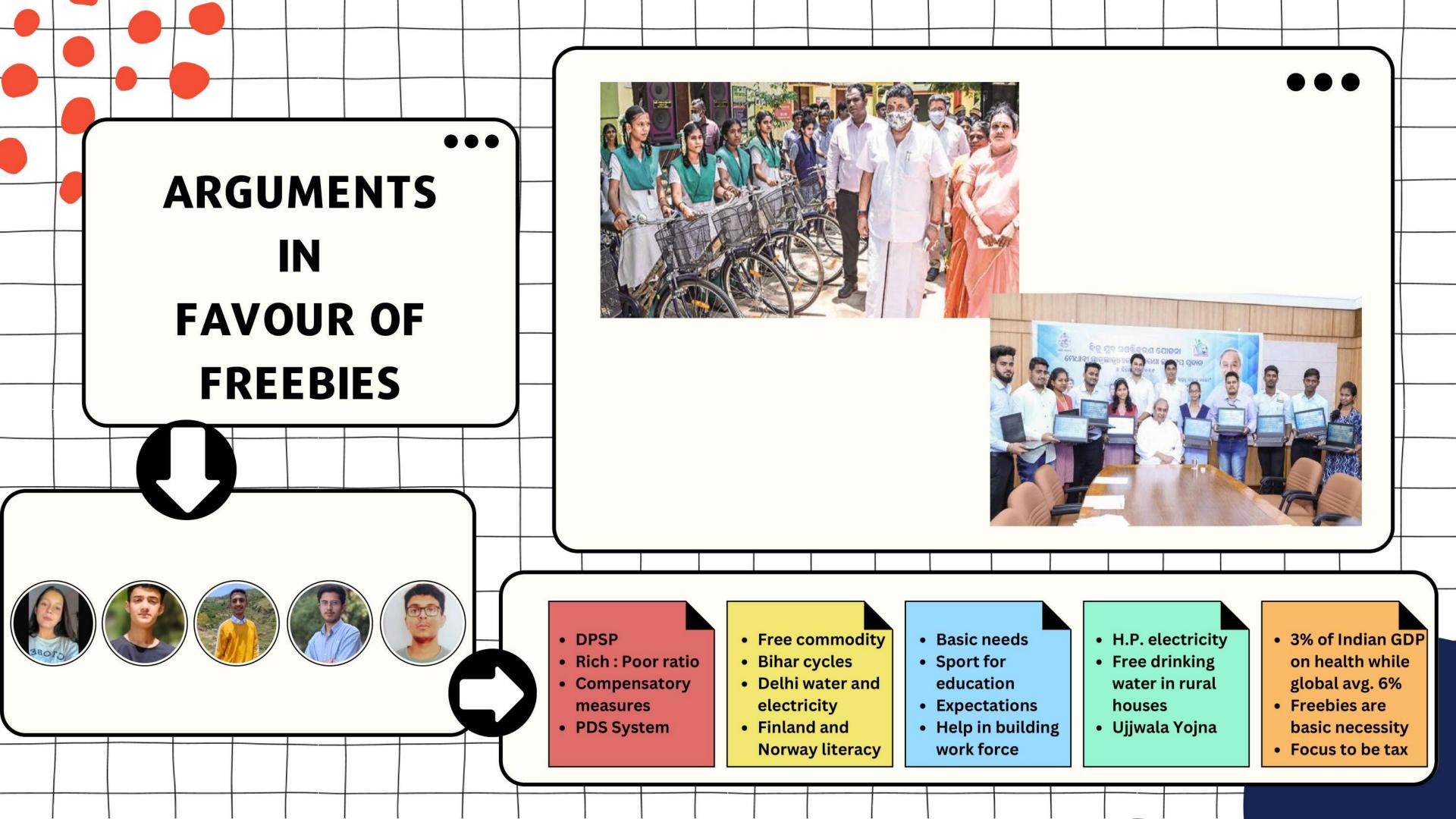
They highlighted that the policy of giving freebies are an essential part of inclusive governance.

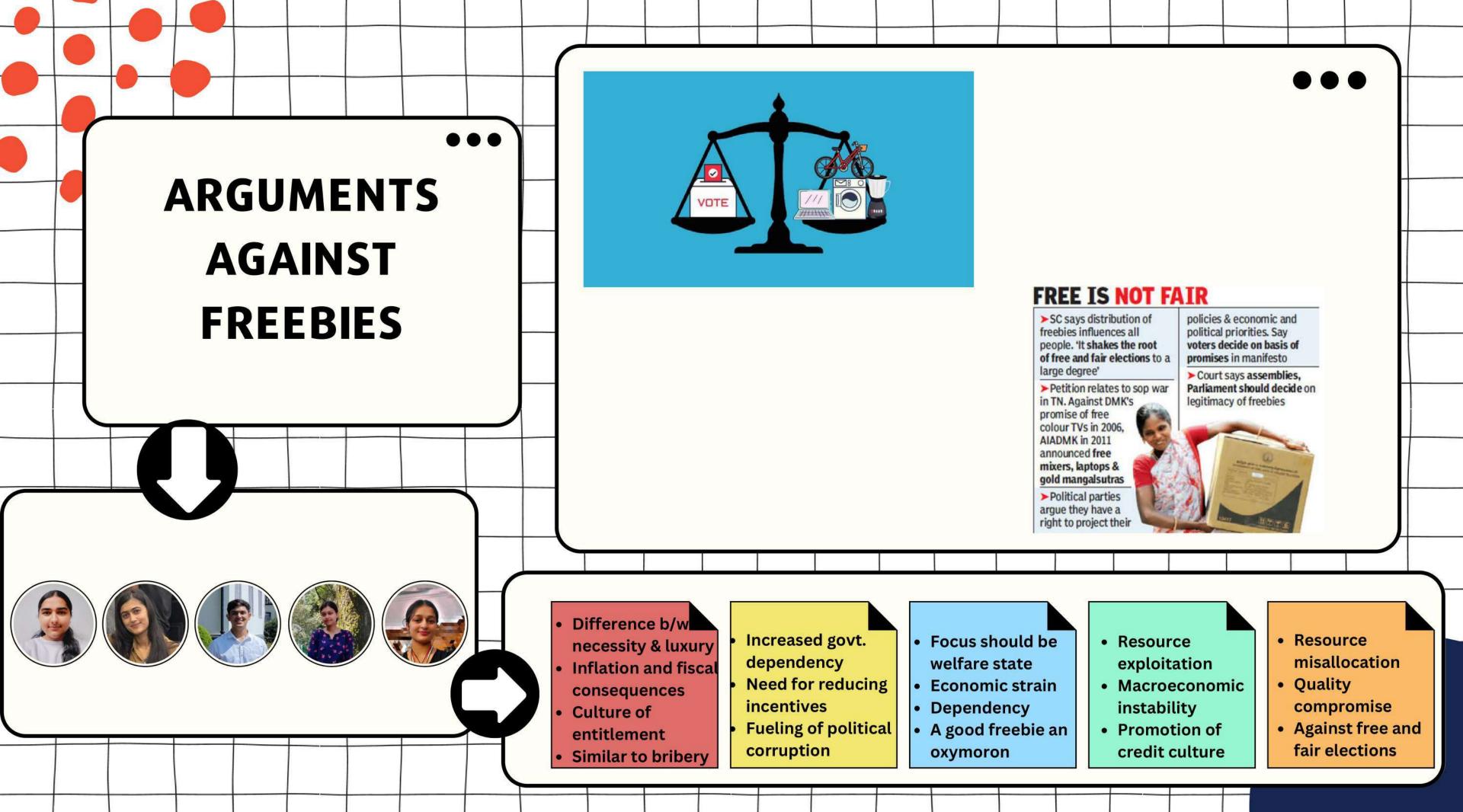
The arguments of the opposing side against political freebies were equally compelling. The team emphasized concerns about the fiscal responsibility, misuse of resources and the impact on individual growth. While supporting welfare schemes for health management and infrastructure the team condoned the efforts of political parties to sway voters by offering them freebies.

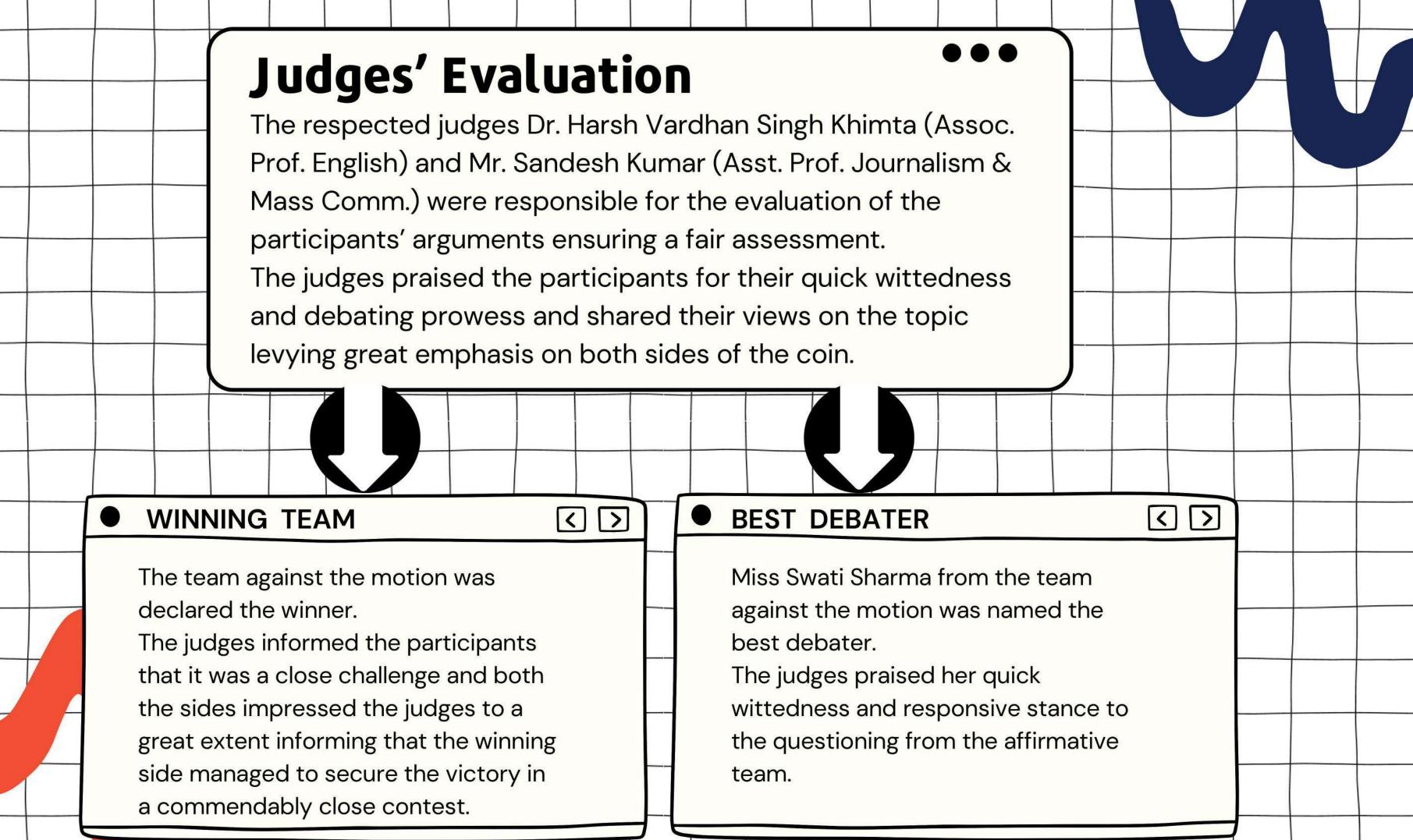
The judges evaluated the debate assessing the arguments and presentation skills. While both sides presented strong arguments, the team against the motion was declared the winner.









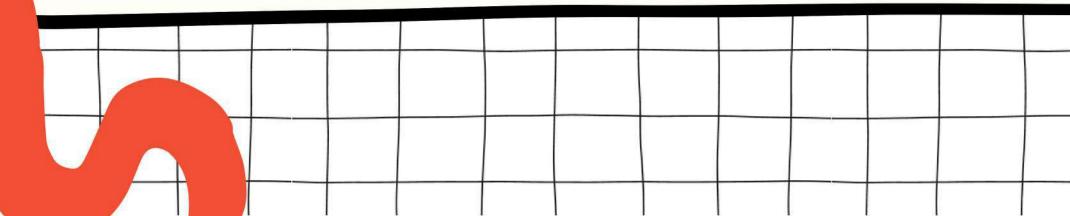


• Audience Response

The audience, though not actively participating in the debate displayed an attentive behavior. The responses from the audience were non-verbal, including nodding, occasional applause and a stream of laughter on quick witted remarks of the participants.

The audience's active presence greatly added to

the overall ambience of the debate.











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Conclusion

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The debate on political freebies was a thought-provoking and an engaging event The proceedings of the event were carried by the moderator and the two judges provided expert evaluation.

The favor side explained the importance of freebies as ways to provide for and look after the society, while the against side questioned the fiscal responsibility and stressed on the long tern effects.

Ultimately the debate encouraged critical thinking and demonstrated the importance of open dialogue to build intellect.





•00

•••RESPECTED JUDGES

- Dr. Harsh Vardhan Singh Khimta (Assoc. Prof. English)
- Mr. Sandesh Kumar (Asst. Prof. Journalism & Mass Comm.)

000 **RESPECTED GUEST**

• Mrs. Kreety Thakur

MODERATOR

• Mr. Tarun Sharma

PARTICIPANTS (FOR)

- Saksham
- Chirag
- Komal
- Piyush
- Abhishek

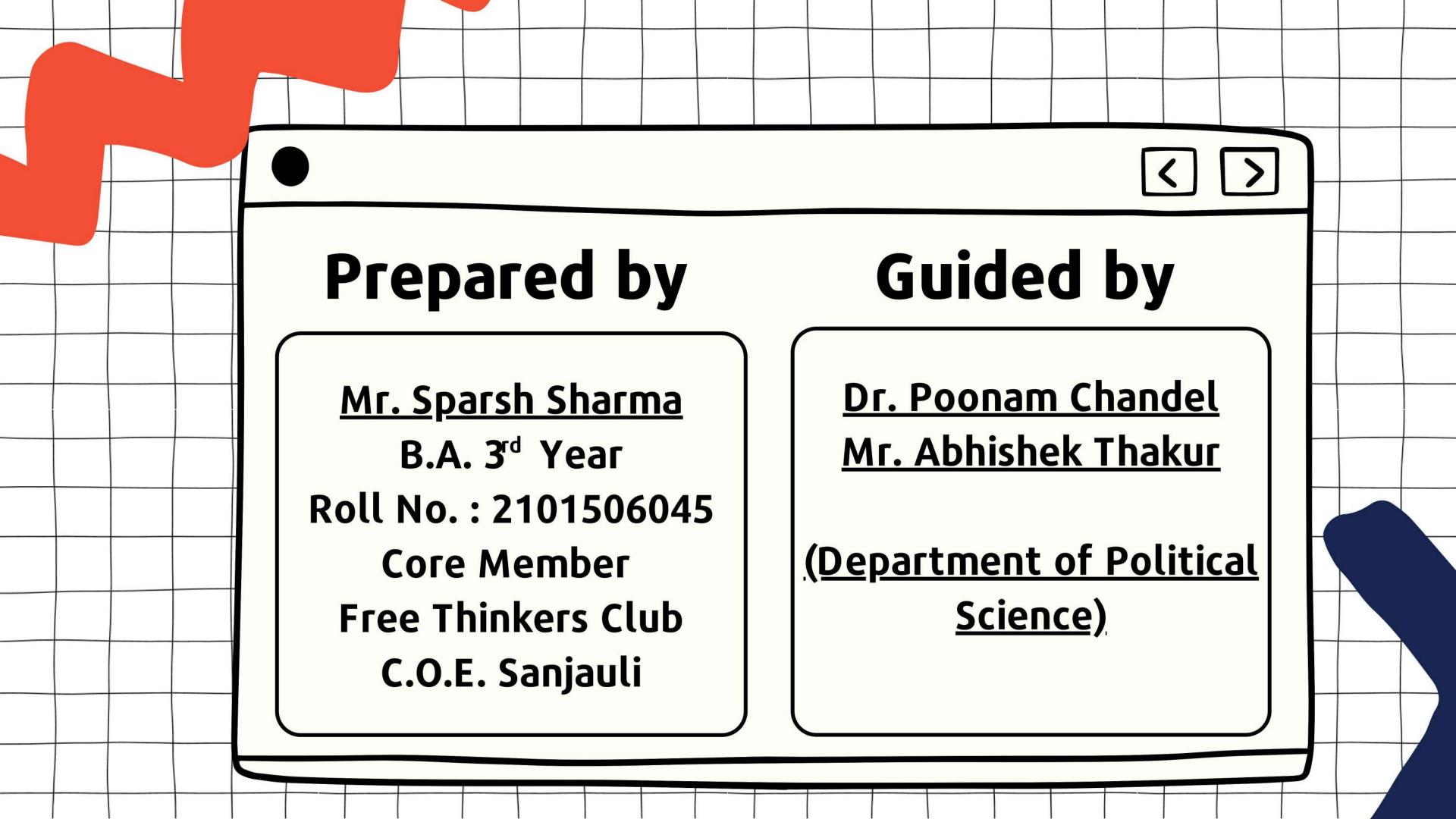


•00

PARTICIPANTS (AGAINST)

- Swati
- Puja
- Sparsh
- Kashish
- Deepika









DEPARTMENT OF





NAME OF THE PARTICIPANTS

- 1) Shivansh Baketa (B.A 2nd Year)
- 2) Jayantika Jittan (B.A. 1st Year)
- 3) Kumkum Verma (B.A. 2nd Year)
- 4) Anisha (B.A. 1st Year)
- 5) Piyush Sharma (B.A. 1st Year)
- 6) Sahil (B.A. 2nd year)

INTRODUCTION



The Free Thinkers Club of the Department of Political Science organized its most ambitious event till date in Decoding G20.

This event garnered the presence of the esteemed principal of the college and many diligent professors .

The primary purpose of this event was to provide a platform for our members to present their views and opinions on the recent G20 summit held in our backyard in a unique fashion.

KEY POINTS DISCUSSED

<u>Unveiling the Evolution: G5 to G20 and</u> <u>now G21</u>

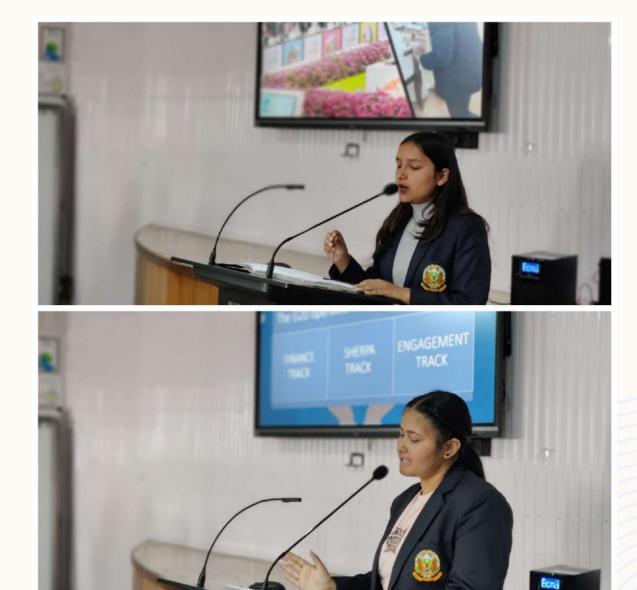
The participants ventured on a journey through time, tracing the forum's evolution from its origins as the G5 to the creation of the present formidable G21.

Cultural Reverie: Art and Indian Heritage Exhibition

Engaging themselves in the art and cultural exhibition, the participants ferried into a vibrant shade of Indian heritage in the G20 summit. They spoke eloquently of India's rich cultural legacy, providing a sensory link to the nation's artistic prowess.

Himachal Pradesh: The Regional Nexus

The discussions took a turn towards Himachal Pradesh, where the participants recognized the profound influence of our home state. The members were pleased with how Himachal Pradesh's natural splendor and cultural diversity left a memorable mark on the global stage.





Pinnacle Outcomes: Corridor, Inclusion, and the Delhi Declaration

The club's attention shifted to the critical outcomes of the G20 summit.

The establishment of the India Middle East Europe corridor was hailed as a bold step towards strengthening regional economic cooperation.

The inclusion of the African Union was celebrated as a demonstration of India's growing stance in the global south. The crowning achievement, however, was the adoption of the Delhi Declaration, signifying a collective resolve to tackle pressing global challenges.

Balancing Act: Positives and Criticisms

As the discussions reached their zenith, the participants engaged in a candid appraisal of the G20 summit's strengths and areas for improvement.

While applauding the actions towards inclusivity and cooperation, they also acknowledged concerns about the pace of decision-making and the need for more actionable outcomes.

INTERACTIVE EXCHANGE: QUESTION-ANSWER SESSION

The question-answer session was a new addition which was marked by wholehearted participation from the audience. It was a momentous occasion where the audience's engagement resonated with all the participants and club members.





CONCLUSION

The Free Thinkers Club's decoding of the G20 summit in India was an illuminating endeavor.

Through art, regional appreciation, and momentous declarations, the participants gained profound insights into the intricate workings of global governance.

Acknowledging both strengths and weaknesses, they departed with a renewed sense of purpose, fully aware of their generation's pivotal role in shaping the future of international cooperation.