

Report of Capacity building and skills enhancement initiatives -

Session 2022-23

R.R.P. G. College is one of the best institutions of the nation. It is known for its great academic and values building services for the all sound development of the students studying here. This institute has formed various committees to full fill vision and mission of the college which cultivates able and dedicated students for the service of the society and nation Capacity building and skills enhancement initiatives Committee is one of them under this committee various programs were organized as

1. Soft Skills, Language and Communication skills programs.
2. Yoga and physical fitness programs.
3. Health and hygiene programs.
4. ICT/ Computing skills.

Soft skills and communication skills programs

During the session 2022-23

1. Soft Skill Training and Personality Development Session for B.A. Students

Topic - Time Management

Resource person - Dr. K.K. Shukla

Time - Session 1- 09-11 am.

Session -2-02-04 pm

Date- 19 Oct 2022

Venue Auditorium Hall

Number of students - Session -1-240, session-2-250

2. Soft Skill Training and Personality development Session for M.A., M.Sc. and M. Com. Student –

Topic - Capacity Building

Resource person. Prof. P.K. Srivastava

Session -09:11am

Date- 23 De 2022

Venue- Auditorium Hall.

Number of students-Session 1-235, Session-2 -245.

3. Soft skill Training and Personality Development Session for B.Com, B.Sc, M.Ed. B.Ed, B.C.A. and B.SC. Agriculture.

Topic - Stress Management

Resource Person - Dr. K.K. Shukla

Time & Session 1- 09:11 am

Session-2-02:04 pm

Date - 19 Feb 2013

Venue. Auditorium. Hall.

Number of students session - 1-240, Session 2.245

Spoken English and Communication skill programs. For

(1) B.A, BCA, B.Com classers - Batch - I

Trainer - Dr. Om Shiv Pandey

Time - 03-05 pm Every Friday and Saturday

Venue – Room No-130

Number of student-200

(2) B.A, B.Sc, B.Com classes - Batch - II

Trainer - Dr. O.P. Tripathi

Time- 03-05 p.m.(Every Friday & Saturday)

Venue-Seminar Hall

Number of Students-200

(3) B.A·B Sc, B.Com. classes Batch -III

Trainer - Mr. C.P. Singh: Friday and Saturday

Time 03-05 p.m. Evening

Venue Room No - 131.

Number of student - 200

(4) M.A, M.Sc, M.Com, B.Ed. M.Ed. BCA and B.Sc. Ag.

Trainer - Dr. K.K. Shukla

Time- 03- 05- p.m. (Friday and Saturday)

Venus Room No- 132

Number of students – 200

These programs run throughout the session.

Report of health and hygiene (2022-23)

Hygiene is a set of practices performed to preserve health. According to the W.H.O. “Hygiene” refer to condition and practices that help to maintain health and prevent the spread of diseases on July 1- 2022 a health and hygiene awareness programme was organized at the malviya hall many (number of student 356 resources person Dr. Vinod singh medical officer amethi) students awarded by these programmes which are given below.

- Personal hygiene
- Keeping hand clean.
- Nail hygiene.
- Menstrual hygiene.
- Laughing and sneezing.
- Take regular shower.
- Wear fresh and clean clothes.
- Clean your nose and ears.

Better hygiene leads to better health confidence and overall growth. Good hygiene is critical for preventing the spread of insectaries disease and helping children/students lead long healthy lives. It also prevent them from missing school, resulting in better learning outcourses. Several activities were undertaken during the period of 2022-2023 which are given below.

- RRPg college organized ant nicotine programme inside the campus.
- The college organized a day long “Health awareness talk on eye flu, covid -19 (Date- 21.11.2023 number of student -152 Resource person Dr. Vinod Singh medical officer Amethi) and tobacco related disorder” at the auditorium.
- The college has provided the facility of pure drinking water by installing R.O. water filter at girls common room.
- Organized health awareness and check up camp in college campus.
- Waste water is properly dispersed.
- The college ensures the campus is smoking and plastic free.
- Provided first aid kits.
- Facilities are available for hand sanitization and have washing. These practices are continued to minimize the chances of infection and to clear lop good habits.
- For the purpose these are safe and hygiene facilities of toiletries separately for girls boys and staff too in the college.

Report – R.R.P.G. College Physical Fitness & Yoga
Session – (2023-24)

In this modern age, a lot of stress is usually laid down up on games and sports in comparison to yesteryears. Different people have different point of view regarding physical fitness. For a common man to have a good Physique is symbol of physical fitness. The proper functioning of physiological system is physical fitness. There are also other ways in which physical fitness is defined. According to the center for disease control & prevention, physical fitness is defined as the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuits and respond to emergencies. This means that for an individual to be physically fit, he must not only be able to perform daily activities but also function adequately under the stress of lengthy periods of strenuous activities. Physical fitness may be health related or skill related, health related physical fitness is concerned with good health or reduced diseases, skill related physical fitness is the ability to perform specific sports task or occupations. It is possible to improve fitness levels by taking proper nutrition, exercising regularly as well as resting adequately. "It is the ability of a person to do daily routine work without fatigue more over to participation in play future activities and still resource enough capacity to meet any emergency."Physical fitness is the capacity to meet the present & potential physical challenges of life with success."

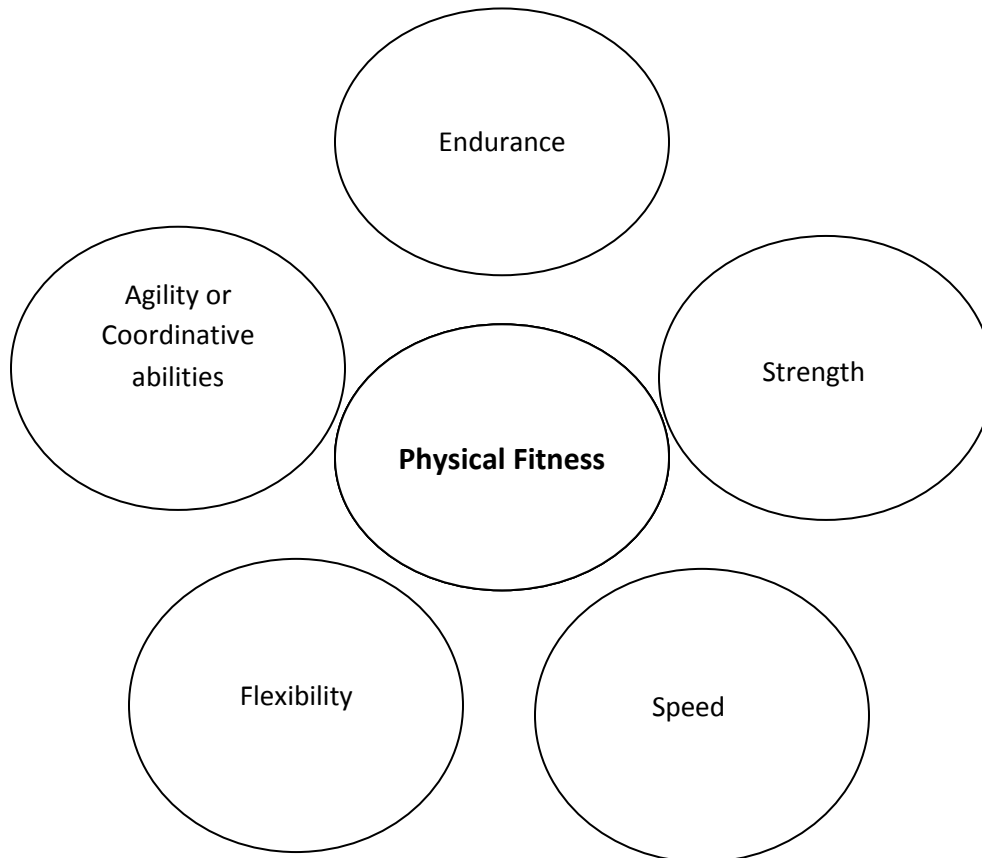
Importance of Physical Fitness

Physical fitness are really very significant for leading a happy and well balanced life. Physical fitness is necessary for reducing the risk of heart & lungs diseases. Physically fit individuals tend to have lower resting blood pressure. Everyone wanted to maintain one's physical fitness because owing to physical fitness, one can perform the routine work easily. That's why it is said that physical fitness, adds years to ones life. Many people remain under impression that physical fitness is necessary only for sports persons because they participate in vigorous activities of sports & games. They are not aware that physical fitness are necessary for a common man too. Hence, physical fitness has assumed greater importance in the modern times.

1. Good physique
2. Reduce stress
3. Increase productivity
4. Reduce risks of diseases
5. Social & moral upliftment.
6. High quality of life.

Component of Physical Fitness

There are five components of physical fitness that measure the level of fitness. Different tests are used to measure the performance of an individual's on each of the five component.



Principle of Physical Fitness Development

Developing physical fitness is a scientific & systematic process. Every individual, who wants to be physically fit, needs to observe certain guidelines & undergo proper training.

1. Warming up
2. Regularity
3. Overload
4. Variety

5. Proper rest
6. Progression
7. Specificity
8. Age and Sex
9. Limber down
10. Individual Differences

Yoga

Yoga originated in India in pre-Vedic period. The first systematic presentation of yoga Patanjali's yoga, sutra, was written in the second century. A few centuries later, Kabirdas, Tulsidas, and Surdas included yoga in their teachings. In the 19th century, Swami Vivekananda spread yoga through his teachings and works. Yoga guru baba Ramdev is also credited for making yoga a popular physical exercise all over the world. The word yoga has been derived from the Sanskrit word 'Yuj', which means to unite, add or bind. Yoga has been referred to in our Vedas, puranas, Upanishads and the gita. The eight stages or limbs of yoga are as follows.

1. Yama
2. Niyama
3. Asana
4. Pranayama
5. Pratyahara
6. Dharana
7. Dhyana
8. Samadhi

"yoga is the control of mental modifications."

Importance of Yoga

In the modern times yoga and its various forms have gained much importance because of the following reasons.

1. Improves health
2. Cures diseases & Deformities
3. Developmental Facilities
4. Emotional Development
5. Moral Development
6. Social Development
7. Spiritual Development

Physical Education (Yoga)

In physical education department of R.R.P.G. College the following activities takes place.

1. On 21st June yoga day had been celebrated in R.R.P.G. College. On this occasion of yoga say 896 students participated and have shown great performances. Students have been told about the needs and importance of yoga in our lives. Dr. Satish Chandra Srivastava from Manishi P.G. College, Gauriganj Assistant Professor of yoga motivated the students to perform yoga and Pranayamas in their daily lives. And he had talked about the benefits of doing asanas and pranayam in daily life.
2. A 7days yoga camp has been organized in R.R.P.G. College every year. The Coordinators of this yoga camp are Mr. Amit Baranwal. They instruct the students about the different types of asanas and madras. In this camp not only the students even our respected principal sir and Teachers also take participation. Because of this 7 days yoga camp students get inspired and also they got to the know about different kinds of things we do in yoga.
3. In R.R.P.G. College, the students of B.A. 1st semester, B.A. 2nd semester, B.A.3rd semester have been taught about the yoga. Asanas and pranayamas thrice a week through practical and theory classes.