

5.1.3 Capacity building and skills enhancement initiatives taken by the institution (2020-21) include the following

1. Soft skills/Language and communication skills

Departments of languages of the college including Punjabi, English, Hindi and Sanskrit, conduct various college and national level activities throughout the year on Language Skill enhancement like Poetry Recitation, Declamation, Story Writing, Quiz competition. Department of Punjabi has societies namely "Punjabi Sahit Sabha" and "Bhasha Manch". The department also launches it's own magazine namely 'Aaramb' every year, in which various literary works by students and teachers are published to show case their talents.

2. ICT/Computing Skills

The institution has well equipped Computer labs. The college runs various courses like: B.C.A, PGDCA and B.Sc. Comp. Sci. to develop Computing and ICT skills in students.

During the period of covid-19 students were trained to operate different apps like Zoom Cloud Meetings and Google Meets to attend their classes (online). Training was also provided to students for online examinations like scanning images, preparation of PDF's and send e-mails.

The teachers also use Audio-visual aids such as Projectors and Smart boards for distance learning. Different reading material based on syllabus and E-books are also provided on Whatsapp Groups for hassle free Teaching Learning.

ICT help the students to upgrade to present era by providing them with notes for their studies and also keeps them engaged with extra co-curricular activities conducted online. College website provides information to students regarding various upcoming ongoing Intra-College activities. Different Certificates, scholarship forms, Prospectus, Bus forms can be easily downloaded from the website.

3. Life skills (Physical fitness, Health and Hygiene) by Physical Education Department

Physical Education Department of the college is fully dedicated in Physical fitness, Health and Hygiene of students as well as college teachers.

- There are 246 students in graduation classes of physical education subject. They participate in various indoor and outdoor games.
- The college has its own Gymnasium for students and teachers.
- The college has various play grounds for the games like Cricket, Basketball, Volleyball, Kabbadi, Kho-Kho, Athletics, Taekwondo, Wrestling, Body building, Weight power lifting and Karate.
- On 27.10.2020 Prof. Ranjit Kumar of Physical Education department delivered a lecture on "How to cope up with mental stress" under the Mission Tandrust Punjab.

➤ **Capacity building and skills enhancement initiatives taken by the institution during 2020-21**

Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Slogan writing Competition on the topic "Health is Wealth"	17th to 20th July 2020	137	NCC
An online awareness Campaign on "Fit India Movement" was conducted by NCC in which Activities like Yoga, Skipping, Exercise, Jogging & Cycling were conducted	15.08.2020 to 02.10.2020	110	NCC
A college level Essay writing competition was conducted on the topic 'Life and Contribution of Guru Teg Bahadur Ji' to commemorate 400th Birth Anniversary of the Guru.	14.07.2020	25	History Department
Essay writing and slogan writing competition was organised to commemorate the birth anniversary of the "Father of nation Mahatma Gandhi".	02.10.2020	26	History Department
A National level Poster Making and Article writing competition	28.07.2020	600	English and Chemistry Department

A lecture on "How to cope up with mental stress?"	27.10.2020	120	Under the mission TANDRUST PUNJAB
An online Essay writing competition was conducted to celebrate International Day of PWDs	19.11.2020	19	NSS
Under Mission "Pride of Punjab" a video conference was held on the topic "How to enhance the skills and capabilities of the Youth"	27.11.2020	65	Under the mission "Pride of Punjab" by Govt. of Punjab
A Poetical recitation activity was organised among cadets to celebrate National "Constitution Day"	06.11.2020	30	NCC
National Cancer Awareness Day was conducted through online "Poster making competition"	07.11.2020	40	NCC
A Blood Donation camp was organised at civil Hospital, Kapurthala to celebrate NCC Day	28.11.2020	NCC cadets donated blood	Civil Hospital, Kapurthala
Essay writing competition was organised under the theme "Mother Tongue" to celebrate "Punjabi Saptah" through online mode	19-11-2020	60	Punjabi Department
An online Essay writing competition was conducted on the topic "Preachings of Shri Guru Teg bahadur Ji"	26.11.2020	10	History Department
Essay Writing on 'What can I do to clean my city', Poster Making on 'Cleanliness' and speech on 'Plastic Waste Management' were held under 'Swachhta Pakhwada'	01.12.2020 to 15.12.2020	42	NCC
NCC Cadets and NSS Volunteers participated in 'Pulse polio Abhiyan' and they administrated Polio Drops to kids under five years of age	31.01.2021 to 02.02.2021	57 NSS volunteers and 62 NCC cadets participated along with Nurses & Doctors	Civil Hospital, Kapurthala
Online Declamation Contest was	18.01.2021	45	NSS

conducted on the topic "Safety Month".			
An online Essay Writing Competition was conducted on the theme "Drug Addiction"	12.02.2021	12	NSS
On the occasion of International Mother Language Day, an online Inter College "Quiz Competition" was organized	21.02.2021	5	Virsa Vihar, Kapurthala
Under "Poshan Pakhwada" a webinar was conducted on 'Importance of Yoga for Physical fitness'.	16.03.2021 to 31.03.2021	30	NSS
Under "Poshan Pakhwada" Online Poster Making & Slogan Writing activities were conducted under theme 'Healthy and Balanced diet'.	16.03.2021 to 31.03.2021	30	NSS
Online Essay Writing and Slogan Writing competition were conducted on the occasion of "International Women's day"	08.03.2021	18	Philosophy Department
An online webinar was conducted in which topic of discussion was "How Drugs are affecting the Youth?"	05.04.2021	30	NSS
An online Poetry recitation competition was conducted to commemorate "400th Birth Anniversary of Shri Guru Teg Bahadur Ji"	April 2021	20	History and Punjabi Department
Online Essay Writing Competition was conducted to commemorate "75th Independence Anniversary of India"	03.05.2021	11	History Department
NCC Cadets participated in online Quiz on "International Day of Yoga (2021)" and got certificates of participation	21.06.2021	26	Ministry of AYUSH & Government of India

NCC Cadets took "Integrate and Encourage Yoga through Life" pledge in online mode, on the occasion of the 7th International Day of Yoga & got certificates as well.	21.06.2021	32	NCC
A webinar was conducted on the topic ' Yoga: Types, Methods and Benefits '	18.06.2021	60	Department of Botany and Red Ribbon Club
An online Patriotic song recitation competition was conducted to commemorate 75th Independence anniversary of India	02.06.2021 to 30.06.2021	21	As per the guidelines of GNDU, Amritsar



Principal
N.J.S.A. Government College
Kapurthala