

Academic Yr. 2019-20

`Workshop on PERSONALITY DEVELOPMENT entitled

## "PUBLIC SPEAKING"

organized by Government College Gharghoda on 21st October, 2019

Time: 02:15 PM

Venue: Government College Gharghoda, Seminar Hall

One Day Workshop on PERSONALITY DEVELOPMENT entitled "PUBLIC SPEAKING" organized by Government College Gharghoda on 21<sup>st</sup> October, 2019.

# **RESOURCE PERSON:**

1. Mr. Santosh Kumar Dewangan

**OBJECTIVE:** The session aims at students to overcome the fear and difficulties involved in public speaking.

# HIGHLIGHTS OF THE PROGRAM:

- Dr. Shruti Shrivastava, Asst. Prof., English, formally welcomed all the dignitaries and participants. She explained that public speaking is an act of performing a speech to a live audience. She invited keynote Speaker Mr. Santosh Kumar Dewangan, Asst. Prof., to start the session.
- Mr. Dewangan explained that Speeches have different functions. These include being persuasive, informative, entertaining or celebratory. He also explained

A. Why is public speaking useful for students?

a). Many students get incredibly nervous the first time they have to do a speech in front of their classmates but with practice the nerves subside and they usually begin to enjoy the whole process.

b). Public speaking helps to develop student's overall fluency and requires them to consider how they speak as well as what they say. This is useful for speaking in any situation, public or otherwise.

B. What techniques can be used for effective speech?

# a). Ideas / content generation

It's often useful to get students working in groups at the planning stage, helping each other to come up with ideas.

b). Structure

Stress the importance of having a beginning, middle and end and keep reminding them of this.

## c). Body language

There are various statistics for how much of our communication is done through our body language.

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d). Chunking (pauses and stress)

This is a technique which can help speakers to sound much more confident and increase the overall effectiveness of their speech

C. Common problems

- Lack of confidence
- Speaking too fast
- Appropriate body language

In this session we have looked at a variety of techniques that can be used to help students develop the necessary skills for delivering public speeches. Practice in these areas can help to increase your students' overall confidence and fluency and provide an interesting and useful diversion from regular language work.

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# Awareness Program on LEGAL LITERACY

Theme Entitled

## **"HUMAN RIGHTS"**

Time: 11:30 AM

10-02

Venue: Government College Gharghoda, Seminar Hall

Title: One-day Awareness Program on "HUMAN RIGHTS". Date: 10 December, 2019

#### **Resource Person:**

- 1) Judicial Magistrate Smt. Shivani Singh
- 2) Judicial Magistrate Ku. Pratibha Markam

**Preamble:** One-day Awareness Program on "HUMAN RIGHTS" has been conducted on 10 December 2019, at Government College Gharghoda in order to spread human rights literacy among the participants The workshop has been jointly organized by Civil Court, Gharghoda and Government College, Gharghoda.

**Objective of the Awareness program**: Human rights education promotes values, beliefs and attitudes that encourage all individuals to uphold their own rights and those of others. It develops an understanding of everyone's common responsibility to make human rights a reality in each community.

### Description about the Program:

Dr. Shruti Shrivastava, Asst. Prof., English, formally welcomed all the dignitaries
present on the dais and participants. She mentioned about the importance of awareness
activities in order to make people aware of their rights and about the role, activities and
functioning of the legal services. She then invited the eminent speakers Judicial
Magistrate Smt. Shivani Singh and Judicial Magistrate Ku. Pratibha Markam to lead
the session

## **TECHNICAL SESSION – I**

The first Technical Session was taken by Judicial Magistrate Ku. Pratibha Markam. She told that the United Nations Declaration on the Rights of Indigenous People (UNDRIP), was adopted in 2007, for which India voted, recognises among other things indigenous peoples' rights to self-determination, autonomy or self-governance, and their right against forcible displacement and relocation from their lands or territories without free, prior and informed consent. Indigenous and Tribal Peoples, 1989 which is based on the "respect for the cultures and ways of life of indigenous peoples" and recognises their "right to land and natural resources and to define their own priorities for development." India is not a party to this, but it is a party to the ILO Convention concerning the Protection and Integration of Indigenous and Other Tribal and Semi-Tribal Populations in Independent Countries, 1957 which is outdated and closed for ratification.

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### **TECHNICAL SESSION – II**

• The Second Session was taken by Judicial Magistrate Smt. Shivani Singh. She spoke on the topic: "Know your rights". She emphasized on the atrocities enacted upon the tribal and elaborated the role of the National Human Rights Commission in helping and protecting them. She also told the rights for all the tribal in Indian Constitution.

#### **Rights for Tribal in Indian Constitution regarding**

- a. Promotion of Social, Economic and Educational Interests
- b. Safeguard of Tribal Interests
- c. Human Trafficking
- d. Cultural and Educational Rights

The entire session was an interactive session and the speakers answered many queries raised by the participants. IQAC Coordinator, Ms. Renu Kujur proposed vote of thanks. The entire programme was co-ordinated with the support of the Principal and faculty of Government College Gharghoda.

Incharge Principal - Dr. M. L. Patel -Dr. Y-K Chandra-2 3, Dr. S. Shrivastava-Mr. B.L. Sandey Sa 4 Ms. Renu Kujur-5 18Penter Mr. S. K. Dewangan TEA ant DEMIL B. Sc I 7 व्यह्यार 1821 BAI C वर्षा - योडान ती रूख भी 1 Thouhan 9. BATT chauhom Purnima 10 BSel Yogendra )ansena 11 JIZIA STRATA বাঁহাল 12 B-Se I ZZZ1g 13 B.A.I Luishbace year Narmdg B. A.I 14 344101 (1641 15 B.A.TI Dry 1 4/69 B.A.T 16 जीत रा 17 BAI Scivital Some र्सार्का सम्ह 18 B. Q.I Signature

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## "BLOOD TEST CAMP"

organized by Government College Gharghoda on 8th January, 2020

 Time: 11:45 AM
 Venue: Government College Gharghoda, Seminar Hall

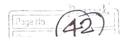
ORGANIZED BY: Science Club, Government College Gharghoda.

**OBJECTIVE:** Main objective of the camp was to raise awareness about health and the importance of regular health check-ups. During these health camps, our team of students conduct free blood tests for Haemoglobin and Blood type.

### **Description about the Program:**

Shri Santosh Kumar Dewangan, Asst. Prof., Geography, formally welcomed all the participants.

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## Awareness Program on YOGA entitled

## "STRESS MANAGEMENT & HEALING"

organized by Government College Gharghoda on 21st January, 2020

Time: 11:30 AM

2019.20

Venue: Government College Gharghoda, Seminar Hall

One Day Workshop on YOGA entitled "STRESS MANAGEMENT & HEALING" is organized by Government College Gharghoda on 28<sup>th</sup> January, 2019.

# **RESOURCE PERSON:** Mr. Santosh Kumar Dewangan

**OBJECTIVE:** The session aims to demonstrate the importance of mental health.

#### MINUTES:

A delightful beginning was made by Ms. Renu Kujur with her speech on "STRESS MANAGEMENT & HEALING" for participants. She invited keynote Speaker Mr. Santosh Kumar Dewangan, Asst. Prof., to start the session.

Mr. Santosh Kumar Dewangan highlighted on how continuous mental work leads to stress. Yoga not only releases mental stress, but it also gives strength to the body and mind. Relaxation meditation brings sound sleep and calmness to the mind. Healing is a systematic approach to remove root cause of any disease.

By healing, one can cure his physical or mental disease. One can also get rid of emotional blockages by healing. The motive of this workshop was to demonstrate yogic practices to release mental and physical stress, to understand the concept of healing and to practice it.

#### LESSONS AND PRACTICES:

Practice of various physical and mental exercises performed during workshop are as given below:

• Different kriyas of yoga and asana

• Asana to release stress from different parts of body, such as hands, fingers, neck, shoulder waist, back, thigh, heel, toe, head etc.

- · Kriyas to remove stress from mind and increase digestion
- · Pranayama to reduces stress immediately and bring peace to mind
- Pranayama for Calmness, steadiness and concentration of mind.
- Yog nidra (SHAVASAN)
- Concept and theory of healing
- · Panic healing and emotional healing
- Relaxation meditation
- · Om chanting techniques to release stress

The participants of the workshop had a wonderful experience during various practices and exercises. There were discussions in between and at the end in which the doubts and queries of participants were resolved. Every exercise was taught with the conceptual approach. Doing yoga every day for 15 minutes will surely increase the potential and positive attitude of the students and employees.

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