5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability

1. Soft skills

2. Language and communication skills

3. Life skills (Yoga, physical fitness, health and hygiene, selfemployment and entrepreneurial skills)

4. Awareness of trends in technology

#### CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT ACTIVITIES ORGANIZED AT GGSESTC

#### **1. SOFT SKILLS**

Soft skills or interpersonal are personal attributes that enable students to interact effectively and harmoniously with others. These are technical and job-specific, and include the development of:

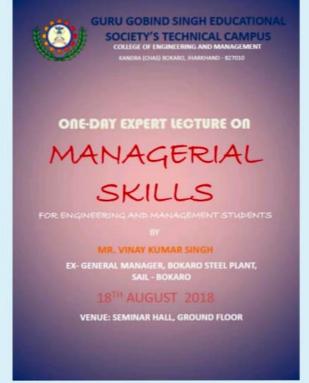
\*Communication Skills \*Teamwork \*Problem-solving \*Time management \*Adaptability \*Critical thinking \*Leadership & \*Emotional intelligence

GGSESTC pays utmost importance to development of soft skills as these skills are essential in almost every job and can significantly impact the career success of students in their professional life. A number of programmes are routinely held at GGSESTC for imparting such skills to students. These are enumerated in the table below:

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
1. Soft Sk	ills			
2018	Workshop on POETRY - AN INTRODUCTION, VOCAL TRADITION AND SCOPE	01.12.2018	50	MR. VINEET PANDEY (LAPETE ME NETAJI FAME) & MR. PURNENDU KUMAR SINGH, CULTURAL COORDINATOR, BOKARO DISTRICT
2018	Expert Lecture on "Managerial Skills"	18.08.2018	65	Mr. Vinay Kumar Singh Ex-General manager, SAIL, Bokaro
2019	Logical Reasoning and Analytical Ability	29.07.2019 to 10.12.2019	B.Tech & MBA	Shri Pankaj Shrivastava, Bokaro
2020	3 Days Online International Conference on "APPLICATION OF DIGITAL TECHNOLOGY ON INFORMATION COMMUNICATION TECHNOLOGY (ICT) BASED TEACHING LEARNING PROCESS"	25TH- 27TH MAY 2020	56	
2020	Logical Reasoning and Analytical Ability	27.02.2020 to 17.03.2020	МВА	Shri Pankaj Shrivastava, Bokaro
2021	"Success: Professional and Personal" Study Skills for Professional Students in Higher Education	06.01.2021	50	Prof. Arun Kumar Mishra, Assistant Professor CSE, UCET Hazaribagh
2023	Motivational Lecture on SUCCESS IN LIFE	18.03.2023	50	Shri Himanshu Shekhar, Motivational Speaker and Transformation Coach

#### ACTIVITY REPORT

#### 1. Activity name: EXPERT LECTURE ON "MANAGERIAL SKILLS"



EVENT FLYER FOR LECTURE ON MANAGERIAL SKILLS

**Objectives of the activity:** To develop the following skills and traits among students:

- ability to delegate, inspire and motivate
- ability to make quick and appropriate decision
- conflict management and strategic thinking
- problem solving skills

Duration: 1 Day

Activity level: Institute Level

Date and Timings: 18th August 2018

Venue: College Seminar Hall

Expert Guest/Presenter: Mr. Vinay Kumar Singh Ex-General manager, SAIL, Bokaro

No. of students Present: 65

## 2. Activity name: WORKSHOP ON POETRY – AN INTRODUCTION, VOCAL TRADITIONS AND SCOPE







GLIMPSES OF THE EVENT ON POETRY

**Objectives of the activity:** To get students acquainted with the vocal traditions of India in the form of poetry and gain confidence in presentation of thoughts through different and innovative ways.

Duration: 1 Day Activity level: Institute Level Date and Timings: 1<sup>st</sup> December 2018 Venue: College Seminar Hall Expert Guest/Presenter: 1. Mr. Vineet Pandey, Poet (*Lapete me Netaji* fame) 2. Mr. Purnendu Kumar, Chief Coordinator, Bokaro Cultural Activities No. of students Present: 50

## 3. Activity Name: AN EXPERT LECTURE ON LOGICAL REASONING AND ANALYTICAL ABILITY

**Objective:** To enhance the analytical problem-solving skills of students of B.Tech and MBA equipping them with career employability skills.

Expert: Shri Pankaj Kumar, Reasoning Faculty, PACE Institute, Bokaro Mob no. 9835155293, 7979078831

#### 4. Activity Name: "SUCCESS: PROFESSIONAL AND PERSONAL" STUDY SKILLS FOR PROFESSIONAL STUDENTS IN HIGHER EDUCATION

**Objective:** To guide students on the overall meaning of Success, the cone of Learning, Inclusive learning meaning and formula for success.

**Expert:** Prof. Arun Kumar Mishra, Assistant Professor CSE, UCET Hazaribagh

Date of Activity: 20th January 2021

Venue: Seminar Hall, GF, GGSESTC



Expert lecture by Prof. Arun Kumar Mishra on SUCCESS

5. Activity Name: **Ž** 3 Days Online International Conference on "APPLICATION OF DIGITAL TECHNOLOGY ON INFORMATION COMMUNICATION TECHNOLOGY (ICT) BASED TEACHING LEARNING PROCESS"

Date: 25th to 27th May 2020

**Experts:** Prof (Dr) Rashmi Bharadwaj, HoD Mathematics, Guru Gobind Singh Indraprastha University, Prof (Dr) Dhiren Kumar Behera, Hod Mechanical, IGIT, Odisha, Prof (Dr) Rabi Narayan Subudhi, KIT University, Odisha, Prof (Dr) Vinod Shukla, Dubai (UAE), Prof (Dr) Omina Omrane, Tunisia and many more distinguished faculties from India and abroad.



International Conference on "APPLICATION OF DIGITAL TECHNOLOGY ON INFORMATION COMMUNICATION TECHNOLOGY (ICT) BASED TEACHING LEARNING PROCESS"

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AN EXPERT LECTURE ON LOGICAL REASONING AND ANALYTICAL ABILITY BY SHRI PANKAJ KUMAR 2019

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#### AN EXPERT LECTURE ON LOGICAL REASONING AND ANALYTICAL ABILITY BY SHRI PANKAJ KUMAR 2019

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AN EXPERT LECTURE ON LOGICAL REASONING AND ANALYTICAL ABILITY BY SHRI PANKAJ KUMAR 2020

#### 2. LANGUAGE AND COMMUNICATION SKILLS

Language and Communication skills (sub criteria 5.1.2(2)) are essential for transition of B.Tech & MBA students of GGSESTC into the professional world. Students have to attend the job interviews, deliver presentation, writing resumes, application, reports, participating in group discussion, etc. Language lab of the institute plays an important role for communication language & presentation skills.

O'Rell software is available in this lab for English Language learners.

In language & communication skills, topics are as follows:

#### I. Verbal Communication:

(1) Pronunciation & Enunciation	(2) Public speaking
(3) Conversational English	(4) Interview skills
II. Non Verbal Communication:	
(1) Proxemics	(2) Body language

#### **III. Writing Communication:**

(1) Technical writing	(2) Business writing	(3) Report writing
(4) E-mail writing	(5) Resume writing	(6) Application writing
IV. Group Discussion:		

(1) Debate skills (2) GD skills

Besides these virtual communication and interpersonal communication are also important for students.

The list of activities organized by GGSESTC for imparting language and communication skills are enumerated in the table below:

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2. LANGUAG	E AND COMMUNICATION SKILL	S		
2018-19	Departmental Training on Language and Communication Skills	20.10.2018 to 22.12.2018	185	Ms. Sweta kumari, Astt. Professor, English
2019-20	Departmental Training on Language and Communication Skills	03.08.2019 to 12.10.2019	156	Ms. Sweta kumari, Astt. Professor, English
2020-21	Departmental Training on Language and Communication Skills	20.11.2021 to 18.12.2021	103	Ms. Sweta kumari, Astt. Professor, English
2021-22	Departmental Training on Language and Communication Skills	20.09.2022 to 18.12.2022	115	Ms. Sweta kumari, Astt. Professor, English
2022-23	Departmental Training on Language and Communication Skills	05.11.2023 to 24.12.2023	121	Ms. Sweta kumari, Astt. Professor, English
2020	Enhancing 'Writing Skills' of Mechanical Engineering	10.11.2020	B.Tech Mechanical- 47	Ms. Sweta Kumari
2023	Japanese Paper Art ORIGAMI	30.08.2023	65	Mr. Pradip Borat, Ahmedabad City, Gujarat
2018	SEMINAR ON HANDWRITING, HAND SCRIPT AND LANGUAGE MIRACLE	17.11.2018	65	MR. ANU PRASAD

'साफ सुथरी लेखनी विद्यार्थियों का कौशल'

#### बोकारो प्रतिनिधि

गुरु गोविंद सिंह इंजीनियरिंग व प्रबंधन संस्थान कान्द्रा चास में सेमिनार का आयोजन किया गया। संस्थान के निदेशक डॉक्टर एएन सिन्हा व हैंडराईटिंग एक्सपर्ट काउंसलर सह एनालाइजर अनु प्रसाद ने कार्यक्रम का शुपारंभ किया। निदेशक डॉक्टर एएन सिन्हा ने कहा कि अच्छी व साफ सुधरी लेखनी विद्यार्थी के कौशल को दर्शाता है व उसके व्यक्तित्व का बखान करता है। विद्यार्थियों को स्पष्ट लिखना चाहिए।

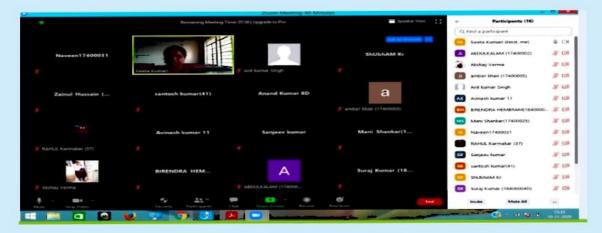
यह न केवल परीक्षा के लिए उपयोगी है बल्कि सामान्य दिनों में भी यह व्यक्ति को दूसरे से अलग करता है। हैंडराइटिंग एक्सपर्ट अनु प्रसाद ने कहा कि शिक्षा के

क्षेत्र में लिखावट का सुंदर होना किसी भी विद्यार्थी के गुण, व्यक्तित्व व संस्कारों को भी परिभाषित करता है। लिखावट के माध्यम से किसी भी विद्यार्थी के आचरण उसके व्यवहार व उसकी वर्तमान मनोदशा का पता लगाया जा सकता है। मानसिक परेशानियों से प्रसित विद्यार्थी के माव को लिखावट के माध्यम से आसानी से समझा जा सकता है। देश की बहुत सारी भाषाओं पर शोध कर चुके अनु प्रसाद ने विद्यार्थियों को अच्छी लिखावट व मापदंड आदि के बारे में जानकारी दी। उन्होंने कहा कि अच्छी लिखावट नहीं होने के कारण बच्चों का व्यवहार, विचार, ध्यान लगाने की क्षमता ही नहीं बल्कि उनका पूरा शैक्षणिक विकास

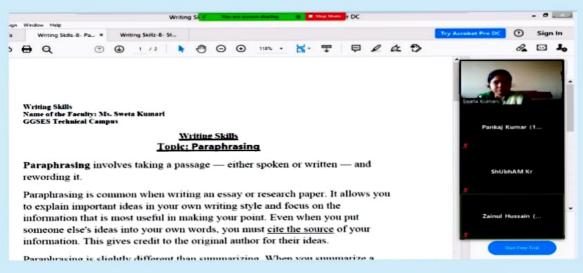


विद्यार्थियों को लेखनी की बारीकियों से अवगत कराते एक्सपर्ट। • ह्रन्दुस्तन प्रमावित हो सकता है। विद्यार्थियों को रजिस्ट्रार चंद्रशेखर सिंह, प्रमाकर लिखावट पर ध्यान देना चाहिए। मौके पर कुमार, अविनाश कुमार, भास्कर कुमार, रवि रंजन, डॉ अरुण प्रसाद वर्णवाल, राजश्री नायक व अन्य थे।

NEWSPAPER CLIP FOR THE SEMINAR ON HANDWRITING AND LANGUAGE MIRACLE BY MR ANU PRASAD



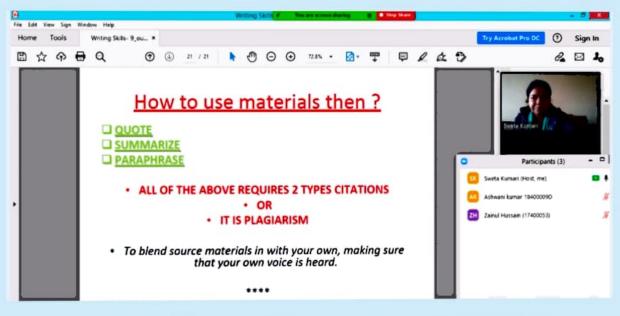
#### **Departmental Training on Language and Communication Skills**



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#### **Departmental Training on Language and Communication Skills**

**Departmental Training on Language and Communication Skills** 



**Departmental Training on Language and Communication Skills** 

# 3. LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE, SELF-EMPLOYMENT AND ENTREPRENEURIAL SKILLS)

## Yoga as a Part of Life Skills Development under NAAC Criteria 5.1.2

**Sub-criteria 5.1.2 of NAAC Criteria 5** emphasizes the role of educational institutions in enhancing student support through skill development initiatives, with a focus on the physical and mental well-being of students in engineering and management programs. Yoga, being an integral component of life skills development, plays a key role in this context.

Regular practice of yoga is highly beneficial for engineering and management students as it helps manage stress, improves concentration, and enhances overall fitness. This, in turn, contributes to better academic performance and personal growth.

#### Benefits of yoga:

- (1) It reduces stress and anxiety.
- (2) It improves concentration.
- (3) It enhances physical fitness.
- (4) It boosts immunity.
- (5) It promotes better sleep.
- (6) It improves breathing and lung capacity.
- (7) It enhances emotional stability.
- (8) It builds self-discipline and resilience.

#### Yoga consists of the following:

#### I. Mudras & Dhyans

Mudras are essential for achieving mental focus, physical balance & facilitating meditation. Common mudras in yoga are as follows:

Gyan mudra, Prana mudra , Yayu mudra, Apan mudra, Shuni mudra, Sury mudra, Varun mudra, Dhyan mudra, Anjali mudra, Rudra mudra , Shankha mudra, Buddhi mudra, Garuda mudra, Kali mudra ,etc.

#### II. Asanas

Besides mudras, asanas are highly beneficial for overall health and well beings. These are *Tadasana*, *Vrikhasana*, *Bhujangasana*, *Trikonasana*, *Virabhadrasana*, *Utkatasana*, *Padmasana*, etc. Each one has its own specific benefits, helping improve flexibility, strength balance & mental clarity.

At GGSESTC, Chas, Bokaro, students are systematically taught these mudras and asanas to help them maintain good health and well-being. These practices, when incorporated into daily routines, foster the holistic development of students, enabling them to cope better with the demands of academic life and personal growth.

Yoga Instructor: Prof. Dr. Arun Prasad Burnwal, Head of Department, Basic Science and Humanities

Paying optimum importance to the development of Life Skills as critical component of students' life and career, GGSESTC has organized various activities at regular intervals on numerous topics such as:

- Yoga training and asanas conducted during International Yoga day each year
- Good Governance and Corruption prevention practices
- Importance of Cleanliness and Hygiene
- Importance of Fitness and Health
- Pandemic awareness
- Blood donation drives
- Mental Fitness and controlling the young mind
- Entrepreneurship Development

Tabulated below are the activities organized by the college for imparting these important life skills:

3. L	IFE SKILLS			
Y ea r	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2 0 1 9	Lecture on Good Governance Practices, Prevention and Fight against Corruption	25.10.2019	40	Mr. K. Sharma, Vigilance Officer, BPSCL
2	Swachchta Pakhwada	16-Jan to 31-Jan 2020	100	
0 2	Programme for Fit India Movement	05-Dec-20	43	Mr. Subhash rajak, Head of Sports, SAIL, Bokaro Steel City
0	National Unity Day	31-Oct- 2020		
	Covid-19 Awareness Programme at Kandra Village, Bokaro and Vaccination camp	01-May-21	10	Internal Quality Assurance Cell (IQAC) - GGSESTC
2	International yoga Day	21-Jun-21	50	
0 2 1	A state-level webinar on "How to save students lives from the effects of Pandemic COVID-19"	24-Jun-21	60	Dr. Pramod Kumar Ex-Civil Surgeon Govt. of Jharkhand, Bokaro; Dr. (Mrs.) Ruchika Jaruhar MBS, Ayurveda, Tata - Jamshedpur; Dr. Ramesh Chandra Rath Clinical Psycologist
	A Seminar on Entrepreneurial development	24 Dec 2021		Sri Kundan Kumar Upadhyay State President JSTBEA Bokaro Sri Kishore Rajak District Entrepreneur Coordinator MMLKUVB, Bokaro Sri Madhukar Sinha Managing Director, Asso. Plates and Vessels Pvt Ltd.
				Mr. Akash Sharma (ISCKON,
2 0	Controlling the Young Mind	27-Apr-22	100	Bokaro)
2 2	Entrepreneurship Awareness Programme - Industrial Motivation	24-Feb-22	75	Mr. Gaurav Kumar, Asst. director, MSME Development Institute, Ranchi - Jharkhand

campaign (EAP-IMC)	1	1	Mobile no. 9711783696
Engineers day and Entrepreneurship Development Programme	15-Sep-22	67	IQAC coordinator Ms. Sweta kumari, GATE & Novel Software Coordinator Mr. Alok Kumar



2018 Yoga Sessions Performed in the College Auditorium



2019 Yoga Sessions Performed in the College Auditorium



2021 Yoga Sessions Performed in the College Auditorium



2023 Yoga Sessions Performed in the College Auditorium



VIGILANCE AWARENESS CAMPAIGN CONDUCTED BY BPSCL, BOKARO



Quiz session on Good Governance, prevention and Fight against corruption



**FIT INDIA MOVEMENT 2020** 



Controlling the Young mind Session by Mr. Akash (ISKCON)



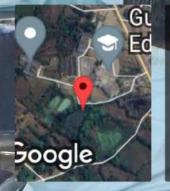
**Flyer of Seminar on Entrepreneurial Development** 



# Kanrra, Jharkhand, India

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# Kanrra, Jharkhand, India

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# Kanrra, Jharkhand, India

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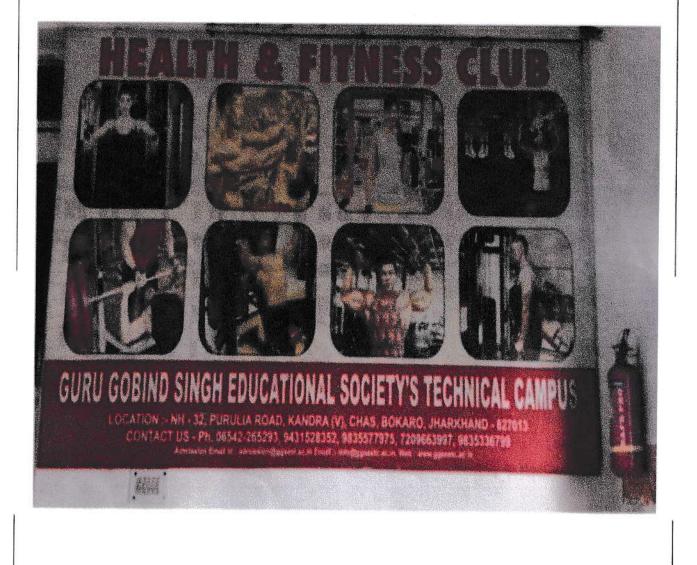
GGSESTC College Campus, H5XQ+277, National Highway 32, Kanrra, Jharkhand 827013, India Lat 23.596797° Long 86.18868° Plus Code : 7MM8H5WQ+PF 11/06/24 01:18 PM GMT +05:30 project presentation CSE department



#### GURU GOBIND SINGH EDUCATIONAL SOCIETY'S TECHNICAL CAMPUS

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# GYM CENTRE @ GGSESTC



ADDRESS:KANDRA (V), CHAS, BOKARO - 827013, JHARKHAND, UNDESTC, Kandra, Chas PHONE:06542-265293, FAX: 06542-265346 E-MAIL:info@ggsestc.ac.in/Website: www.ggststode827013 Bokaro, JHARKHAND, UNDERSTENDED



# **GURU GOBIND SINGH EDUCATIONAL SOCIETY'S TECHNICAL CAMPUS**

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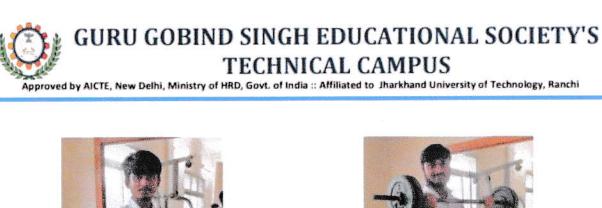
# LIST OF GYM EQUIPMENTS

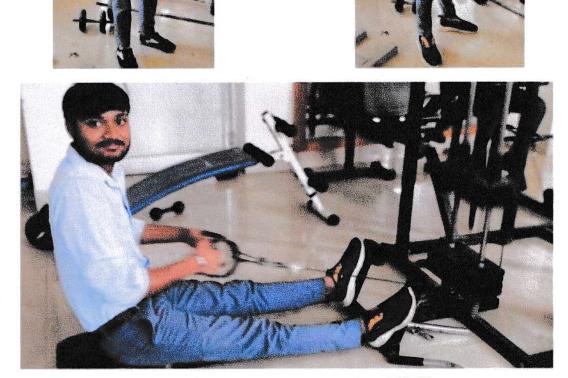
1	Flat Bench
2	Multi-Function Bench
3	Stepper
4	Exercise Cycle
5	Treadmill
6	Multi Gym machine
7	Twister
8	Plate rack
9	Dumbbell rack
10	Iron plate
11	Dumbbell plate & Rods
12	weight plate (including rubber and iron plate)
13	Abs crunching bench
14	Bench press
15	Exercise cycle
16	Weight lifting Rod
17	Multi-function m/c
18	Abs crunching bench
19	Multi-Function Bench
20	Treadmill



Kandra, Chas

GGSESTC ADDRESS: KANDRA (V), CHAS, BOKARO - 827013, JHARKHAND INDIAkhand-827013 PHONE:06542-265293, FAX: 06542-265346 E-MAIL:nfo@ggsestc.ac.inWebsite: www.ggsestc.ac.in





#### STUDENTS AT THE GYM CENTRE

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GGSESTC, Kandra, Chas Bokaro, Jharkhand-827012

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### INDOOR SPORTS @ GGSESTC





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