

**'Self- Appraisal Report' in r/o Government Sanskrit College- Solan, HP (Session: 2023-24)**

**1. Teaching Learning:**

Total Score: 98/140

Sr. No.	Activity	Distribution of Scores	Score Claimed	Total Score
1.	Mode of Teaching	1. <u>Lecture Method only = 06</u> 2. Blended Teaching = 06+06 = 12 3. <u>Flipped Classroom = 08</u> 4. <u>As per needs of different Groups of students = 05</u>	1. = 06 2. = 0 3. = 08 4. = 05	19/25
2.	Curriculum Planning & Implementation 1. Teaching Schedule = 10  2. Whether learning outcomes defined = 5  3. Curriculum enrichment practices (e.g. projects, surveys, educational tours & industry visits) = 16 4. Internal Assessment Mechanism (quizzes, class tests, presentation, assignments, MTT etc) Max. 08	1. <u>Followed 100% = 10</u> 80 to 99% = 08 60 to 79% = 06 Up to 59 % = 02  2. <u>100 % = 05</u> 80 – 99% = 04 60 – 79% = 03 Up to 59 % = 02  3. <u>4.0 * No. of enrichment practices observed = 08</u>  4. <u>Followed by all the departments = 08</u> Above 80 % = 06 60 – 79 % = 04 Up to 59 % = 02	10  05  08  08	43/45

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	5. Prompt communication of assessment / results to students = 06	5. <u>Within 7 days = 06</u> 08 to 14 days = 03 More than 14 days = Nil	06	
3.	<b>Add on Courses/Certificate Courses:</b> 1. No. of courses (to be specified separately) 2. %age of students benefitted ( % of students completed MOOCs/ spoken tutorial/NPTEL/ other courses offered by recognized organizations)	1. No. of courses > 5 and students benefitted > 50% = 10+10 2. No. of courses > 3 and students benefitted 41 - 50% = 7.5+7.5 3. No. of courses < 3 and students benefitted up to 31 to 40% = 5+5 4. No. of courses < 3 and students benefitted up to 30% = 5+5	<u>Nil</u>	Nil/20
4.	<b>Student Feedback (taken from students with 80% attendance):</b> 1. Sample size 2. Students satisfaction 3. Action on feedback	1. <u>&gt;25% = 5</u> , 20 to 25 % = 4, 15 to 19% = 3, 10 to 14% = 2, < 10% = 01 2. 91 to 100% = 10, <u>81 to 90% = 08</u> , 71 to 80% = 06, 61 to 70% = 04, less than 61% = 0 3. Considered and action taken on doables 81 to 100% = 10, <u>61 to 80% = 08</u> , 51 to 60% = 06, 41 to 50% = 04	1. = 05 2. = 08 3. = 08	21/25
5.	<b>Examination Results:</b> 1. % of students passed 2. % of students with A Grade and Above 3. No. of students in university merit	1. >81% = 09, <u>71 to 80% = 08</u> , 61 to 70% = 07, 51 to 60 % = 06, 41 to 50 % = 04, 31 to 40 % = 03, <30% = 0 2. >20% with A grade and above = 08, <u>16 to 20% = 07</u> , 11 to 15% = 06, 6 to 10% = 05, 1 to 5% = 04 3. HPU/SPU merit list 1 <sup>st</sup> to 3 <sup>rd</sup> position = 08, 4 <sup>th</sup> to 10 <sup>th</sup> position = 06	1. = 08 2. = 07 3. = 0	15/25

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2. Student Support, Services and Progression:

Total Score: 152/280

Sr. No.	Activity	Distribution of Scores	Score Claimed	Total Score
1.	<b>Pre and Post admission Counselling:</b> 1. Admission schedule, courses available, student intake, eligibility conditions communicated through various media 2. Pre-admission counseling 3. Student oriented about: Institutions, Students facilities, Introductory session with faculty and staff, Academic calendar, requirements of credits per course and CCA and other requirements post admission	1. Publicity through any 3 means = 5, Publicity through any 2 means = 3, <u>Publicity through any 01 means = 2</u> 2. <u>Yes = 10</u> No = 0 3. <u>Post admission counseling /Induction = 10</u>	1. = 02  2. = 10 3. = 10	<u>22/25</u>
2.	<b>Scholarships:</b> 1. Awareness about different scholarship schemes about 100% coverage of all eligible students 2. Scholarships other than Government Schemes	1. = 5 2. =5 (SJVN)	1. = 5 2. = 5	<u>10/10</u>
3.	<b>Sports and Cultural Activities:</b> 1. % of students participating in sports activities 2. % of students participating in cultural activities 3. Medal/Trophy won in Sports/Cultural activities: a. National / Inter University b. State / Inter college c. District level (also includes cluster level)	1. <u>&gt;20 = 10</u> , 16 – 20 = 06, 11-15 = 02 2. <u>&gt;20 = 10</u> , 16 – 20 = 06, 11-15 = 02 3. A = 12, b = 10, c = 06	1. = 10  2. = 10  3. = 0	<u>20/32</u>
4.	<b>Students Participating in NSS/NCC/Rangers &amp; Rovers/Clubs:</b>	1. <u>NSS = 04</u> 2. NCC = 04	1. = 04 2. = 0	<u>12/20</u>

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		3. <b>Rangers &amp; Rovers = 04</b> 4. <b>Road Safety = 04</b> 5. Red Ribbon/Eco/ Youth Red Cross/ any other club/society = 04	3. = 04 4. = 04 5. = 0	
5.	<b>NSS/NCC/Rangers &amp; Rovers participating in:</b> a. National Camps / RD parade b. State Camps / Parade c. Award won in these activities 1. National 2. State 3. Cluster Level	1. 10 2. 07 (either of I or ii) 3. a) 08 b) 05 c) 03	1. = 0 2. = 0 3. = 0	Zero/18
6.	<b>Anti-Drug Awareness Programmes:</b> 1. No. of awareness programmes organized 2. % of students benefitted 3. Counselling of suspected addicts	1. 4 and above = 4, 3=3, 2=2, <u>1=1</u> 2. <b>More than 50% = 04</b> 3. 02	1. = 01 2. = 04	05/10
7.	<b>Gender Equity:</b> 1. No. of health/sensitization programmes organized 2. % of students benefitted 3. Women anti-sexual harassment committee constituted as per norms 4. Grievances redressal as per time-line	1. 3 and above = 3, <u>2 = 2</u> , 1 = 1 2. <b>More than 20% = 3, 11-20 = 2</b> 3. <b>Yes = 02</b> 4. <b>Yes = 02</b>	1. = 02 2. = 03 3. = 02 4. = 02	09/10
8.	<b>Mentor-Mentee Groups:</b> Sessions conducted as per group of students	<b>4 and more sessions = 10</b> , 3 = 8, 2 = 5, 1 = 3	1. = 10	10/10
9.	<b>Coaching for national level competitive exams/HAS</b>	10	0	Zero/10
10.	<b>Remedial Classes / Bridge Courses:</b> % of students benefitted	1. More than 20% = 10 2. 16 – 20 = 08 3. 11 – 15 = 06 4. 06 – 10 = 04	1. = 0 2. = 08	08/10
11.	<b>Capacity Building of Students:</b> 1. Life skills (Yoga, Martial Arts, Problem	1. = 10	1. = 0	10/20

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	Solving, Critical thinking, Decision Making, Effective communication skills, coping with stress and emotions, etc) 2. Language-cum-Graduate attributes development programmes	2. = 10	2. = 10	
12.	<b>Career Counselling and Placement Cell:</b> 1. No. of career counseling sessions organized for each group of students 2. No. of placement drives 3. Self Employment Modules Organised 4. No. of students benefitted	1. More than 5 = 6, <u>less than 5 = 4</u> 2. More than 2 = 4, less than 2 = 2 3. Yes = 4, No = 0 4. More than 50% = 6, Less than 50% = 4	1. = 04 2. = 0 3. = 0 4. = 0	04/20
13.	<b>Student Progression:</b> 1. % of students opted for higher education 2. No. of students who cleared national level examinations (IAS, CDS, OTA, JAM, NET, etc.) and HAS, A.P. through HPPSC	1. <u>&gt; 50% = 10</u> , 30 to 50% = 08, 20 to 30 % = 06, up to 20% = 04 2. 5 * no. of students (Max. 20 points)	1. = 10	10/30
14.	<b>No. of Co-curricular and Sports activities organized:</b> 1. Inter-university events (Zonal / National) 2. Inter-college events 3. Intra-college events (annual athletic meet and cultural functions)	1. Inter university events = 10 2. <u>Inter-college events = 06</u> 3. <u>Intra-college events = 03 each</u>	1. = 0 2. = 06 3. = 06	12/25
15.	<b>Annual Prize Distribution Function Organized:</b> Yes/ No	1. Yes = 10 2. No = 0	1. = 10	10/10
16.	<b>College Magazine Published: Yes / No</b>	1. Yes = 10 2. No = 0	1. = 0 2. = 0	0/10
17.	<b>College website updated regularly or not</b>	1. Yes = 10 2. No = 0	1. = 10	10/10

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Total Score: 96/160

3. Infrastructure and Resources:

Sr. No	Activity	Distribution of scores	Score Claimed	Total Scores
1	<b>Classroom</b> Classroom well maintained	yes	10	10/10
2	<b>Library Facilities</b> i) Whether adequate print books available ii) Whether daily newspaper (minimum 5) magazines (minimum 3 and journals (minimum 3 available) iii) Whether access to e- resources available iv) Seating capacity in the library v) Usage of library resources. vi) Digital library having atleast 5 computer systems with internet facility	(i) <u>3</u> (ii) 0 ( 3 newspapers ) (iii) 0 (iv) <u>4 (60 students)</u> (v) <u>7</u> (vi) 0	1. = 03 2. = 0 3. = 0 4. = 04 5. = 07 6. = 0  Total = 13	13/25
3	<b>ICT Facilities</b> i) No: of interactive panels/ virtual classrooms Multimedia projectors/ K-Yan ii) % of teachers using ICT facilities iii) No: of students benefitted from ICT facilities. iv) Internet Connection- leased lines/ fibre Network/ wifi campus (yes/ no) v) Use of ICT facilities	i) <u>(01 smart classroom)</u> ii) <u>5 (above 50%)</u> iii) <u>5 (above 50%)</u> iv) <u>5</u> v) <u>3 (50%)</u>	I. = 01 II. = 05 III. = 05 IV. = 05 V. = 03	19/25
4	<b>Facilities for specially abled Students:</b> i) Ramps/ wheels chairs/ support railing ii) Separate washrooms	i) <u>Support railing=2</u> ii) <u>separate washrooms = 2</u>	1. = 02 2. = 02	4/4
5	<b>Sports facilities</b> i) No: of games / sports activity conducted ii) Indoor sports facilities iii) Adequate sports equipment iv) Gymnasium (operational)	<u>No: of games conducted= 4</u> ii) <u>yes</u> iii) <u>Yes</u> iv) <u>no</u>	I. = 04 II. = 04 III. = 04 IV. = 0	12/20
6	Auditorium/ Hostel/ Seminar Hall/ Staff Quarters	<u>Auditorium=4</u> <u>Hostel=2</u> <u>Seminar Hall=2</u>	8	8/16

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7	i) Laboratories with adequate equipment according to syllabi ii) usage of available Lab Infrastructure	No	0	0
8	i) Adequate number of computers ii) Usage of Computer Hardware	No	0	0
9	Canteen, Staffroom/ faculty room, Space for NCC, NSS, Rangers & Rovers, Examination Room, Medical care Facilities	<u>Canteen, Staffroom/ faculty room, Space for, NSS, Examination Room, Medical care Facilities</u>	10	10/10
10	Documentation of Academic, co-curricular and extra-curricular activities and achievements of students and staff on regular basis	<u>Yes, 20</u>	20	20/20

#### 4. Institutional Management:

Total Score: 135/220

Sr. No.	Activity	Distribution of Scores	Score claimed	Total Score
1.	Institutional Vision: 1. Vision Document 2. Institutional Development Plan (IDP) 3. Plan of action for above	6 points each	1. = 06 2. = 06 3. = 0	12/18
2.	IQAC: 1. No. of meetings per year 2. No. of programmes organized (Trainings, Workshops, IPR, etc.)	1. <u>4 meetings = 06</u> , 3 meetings = 04, 2. 2 per activity (Max. 06)	1. = 06	06/12
3.	Management of Institutional Funds: 1. Funds (BF, AF, PTA, etc.) used/spent for institutional development/student welfare 2. Periodic audit 3. Settlement of bills/ advances within a specified time frame	1. Utilized > 90% of the funds collected annually – 10 71 to 90% = 08, <u>51 to 70% = 06</u> , 31 to 50% = 04, <30% = 0 2. <u>Yes = 02</u> 3. <u>Yes = 04</u>	1. = 06 2. = 0 3. = 04	10/16

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4.	Grievance Redressal of Students and Employees: 1. Redressal within week 2. Redressal within month 3. No redressal	1. 10 2. 04 3. Nil	1. = 10	10/10
5.	Green and Clean Campus: 1. Green initiatives of institution ( at least 3) 2. Cleanliness of washroom, buildings/campus	1. 06 2. Excellent = 10 Satisfactory = 06 Poor = 0	1. = 06 2. = 10	16/16
6.	Facilities for Students: 1. Common room for girls 2. Adequate toilets as per students' strength 3. Sanitary napkin vending machine/incinerator regularly put in use 4. CSCA room with proper furniture 5. Student centre for co-curricular activities and its regular usage 6. Regular use of playground	3 for each facility	1. = 0 2. = 03 3. = 0 4. = 0 5. = 0 6. = 0	03/18
7.	Regular updation of service books/ service records	Yes = 03	03	03/03
8.	Timely submission of ACRs	Yes = 03	03	03/03
9.	Prompt response to official correspondence	Yes = 05	05	05/05
10.	Proper maintenance of official records (Cash books/Stock registers, Fund registers, Leave records, Fine fund, etc.)	Yes = 10	10	10/10
11.	Proper record of students attendance	Yes = 10	10	10/10
12.	Whether ranked by NIRF, Other Agencies	Yes = 10	0	0/10
13.	Whether accredited by NAAC	A and above (level 4 or 5) = 20 B+ and B++ (level 3)= 16 B (level 2) = 12 <b>Accredited (Level 1) = 10</b>	10	10/20
14.	Whether AQARs being submitted annually as per timeline or not	Yes = 12 No = 0	<b>AQAR's submitted for 2020 and 2021</b>	0/12
15.	Recognition for exemplary contribution of the staff and students	4 point each	Zero	08

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16.	Involvement of Stake Holders: 1. PTA 2. OSA	1. <u>PTA constituted as per norms = 01</u> <u>PTA supportive = 01</u> <u>Significant contribution of PTA (enclose documentary proof) = 10</u>  2. OSA framed as per norms = 01 Financial contribution or equivalent (in-kind) per 100 Alumni of Rs. 25000/- per annum = 3 Non-financial contribution (career counseling, talk, interactive session / facilitation in placement of students etc. on regular basis) = 4	1. 1+1+10  2. = 0	12/20
17	Feedback for Stakeholders other than students and action taken thereon	<u>Yes = 4, NO = 0</u>	00	0/4
18	Annual review meeting on students outcomes in academics, co-curricular, extra-curricular and extension activities and action taken during next academic session for achieving excellence	<u>Yes = 25</u>	25	25/25

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Total Score: 59 /80

5. Best Practices, Innovation and Institution Distinctiveness:

Sr. No.	Activity	Distribution of Scores	Score Claimed	Total Score
1.	Best Practices Description & Outcome of Best Practices (at least two):	10 points per best practice	20	20/20
2.	Special initiatives taken for: 1. Energy conservation / use of solar energy 2. Solid waste Segregation/Management 3. Rain water harvesting and its use for gardening and cleanliness 4. Plastic free campus 5. Blood donation camps 6. Adoption of village / educational institutions	4 points per initiative	1. = 0 2. = 0 3. = 0 4. = 4 5. =0 6. =4	08/24
3.	Social impact of extension activities: (On the basis of community feedback)		10	10/10
4.	Special new innovative initiatives or ideas adopted in the college. (Other than at Sr. No. 5.2 above)			16
5.	Collaborations: 1. With peer educational / research institutions 2. Other government bodies/industry	5 points each (Max. 10 points)  Collaborated with: <u>Himachal Sanskrit Academy</u> <u>Sahitya Kala Academy-Solan</u>	1. = 0 2. =5	05/10

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### 5.1 Best Practices Description & their Outcomes:

1. The teaching staff of Govt. Skt. College Solan has been consistently working towards the growth of Sanskrit as a language and its increased adoption by students of schools and colleges. On October 04, 2023, the District Language Office organized various competitions during Sanskrit Week in the college auditorium. Students from around 20-22 schools in Solan district participated enthusiastically in events like Sanskrit songs, shloka recitation, Sanskrit speeches, group dances, and more. The college has been hosting such events annually for students' development. This year also on 14.09.2024, we at GSC Solan collaborated with the District Language Office – Solan to organize Sanskrit based contests in the college wherein students from over 35 schools participated enthusiastically.
2. Students from the college, trained in Sanskrit conversation classes, visited different schools in the district to teach Sanskrit language and promote its importance. These students, now ambassadors of Sanskrit, share their knowledge with the school students to motivate the latter to opt for Sanskrit for higher studies. Students of the Shastri 2<sup>nd</sup> Year and 3<sup>rd</sup> Year are trained by the teachers in Karam Kand and performance of such rituals as Vivah Sanskar, Poojas, Yajnas and Hawans, etc. All these rituals require high skill set and in-depth knowledge which the students of our college possess. The students of our institution perform these rituals on their own which will eventually make them self-employed and self-dependent in the long run.

### 5.4 Special new innovative initiatives or ideas adopted in the college:

**Dr.** Onkar Chand, Assistant Professor of Sahitya, dedicated special classes to our college students during the months of August and September 2023. These classes focused on enhancing their speaking and writing skills in Sanskrit, in view of the increasing demand for experts in the language. Proficiency in Sanskrit can provide students with various employment opportunities as language trainers or teachers, opening numerous career pathways. These specialized Sanskrit language classes, termed "Sanskrit Sambhashan," were conducted with the collaboration of 'Sanskrit Bharti,' an NGO dedicated to promoting the growth of Sanskrit. Through this partnership, our students have been able to achieve fluency in spoken Sanskrit, thus enhancing their employability within their respective fields of study. The success of this focus on spoken Sanskrit can be measured by the fact that many of our second and third-year Shastri students have taken the initiative to visit local schools to teach conversational Sanskrit to younger students.

Dr. Vinay Sharma, Assistant Professor of Ved, takes extra classes of 'Vedmantrocharan' on a regular basis which helps students master the rhythmic way of chanting mantras and shlokas. This is utterly helpful in making students self-dependent and self-employed as this special way of chanting hymns or Sanskrit shlokas is taught nowhere else. Hawans and Yajnas are performed in the college in which students now collectively chant vedic mantras in a professional and rhythmic manner and the credit of this goes to Dr. Vinay Sharma.

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Total Score: 54 / 100

6. Faculty Profile and Research Activities:

Sr. No.	Activity	Distribution of Scores	Score Claimed	Total Score
1.	% of Teachers with Ph.D.	<b>More than 70%</b> 61-70% = 04 51-60% = 03 Less than 50% = 02	05	05/05
2.	Teachers as Research Guides	<b>4 points per research guidance (max. = 08)</b>	0	Zero/08
3.	No. of Orientation Programmes, Refresher Programmes, Faculty Development Programmes, Workshops of one week or more attended by teachers (in last three years)	<b>30% of faculty = 10,</b> 20% of faculty = 08, 10% of faculty = 06, 5% of faculty = 04	10	10/10
4.	Projects/Patents/Fellowships/Associateships: 1. Major 2. Minor 3. Patents 4. Fellowships 5. Associateships	1. = 10 2. = 8 3. = 10 4. = 5 5. = 3	Zero	Zero/10
5.	No. of papers presented in Conferences/Seminars/Symposia (in last three years): 1. International 2. National/Regional/State Level	1. 2 points per paper presented 2. 1 point per paper presented	08	08/08
6.	Seminars, Workshops, Conferences and Trainings organized by the Institution: 1. International Level 2. National Level 3. State Level	1. 6 2. 4 3. 3	Zero	Zero/06
7.	No. of papers published: 1. UGC care listed journals 2. Non-UGC care listed journals 3. Citations	1. 5 points per paper 2. <b>2 points per paper</b> 3. 1 point per 20 citations	1. = 0 2. = 10 3. = 0	10/20

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8.	Teachers' special innovative ideas (Brief description thereof)		05	5/5
9.	No. of Books Published/ Chapter in Books	5 point per book and 2 points per chapter	2 books = 10	10/10
10.	Teachers' Academic and Extension Activities: 1. Resource Person 2. Member of Board of Studies/Subject Experts, etc. 3. Popular articles	1. <u>2 point each activity</u> 2. <u>4 point each activity</u> 3. 2 point each activity (Max. 10 points from all categories)	1. = 02 2. = 04	06/10
11.	Awards by Recognised and Reputed Organizations: 1. International 2. National 3. State	1. 08 2. 06 3. 04 (Max. 8 points from all categories)	Zero	0/8

#### 6.8 Teachers' special innovative ideas:

- I. ~~Dr.~~ Onkar Chand, Assistant Professor of Sahitya, took special classes of college students in the months of August and September 2023 for enhancing their Sanskrit speaking and writing skills, considering the dire need of Sanskrit language experts which can not only provide employment to students as Sanskrit language trainers or teachers but which can also open lots of employment opportunities for them in future. These Sanskrit language teaching classes were called 'Sanskrit Sambhashan'. Dr. Onkar has been collaborating with 'Sanskrit Bharti' (an NGO working for the growth of Sanskrit) so that students of the college can have fluency in Spoken Sanskrit which will make them get employment in their fields of studies. The result of this special focus on Sanskrit Spoken Classes can be gauged from the fact that many of the Shastri 2<sup>nd</sup> and 3<sup>rd</sup> year students visited the schools in the vicinity of their native places and taught conversational Sanskrit to school students.
- II. Dr. Vinay Sharma, Assistant Professor of Ved, takes extra classes of 'Vedmantrocharan' on a regular basis which helps students master the rhythmic way of chanting mantras and shlokas. This is utterly helpful in making students self-dependent and self-employed as this special way of chanting hymns or Sanskrit shlokas is taught nowhere else. Hawans and Yajnas are performed in the college in which students now collectively chant vedic mantras in a professional and rhythmic manner and the credit of this goes to Dr. Vinay Sharma.

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Total Score: 50/120

7 Miscellaneous:

Sr No	Activity	Distribution of score	Score claimed	Total score
1	Any other information or initiative not covered above e.g. Institution incubation centre , R&D cum innovation centre , B.Voc, Self-Finance courses, Add- On courses, Internship, OJT, Green Audit, Academic staff audit	10 each (Max. 50)	0	0
2	Spot evaluation of institutions by the officers from the Directorate of Higher Education / representative of the Director of Higher Education	20	0	0
3	AG Audit paras settled up to date	<u>Yes</u>		05/05
4	Local Audit paras settled up to date	<u>Yes</u>		05/05
5	Timeline adhered to in the filling reply of the court cases/ RTI Applications/ Public grievance received through Mukhyamantri Seva Sankalp 1100 and Centralised Public Grievance Redress and Monitoring System(CPGRAMS)	<u>Yes</u>	10	10/10
6	Invited speakers on various themes relevant to holistic development of students.	<u>Yes</u>	10	10/10
7	Skill development training (at least 20% students benefitted)	<u>Yes</u>	20	20/20

7.6 Enriching Student Experience: Distinguished Speakers at Govt. Sanskrit College Solan, HP

As part of our commitment to fostering holistic development Govt. Sanskrit College Solan has been privileged to host an array of esteemed speakers from diverse fields. These visionary leaders have shared their expertise and insights, enriching our students' academic journey and inspiring them to become well-rounded individuals.

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### Recent speakers:

1. Dr. Archana, Assistant Professor of Sanskrit (Central University of HP, Dharamshala), addressed the college students on 20.12.2023 and briefed them about the growing employment opportunities in the field of Sanskrit. She laid emphasis upon the relevance of Sanskrit as a lucrative career option as it not only provides self-employment to students in the fields of Jyotish, Karam Kand, Bhagvat, etc. but also offers chances of employment in Public and Private sector. Her lecture was indeed an eye-opener for the students.

2 Retired Principal and an eminent academician, Dr. Kumar Singh Sisodia, delivered a motivational lecture to students on 17.12.2023 about the career opportunities in the field of Shastri and Sanskrit. He stated that Sanskrit is no more a dead language and it can offer lots of opportunities to students studying it. Sanskrit has emerged as a field having lots of scope in terms of career and employment.

### Benefit to students

- Enhanced knowledge and perspective.
- Inspiration and motivation
- Exposure to real world experiences
- Development of critical thinking and problem solving skills

### 7.7 "Mantra and Veda Chanting Training Program: Empowering Students' Spiritual and Intellectual Growth"

Objective: Govt. Sanskrit College Solan aims to provide students with a comprehensive training program in mantra and Veda chanting, fostering spiritual growth, mental well-being, and intellectual development.

### Program Overview:

Our college offers a unique opportunity for students to explore the ancient wisdom of Hindu scriptures through mantra and Veda chanting. This program is designed to:

- Enhance spiritual awareness and self-discipline
- Improve concentration, memory, and cognitive skills
- Cultivate emotional intelligence and well-being
- Develop leadership and teamwork skills

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- Foster cultural appreciation and heritage preservation

**Training Methodology:**

- Expert guidance from experienced gurus and scholars
- Interactive sessions, workshops, and practice sessions
- Audio-visual aids and online resources
- Regular assessments and feedback

**Course Curriculum:**

- Fundamentals of Veda and mantra chanting
- Sanskrit language and phonetics
- Selections from major Vedas (Rigveda, Yajurveda, Samaveda, Atharvaveda)
- Popular mantras and their significance
- Breathing techniques and meditation

**Benefits:** 100 % participation of students is ensured in the programme

- Reduced stress and improved mental clarity
- Enhanced focus, productivity, and academic performance
- Increased self-awareness and confidence
- Better interpersonal relationships and teamwork
- Deeper understanding of Indian culture and heritage

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