



17 years of Excellence

**DRONACHARYA POST GRADUATE COLLEGE OF EDUCATION, RAIT
(‘NAAC’ ACCREDITED - GRADE ‘B’)
 (“ Where knowledge is Created, not Just Communicated”)**



**REPORT ON
A CAPACITY BUILDING PROGRAMME FOR GROWTH AND PERSONAL EXCELLENCE
(7th July, 2023)
'ATMAMANTHAN'**

Prepared by:

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DRONACHARYA POST GRADUATE COLLEGE OF EDUCATION

"Where knowledge is Created, not Just Communicated."

VISION

Dronacharya envisions to nurture and train pupil-teachers with ethical values, vibrant knowledge and professional skills, so that they become a useful instrument in the national development and peace.

MISSION

Total commitment to excellence in education and research with holistic concern for quality of life, environment and ethics, To engender this, Dronacharya has a passionate, enthusiastic, innovative and dynamic work force where in individual has been chosen on the basis of his/her talent and aptitude irrespective of age & designation.

Capacity Building Programme
(7TH JULY, 2023)

Venue: -S.V.N. Seminar hall

Training and Development Cell of Dronacharya PG College of Education, Rait organized one -day programme , **Capacity Building Development Programme For Self Growth and Personal Excellence**. The program is meant to promote knowledge and understanding of faculty regarding growth of the Teacher's and enhances their skills for professional transformation and makes the joyful learning.

About the Programme: - A Capacity Building Development Programme
ATAM MANTHAN (Capacity Building for Self Growth and Personal Excellence) was organised by Training and Development Cell at 2pm on 7 July,2023.

Venue: SVN Hall


Objectives of the Programme:- The objective the Capacity building Programme was to promote self evaluation among faculty members and also to rejuvenate them physically for positive action.

Resource Persons:-

1. Chief Resource person :Dr.B.S Pathania, Executive Director
2. Dr.Parveen Kumar Sharma, Principal
3. Asst.Prof. Anita Chandel


**ONE DAY
CAPACITY BUILDING PROGRAMME
SELF GROWTH AND PERSONAL EXCELLENCE**

**‘ATMAMANTHAN ’
(7th July, 2023)**



DRONACHARYA PG COLLEGE OF EDUCATION, RAIT
(Where knowledge is created not just communicated.)
TRAINING AND DEVELOPMENT CELL
Organises

ATMAMANTHAN
THEME: CAPACITY BUILDING FOR SELF GROWTH & PERSONAL EXCELLENCE
(07th July, 2023)



(Chief Resource Speaker, Dr. B.S Pathania, Executive Director)

Powered by :Internal Quality Assurance Cell
IQAC-Towards Hallmark of Excellence

Self-Growth Journey
Heart Body Life Mind
Creating the Amazing Life That You Deserve

You don't need to change the world;
you need to change yourself.

ONE DAY
CAPACITY BUILDING PROGRAMME FOR SELF GROWTH AND
PERSONAL EXCELLENCE

‘ATMAMANTHAN ’
(7th July, 2023)

A Capacity Building programme on Self growth and Personal Excellence, **ATMAMANTHAN** was organized by Training and Development Cell for B.Ed, BCA and BBA faculty members on 07 July, 2023 at B.Ed. Department Seminar room. The objective the Capacity building Programme was to promote self evaluation among faculty members and also to rejuvenate them physically for positive action.

Dr.B.S Pathania, Executive Director was the chief resource person. The event commenced with the lighting of the lamp ceremony .Yoga and meditation session in the form of breathing exercise was conducted by Dr.Parveen Sharma, Principal. It was followed by interactive session by Dr.B.S Pathania .He motivated faculty members to ask questions / doubts regarding self growth and personal excellence and tell them for the joyful learning and joyful teaching.

Many faculties clarified their queries related to self growth and personal excellence. Dr.B.S Pathania, Dr.Parveen Sharma, Asst.Prof Anita Chandel resolved the queries of the faculty members. Drs. B.S. Pathania, Parveen Sharma, and Asst. Prof.Anita Chandel answered the faculty members' questions and provided clarification on their concerns with personal development and excellence. HODs of B.Ed., BBA and BCA shared their views regarding the need to organize empowering events for the faculty and their impact on the enhancing the class room .Principal, Dr.Parveen concluded the event with an appeal for adoption of engaging interactive classroom practices.



**DRONACHARYA PG COLLEGE OF EDUCATION, RAIT
TRAINING AND DEVELOPMENT CELL**

**Organises
ATMAMANTHAN
(PROGRAMME LAYOUT)**

S. NO.	ACTIVITY	DURATION
1.	Introduction/Welcome of the Chief resource person – Dr. B.S Pathania, Executive Director	2:05 PM
2.	Lighting of the lamp	2:07 PM
3.	Floral Welcome of the Chief Guest	2:09PM
4.	Badge Ceremony	2:10 PM
5.	Welcome Address	2:11 PM
6.	Address by the Chief Resource person - Dr. B.S. Pathania, Executive Director	2:12 PM
7.	Interactive session with the faculty	2:40 PM
8.	Comments by HODs all Departments	3:10 PM
9.	Comments by Asst. Prof. Anish Korla	3:20PM
10.	Address by the Principal, Dr. Parveen Sharma	3:24PM
11.	Vote of thanks by Asst. Prof. Sachin Pagotra	3:33 PM
12.	National Anthem	3:35 PM

DUTIES FOR CAPACITY BUILDING PROGRAMME

ATMAMANTHAN

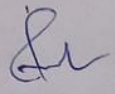
(CAPACITY BUILDING FOR SELF GROWTH AND PERSONAL EXCELENCE)

(Date : 7th July,2023)

(Timings: 2:05 PM)

1. Stage host : Mr.Anish Korla
2. Lighting of the lamp and decoration: Mrs. Shalini Sharma and Ms. Myrika
2. Slide Preparation : Mr. Anish Korla
3. Mic/ laptop/slide : Mr. Kuber Rana
4. Report Making: Mr. Atul Rana and Ms. Vishakha
5. News: Mrs. Anjna (Eng) Mr. Amit Sharma (Hindi)
6. Vote of thanks : Mr. Sachin Pagotra
7. Seating arrangement and refreshment : Mr. Ranjan Choudhary and Mr. Sashi Kumar
8. Stage and Slide Decoration / bouquet: Mrs. Parul Sharma and Mrs. Kusum Pathania
10. Social Media Update: Mr.Shard Verma
11. Attendance of the faculty : Mr. Anuj
12. Photography : Mr. Balsher

Indira


08/July/2023

TOTAL EXPENDITURE:

S.NO	YEAR	NAME OF THE PROGRAMME	SPONSOR	AMOUNT (IN RS)
1	07 July 2023	A Capacity Building Programme For Growth And Personal Excellence Atmamanthan	Training and development cell	45 *15 = Rs 675

FEEDBACK

- Programme on rejuvenation should be organized time to time.
- Duration of the programme should be increased.
- Adequate time should be allotted to all the activities .

OUTCOMES

- The faculty members practiced meditation and rejuvenated themselves.
- Faculty queries on self growth and personal excellence were addressed.
- Introspection on self growth revealed answers for all the faculty in the programme.

EVENT SNAPSHOTS (7TH JULY, 2023)



SNAPSHOT OF STAFF DURING ATMAMANTHAN



EXECUTIVE DIRECTOR DR.B.S PATHANIA CONDUCTING YOGA & MEDITATION SESSION FOR THE FACULTY MEMEBERS





ATTENDANCE SHEET CAPACITY BUILDING PROGRAMME
ON 7th July 2023

S.NO	NAME	DEPARTMENT
1.	Anish Korla	Education
2.	Sumit Sharma	Education
3.	Atul Rana	Education
4.	Parul Sharma	Education
5.	Shashi kumar	Education
6.	Abhishek kumar	Education
7.	Sachin Pagotra	Education
8.	Anuradha	Education
9.	Shikha Koundal	Education
10.	Indu Sharma	Education
11.	Bhawna Sharma	Education
12.	Poonam Minhas	Education
13.	Anjana	Education
14.	Anita chandel	Education
15.	Shivani	Education
16.	Shalini	Education
17.	Vitika	Education
18.	Sunil Pathania	Education
19.	Nand Kishore	P.ED
20.	Ranjan Choudhary	Computer science
21.	Gulbinder Singh	Computer science

22.	Shilpa Sharma	Computer science
23.	Kusum Pathania	Management
24.	Vishakha Dhadwal	Management
25.	Anuj Sharma	Computer science
26.	Sunil Pathania	Management
27.	Mayrika Dhiman	Computer science
28.	Shrad Verma	Computer science
29.	Mukesh sharma	Management