



DRONACHARYA PG COLLEGE OF EDUCATION, RAIT

“Where knowledge is created, not Just Communicated”



REPORT

On

TWODAY CAPACITY BUILDINGPROGRAMME

(For Students and Faculty)

‘UTSAAH’

Theme: Unlocking the Power of Mind for Academic Excellence

(14th and 15th June, 2024)

Chief Resource Person: BK MAHESH DOGRA

Organized by
Training and Development Cell

Rapporteurs
Asst. Prof. Ranjan
Asst. Prof. Parul
Asst. Prof. Nishant

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 wherein individual has been chosen on the basis of his/her talent and aptitude irrespective of age & designation.

ABOUT TWO-DAY CAPACITY BUILDING PROGRAMME

'UTSAAH'

Dronacharya PG College of Education, Rait hosted a two-day Capacity building programme named UTSAAH (Embracing Holistic Health and Wellness for a Balanced Life) on June 14th and 15th, 2024. The event was centered around the theme "Unlocking the Power of Mind, Body, and Soul for Human Excellence" and was organised by the college's Training and Development Cell, powered by the Akshara Foundation and DCCD.

The event was graced by the chief resource person Dr. Mahesh Dogra, Founder and Director of Divine Wellness Centre at Jalandhar. The programme commenced with a lamp-lightning ceremony by all the present dignitaries accompanied by shloka recitation by Shagun of B.Ed. Department. Rashi and Rishav were the hosts of the event. Assistant Professor Anish Korla highlighted Dr.Dogra's achievements before he commenced his session on "Psycho Neurobics for Holistic Health and Wellness for Personality Development."

Dr. Mahesh Dogra began with a one minute dedication to God and explained key concepts such as concentration, subconscious and unconscious mind by using relatable examples for students and teachers. He clarified the distinctions between the mind and the brain and stressed the importance of mind exercises to enhance concentration. Interactive mind exercises and the demonstration of energy chakras using an aura meter were key highlights of his session.

The first day session concluded with a vote of thanks from Nancy Dhiman of B.Ed. Department. On the second day, 15th June, 2024, the Interactive session continued with students from BBA,BCA and B.Com. departments. The day began with a lamp-lighting ceremony seeking the blessings of Goddess Saraswati. Dr.Mahesh Dogra was welcomed with a flower pot and a badge pinning ceremony. He initiated the session on "Psycho Neurobics for Holistic Health and Wellness for Personality Development."

Dr. Mahesh Dogra emphasised the importance of mental empowerment, stating, "The one who is not empowered will be exploited." He discussed how mental power is more peaceful than physical power and how good memories and concentration can enhance one's capabilities. He also shed some light on the benefits of visualisation as a strong me

OBJECTIVES OF TWODAY CAPACITY BUILDING PROGRAMME:

- **Holistic Health and Positive Personality Development:** Promote overall health and the development of a positive personality.
- **Understanding Brain Function:** Explain the workings of the brain to enhance mind development and concentration power.
- **Memory Enhancement Techniques:** Improve the ability to memorize information with enhanced concentration.
- **Observation and Memory:** Increase memory power by focusing on observation and absorption techniques instead of cramming.
- **Mindfulness Practices:** Introduce mindfulness practices to promote mental clarity and emotional stability.
- **Stress Management:** Teach effective stress management techniques for better mental and physical health.
- **Physical Well-being:** Promote the importance of physical exercises and their impact on mental health.
- **Positive Thinking:** Promote positive thinking and its benefits for mental health.

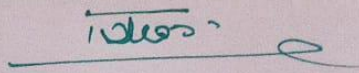
**DUTIES FOR THE TWO-DAY CAPACITY BUILDING PROGRAMME
(UTSAAH)**

(15th and 16th June, 2024)

CIRCULAR

Faculty members are requested to perform the below mentioned duties in 'Two – day Capacity Building Programme (For Students and Faculty) –‘UTSAAH’ to be organized in SVN Seminar Hall on 14th and 15th June , 2024 at 10:30 am.

| S.NO. | DUTY | FACULTY DEPUTED |
|-------|--|---|
| 1. | Seating Arrangement | Mr. Atul Rana and Mr. Rajat Sharma |
| 2. | Stage Conduct | Mrs. Ritika Manhas / Mr. Anish Korla |
| 3. | Slide preparation | Mr. Rajesh Rana |
| 4. | Slide on dias/Floral Decoration | Mrs. Vitika Mahajan Mrs. Poonam Manhas |
| 5. | Lightning of the lamp ,Bouquet ,Badge and Felicitation | Mrs. Kusum Pathania Mrs. Shalini Sharma |
| 6. | Projector Slide and PA system | Mr. Kuber Rana |
| 7. | News(Hindi) | Mr. Amit Sharma |
| 8. | News(English) | Ms. Riya Haryal |
| 9. | Social media updation | Mr. Sharad Verma |
| 11. | Refreshment | Mr. Gurvinder and Mr. Sashi |
| 12. | Rapporteur | Ms. Parul Sharma, Mr. Nishant, Mr. Ranjan Kumar |
| 13. | Faculty and Students attendance | Mrs. Shilpa Sethi , Mrs. Shilpa Sharma and Mr. Rajneesh Kumar |
| 14. | Videography and Photography | Mr. Balsher |
| 15. | Students discipline incharges | Ms. Vishakha ,Dr. Ashwani kumar Mr. Sharad Verma |
| 16. | Students interaction /queries | Mrs. Pooja Thakur |



TWO-DAY CAPACITY BUILDING PROGRAMME

UTSAAH

(15th and 16th June, 2024)

PROGRAMME LAYOUT

DRONACHARYA PG COLLEGE OF EDUCATION, RAIT
TRAINING AND DEVELOPMENT CELL

Organizes

** UTSAAH **

Theme: Unlocking the Power of Mind for Academic Excellence

SASHKAT

Powered by :Dronacharya Centre for Career Development, Gagal
(14th June and 15th June, 2024)

| Sr. No. | ACTIVITIES | FACULTY/RESOURCE PERSON | TIME DURATION |
|--|---|---|---------------|
| DAY-1 (14th JUNE, 2024) | | | |
| 1. | Arrival of the Chief Guest: | Dr. Mahesh Dogra Founder Director of Divine Wellness Center, Jalandhar and Psycho neurobics Trainer | 11:00am |
| 2. | Lighting of the lamp Ceremony | | 11:03am |
| 3. | Floral and Badge Ceremony | | 11:04am |
| 4. | Welcome Address | Dr. B.S Pathania, Executive Director | 11:05am |
| 5. | Introduction of the Chief Resource person | Asst.Prof. Anish Korla | 11:09am |
| 6. | Session by Chief Resource Person- BK Mahesh Dogra (B.Ed. Second Year) | Dr .Mahesh Dogra | 1:00 pm |
| | LUNCH | | 1:00 - 2PM |
| 7. | Session by Chief Resource Person - BK Mahesh Dogra (B.Ed. First Year) | Dr .Mahesh Dogra | 2:05pm |
| 8. | Discussion /queries | | 3:20 pm |
| 9. | Felicitation | | 3:44 pm |
| 10. | Vote of thanks | B.Ed. student | 3:46 pm |
| 11. | Group Photograph | | 3: 48pm |

| 15th June ,2024 DAY-2 | | |
|---|------------------------|----------------|
| <u>WELCOME AND SESSION</u> Chief Resource Person- BK Mahesh Dogra (BBA and BCA students) | BK Mahesh Dogra | 10:05 -1:00 pm |
| LUNCH | | 1 to 2 pm |
| Chief Resource Person- BK Mahesh Dogra (FACULTY B.Ed.,BBA AND BCA) | Dr .Mahesh Dogra | 2:05pm |
| Felicitation | | 3:20 pm |
| Vote of thanks | Faculty BBA,BCA &B.Ed. | 3:30 pm |

OUTCOMES:

1. **Enhanced Holistic Health:** Students will experience improved overall health and positive personality traits.
2. **Improved Brain Function and Concentration:** Students will understand brain functions better and enhance their concentration power.
3. **Enhanced Memory Techniques:** Students will develop enhanced memory techniques through improved concentration.
4. **Observation Skills:** Students will improve their observation skills and memory power.
5. **Mindfulness Benefits:** Students will experience the benefits of mindfulness practices for mental clarity.
6. **Stress Management Skills:** Students will acquire effective stress management skills.
7. **Physical and Mental Health Awareness:** Students will understand the importance of physical exercises for mental health.
8. **Positive Outlook:** Students will adopt a more positive outlook on life.

These outcomes aimed to ensure a comprehensive and enriching experience for the participants of the "UTSAAH" workshop, focusing on the holistic development and wellness of mind, body, and soul.

EXPENDITURE:

| Sr. No. | Expenditure item | Cost |
|----------------|--|-------------------|
| 1 | Refreshment | 4000 |
| 2 | Fee to Resource person Mahesh Dogra(Travelling Remuneration) | 21000 |
| 3 | Flower Pot | 500 |
| | Total | Rs 25500/- |

**PICTORIAL GLIMPSE OF TWO-DAY CAPACITY
BUILDING PROGRAMME**







द्रोणाचार्य कॉलेज रैत में दो दिवसीय कार्यशाला

शाहपुर। द्रोणाचार्य शिक्षा महाविद्यालय रैत में अक्षरा फाउंडेशन और डीसीसीडी के सौजन्य से एक होलिस्टिक डेवलपमेंट वेलनेस पर दो दिवसीय कार्यशाला का आयोजन किया गया। इसमें पहले दिन पहले सत्र में बीएड द्वितीय वर्ष के छात्रों ने भाग लिया, वहीं दूसरे सत्र में बीएड प्रथम के छात्रों ने भाग लिया। दूसरे दिन बीबीए, बीसीए, बीकॉम, पीजीडीसीए के छात्रों ने भाग लिया। कार्यक्रम में डॉ. महेश डोगरा ने (वैदिक साइंस) हेड डिवाइज वेलनेस सेंटर जालंधर ने मुख्य वक्ता के रूप में शिरकत की। मुख्य वक्ता ने मेमोरी पावर, माइंड ब्रेन, मन को केंद्रीत करने और सभी सातों चक्रों की शक्ति और पॉजिटिव ऊर्जा के बारे में बताया। उन्होंने कहा कि अगर आप अपने दिमाग की हेल्दी और फिट रखना चाहते हैं, तो आपको न्यूरोबिक यानि ब्रेन एक्सरसाइज करनी चाहिए। न्यूरोबिक का उद्देश्य आपके दिमाग की क्षमता को बढ़ाना है। न्यूरोबिक टर्म की खोज करने वाले लॉरेस काटज और मैनिंग रबिन का मानना है कि आपकी रोजमर्रा की जिंदगी न्यूरोबिक ब्रेन जिम है। न्यूरोबिक्स का उद्देश्य आपको याद रखने और नई जानकारी सीखने की आपकी क्षमता में सुधार करने में सहायता

विकास स्वण्ड चौतड़ा, जिला मण्डी (हि.प.)

दिमाग की हेल्दी और फिट रखने के लिए ब्रेन एक्सरसाइज करनी चाहिए : डॉ. महेश डोगरा



करने और सभी सातों चक्रों की शक्ति और पॉजिटिव ऊर्जा के बारे में बताया। उन्होंने कुछ ट्रिक्स बताए, जिसे

शाहपुर, (आपका फैसला)। द्रोणाचार्य शिक्षा महाविद्यालय रात में अक्षरा फैउंडेशन और डीसीसीडी के सौजन्य से एक होलिस्टिक डेवलपमेंट वैलनेस पर दो दिवसीय कार्यशाला का अयोजन किया गया, इसमें पहले दिन पहले सत्र में बीएड द्वितीय वर्ष के छात्रों ने भाग लिया। वहीं दूसरे सत्र में बीएड प्रथम के छात्रों ने भाग लिया। दूसरे दिन बीबीए, बीसीए, बीकॉम, पीजीडीसीए के छात्रों ने भाग लिया। कार्यक्रम में डॉ महेश डोगरा ने (वैदिक साईंस) हेड डिवाइन वैलनेस सेंटर जालंधर ने मुख्य वक्ता के रूप में शिरकत की। दीप प्रज्वलन कर कार्यक्रम की शुरुआत हुई। मुख्यवक्ता ने मेमोरी पावर, माइंड ब्रेन, मन को केन्द्रित

अपनी स्मरण शक्ति को बढ़ा सकें। उन्होंने कहा कि अगर आप अपने दिमाग की हेल्दी और फिट रखना चाहते हैं, तो आपको न्यूरोबिक यानि ब्रेन एक्सरसाइज करनी चाहिए। न्यूरोबिक एक्सरसाइज के दौरान इन्द्रियों को शामिल किया जाता है और अपने ध्यान को केंद्रित करना होता है। न्यूरोबिक टर्म की खोज करने वाले लॉरेंस काटज़ और मैनिंग रबिन का मानना है कि आपकी रोजमर्रा की जिंदगी न्यूरोबिक ब्रेन जिम है। वहीं इस मौके पर महाविद्यालय के प्रबंधक निदेशक जी.एस पठानिया, कार्यकारिणी निदेशक बी.एस पठानिया, प्राचार्य डॉ प्रवीण कुमार शर्मा, एचओडी सुमित शर्मा व प्रशिक्षु छात्र उपस्थित रहे।