

## 2. Student Support, Services, and Progression (Score 280)

### 2.11 Capacity Building

**Score Claimed- 10**

11	Capacity Building	Life skill programmes		
i	Life skills (Yoga, Martial Arts, Problem-solving, critical thinking, Decision making, Effective communication skills, coping with stress and emotions, etc.)	Yoga sessions to encourage mindful living. Young Speakers Club conducts activities to train students in the art of public speaking.	5+5	10
ii	Language-cum-Graduate attributes Development	Film Readers Club teaches students to critically analyze media content Mental Health workshops conducted with Assistant Professor, Akshay Azaad, GC Sanjauli		

<b>Scholarship Committee</b>	<b>Website Monitoring Cell</b>
<b>Dr. Prem Lal</b>	Dr. Neeraj Shandil
Sh. Aman	Sh. Aman
Sh. Sanjay Panwar	Sh. Tara Chand
<b>Parents-Teachers Association</b>	<b>College Magazine Editors</b>
<b>Principal</b>	<b>Dr. Uttam Chand</b>
Smt. Ritu Sharma (President)	Dr. Meenu Bhaskar
Sh. Suresh Sharma (Vice President)	Dr. Anjana Bhardwaj
Smt. Usha Shandil (Treasurer and Advisor)	Dr. Kalpana Kumari
Dr. Prem Lal (Secretary)	Sh. Aman
Sh. Ashwani Thakur	
<b>Career Counseling, Guidance and Placement Cell</b>	<b>Refreshment Committee</b>
Dr. Neeraj Shandil	<b>Sh. Sunil Dutt Gautam</b>
Dr. Pooja Kashyap	Sh. Pawan Kumar
Sh. Aman	Dr. Kalpana Kumari
<b>Leave Sanctioning Committee</b>	<b>Clubs</b>
<b>Sh. Pawan Kumar</b>	<b>Young Speakers Club: Dr. Uttam Chand</b>
Dr. Kalpana Kumari	<b>Film Readers Club: Sh. Aman</b>
	<b>Theatre: Dr. Meenu Bhaskar</b>
<b>Purchase Committee</b>	<b>Book Club: Dr. Meenu Bhaskar</b>
<b>Dr. Uttam Chand</b>	<b>Eco Club: Sh. Pawan Kumar</b>
Dr. Sunil Gautam	<b>Human Library: Dr. Kamayani Bisht</b>
Dr. Pooja Kashyap	<b>Photography: Sh. Aman</b>
Dr. Neeraj Shandil	
Sh. Ashwani Thakur	
Sh. Sanjay Panwar	

#### EMERGENCY CONTACTS

<b>CONVENOR ICC</b>	Dr. Meenu Bhaskar - 9418134001
<b>CONVENOR ANTI RAGGING COMMITTEE</b>	Dr. Uttam Chand - 8219792100
<b>AMBULANCE</b>	0177 - 2654713
<b>FIRE</b>	0177 - 2658976
<b>POLICE</b>	0177 - 2652860

Painting workshop



Workshop on Applied Art



21st June 2025.

International Yoga Day.

The NSS Unit of Jawahar Lal Nehru Govt. College of Fine Arts, Loharab Shimla celebrated International Yoga Day on 21st June 2025 with great enthusiasm in the college auditorium. The event commenced with an introduction on the significance of yoga in promoting physical fitness, mental peace and overall well-being. The Principal, NSS Program Officer, faculty members and NSS volunteers participated actively, creating an atmosphere of unity and mindfulness.

Various yoga postures and breathing exercises were demonstrated and practiced under guidance, focusing on the theme of holistic health and harmony. The session concluded with a pledge by all participants to make yoga an integral part of their daily routine and to encourage others to adopt this ancient practice for healthy and balanced lifestyle.

Skandil  
21/June/2025  
(Dr. Neeraj Skandil)  
NSS Program Officer.

Kamayani  
Principal  
JLNGC of Fine Arts Shimla



We learn the benefits of Yoga and its practice. (International Yoga Day, 2025)

कालेजों में स्वयंसेवी संस्थाओं ने मनाया योग :  
जवाहर लाल नेहरू राजकीय ललित कला महाविद्यालय,  
संजौली महाविद्यालय में एन.एस.एस. इकाई द्वारा अंतर्राष्ट्रीय

केसरी  
6-2025

योग दिवस मनाया गया। जिसमें महाविद्यालय की प्राचार्य सहित एन.एस.एस. ऑफिसर, सभी शिक्षक वर्ग, गैर शिक्षक वर्ग, एन.एस.एस. वालंटियर तथा सभी विद्यार्थियों ने भाग लिया। योग विशेषज्ञ मोनिका कुमारी ने सभी प्रतिभागियों को विभिन्न योग आसनों, प्राणायाम तथा ध्यान की विधियों का अभ्यास करवाया।

मुख्यालय सेना प्रशिक्षण कमान ने मनाया योग दिवस : मुख्यालय सेना प्रशिक्षण कमान ने योग दिवस मनाया। इस समारोह में मुख्यालय आर. ट्रेक के सभी ऑफिसर और अन्य रैंक ने अपने परिवारों के साथ सक्रिय रूप से भाग लिया। यह कार्यक्रम शालिनी कुशवाह क्षेत्रीय उपाध्यक्ष आवा आर. ट्रेक आयुष मंत्रालय प्रमाणित योगा प्रशिक्षक और आर्ट ऑफ लिविंग संकाय के नेतृत्व में सम्पन्न हुआ।

Kamayani  
24.06.25

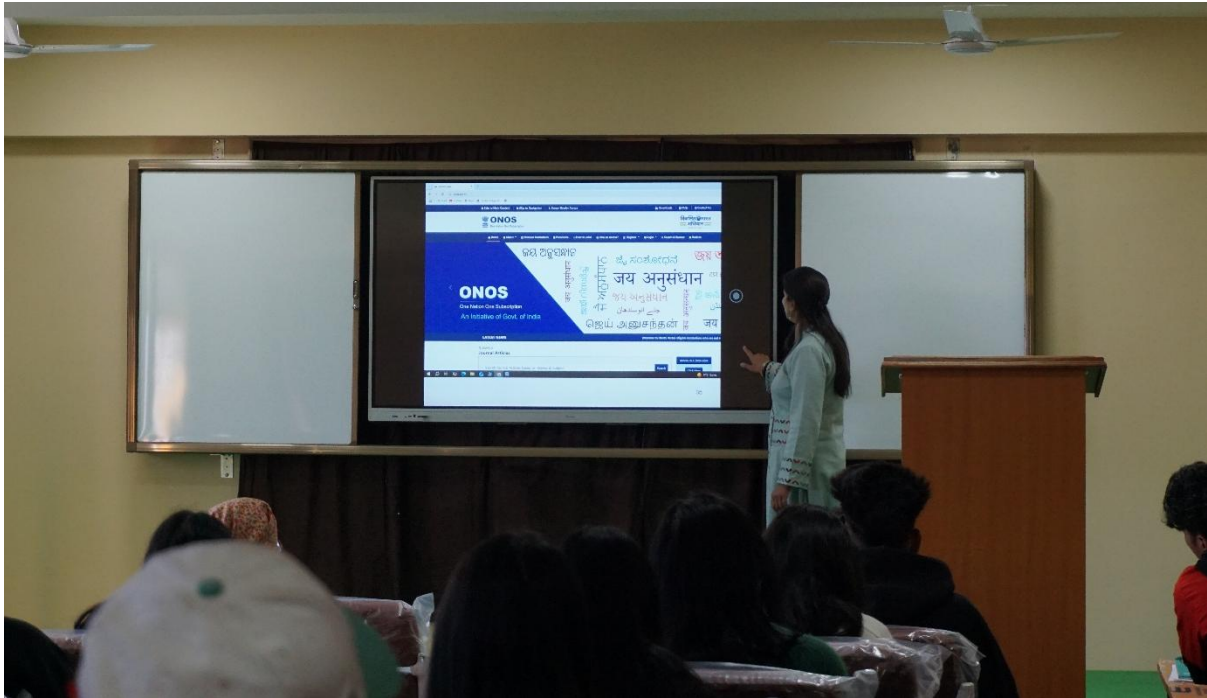


Interaction Session 2



**Sessions on mental health and stress management**

## Session on Online resources



**Students attending the session on online reading resources, conducted by the librarian.**