

11. Capacity Building of Students

(Score = 20)

i. Life Skills (Yoga)

(Score Claimed = 10)

Yogic Activity - 1 24-08-2021

Yoga & Fitness Club has organized a special class on Astanga Yoga in which students of BA BA 2nd yr (Eng) were apprised to the basic knowledge of Yama & Niyama & detail discussion was held on Satya & Ahimsa, Asteya, Bratmacharya & Aprigraha.

Principal
Rajm Govt College
Jagadal, Jagat, Dist. Mandla

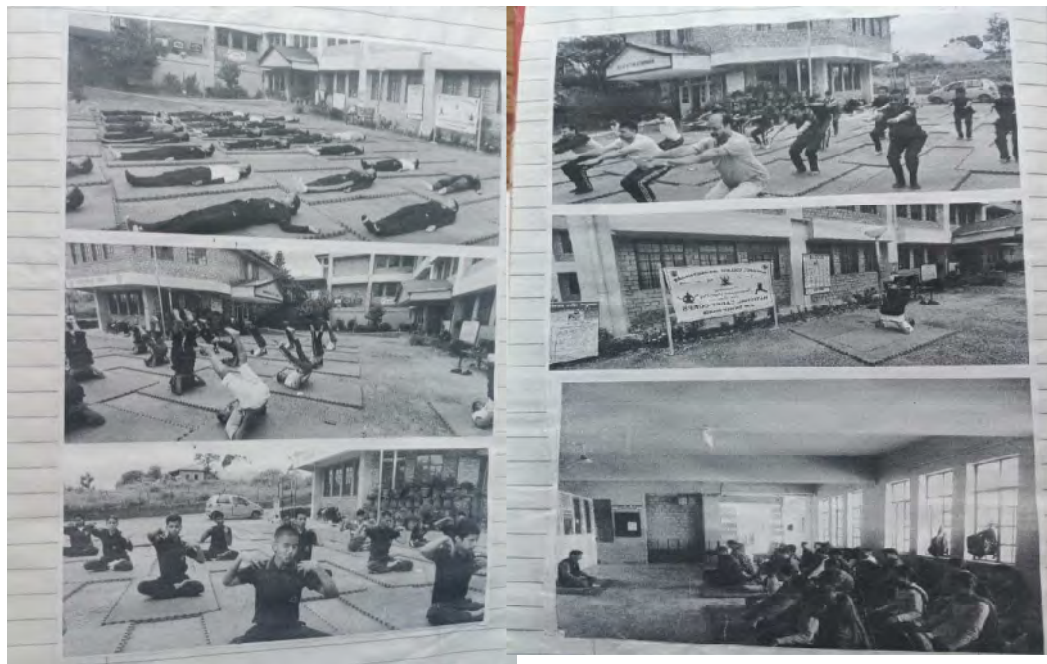
2021-25

Sr. Student Name	Class	Roll No.	Ph. No.
01. Jyotsna Thakur	BA 3rd	22ENG035	9807467451
02. Aparna	BA 3rd	22ENG009	9800862330
03. Muskan	BA 3rd	22ENG011	8220724182
04. Lakshmi Thakur	BA 3rd	22ENG022	9805027056
05. Ashagam Phakur	BA 3rd	22ENG042	9015153177
06. Namita	B.A 3rd	22ENG030	9015066060
07. Shagun Chakr	BA 3rd	22ENG004	9816320572
08. Shalini	BA III	22ENG004	8219153686
09. Shweta	BA III	22ENG081	7876585690
10. Anshul Thakur	BA III	22ENG084	9015236931
11. Rajat	BA III	22ENG024	9805443049
12. Sharu	BA III	22ENG018	9816407104
13. Kshika	BA III	22ENG014	8091051807
14. Ragini	BA 3rd yr	22ENG066	8091332608
15. Menakshi Rana	BA III	22ENG013	8230297132
16. Soniya	BA 3rd	22ENG029	8219535676
17. Jyotsna	BA 3rd	22ENG068	9805794915
18. Ajay	BA 3rd	22ENG021	9015381938
19. Anshul Thakur	BA 3rd	22ENG043	7018460631
20. SAMSON	BA 3rd	22ENG015	8219466386
21. Vinay	BA 3rd	22ENG078	7018978035
22. Akshay Kumar	BA 3rd	22ENG087	8219490033
23. Jyotsna	BA 3rd	22ENG073	7876468036
24. Shru Chauhan	BA 3rd	22ENG086	7876511747
25. Nehar Thakur	BA 3rd	22ENG085	8580721115
27. Manish Kumar	BA 3rd	22ENG037	7876830893
28. Palak Jyotsna	BA 3rd	22ENG067	9015880277
29. Arushi	BA 3rd	22ENG074	8276734999

Yogic Activity - 2 10-09-2021

Yoga & Fitness Club has organized a special lecture on Niyama which is a second part of Astanga Yoga. Niyama has a four parts i.e. Shuchy, Santosh, Tap, Swadhyay and Isvarpranidhan. The cleanliness of body, mind, intellect & environment/ surroundings is the need of Healthy Body & Society hence one should adopt it in life.

Principal
Rajm Govt College
Jagadal (H.P.)



ii. Language – cum- Graduate attributes Development Programs

- Yes

(Score claimed = 10)

DATE 22 April 2025

The students of MA English IIIrd Sem visited the Language Lab on 22 April 2025. The objective was to understand the correct pronunciation of phonetic alphabet. The following students participated:

1. Aarsha Chakur
2. Anur Kumer
3. Tanu Kumer
4. Jyoti
5. Kisan
6. Debika

Aarsha

Anur

Tanu Kumer

Jyoti

Kisan

(Vishal Kumer)
AP of English

Principal
RGM GC Jangher Nagar