

Government Degree College Kaffota District Sirmaur, Himachal Pradesh

Ranking of Government Colleges in HP

Criterion 2 Student Support, Services and Progression

Key Indicator 2.11 Capacity Building of Students

**Metric 2.11.1: Life Skills (Yoga, Martial Arts,
Problem solving, Critical thinking, Decision
making, Effective communication skills, coping
with stress and emotions etc.)**



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RANKING FRAMEWORK

2. STUDENT SUPPORT, SERVICES AND PROGRESSION

2.11. Capacity Building of Students

2.11.1. Life Skills (Yoga, Martial Arts, Problem solving, Critical thinking, Decision making, Effective communication skills, coping with stress and emotions etc.)

Response: Yes

Government Degree College Kaffota actively fosters students' life skills through structured programs and activities designed to build resilience, confidence, and effective communication, enabling students to excel in both academic and personal spheres. Recognizing the diverse needs of students, including those from the Hatti Scheduled Tribe and socio-economically disadvantaged backgrounds, these capacity-building initiatives focus on developing a balanced, adaptable skill set. The Key Capacity-Building Programs include the following:

i. Yoga for Physical and Mental Well-being:

Holistic Wellness:

The college conducts yoga sessions during NSS camps aimed at promoting physical flexibility, mental clarity, and emotional balance. Yoga classes also address stress and anxiety, equipping students with techniques to cope with academic and personal challenges.

Mindfulness Practices:

Yoga sessions include breathing exercises and mindfulness practices to help students develop self-discipline and mental resilience, essential for managing stress and achieving a balanced lifestyle.

ii. Problem-Solving Methodologies:

Curriculum Integration and Beyond:

While problem-solving is incorporated into some programs' curricula, additional efforts extend these skills across all disciplines. Students learn to approach complex and unpredictable situations systematically, using both analytical and creative thinking.

Confidence and Decision-Making:

Through practical exercises, students develop the confidence to make effective decisions, tackle challenges, and devise innovative solutions—a critical skill set for future workplaces. The student’s active involvement in organising various college level activities inculcates decision-making abilities among the students.

iii. Critical Thinking Development:

Case Study Analysis and Fiscal Discussions:

In economics and commerce classes, students engage in case studies, budget analyses, and discussions on fiscal policy. These activities promote analytical thinking and empower students to evaluate complex issues critically.

Engagement with Real-World Scenarios:

Students gain insights into practical financial and economic challenges, encouraging them to think beyond the classroom and prepare for real-world problem-solving.

iv. Effective Communication Skills:

Phonetics and Active Listening:

The college offers phonetics training to enhance students' pronunciation and listening skills. This helps them become active listeners and articulate communicators, ready to resolve misunderstandings and engage constructively.

Presentation and Interaction Skills:

The interactive sessions enable students to refine their public speaking, writing, and interpersonal skills, essential for collaborative environments and future professional roles.

v. Coping with Stress and Emotional Regulation:

Stress Management Techniques:

Yoga and mindfulness sessions also focus on emotional regulation, teaching students the methods to manage academic and personal pressures effectively.

Support Systems and Counselling:

Counselling sessions and peer support initiatives provide students with a supportive environment to express concerns and seek guidance, reinforcing their mental well-being and resilience.

Through these programs, Government Degree College Kaffota prioritizes a well-rounded approach to student development, building life skills that extend beyond academics and prepare students to meet future challenges with confidence and composure.



कफोटा कालेज में छात्रों ने किया योग, जानें फायदे



पांवटा साहिब। नशा मुक्त भारत अभियान के तहत कफोटा कालेज में प्राचार्य कुलदीप सिंह की अध्यक्षता में योगा सत्र का आयोजन किया गया। कार्यक्रम की शुरुआत सहायक प्राध्यापक डा. पंकज यादव ने की। इस योगा सत्र में इंस्ट्रक्टर अनिल पुंडीर ने लिया, जो कि आयुष डिस्पेंसरीए बनौर में कार्यरत है। इस दौरान उन्होंने विद्यार्थियों को बहुत सारे योगा आसन करने सिखाए और साथ-साथ ही इनके फायदे भी साझे किए। उन्होंने नशे के कुप्रभाव पर भी चर्चा की और बताया कि योगा करके कैसे नशे से बचा जा सकता है।

Figure 1: Newsclip

vi. Yoga Sessions by Sh. Anil Pundir, Yoga Instructor



Figure 2: Yoga Session



Figure 3



Figure 4

vii. Multiple Yoga session by Yoga Instructor Ms Kiran



Figure 5



Figure 6



Figure 7



Figure 8