5.1.3. Capacity building and skills enhancement initiatives taken by the institution include the following

2020-21

Aptitude test Notice

St. Vincent Pallotti College, Raipur Session: 2020-21 Department of Computer Science

NOTICE Aptitude Test

BCA and **PGDCA** students are informed that "E-Aptitude Test" has been scheduled for all the students on 29/07/2021 at 11:00 am. Test will be of 30 minutes and will be outlined in the "Google Form". You need to submit the solved test before 1:00 pm. qualifying criteria is 50%. E-Certificate will be awarded to all the successful students.

It's mandatory to appear for this Aptitude test.

HOD Mrs. Pooja Rathi

Department of Computer Science St. Vincent Pallotti College, Raipur Principal
Dv. KULDEEP DUBEY

ST. VINCENT PALLOTTI COLLEGE KAPA RAIPUR (C.G.)

Aptitude test report

St. Vincent Pallotti College, Raipur

Department of Computer Science

Session 2020-21

Name of Activity: "E-Aptitude Test"

Organized on: 29/07/2021

Organized by: Department of Computer Science

Students involved: BCA & PGDCA

As a student or even as a professional, we are bound to come across aptitude tests at some point. These tests basically determine the best career path for you depending on your skills and interests. They include many areas of assessment such as Verbal Reasoning, Numerical Reasoning, Abstract Reasoning and other such abilities. These tests have become really common these days, especially for students who are confused and undecided about their careers.

So, keeping this in mind Department of Computer Science organized an "E- Aptitude Test" for the students of BCA and PGDCA in virtual mode using Google Form. Time duration of 30 minutes was allotted to solve the test. The test was divided into three categories viz Reasoning, Quantitative and English, where each section contained 10 questions each of 1 mark.

Reasoning

Logical Reasoning is a part of almost all major Government exams conducted all over the country and is one of the most scoring sections as well. This section included questions related to Blood Relation, Coding-Decoding, Seating Arrangement, Alphanumeric Series etc.

English

This section included spelling, grammar, and ability to understand analogies. These questions appear in most general aptitude tests because employers usually want to know how well one can communicate.

Quantitative

This section included basic arithmetic, number sequences and simple mathematics. At management level, one will often be presented with charts and graphs that need to be interpreted. These questions appear in most general aptitude tests because employers usually want some indication of one's ability to use numbers even if this is not a major part of the job.

The test was totally based on exam pattern and 52 students responded very actively. Students came to know about their reasoning and logical ability. They were very happy for attending such useful activity.

Mrs. Pooja Rathi HOD

Department of Computer Science St. Vincent Pallotti College, Raip Principal
PRINCIPAL
Dr. KULDEEP DUBEY
ST. VINCENT PALLOTTI COLLEGE
KAPA-RAIPUR (C.G.)

Aptitude test score

St. Vincent Pallotti College, Raipur Department of Computer Science Session 2020-21 E-Aptitude Test Score Sheet

S.No.	Name	Class	Email Address	Score
1	Lucky Raj Sahu	BCA I	luckysahu9685@gmail.com	7/30
2	Hanshika Singh	BCA I	hanshikasingh@gmail.com 9/	
3	Harshwardhan singh	BCA I	arshwardhansinghofficial@gmail.con 18	
4	Mohd. Rashid	BCA III	mohummad.rashid80@gmail.com	15 / 30
5	Sana Parveen	BCA I	sanap4540@gmail.com	7/30
6	Aniket bawankar	BCA II	aniket151525@gmail.com	26/30
7	Sudeep Kujur	BCA II	kujurs215@gmail.com	11/30
8	Vaibhav Shukla	BCA II	vaibhavshukla128@gmail.com	22 / 30
9	Yogesh Kumar Sahu	BCA II	yogeshksahu1122@gmail.com	11/30
10	Ritik Jogi	BCA I	ritikjogi79@gmail.com	23 / 30
11	Zobiya Attari	BCA II	ishu04117@gmail.com	18 / 30
12	Sushita Chouhan	BCA I	sushmitachouhan249@gmail.com	23 / 30
13	Vikas sen	BCA I	vikassen432@gmail.com	12 / 30
14	Greesha bachu	PGDCA	sukhdevbachu812@gmail.com	20 / 30
15	Dileep	BCA II	dileepchouhan291@gmail.com	15 / 30
16	Rudrapratap Mirdha	BCA I	rudrapratapmirdha@gmail.com	12/30
17	Suwarna Nand	BCA II	masih.emily@gmail.com	22 / 30
18	Fateh Singh	BCA I	fatehsingh3251@gmail.com	
19	Sakshi pandey	BCA II	sakshipandey361@gmail.com 17	
20	Purushottam bharade	BCA I	prafulbharade557@gmail.com	21 / 30
21	Vijay kumar	BCA II	vjv1398@gmail.com 7/3	
22	Rifat Akhtar	BCA II	rifatashrafi19@gmail.com 17/3	
23	Ravi Vishal Ratrey	BCA I	ravivishal062@gmail.com 18/3	
24	Nelson Kujur	BCA III	nkujur013@gmail.com 11/3	
25	Sana Parveen	BCA I	sanap4540@gmail.com 7/30	
26	Pankaj Dhameja	BCA I	pankajdhameja1432@gmail.com 23 / 3	
27	Shruti	PGDCA	shrutigupta.2310.sg.sg@gmail.com 21 / 30	
28	Neha Koshale	BCA II	nehakoshale03@gmail.com 20 / 30	
29	Varsha dakshine	BCA I	prachidakshine9@gmail.com 17/30	

Aptitude test score

S.No.	Name	Class	Email Address	Score	
30	Pankaj Dhameja	BCA I	pankajdhameja1432@gmail.com	26 / 30	
31	Sakshi tiwari	BCA II	sakshitiwari0853@gmail.com 1		
32	Aman Lakra	BCA I	aaamanlakra6850@gmail.com	14 / 30	
33	Satyendra patle	BCA II	satya239009@gmail.com	23 / 30	
34	Alfa shaili Franklin	BCA III	alfafranklin@gmail.com	13 / 30	
35	Rohan	BCA I	Rohnasayam06@gmail.com	17 / 30	
36	Ananya shukla	BCA I	ananyashukla1444@gmail.com	14 / 30	
37	Kamaljit singh	BCA II	skamaljit047@gmail.com	11 / 30	
38	Abhishek Lakra	BCA II	abhishklakra0802@gmail.com	17 / 30	
39	Rebecca Raechel Anil	BCA II	rebeccaraechelanil2@gmail.com	27 / 30	
40	Divya Jagan	BCA II	divyajagan2222@gmail.com	27 / 30	
41	Nikhil Minj	BCA II	nikhilminj58@gmail.com	7 / 30	
42	Manish sahu	BCA II	manishsahu82815@gmail.com		
43	Yuvraj Dewangan	BCA III	dewanganyuvraj32@gmail.com		
44	Ankush kanwar	BCA I	ankush2410@icloud.com	26 / 30	
45	Komal Taunk	BCA II	vidyataunk23@gmail.com 1		
46	Vikash Patel	BCA III	vikashpubggaming@gmail.com 22		
47	Tikeshwar yadu	BCA III	tyadu8213@gmail.com 8 / 3		
48	Pankaj Dhameja	BCA I	pankajdhameja1432@gmaip.com 24 / 30		
49	Lata Soni	BCA II	sonilata10@gmail.com 21/30		
50	Sanjana	BCA III	sanjana86@gmail.com 20 / 3		

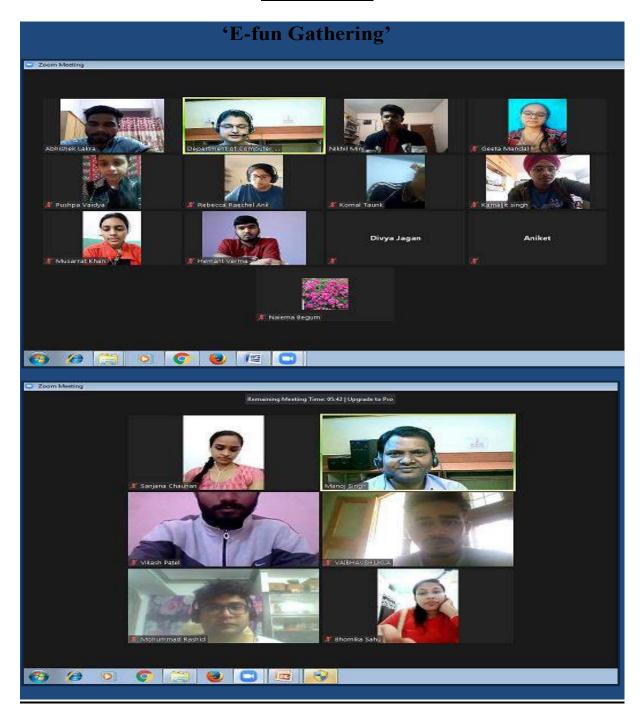
HOD

Mrs. Pooja Rathi
HOD

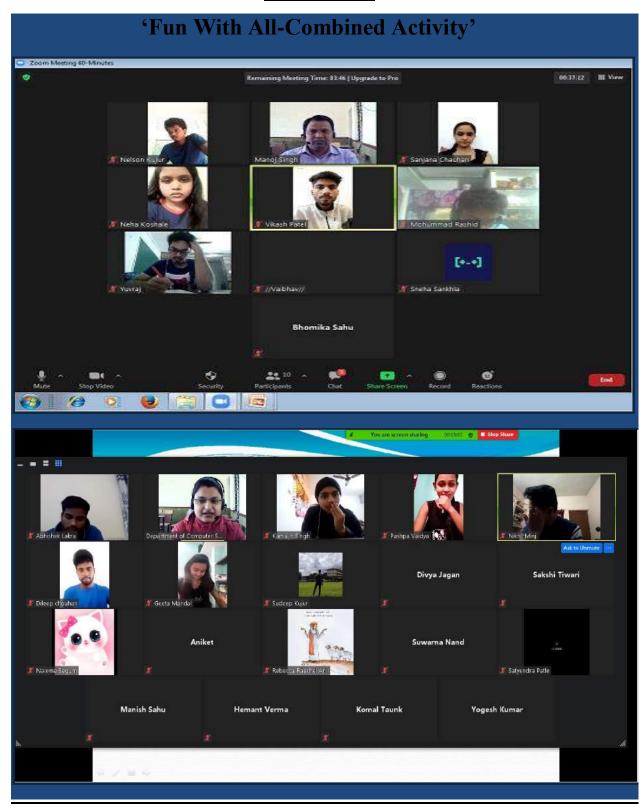
Department of Computer Science

ment Pallotti College, Rai

E-fun notice



Fun with all



Fun with all

St. VINCENT PALLOTTI COLLEGE, RAIPUR

Department of Computer Science

Session: 2020-21

Name of Activity: Fun with All- Combined Activity

Organized on: 09/01/2021

Organized by: Department of Computer Science

Mode: Virtual

Students involved: All students of BCA & PGDCA

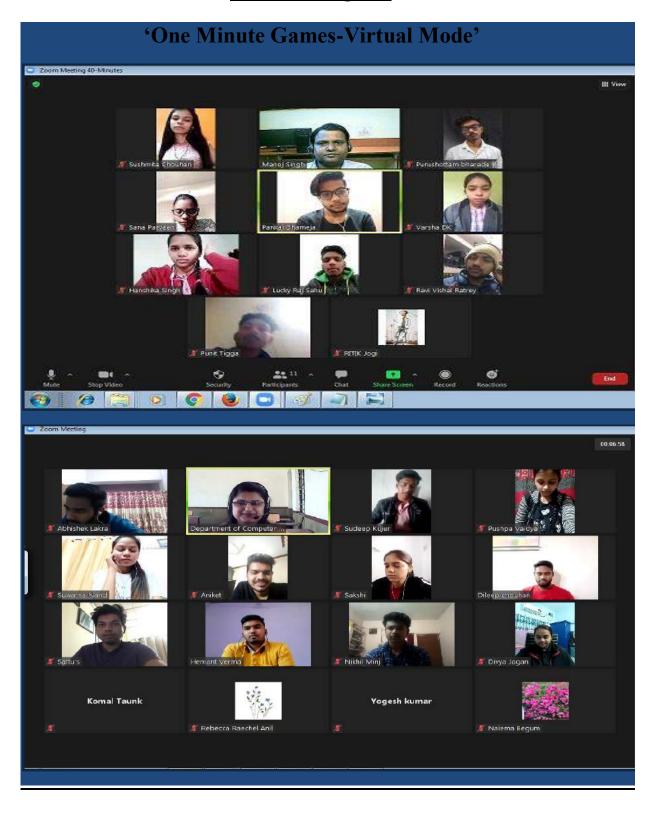
Colleges might look different during the pandemic, but we can still make lessons fun and creative when we're distance learning. The Department of Computer Science organized a virtual event of "Fun Gathering" for all the BCA and PGDCA students. It involved various games and fun filled activities. These games and activities are excellent ways to create a sense of community within a virtual class. They can also help teachers build relationships with students and give students a break so they can relax and retain more of their learning.

Mrs. Pooja Rathi HOD Department of Computer Science

St. Vincent Pallotti College, Raipuj

Principal PRINCIPAL Dr. KULDEEP DUBEY ST. VINCENT PALLOTTI COLLEGE KAPA-RAIPUR (C.G.)

One minute game



One minute Game report

St. VINCENT PALLOTTI COLLEGE, RAIPUR

Department of Computer science

Session: 2020-21

Name of Activity: 'One Minute Games'

Organized on: 23/01/2021

Organized by: Department of Computer Science

Mode: Virtual Mode

Students involved: BCA-I & BCA-III.

The Department of Computer Science conducted an activity of "One Minute Games". Due to the current situation of Covid-19, the event was carried out in virtual mode. Students were divided into two groups: BCA-I & BCA-III. This activity included several games with minimal time investment and rewarded them with a ton of laughs.

The series of activity started with the Pack attack, Dumb Charades & Noodle Doodling rounds. These virtual activities promoted the team spirit and interaction among the students. They enjoyed the activity and had lots of fun.

Mrs. Pooja Rathi HOD

Department of Computer Science St. Vincent Pallotti College, Raipur Principal
PRINCIPAL
Dr. KULDEEP DUBEY
ST. VINCENT PALLOTTI COLLEGE
KAPA-RAIPUR (C.G.)

PPT Presentation

PPT Presentation Competition-Virtual Mode



- Busy/Heavy traffic- High bandwidth is consumed in this traffic.
- Non-real-time traffic Consumption of bandwidth during working hours.
- Interactive traffic It is subject to competition for bandwidth and could re in poor response times if prioritization of applications and traffic is not see
- Latency-sensitive traffic It is subject to competition for bandwidth and corresult in poor response times.



PPT Presentation Report

St. Vincent Pallotti College, Raipur Department of Computer Science

Session 2020-21

Report on PPT Presentation

Online PowerPoint Presentation Competition is conducted by the Department of Computer Science for BCA 1st year students on 12/12/2020. PPT presentation is very important nowadays in professional development. PowerPoint allows users to create, edit and show beautiful presentations with the help of slides. With the help of PPT, one can communicate complex information in simple, graphical and interesting ways to keep the audience engaged.

Developing presentation skills in the students is important for improving communication and creating positive learning experiences. This activity is definitely helpful to gain real-world skills during a job interview. It also develops self-confidence in students and helps to remove stage fear. So, for this purpose Mrs. Abhilasha Khare organized PPT Presentation for the students of BCA 1st year .All the students have very actively participated in the online PPT Presentation competition and explained their respective topics using attractive slides. Total 5 students have participated in the presentation. The time duration allotted to each presenter was 8 to 10 minutes with a minimum of 6-10 slides. Students really worked very hard and presented very well.

Participants and their respective topics for Online PowerPoint Presentation are:

Hanshika Singh- "Cyber Crime"

Himanshu Toppo- "Internet Advantage and Disadvantage"

Fathae Karan Singh- "Animation and VFX"

Sana Parveen- "Artificial Intelligence"

Pankaj Dhameja- "Network Traffic"

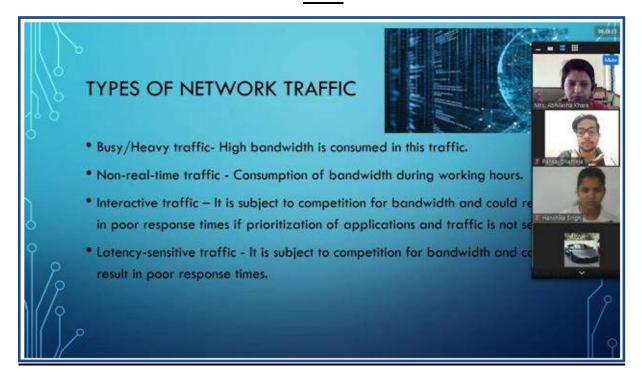
Dept. of Computer Science

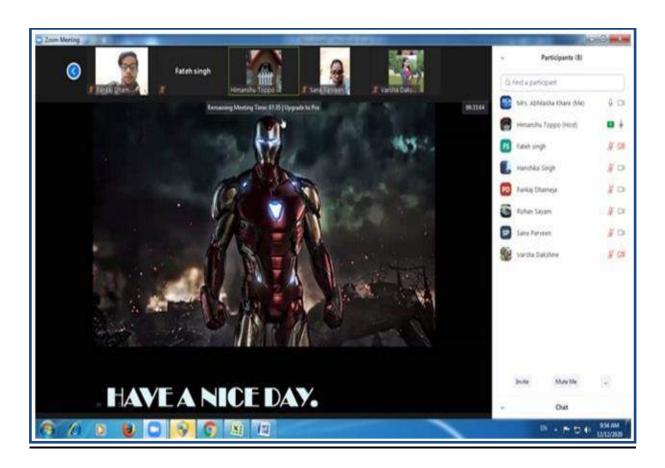
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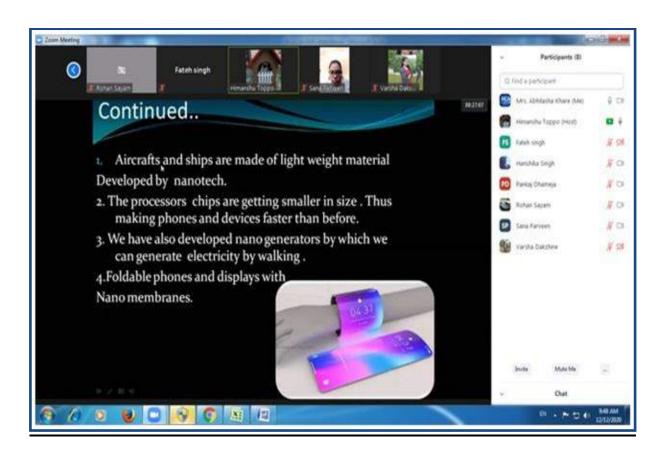
Principal

PRINCIPAL
Dr. KULDEEP DUBEY
S.f. VINCENT PALLOTTI COLLE
KAPA-RAIPUR (C.G.)

PPT







Quiz Competition Report

St. VINCENT PALLOTTI COLLEGE, RAIPUR Department of Computer Science Session: 2020-21

Name of Activity: "Battle of the Brains" - Online Quiz Competition

Organized on: 17/10/2020

Organized by: Department of Computer Science

Mode: Virtual

Winners: Team Marvels

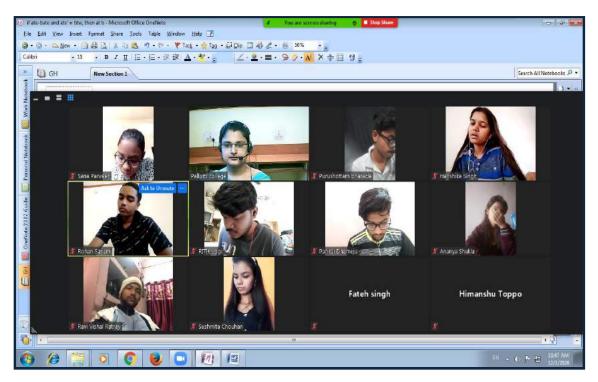
Besides the obvious academic benefits of expanding a student's knowledge and exploring new skills at an early age, quizzes redefine the education system in significant ways. This Quiz helped students identify what they know and what they don't know. The students then have a better idea of how well they are grasping the material, hopefully motivating them to study more and helping them allocate their study time effectively by focusing on the information that still needs more practice. The online Quiz competition organized by the Department of Computer Science consisted of 2 groups namely Team Marvels and Team Gems. The competition was conducted in 3 rounds. In round 1, general knowledge questions were asked to each team. Team Marvels led in round 1. In round 2, computer awareness questions were asked to each team. Team Gems led in round 2. Round 3 was face recognition round in which cropped images of actor/actress/legends were shown on the screen and the team has to guess the correct name. After the completion of round 3, team Marvels won the quiz competition.

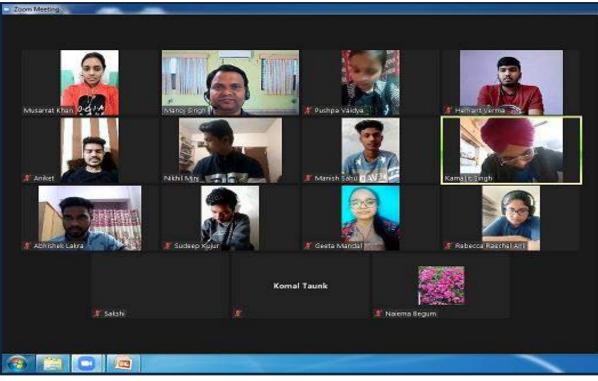
Certificates were distributed to the winning team members.

Mrs. Pooja Rathi

Départment of Computer Science St. Vincent Pallotti College, Raipus Principal
PRINCIPAL
Dr. KULDEEP DUBEY
ST. VINCENT PALLOTTI COLLEGE
KAPA-RAIPUR (C.G.)

'Quiz Competition'





Technical Antakshari report

St. VINCENT PALLOTTI COLLEGE, RAIPUR

Department of Computer Science

Session: 2020-21

Name of Activity: 'Technical Antakshari'

Organized on: 20/02/2021

Organized by: Department of Computer Science

Mode: Virtual

Students involved: All students of BCA & PGDCA

The COVID-19 pandemic has radically transformed the lives of masses of people around the globe, including students. While adapting to the 'new normal' namely, distance education, the Department of Computer Science conducted an online activity of "Technical Antakshari".

The teachers divided the students into two groups and a variation to the regular Antakshari was played where one has to pick a random word from the ongoing song and next team sings a song starting from that word. This virtual activity promoted the team spirit and interaction among the students. They enjoyed the activity and had lots of fun.

H.O.D Mrs. Pooja Rathi HOD

Department of Computer Science

Principal

PRINCIPAL
Dr. KULDEEP DUBEY
TO VINCENT PALLOTTI COLLEGE
KAPA-RAIPUR (C.G.)

Technical Antakshariscoresheet

ST. VICENT PALLOTTI COLLEGE, RAIPUR DEPARTMENT OF COMPUTER SCIENCE SESSION 2020-21 JUDGEMENT SHEET OF ANTAKSHARI

Name of Judge: Mrs. Pooja Rathi Mrs. She Kha Agraval

Date:10/10/2020

S.no	Team Name	Round 1	Round 2	Round 3	Total
		10	10	10	30
1,	Deewane (Pankaj, Hanshi ka, Lucky, Ravi, fateh)	+10	+10 +10 +10 +10+5	+10 +10+5 +10+5 +10	+10 +45+50
2	Parwane (Himanshu, Rohan, PurshoHam, Sana, Vikas)	+0	+10 +0 +10 +0	+10 +0 +10 +10	+0+20+20

Signature of Judge

Techno update notice

St. Vincent Pallotti College, Raipur

Department of Computer Science

Session 2020-21

Notice

Saturday Activity

Event:

"Techno Update"

Date:

13/02/2021

Time:

11:10 a.m.

All BCA and PGDCA students are requested to submit your Techno-Update topic within 2 days i.e. on or before 11th Feb. and participate actively in the event.

Dept. of Computer Science Mrs. Pooja Rathi

HOD

Department of Computer Science
St. Vincent Pallotti College

Principal

PRINCIPAL Dr. KULDEEP DUBEY S. VINCENT PALLOTTI COL KAPA-RAIPUR (C.G.)

Techno-update report

ST. VINCENT PALLOTTI COLLEGE, RAIPUR

Department of Computer Science

Session: 2020-21

Activity: "Techno Update"

Date: 13/02/2021

Department of computer science has conducted Saturday activity named "Techno Update" for the students of BCA and PGDCA on 13/02/2021. Techno Update is a skill Development activity where students have to prepare and share knowledge on any advance/upcoming technology in allotted duration of 6-8 minutes per student.

Students were instructed to select the topic of their own choice. Topics and name of the students are listed below:-

- 1. Hanshika Singh (BCA-I)- "Python Programming"
- 2. Harshwardhan Singh (BCA-I)- "Cloud Computing"
- 3. Divya Jagan (BCA-II)-"5G Network Technology"
- 4. Komal Taunk(BCA-II)- "Blockchain Technology"
- 5. Rebecca Raechel Anil (BCA-II)- "Google Earth"
- 6. Yuvraj Dewangan (BCA-III) -"Brain Computer Interface"
- 7. Neha Koshale (BCA-III)- "Cyber Crime"
- 8. Vikash Patel (BCA-III)-"Google Stadia"

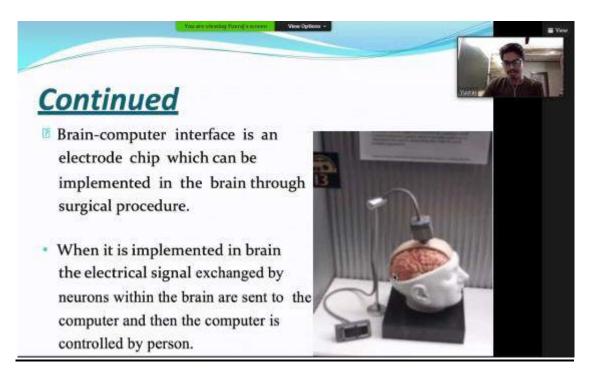
Altogether 8 students have participated in the event. They have presented on many innovative concepts. All the sessions were very informative and attendees have gained latest knowledge. Students really worked very hard and presented very well. Faculties of department Mrs. Abhilasha Khare, Mrs. Shikha Agrawal and Mr. Manoj Singh have worked very hard to make the event successful.

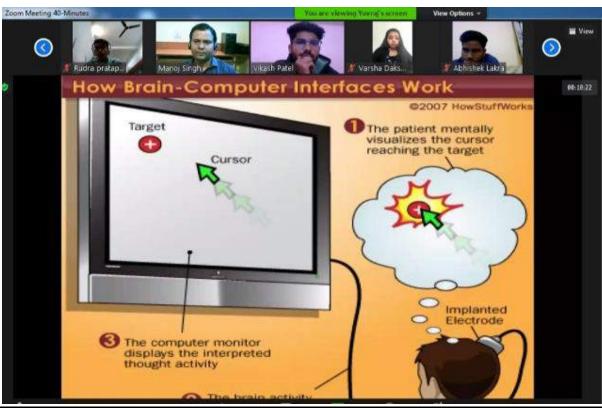
Program ended with an inspirational message by HOD, Mrs. Pooja Rathi and thanks giving note by Mrs. Abhilasha Khare.

Department of Compu

Department of Computer Science

Department of Computer Science St. Vincent Pallotti College, Raipu: PRINCIPAL
ST. VINCENT PALLOTTI COLLEGE
KAPA, RAIPUR (C.G.)





Photographs of Techno-Update Report



Photographs of Techno-Update Report

Workshop notice

St. Vincent Pallotti College, Raipur

Department of Computer Science

Session: 2020-21

Workshop

on

Computer Hardware and Maintenance

Notice

Event:

"Computer Hardware and Maintenance"

Date:

5 Days

15th March 2021 to 19th March 2021

Time:

12:30 to 01:30 P.M.

Venue:

Near Shankar Nagar

(Exact location will be informed soon)



Since computers are such an integral part of our lives, it is crucial that we take care of them by having them properly maintained. So, keeping this in mind Department of Computer Science organizing a <u>FREE</u> workshop of 5 Days for all the students of BCA on "Computer Hardware and Maintenance". All the students are requested to join the session to boost up your skill.

Note: No registration fees

Mrs. Pooja Rathi

Department of Computer Science St. Vincent Pallotti College, Raiper Principal
PRINCIPAL
Dt. KULDEEP DUBEY
ST. VINCENT PALLOTTI COLLEGE
KAPA-RAIPUR (C.G.)

Workshop report

ST. VINCENT PALOTTI COLLEGE, RAIPUR Department of Computer Science

Session: 2020-21

5 Days Workshop on "Computer Hardware and Maintenance"

Department of Computer Science has organized a 5 day's Workshop on Computer Hardware and Maintenance for BCA students from 15th-19th March 2021 in association with GLOBAL Computer Institute, Raipur. Mr. Pramod Pal, Director, global Computer Institute has given the training to the students in the workshop. Objective of this workshop was making students aware about the internal organization of computer system and internal structure of CPU. Also included was taking care of the computer's physical components, such as its keyboard, hard drive, BIOS setting and installation of software. Hands on practice has also been given to students. Daywise schedule of the workshop was:

- Day-1: Mr. Pramod Pal shared knowledge about physical parts of computer like: RAM, Motherboard, CPU, Processor, Hard Disk etc. He explained functions of all these parts and students got the chance to see physical devices inside the system.
- Day-2: "How to assemble a PC?" was the theme of second day. Students have been
 given hands on practice for assembling and disassembling process of the computer
 system, where the steps were monitored by the instructor.
- Day-3: In this session the trainer explained about BIOS. He focused on how to know
 the status of devices, whether they are properly working or not. He discussed about
 the BIOS, BIOS types, BIOS setting in detail. Students practically learn how to enter
 in BIOS setting, make appropriate changes and get information of system from BIOS.
- Day-4: Preparation of system for installation of operating system was demonstrated by the tutor, he explained all the necessary steps like: create disk partition, format disk etc.
- Day-5: Instructor demonstrated installation process like: selection of boot device from BIOS, bootable disk of operating system, installation options in different steps. He cleared the doubts arose by the students.

The session was ended with the vote of thanks by Mrs. Pooja Rathi, HOD, Department of Computer Science. Students reported that they have got good knowledge and this will be very helpful to solve real life problems. They were very satisfied and have demanded more such workshops in future.

Department of Computer Science

PRINCIPAL
Dr. KULDEEP DUBEY
ST. VINCENT PALLOTTI COLLEGE

Workshop attendance

ST. VINCENT PALLOTTI COLLEGE, RAIPUR

Department of Computer Science

Session: 2020-21
Attendance Sheet

Event: "Workshop on Computer Hardware and Maintenance"

Venue: Global Computer Institute, Raipa Sheet No. 01 Out of 03

S.No.	Name of Student	Class	Signature
1	Ravi Vishal Ratzey	BCA TSE	Ravie
2	Purushottam Bharade	BCAIST	adde
3	Rohan Sayam	BCA TO+	Roban Sayano
4	Kimownhu toppo	BCAIST	Himourher
5	Lucky Raj Sahu	BCAI	अवकीराज माइ
6	Harshwardhan Singh	BCA Ist	there
7	Lata Soni	BrA-I	10
8	Rebecca Raechel And	BCA-I	Relecce
9	Dinger Jagan	BCA-II	Dinga
10	Komal Jaunk	BCA-IL	Komefule
11	Abhishek Laking	8CA-1I	Any
12	Hemant Verma	BCA-III	Karrot.
13	Dulrep	BCA-II	From 1
14	Titeshood Yady	BCA-III	Gligher York
15	Satendra Xels	B. Com I	Swell-
16	JUJESh Kumonsulu	13 C A - III	
17.			P
18			
19			
20			

Faculty Convener: Mrs. Abhilasha Khare

Sign

par

H.O.D Mrs. Pooja Rathi HOD

Department of Computer Science

Principal
PRINCIPAL
Dr. KULDEEP DUBEY
ST. VINCENT PALLOTTI COLLEGE
KAPA-RAIPUR (C.G.)





Photographs of Workshop on "Computer Hardware and Maintenance"





Photographs of Workshop on "Computer Hardware and Maintenance"

St. Vincent Pallotti College, Raipur 2020-21 NOTICE

All the students of Commerce Department are hereby informed that the Institution in collaboration with CICASA is going for National Conference for CA aspirants on 24th and 25th of January 2021 at Maharaja Agarsen International College, Raipur. All interested students may give their names to Mr. Akash Goenka.

VENUE: Maharaja Agarsen International College, Raipur

Date: 24-25 January 2021

Time: 10:00 AM Onwards

H. O. D Commercel
St Vincin Pullatu College

PRINCIPAL

ST. VINCENT PALLOTTI CONLEGI

KAPA RAIPLIR (C.G.)

Figure 1 CICASA National Conference - 24&25 January 2021

Institute of Chartered Accountants of India's (ICAI) Physical/Virtual CA Students' National Conference

24-25, January, 2021

St. Vincent Pallotti College, the premier institute in Raipur has offered its B.Com students to attend and enrich their opportunities and career aspects in Chartered Accountancy Course as part of Students Support and Progression.

On 24th and 25th January, 2021, the Conference was organized by Central India Regional Council of ICAI (CIRC) of Institute of Chartered Accountants of India (ICAI) at MAIC, Raipur.

The program focused on the Leadership skills including interpersonal proficiencies. CA Atul Agrawal, the Chairman of Central India Chartered Accountants Students Association (CICASA) clarified the queries related to the course and its articleship and emphasized the needs of stress control and data computing. CA Janet Serrao Agarwal, Keynote speaker has highlighted on the cross-border opportunities that can be availed by the students and aspirants of CA. This program was named 'Aagaz' which made to provide Aptitude, Attitude and Altitude for students aspiring to become CA professionals. CA Atul Kumar Gupta, The President of ICAI was also present on the event.

Principal of St. Vincent Pallotti college, Dr. Kuldeep Dubey, was invited as a Chief Guest for the valedictory session. He has comprehensively explained about the changing trends and the pre-requisite skills and abilities to adopt in the curriculum of the chartered accountancy course, and students who were presented papers & special achievers were distribute Prize by Principal Dr. Kuldeep Dubey.

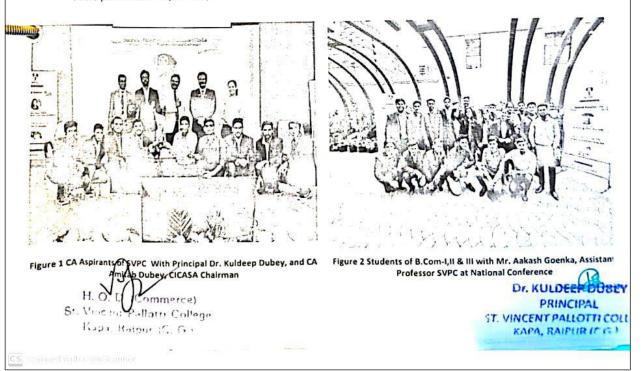


Figure 2 Report of CICASA National Conference



Figure 3 Certificate of CICASA



St. Vincent Pallotti College Kapa, Raipur

(PERMANENTLY AFFILIATED TO PT. RAVISHANKAR SHUKLA UNIVERSITY)
(A SELF FINANCING INSTITUTION)

Tel.: +91-771-2283334, E-mail: pallotti.college@gmail.com, Facebook: pallotticollege, Website: www.stvincentpallotticollege.org

Ref No.:....

Date: 10 05 1021

ST. VINCENT PALLOTTI COLLEGE, KAPA, RAIPUR

DEPARTMENT OF PHYSICAL EDUCATION AND YOGA

NOTICE

YOGA PROGRAMME (ONLINE MODE)

This is to inform all the students that the online yoga programme will begin from 01/06/2021 to 21/06/2021. All are requested to join this programme.

The objectives of Programme:

- . To make the students physically and mentally fit
- Knowledge about physiological, psychological and biological benefit of yoga
- · Procedure of various asanas and their benefit
- Importance of yoga during this pandemic
- . Knowledge about various types of Pranayama and their benefit
- Meditation and transitional meditation

CLASS TIME: 8.00 AM TO 9.00 AM (Google meet link will send before 10 min of Start the session in your class group)

Dept of Physical Edu. & Yoga St. Vincent Pallotti Colleg Kapa, Raipur (C.G.) PRINCIPAL
St. Vincent Pallotti College,
Kapa RAIPUR (C.G.)

Courses Offered: B.Com., B.B.A., B.C.A., B.Ed., B.P.E., P.G.D.C.A., M.Com., M.A. (Eng.), P.G. Dip. (Yoga)

Figure 4- Online Program- 1-6-2021



St. Vincent Pallotti College Kapa, Raipur (PERMANENTLY AFFILIATED TO PT. RAVISHANKAR SHUKLA UNIVERSITY) (A SELF FINANCING INSTITUTION)

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Ref No. : ..

Date: 22 | 06 | 202 |

पैलोटी में 21 दिवसीय योगाभ्यास कार्यक्रम सम्पन्न

डिपार्टमेंट ऑफ फिजिकल एजुकेशन एंड योगा, सेंट विंसेंट पैलोटी कॉलेज द्वारा 21 दिवसीय ऑनलाइन विशेष योगाभ्यास कार्यक्रम का आयोजन 01/06/2021 से 21/06/2021 किया गया जिसमें 18 प्रतिभागियों ने सक्रियता के साथ उपस्थिति दर्ज करा कर उक्त कार्यक्रम का लाभ उठाया। कार्यक्रम प्रभारी व योग शिक्षक श्री अनिल चंद्राकर थे जिसके द्वारा योग के विभिन्न पहलुओं को सामान्य जीवन में उपादेयता को समझाकर विभिन्न योगिक क्रियाओं (आसन, प्राणायाम षट्कर्म) को अपना कर अपने आप को स्वस्थ रखने की विधि समझाएं। योगाभ्यास कार्यक्रम में अलग-अलग संस्थानों के योग विशेषज्ञ और योग शिक्षकों को अतिथि वक्ता के रूप में आमंत्रित किया गया जिसके द्वारा प्रतिभागियों को अपने योग अनुभव व योग के शारीरिक मानसिक और सामाजिक महत्व को समझाकर प्रतिभागियों को योग के प्रति उत्साहित किया। उक्त कार्यक्रम की सफलतापूर्वक आयोजन के लिए महाविद्यालय के प्राचार्य डॉ कुलदीप दुबे बधाई प्रेषित करते हुए 18 प्रतिभागियों जिनकी उपस्थिति 80% से ऊपर थी उनको डिजिटल प्रमाण पत्र प्रदान कर के उज्जवल भविष्य की कामना की।

Dept of Physical Edu. & Yoga St. Vincent Pallotti College Kapa, Raipur (C.G.)

- PRINCIPAL St. Vincent Pallotti College, Kapa RAIPUR (C.G.)

Courses Offered: B.Com., B.B.A., B.C.A., B.Ed., B.P.E., P.G.D.C.A., M.Com., M.A. (Eng.), P.G. Dip. (Yoga)

Figure 5- Report of Online Yoga Program - 1-6-2021

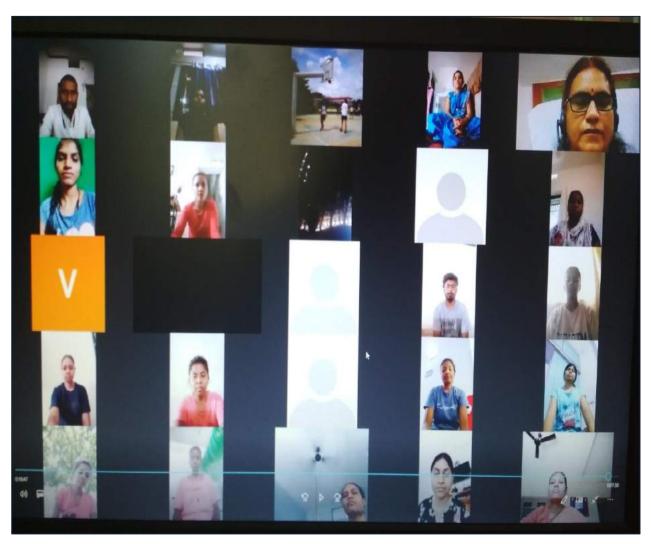


Figure 6- Online Yoga Program - 1-6-2021