

ACTIVITY REPORT FOR (TEQIP-111)

Name of event: SELP (Student Excellence and Learning Program)

Date & Venue: 29th JULY – 3rd AUGUST 2019 at Guru Nanak Dev Engineering College, Ludhiana

Course Content: SELP is a holistic program, spread over 6 consecutive days. Each session builds on the previous day's session and creates an environment where the students' mind becomes calm thereby accelerating the learning process for them.

CORE SESSIONS

DAY CONTENT

- 1 Improving Efficiency & Productivity through Sustained High Energy Levels
- 2 Developing Intrapersonal Skills through Relaxation & Meditation
- 3 Organising Self, Attitudinal Shift, Decision Making
- 4 Adhering to Commitments through Inner Peace & Outer Dynamism
- 5 Instilling a Sense of Responsibility towards the Institution, Fellow Students & Faculties
- 6 Stress Management and Importance of Spirituality

Expected benefits derived and how they will be helpful to the college.

The project vision is to empower students to enhance their learning ability and decision-making skills. The goal is to bring an everlasting change in the mindset of youths so that they become strong internally to deal with the challenges, become job-ready and take responsibility towards their own self and the nation.

- Improvement in learning and research competency
- Increase student employability
- Create opportunities for youth to develop their interpersonal skills
- Enhance abilities of youth to handle stressful conditions
- Improve the relationship between teachers and students

Signature of the Event Co-ordinator



Ardamanbir Singh Sidhu