

To

The Principal,
SMHS Govt. College
SAS Nagar

Received.
Haryat Goyal
15. 1. 2022

Subject: Permission to conduct a certificate course
on Ancient Indian Wisdom

Respected Madam,

For the development of historical

sense among the young students, some of whom
not even students of ~~English~~ History, I wish you

to allow me to conduct this certificate course
in Life Style Management for Realising True Potential

Thanking you

Lessons from

Ancient
Indian
Wisdom

Yours sincerely

N. Teipathi

Nishtha Teipathi

Deptt. of History

17th January 2022 to 7th Feb. 2022

Time 1:30 to 3:30.

Certificate course: Lifestyle Management for Realizing True Potential- Lessons from Ancient Indian Wisdom

- Lifestyle Management
- Yoga for Mental Health
- Personal Excellence Through the Bhagwat Gita
- Balanced Diet Management
- Importance of Seasonal and Daily Routine
- Imparting Values Through Education
- Meditation, Health and Well being
- Music as a Therapy
- Emotional Intelligence from the Realms of Ancient Indian Wisdom
- Management Lessons from Shrimad Bhagwat Gita
- Ayur-Veda and Well being
- Environment- Concerns from Sanskrit Literature
- Empowerment of Women in the Light of Swami Vivekananda
- Health Effects of Vegetarian Diets - *yogi plate*
- Ashoka 's Law of Piety

N. Deepak

Hoyat G4-1

SMHS Govt. College , S.A.S Nagar


History Department

Notice for Students

The Department of History is going to start 30 Hrs. 'Life style Management for Realising True Potential Lessons from Ancient Indian Wisdom', Course. The course is going to start on date 17-01-2022 to 07-02-2022. The timing of classes will be 1.30 pm to 3.30 pm. Those students who are interested, please give their names to Prof. Nishtha Tripathi (Mob no- 9779024357). Last date of enrolment will be 15-01-2022.

Students of all classes & streams are admissible.


Course coordinator


Principal
SMHS Govt. College
SAS Nagar




S.M.H.S. Government College , Mohali

Value Added Certificate Course

Lifestyle Management for Realizing True Potential-Lessons from Ancient Indian Wisdom

OBJECTIVE:

Lifestyle management is when you make healthy choices that support your mental health and promote overall well-being. Examples of lifestyle management include:

- Eating a balanced, nutritious diet
 - Getting regular exercise and participating in physical activities that you enjoy
 - Managing stress through relaxation techniques such as meditation or mindfulness
 - Engaging in social and recreational activities with family and friends
 - Finding fulfilling work or volunteer opportunities that bring meaning to your life
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Right food choices to add years to your life
Lifestyle management is important because it helps you to
find balance and harmony in all areas of your life. It involves
making healthy choices in your physical, emotional, spiritual,
and occupational well-being and is essential for achieving
lasting mental health.



Nishtha Tripathi
Associate Professor (History)

SMHS Govt. College , S.A.S Nagar

History Department

Assessment Procedure

Assessment Procedure for 'Life style Management for Realising True Potential : Lessons from Ancient Indian Wisdom', course in History is based on

- 75% Attendance will be mandatory.
- There will be an oral exam to test the scholars on their knowledge about Yoga, Meditation, Ayurveda, Empowerment of Women and Environment.


Course coordinator


Principal
SMHS Govt. College
SAS Nagar

Value Added Course

ਸਟੀਰੀਉ ਡਾ.ਸਿ.ਵਿਭ. ਨੰ. 52 Life style Management for Realising
True Potential: Lessons from Ancient Indian Wisdom

ਹਾਜਰੀ ਰਜਿਸਟਰ- Nishtha Tripathi

ਕਾਲਜ

ਰੋਲ ਨੰ.	ਨਾਂ	Jan											Feb							
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	
2104	Gurdit Singh	X	1	2	3	4	X	5	6	7	8	9	10	X	11	12				Gurdit
08	Prashant Mattu	1	2	3	4	5	X	6	7		8		9	10	11	12				Prashant
14	Shefali	1	2	3	4	5	6	7	8	9	10	X	11	12	13	14				Shefali
16	Tarandeep Singh	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Tarandeep
20	Pardeep Kumar	1	2	X	3	4	5	6	7	8	9	10	11	12	13	14				Pardeep
22	Harspreet Singh	1	2	3	4	X	5	X	6	7	8	9	10	11	12					Harspreet
24	Ramanpreet Singh	1	2	3	4	5	6	7	8	X	9	10	X	11	12	13				R Singh
26	Lovepreet Singh	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Lovepreet
38	Navjot Singh	1	2	3	4	5	X	6	7	8	9	10	11	12	13	14				Navjot
40	Parampreet Singh	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Parampreet
42	Harpreet Singh	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Harpreet
44	Bikramjeet Singh	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Bikram
46	Babita Kumari	1	2	3	4	5	6	7	X	8	9	10	11	12	13	14				Babita
50	Gobind Kumar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Gobind
52	Maneet Kaur	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Maneet
54	Preeti	1	2	3	4	X	5	6	7	8	9	10	11	12	13	14				Preeti
66	Visharpreet Singh	1	2	3	4	5	6	7	8	9	10	11	X	12	13	14				Visharpreet
68	Ramanpreet Kaur	1	2	3	4	5	6	7	8	9	10	11	X	12	13	14				Ramanpreet
70	Aravjot Singh	1	2	3	X	4	5	6	7	8	9	10	11	12	13	14				Aravjot
74	Manpreet Kaur	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Manpreet
76	Rupinder Singh	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Rupinder
78	Sukhvinder Singh	1	2	3	4	5	6	7	8	9	X	10	X	11	12	13				Sukhvinder
84	Gurpreet Singh	1	2	3	4	5	6	X	7	8	9	10	11	12	13	14				Gurpreet
92	Lovepreet	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				Lovepreet
94	Prabhjot Kaur	1	2	3	4	5	6	7	8	X	9	10	11	12	13	14				Prabhjot
96	Kajal	1	2	3	4	5	X	6	7	8	9	10	11	X	12	13				Kajal

From Ancient Indian Wisdom

N. Dipalvi
23.2.22

Shaheed Major Harmanderpal Singh Govt. College, Sahibzada Ajit Singh Nagar (Mohali)



CERTIFICATE

Certified that Mr./Ms Gurpreet Singh Father's Name Gurchar Singh

Class B. A. III Roll No 2184

Name of Course Completed Life Style Management for Realising True

Duration of Course 30 hours Grade/Marks Awarded Potential 42

N. Chakraborty
Course Co-Ordinator

*Certificate
Speciman*

Harpreet Singh
Principal

Shaheed Major Harmanderpal Singh Govt. College, Sahibzada Ajit Singh Nagar (Mohali)



CERTIFICATE

Certificate Specimen

Certified that Mr./Ms Ramanpreet Singh Student's Name S. Gurcharn Singh
Class B. A. III Roll No [2124]
Name of Course Completed Life Style Management for Realising True Potential
Duration of Course 30 hours - Lessons from Ancient India
Grade/Marks Awarded 45

N. Deepak
Course Co-Ordinator

Haryat Singh
Principal