



GOVT.  
COLLEGE  
KULLU

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## Self-Assessment Report (SAR) for Annual Internal Ranking (AIR) of Govt. Colleges of Himachal Pradesh for the Academic Session 2023-24

### Criterion 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.)	
<b>Life skills- Yoga and effective communication skills</b>	
NSS unit GC Kullu celebrated International Yoga Day with the collaboration of NYK Kullu at Rath Ground Dhalpur Kullu on 21st June 2024	<a href="https://www.gckullu.ac.in/National_Service_Scheme.aspx">https://www.gckullu.ac.in/National_Service_Scheme.aspx</a> Please visit the link and you will find the activity photographs attached there.
Lecture on Mental Health by Dr. Hema Sharma 01 <sup>st</sup> February, 2024	<a href="http://www.gckullu.ac.in/docs/nss/Seven-Days-NSS-Special-Camp-2024.pdf">www.gckullu.ac.in/docs/nss/Seven-Days-NSS-Special-Camp-2024.pdf</a> 7 days NSS Special camp was organized and on 5 <sup>th</sup> Day Dr. Hema delivered a lecture on mental health and emotional balance (page number 2 of the report)
Soft Skill Course on EEE- English, Employability and Entrepreneurial Skills under Himachal Pradesh Skill Development Project (HPSDP)	<a href="http://www.gckullu.ac.in/images/activities/276917900Dept.%20of%20Sociology%20College-Activity%20(2).pdf">www.gckullu.ac.in/images/activities/276917900Dept.%20of%20Sociology%20College-Activity%20(2).pdf</a>