



Nav Nirman Sewa Samiti's Samalkha Group of Institutions, Samalkha Distt. Panipat

News Letter of the Month April - June, 2023.

Published by: Nav Nirman Sewa Samiti's Samalkha Group of Institutions, Samalkha Distt. Panipat

Mock Interview – A device to crack the Interview.

(10th April, 2023)

Samalkha Group of Institutions always works for receiving excellence. For fulfilling its objectives Management Department of Samalkha Group of Institutions prepared a workshop on “**Mock Interview – A device to crack the Interview.**” which is conducted by Management Department. The outline was scheduled on **April 10, 2023 at 10:00 AM** in the Lecture hall 2, B3 Block.

This practicum started with the important part concerning the Interview. In the theory part of Interview one speaker told that Interview is an essential activity in intellectual, trade and executive spheres. She said that it is a systematic and listening carefully interactive oral process through which one can negotiate of ideas, thoughts and feelings with other members. In this

valuable lecture, they gave different tips to crack the interview.

After that they mentioned the rules of Interview to all the Students, All students from MBA and BBA enthusiastically participated in workshop. In the last, off-putting and upbeat points of Interview is discussed with the students in the class room and also gave suggestions to the students that how they can overcome the week points in Interview.

Dr. Sarita Goel, Director also gave their thoughts about this workshop and told that it helps us to train our self and helpful for getting a good job in competitive world.



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International Yoga Day!!!!!!

(21st June, 2023)

Samalkha Group of Institutions enthusiastically celebrated International Yoga Day on June 21, 2023 in the Seminar Hall.

The event witnessed the participation of students, faculty members, and esteemed guests, making it a grand success.

The yoga practical session, led by Amit Sharma – Assistant Professor, was the highlight of the event. He conducted an hour-long session that encompassed various elements of yoga practice. The session commenced with the invigorating Suryanamaskar (Sun Salutation) followed by a series of Asanas (yoga postures) that promoted physical strength and flexibility.



Participants were guided through Pranayama (breathing exercises) to enhance mindfulness and focus. The session concluded with a peaceful meditation, allowing individuals to relax and rejuvenate.



The event witnessed a substantial turnout, with both students and faculty members actively participating in the yoga session. Their enthusiasm and dedication towards embracing yoga as a part of their daily lives were commendable. The session not only provided physical benefits but also emphasized the importance of holistic well-being and stress reduction.