



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

News Letter of the Month **October - December, 2022.**

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

### **Diwali Celebration (21st October, 2022)**

Department of Engineering @ Samalkha

Group of Institutions (SGi) illustrious Diwali gathering – for creating consciousness about the theme that, “Diwali is not only a celebration”.

As per the Hindu Culture as well as the Trend of Educational Institute all Functions starts with Enlighten lantern in front of Maa Saraswati and Because of Diwali Function Luxmi Poojan was held for starting the function by the Teachers and the Students. After that a formal speech was given by Dr. Sarita Goel – Director. Theme of her speech is why we are focusing only in celebration but we have to learn a lot of things from Lord Rama. It is not the festival of crackers, gifts and sweets only but how we make our life spiritual and how we can follow the rules of Ramayana in our life.

All Teachers of SGi gave their valuable views on this Diwali Festival. Complete

program was coordinated by teachers of B.Tech department.

Shri Ajay Goyal, Chairman – Samalkha Group of Institutions gave his blessings to the students, Participants and Teachers.



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### **Workshop - Stress Management (How to Remove Stress)**

**(17<sup>th</sup> November, 2022)**

Samalkha Group of Institutions always plant for building their students inventive. For fulfilling its objective Samalkha Group of Institutions structured a Workshop for 1:30 hours which is conducted by Teachers of Engineering Department. The outline was scheduled on **November 17, 2022 at 10:30 AM.**

The student participated very enthusiastically during the entire session and gained good knowledge that will help the students to face the competition.

Some Yoga Techniques like sudarshan kriya, anulom vilom and inner sight also discussed with students to come out the stress. It was an amazing session and necessary to the all students so that they can handle the stress while working in the organization.

The present component on personality development is specifically design by SGI to cater the training courses to students in order to improve their behavior & functional efficiency. Students learnt different strategies to eliminate stress from their life and to improve their personality.