



# VIVEK P.G. COLLEGE KALWAR, JAIPUR

(Affiliated to University of Rajasthan & Govt. of Rajasthan)

F4(179/60)AAKASHI/ANU/2003/89

Tel: 0141-2589596, 2589665

Mob.: +91-9928144609

E-mail: info@vivekpgcollege.com

## NOTICE

Date: 4<sup>th</sup> January 2021

Subject: Poetry Contest and Storytelling

We are thrilled to announce that on January 07, 2021, our college will hold a storytelling and poetry competition. This event aims to give students a stage to display their artistic and literary abilities.

Specifics of the Contest:

Date: 07<sup>th</sup> January 2021

10:00 A.M. to 1:00 P.M.

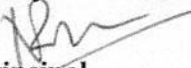
Location: Auditorium College

Rules & Guidelines: Storytelling Poetry Categories

Each competitor may sign up for either or both categories.

Original stories should be at most ten minutes for storytelling entries.

Poetry submissions must be unique and at most three minutes.

  
Principal

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Copy to:-

1. All Department Head
2. IQAC
3. Student Notice Board
4. Office

We look forward to your participation.

  
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## REPORT ON A POETRY OR STORYTELLING SESSION:

Event Details – A Poetry Or Storytelling Session

Date:- 7<sup>th</sup> January 2021

Venue:- Vivek P G College, Kalwar

No of Participants: UG & PG students: 1517

Objective: -

- List the main ideas and themes that the poetry or stories explore.
- Draw attention to noteworthy acts, looks, or methods.
- Record comments and reactions from the audience.
- Examine the session's pacing, structure, and organization.
- Give credit to the writers, poets, or storytellers who took part.
- Make suggestions for upcoming enhancements or additions.
- Draw attention to the occasion and urge people to attend upcoming meetings.
- Encourage a feeling of camaraderie among readers.

### Program:- Program:-

The program for POETRY OR STORYTELLING SESSION was held in the seminar hall of a college. Under her direction was Dr. Indu Bala. Vishal Dhaka, the director, ignited the lamp. Mamta Chaudhary and Dr. Saroj Chaudhary ran the program.

A storyteller's use of vocal inflections and gestures brought their tale to life. The session's supportive atmosphere encouraged participants to share their own writing and stories.

### OUTCOMES:-

- Greater awareness of the poets and storytellers who are taking part.
- Encouraging newcomers to upcoming events.  
The creation of a community centered on storytelling and poetry.
- Motivation for upcoming artistic endeavors and team projects.
- A contribution to the expansion and improvement of the regional literary scene.
- Establishing a library of tales and poetry for upcoming generations.
- Promoting an environment that honors storytelling and artistic expression
- Creation of fresh initiatives, seminars, or gatherings motivated by the meeting.
- Poetry and storytelling are used to preserve cultural heritage.
- Empowerment of marginalized voices through amplified storytelling.

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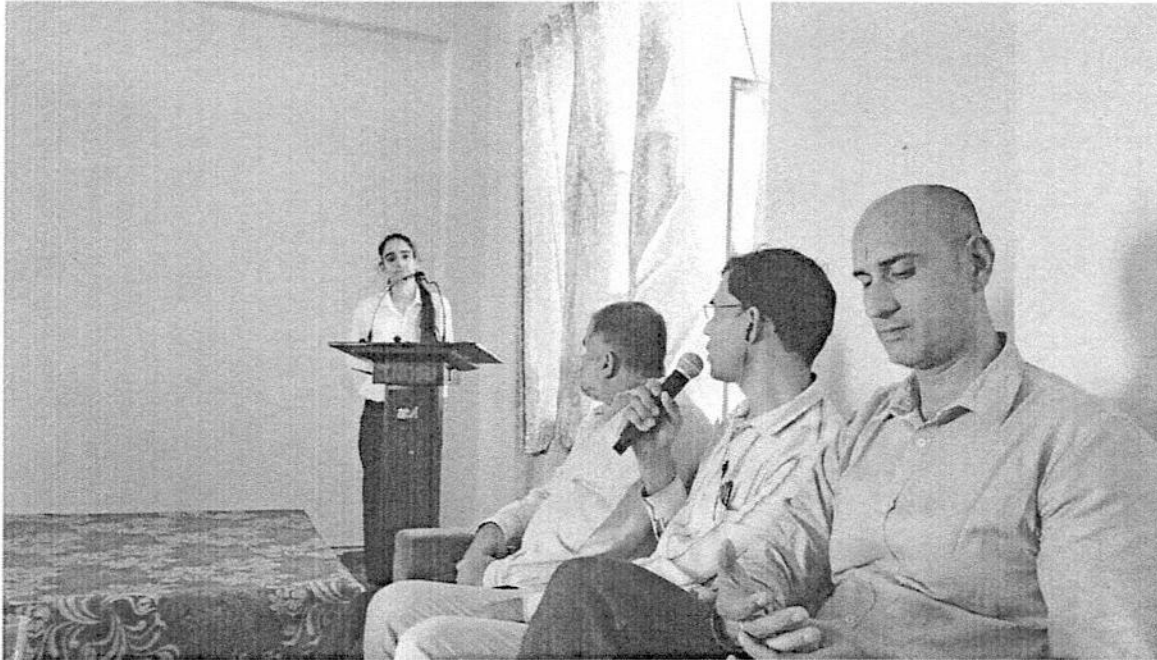
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**Photo Gallery of Students participating in Storytelling Competitions organized at Vivek PG College Kalwar Jaipur.**



**Student of Vivek PG College participating in story telling & Poetry contest organizing at Vivek PG College Kalwar.**

  
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## NOTICE:

Date: 23 January 2021

Subject: Student Yoga and Fitness Classes

Greetings, Students & Faculties

We are happy to inform you that our college will hold yoga and fitness classes to support students' health and well-being. The goals of these sessions are to help you become more physically fit, manage stress, and improve your general mental health.

### Information on the Sessions:

Date: 28 January 2021

Days: [Monday, Wednesday, and Friday]

[Time, 7:00 AM - 8:00 AM].

Location: [college auditorium and ground]

Essential Points to Note:

Yoga: Instruction in postures, breathing techniques, and meditation methods led by a teacher.

Exercise: To keep you invigorated and in shape, engage in Zumba, aerobics, and other exercise regimens.

Instructors: The courses will be led by seasoned yoga and fitness instructors.

### Benefits of the Event:

Lessens anxiety and tension improves focus, and academic lessens anxiety and tension improves focus and academic achievement, increases flexibility and physical well-being.

Fosters a feeling of well-being and community.


Principal

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  - IQAC
  - Student Notice Board
  - Office

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## Report on organizing fitness & Yoga sessions in college.

### Event Details – Fitness & Yoga sessions

Date: 28<sup>th</sup> January 2021

Venue: Vivek P G College, Kalwar

No of Participants: UG & PG students: 20

### Objective:

**Encourage Physical Health:** Students who regularly attend yoga and fitness classes can enhance their flexibility, strength, and general level of fitness in addition to maintaining their physical health.

**Boost Mental Well-Being:** Exercise and yoga can lower stress, anxiety, and depressive symptoms. Through encouraging calmness and mental clarity, they can assist students in coping with the demands of academic life.

**Encourage Academic Success:** Research has shown that physical activity improves focus, memory, and cognitive function, all of which can help students perform better academically.

### Program:

Students and all the college faculties gathered in the college auditorium for yoga sessions.

The sports instructor, who is also the session coordinator, discussed the advantages of doing yoga and the importance of adding it to the academic curriculum.

The sports instructor also discussed some typical components that these sessions included:

Asanas, or physical postures, enhance balance, strength, and flexibility.

**Breathing exercises (Pranayama):** Stress reduction and concentration can be enhanced by learning to regulate and concentrate your breath.

**Mindfulness and meditation:** techniques to develop mental clarity, improve focus, and quiet the mind.

**Relaxation Techniques:** Strategies that assist students in decompressing and handling stress, such as yoga nidra or guided relaxation.

**Workshops and Talks:** Presentations on the advantages of yoga, stress reduction, and healthy living.

The program concluded with the chanting of the Gayatri gayatri mantra.

### Outcomes:

**1. Stress Reduction:** Regular yoga reduces stress levels by lowering cortisol, the stress hormone

1. This can be particularly advantageous for college students who often endure academic expectations and social difficulties.

**2. Improved Sleep:** Yoga boosts sleep quality, which is vital for academic performance and well-being

**3. Anxiety and Depression Management:** Yoga and mindfulness techniques have been demonstrated to lessen symptoms of anxiety and depression, boosting emotional resilience.

The primary purpose of these events was to motivate our children to learn and grasp the meaning of freedom. Children were also taught about the history of Indian civilization and its rich culture through various activities. These activities successfully kindled the sense of patriotism in our youngsters and made them adore their nation.

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## Photo Gallery of Yoga Session and Fitness in Colleges.



Students and Faculties of Vivek PG College Participating in Yoga Session.



  
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## NOTICE

**Date: 10 February 2021**

**Subject: Creating Costumes for Fashion Events**

We are thrilled to announce that our college will host a Costume Designing and Fashion Event.

This event highlights our students' brilliance and inventiveness in fashion and costume design.

**Event Specifics:**

**Date: 13 February 2021**

**10:00 a.m. to 4:00 p.m.**

**Location: Auditorium College**

**Highlights of the occasion:**

**Fashion Show Competition for Costume Design Workshops Led by Industry Professionals**

**Display of Student Designs**

**Participation: Students who want to enter the costume design competition or fashion show should register their names with the undersigned.**

**Please do not hesitate to contact the event coordinators for additional information:**

**We eagerly await your enthusiastic involvement and support in making this event successful.**

**Principal**

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**KALWAR, JAIPUR-303706**

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**2. IQAC**

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## Reports on Fashion & Costume designing competition.

**Event Details – Fashion and Costume Design competitions**

**Date:** 13<sup>th</sup> February 2021

**Venue:** Vivek P G College, Kalwar

**No of Participants:** UG & PG students: 20

### **Objectives:**

**Encourage Creativity:** Providing a forum for pupils to express their creativity and design talents.

**Skill Development:** To Help students improve and increase their costume design, sewing, and presentation skills.

**Cultural Awareness:** To Promote understanding and respect of diverse cultures and historical periods through clothing themes.

**Teamwork and Collaboration:** To Foster teamwork and collaboration among participants.

**Recognition and Motivation:** To Recognize and reward bright students, inspiring them to pursue their interests further.

### **Program:**

1. Participants collect in the auditorium with designed dresses
2. The coordinator ensures all logistics are in place, including stage setup, sound system, and seating arrangements.
3. The panel of judges evaluates the costumes and announces the winners.

### **Outcomes:**

**Enhanced Skills:** Participants' design and presentation abilities will improve, and they will acquire helpful experience.

**Enhanced Participation:** Students' involvement in college events and engagement levels rise due to the event.

**Networking:** Students establish connections with industry experts and other students in the costume design sector.

**Portfolio Building:** Participants favorably position themselves for upcoming chances by including their designs in their portfolios.

  
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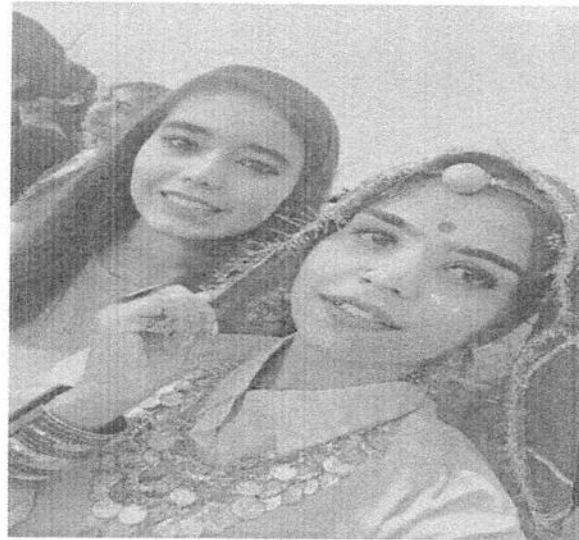
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Photo gallery of students organizing  
Fashion & Costume designing competition.



  
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## NOTICE

Date of Notice: 23 February 2021

Subject: Planning a Dramatic and Theatre Event

Greetings, Students, and Faculties

We are thrilled to announce that our college will host a theatre and drama event on 28<sup>th</sup> February 2021 at the College Auditorium. This event aims to allow our kids' exceptional talent a forum for creative expression.

Event Specifics:

Date: 28<sup>th</sup> February 2021

Time: From 10:00 A.M onwards

Location: College auditorium

Students who would like to be involved in any way—as performers, directors, scriptwriters, or any other way—should register their names with the Cultural Committee. Auditions will take place on 26<sup>th</sup> February 2021 to choose the final participants.

Sign up:

Person to Contact: Mr Manoj Sepat & Mrs Sunita saini

We urge every student to participate in this thrilling occasion and help it succeed. This is a fantastic chance for you to hone your abilities, collaborate with others, and produce shows that will be remembered.

If you have any questions, don't hesitate to contact the Cultural Committee.

We eagerly anticipate your enthusiastic involvement!

Principal

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## Report on Theatre and Drama Performance:

### Event Details – Theatre and Drama Performances

Date: 28<sup>th</sup> February 2021

Venue: Vivek P G College, Kalwar

No of Participants: UG & PG students: 19

### Objectives:

- 1. Creativity and Expression:** To facilitate participants' exploration of various characters, emotions, and narrative approaches by fostering their creativity and self-expression
- 2. Teamwork and Collaboration:** Because participants must cooperate to achieve a seamless performance, theatre workshops promote teamwork and collaboration.
- 3. Confidence Building:** Performing in front of an audience can enhance participants' public speaking abilities and self-confidence.

### Program:

1. The event coordinator discussed the importance of Theatre and drama events in practical life
2. Participants collect in the auditorium.
3. The coordinator ensures all logistics are in place, including stage setup, sound system, and seating arrangements.
4. The panel of judges evaluates the costumes and announces the winners.

### Outcomes:

**Enhanced Communication abilities:** Students' verbal and nonverbal communication abilities are enhanced when participating in theatre activities. They get better at boldly and clearly expressing themselves.

**Increased Self-Esteem and Confidence:** Students' self-esteem and confidence can be greatly improved by performing in front of an audience. It offers a secure environment where they can take chances and get over stage fright.

**Enhanced Academic Performance:** Research indicates that participation in theatre arts can favor academic achievement. It improves problem-solving, critical thinking, and creative abilities that apply to different academic disciplines.

  
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Photo gallery of Students of Vivek PG College performing in Drama and Theatre performances.

  
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## Notice

Date: 10/03/21

This is to inform all students that 13/3/21 our college will be hosting a sports quiz competition in the auditorium. The competition will include a range of sports-related themes, such as rules, history, and well-known athletes.

Information about the Event:

Date: 13/03/21

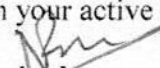
Time: From 10:00 A.M onwards

Location: Auditorium College

Eligibility: Participation is open to all students.

Interested students are asked to register their names with the undersigned. For more information, please get in touch with the undersigned.

With your active participation, let's make this event a huge success!

  
Principal

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We look forward to your participation.



**Report on Sports Quiz organized at Vivek PG College Jaipur.**

**Event Details – Sport Quiz**

**Date:** 13-03-2021

**Venue:** Vivek P G College, Kalwar

**No of Participants:** UG & PG students: 23

**Objective:**

1. **Improving Knowledge:** To push students to learn outside their textbooks, sports quizzes help them understand more about different sports, athletes, and historical events.
2. **Developing Critical Thinking:** These quizzes enhance their analytical and problem-solving abilities by requiring participants to think fast and critically.
3. **Encouraging Teamwork:** Sports quizzes were done in groups to encourage cooperation and teamwork, teaching students how to collaborate with others.

**Program:**

1. The sports coordinator discussed the importance of sports in our everyday life
2. Participants collect on the ground.
3. The coordinator ensures all participants are present in the competition and encourages other students to participate.
4. The panel of judges evaluates the costumes and announces the winners.

**Outcomes:**

1. **Healthy Competition:** Students are encouraged to have a competitive mindset; they inspire pupils to raise their game.
2. **Engagement:** Both academically and recreationally, these activities can boost student involvement and enthusiasm in sports.  
Soft skill development: Tests enhance confidence, communication abilities, and stress tolerance.
3. **Networking:** These events allow students to engage with classmates from various backgrounds, and these events help them expand their social network.

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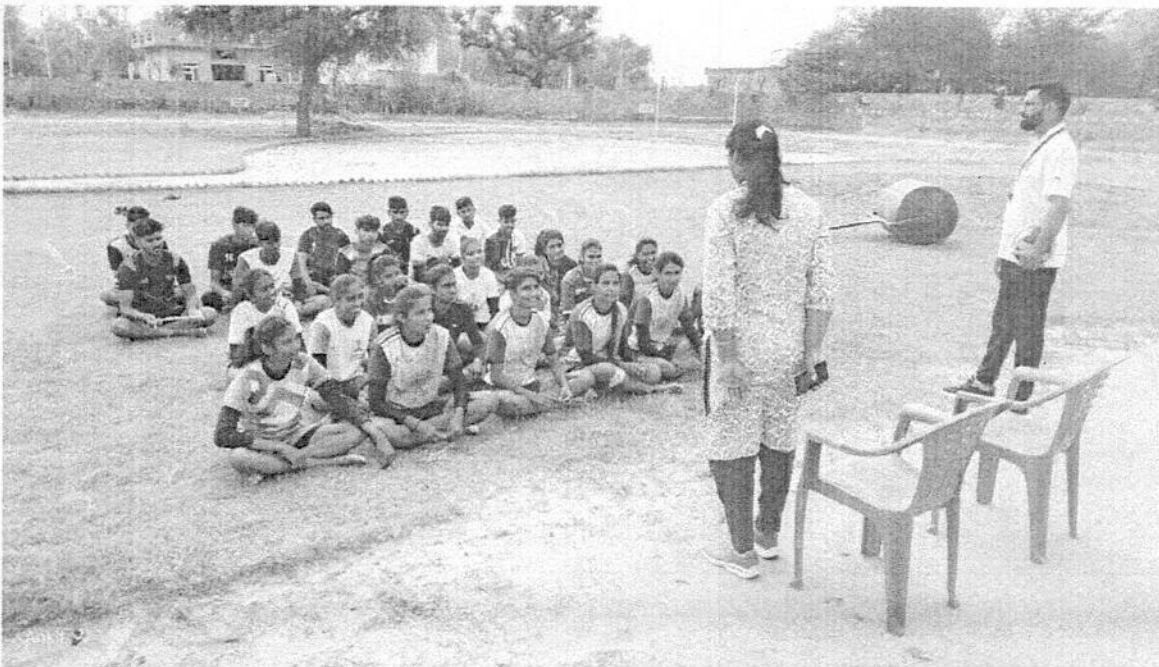
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Photo gallery of students participating in Sports quiz at Vivek PG College Kalwar Jaipur.



  
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