

Martial Arts Training Program for self Defense of girl students

Under the able leadership of Principal Dr. Amandeep Heera, a one-week Faculty Development Program (FDP) was organized by the Internal Quality Assurance Cell (IQAC) at Babbar Akali Memorial Khalsa College, Garhshankar—an esteemed institution functioning under the management of the Shiromani Gurdwara Parbandhak Committee (SGPC). The theme of the FDP was “The Role of Soft Skills in Achieving Academic Success and Maintaining Mental Well-being.”

The primary objective of the program was to raise awareness among teachers about the importance of soft skills and mental wellness, enabling them to perform better in both their academic and personal lives. Professors from various colleges and universities participated as guest speakers during the event.

The FDP began with an inaugural session, where Principal Dr. Amandeep Heera welcomed all the participants and guest speakers. The first day's session featured Mr. Kamal Kishore Noori, an international Taekwondo coach, who delivered a lecture focusing on strategies to maintain mental wellness and emphasized the importance of a balanced lifestyle. He also conducted a practical session demonstrating various yoga postures and effective exercises that can help improve both physical and mental health.

On the second day, Prof. Navdeep Singh acted as the resource person. He elaborated on how different books can be beneficial in personal life, highlighting the vital role of soft skills in both personal and professional development. He explained how educators can enhance their soft skills through continuous

learning, effective communication, and emotional intelligence. He also recommended reading good novels and books to refine soft skills, develop new perspectives, and foster a positive mindset.

The third day featured Dr. Surinder Kumar, Associate Professor of Computer Science at Sri Guru Tegh Bahadur Khalsa College, Sri Anandpur Sahib. He delivered an insightful lecture on the importance of soft skills in the academic domain. He stressed that effective communication, teamwork, and adaptability to new situations are essential for professional growth. Additionally, he introduced participants to important software tools like GitHub and JIRA to increase their knowledge of modern project management and version control systems.

On the fourth day, Lieutenant Manpreet Kaur from Chandigarh Engineering College, Mohali, gave an engaging lecture on stress management. She explained various exercises and techniques in detail that can help individuals maintain mental wellness and reduce stress effectively.

The fifth day's session featured Dr. Pritinder Singh from the Mathematics Department, who delivered a brilliant lecture on the topic "Mathematics: A Hidden Gem for Soft Skills." He connected the importance of mathematics beyond numbers and equations, linking it to the development of essential soft skills. He engaged participants in various interactive activities that emphasized the importance of teamwork. He also presented some interesting riddles designed to promote critical thinking.

On the final day, Dr. Bimla Jaswal, Associate Professor (Department of Commerce), SGGGS Khalsa College, Mahilpur, delivered a thoughtful and engaging lecture on time management. Using simple and relatable examples from daily life, she stressed the need for efficient time utilization. Her session provided teachers with strategic tools to effectively balance their professional and personal lives.

During the closing ceremony, Prof. Navdeep Singh from the English Department presented a vote of thanks. He appreciated the organizing team, resource persons, and participants for their significant contribution to the success of the program. Principal Dr. Amandeep Heera especially acknowledged Dr. Kuldeep Kaur, the IQAC Coordinator, and her team for their instrumental role in organizing the entire FDP. She encouraged the faculty members to continue participating in such programs in the future for their personal and institutional growth.

Throughout the week-long program, Prof. Baldeep Kaur efficiently conducted stage management duties. Faculty members such as Prof. Lakhwinderjit Kaur, Prof. Kanwar Kulwant Singh, heads of various departments, and the entire staff were actively present. Overall, the Faculty Development Program proved to be beneficial and inspiring for all participating



educators.



