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Title of the Practice: Student Happiness Program at IKGPTU Amritsar Campus



Objectives of the Practice: The objectives of the Student Happiness Program at IKGPTU Amritsar Campus are to promote physical and mental well-being among students, create a positive and supportive environment on campus, and enhance students' overall happiness. The program aims to provide a range of activities such as meditation, yoga, running, games, Bhangra dance, self-defense, and seminars on well-being topics. The underlying principles of the practice include prioritizing student welfare, encouraging participation in physical and mental health activities, and fostering a sense of community among students.

The Context: The Student Happiness Program was designed to address the well-being needs of students at IKGPTU Amritsar Campus. The challenging issues that needed to be addressed included high levels of stress, lack of opportunities for relaxation and physical activity, and a need to create a supportive and positive campus environment. The program aimed to provide students with a break from their studies and focus on their well-being, offering a variety of activities to cater to different interests and needs.

The Practice: The Student Happiness Program at IKGPTU Amritsar Campus includes a series of events aimed at promoting student well-being. The program features activities such as meditation, yoga, running, games, Bhangra dance, self-defense, and seminars on well-being topics. These activities are designed to help students relax, reduce stress levels, promote physical fitness, and enhance their overall happiness. The program is coordinated by dedicated individuals and supported by faculty members, creating a conducive environment for student participation. The uniqueness of the practice lies in its holistic approach to student well-being, incorporating physical, mental, and cultural aspects.

Constraints or limitations that may be encountered include resource availability, scheduling challenges, and ensuring sustained student engagement and participation.


Evidence of Success: The success of the Student Happiness Program has been measured through various indicators, such as positive feedback received from participants, increased student engagement and participation, improvements in students' physical and mental well-being, and the creation of a positive and supportive campus environment. Regular feedback surveys and assessments were conducted to gauge the impact of the program on students' well-being, academic performance, and overall satisfaction.

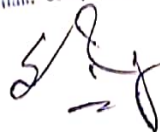

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Problems Encountered and Resources Required: Some potential problems that were encountered in implementing the program include resource limitations, such as funding for organizing the activities and acquiring the necessary equipment, logistical challenges in coordinating multiple events and ensuring sustained student interest and participation. Resources required for successful implementation include financial support, dedicated coordinators, access to appropriate facilities for various activities, and active involvement from faculty and staff.

Notes (Optional): To adopt and implement the Student Happiness Program in other institutions, it is essential to customize the activities and approaches to suit the specific context and needs of the students. Collaboration with faculty, staff, and student bodies is crucial for the success of the program. Sharing best practices, lessons learned, and success stories with other institutions can contribute to the overall well-being of students across the higher education sector. Continuous monitoring and evaluation, along with regular feedback from participants, can help in refining and improving the program over time.

The university needs to prioritize student well-being and actively support initiatives like the Student Happiness Program. By promoting a positive campus environment and addressing the physical and mental health needs of students, the university can enhance the overall student experience and contribute to their holistic development.


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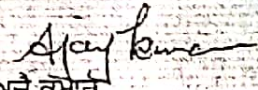
Ref. No. IKGPTU/ASR/144

Dated: 20-1-2022

ਸਰਕੂਲਰ

ਵਿਸ਼ਾ: ਆਈ. ਕੇ. ਗੁਜਰਾਲ ਪੰਜਾਬ ਟੈਕਨੀਕਲ ਯੂਨੀਵਰਸਿਟੀ ਅੰਮ੍ਰਿਤਸਰ ਕੈਂਪਸ ਵਿਖੇ 21 ਜੂਨ 2022 ਨੂੰ (Student Happiness Program) ਕਰਵਾਉਣ ਸਬੰਧੀ।

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ ਸਮੂਹ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਧਿਆਨ ਵਿੱਚ ਲਿਆਇਆ ਜਾਂਦਾ ਹੈ ਕਿ ਐਨ.ਐਸ.ਐਸ. ਯੂਨਿਟ ਵਲੋਂ 21 ਜੂਨ 2022 ਨੂੰ ਸਮਾਂ ਸਵੇਰੇ 6:00 ਵਜੇ ਤੋਂ 8:00 ਵਜੇ ਤੱਕ ਅੰਮ੍ਰਿਤਸਰ ਕੈਂਪਸ ਵਿਖੇ (Student Happiness Program) ਰੱਖਿਆ ਗਿਆ ਹੈ। ਇਸ ਪ੍ਰੋਗਰਾਮ ਦੌਰਾਨ ਯੋਗ ਮੈਡੀਟੇਸ਼ਨ ਅਤੇ ਖੇਡਾਂ ਕਰਵਾਈਆਂ ਜਾਣਗੀਆਂ। ਕੈਂਪਸ ਵਿੱਚ ਸਿੱਖਿਆ ਗ੍ਰਹਿਣ ਕਰ ਰਹੇ ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਭਾਗ ਲੈਣ ਲਈ ਨਿਆਂ ਸੱਦਾ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ।


ਅਜੈ ਕੁਮਾਰ
ਪ੍ਰਥਮ ਅਫਸਰ

ਇਸ ਦਾ ਇਕ ਉਤਾਰਾ:

1. ਡਾਇਰੈਕਟਰ ਅੰਮ੍ਰਿਤਸਰ ਕੈਂਪਸ ਜੀ ਨੂੰ ਸੂਚਨਾ ਹਿੱਤ।
2. ਕੋਆਰਡੀਨੇਟਰ, ਐਨ.ਐਸ.ਐਸ. ਅੰਮ੍ਰਿਤਸਰ ਕੈਂਪਸ
3. ਵਿਦਿਆਰਥੀ ਨੋਟਿਸ ਬੋਰਡ

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