MULTIDISCIPLINARY ONE-WEEK WORKSHOP
(February 16-23, 2023)

Inaugural Session

The inaugural session started with an introduction about the one-week multidisciplinary workshop and a brief introduction of the chief guest, Dr. N.N. Sharma, Pro Vice Chancellor, Sri Sai University, Palampur, by Dr. R.S. Chandel. Dr. Neena Sharma, convener of the Research and Development committee, gave detailed information about the 18 technical sessions of this one-week multidisciplinary workshop and welcomed the inaugural chief guest, Dr. N.N. Sharma. Dr. Prajya Mishra, the workshop's chairperson and patron, appraised the participants on the various aspects of the workshop and shared Dr. N.N. Sharma's contribution to society and the student community during his long career in higher education. The chief guest, Dr. N.N. Sharma, delightfully expressed that conferences and workshops were his passion and he would always contribute towards such activities in every possible manner. He said that teachers are expected to teach what the students choose under the New Education Policy and that teachers must ensure that they are meeting their expectations. The satisfaction of seeing tangible results of the efforts made for students is an actual reward in the life of a teacher. An appeal was made to the students to enhance their own marketability and develop such skills as to become irreplaceable in any organisation. He gave "three mantras" for a successful life.

i)   to enhance one's knowledge through learning.
ii)   to inculcate "will" for skill.
iii)   to have the right attitude at the right time.

In addition to these, he emphasised commitment towards one's own self and then towards others. "Effective listening is the key to effective learning," were his

closing lines, where he asked all participants to be keen observers and listeners to gain the maximum benefit from such activities. The inaugural session ended with a vote of thanks by Dr. S.K. Katoch, co-convener of the workshop.

February 16, 2023 [Day-1]
1ˢᵗ Technical session (10:30am – 10:45 am)
Resource person: Prof. Sanjiv Kumar, Assistant Professor, Department of Computer Applications, Govt. College Shahpur

Topic: Introduction to Computers and their systems

The 1st technical session of the workshop was graced by the benign presence of Sh. Sanjiv Kumar, Assistant Professor, Department of Computer Applications, Govt. College Shahpur. His topic for the session was "Introduction to Computers and Their Systems." He began his power point presentation on the history of computers. After having given a thorough introduction, he went on to explain the different units of computers and their functionality. He detailed how the various components of a computer, such as the CPU and memory input and output, interact with one another. The working of memory units and the different types of memories were also demonstrated in the power point slides. The different slides include input, output units, an introduction to operating systems, and different types of computer systems. A quiz was also conducted, and the first three students were given the prizes. The session was full of valuable knowledge and beneficial for all. Finally, the lecture was concluded with a vote of thanks.

2nd Technical session (12:00pm – 1:30 pm)
Resource person: Prof. Sanjiv Kumar, Assistant Professor, Department of Computer Applications, Govt. College Shahpur
 Topic: Online Form Filling and Online Payment

The 2nd technical session of the workshop was graced by Sh. Sanjiv Kumar, Assistant Professor, Department of Computer Applications, Govt. College

Shahpur. The topic of the session he delivered was "Online Form Filling and Online Payment." The lecture started with some introduction, and then the different steps were discussed while filling out the online form. He presented the subject using a PowerPoint presentation. In order to teach students how to practically fill out the online form and make the payment, he took a live example from H.P. University. He demonstrated all the steps to be taken to make an account on the university website. The first thing to do on the university website is register and create a password. After successfully registering, log in, carefully read all of the instructions, and then complete the online form. He demonstrated all the different steps to upload the concerned documents and the procedure to compress the images to be uploaded. Not only this, he also explained the different formats to save the images in. The session was full of valuable knowledge and beneficial for all. Finally, the lecture was concluded with a vote of thanks.

February 17, 2023 [Day-2]
1st Technical session (10:30am – 10:45 am)
Resource person: Prof. Manoj Kumar, Assistant Professor, Department of Computer Applications, GCTE, Dharamshala
Topic: Hardware and Software

The resource person for the 1st technical session, Sh. Manoj Kumar, Assistant Professor, Department of Computer Applications, Govt. College of Teacher

Education, Dharmshala, gave his presentation on the topic "Hardware and Software." The power point presentation started with the introduction of hardware. He demonstrated various computer hardware components such as the CPU, memory, input/output, and peripheral devices. In the later part of his lecture, he discussed the different types of software. He explained the functions of the software.

2nd Technical session (12:00pm – 1:30 pm)

Resource person: Prof. Manoj Kumar, Assistant Professor, Department of Computer Applications, GCTE, Dharamshala

Topic: Different methods of data compilation

In the second session, Sh. Manoj Kumar delivered his lecture on the topic "Data Compilation and Graphs." He explained and demonstrated the different methods of data compilation with examples. The collection of data, the compilation of data, and how to generate the results were explained thoroughly. The different kinds of charts and graphs were explained, along with when and how to use them. Thus, the lecture concluded with a vote of thanks.

3ʳᵈ Technical session (2:00pm – 3:30 pm)
Resource person: Prof. Vivek Chaudhary, Assistant Professor, Department of Computer Applications, SCVB Govt. College Palampur
Topic: Cyber Security

The evening session of the workshop was graced by Sh. Vivek Chaudhary, Assistant Professor, Department of Computer Applications, SCBV Government College, Palampur. The topic of his lecture was "Cyber Security." He explained why cyber security is essential in the modern world, where cybercrime is on the rise on a daily basis. The lecture started with the introduction of the topic. The definition of the term "cyber" was given. He described the various applications of the cyber world. Following his explanation of cyber, he demonstrated the concept of security with live examples and demonstrated the procedure for securing data. He told me about the different types of hacking. The methods for securing the data were also explained. He went on to explain different networking concepts and the different hardware and software devices used in networking. The lecture was concluded with a vote of thanks.

February 20, 2023 [Day-3]
1st Technical session (10:30am – 10:45 am)
Topic: Investment & Financial Planning
Resource person: Dr. Manjeet Singh, Associate Professor, Govt. College Nagrota Bagwan

He aims *to establish a deeper understanding and awareness about the prevailing trends and safe practices in the markets amongst* young investors. He shared his views regarding various types of alternative investments, and to illustrate how individual investors can use these assets to improve the risk and return performance of their portfolios. He also discussed about Investors that are generally familiar with traditional asset classes such as fixed-income, but are often unaware of other asset classes such as equity, mutual funds, commodities, private equity, hedge funds, managed futures and other assets.
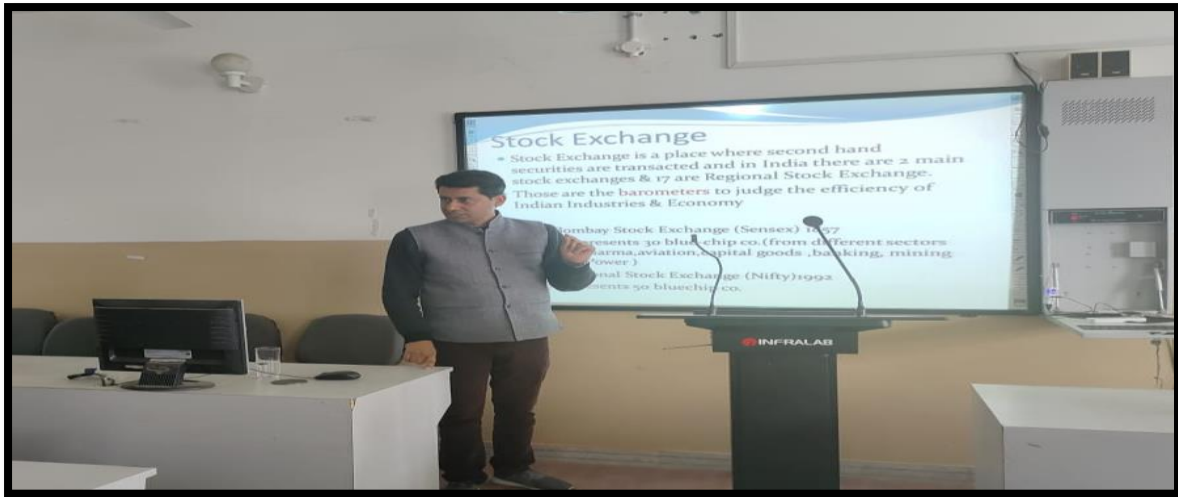
2nd Technical session (12:00pm – 1:30 pm)

Topic: Investment Opportunities in Indian Stock Market

Resource person: Prof. Sahil Mahajan, Assistant Professor, SCVB Govt College Palampur

This session is perfectly designed to provide Stock Market basics and it aims to create a powerful knowledge bank on various tools & techniques required to understand the functioning of Indian Capital market. This session have provided the participants the adequate knowledge of the stock exchange especially regarding Indian Indices like BSE, NSE. He also discussed about basis insights of financial jargons used in Financial Market and also shared about the recent trends of Indian Stock market and investment opportunities lies in it. He also provides the practical exposure to students regarding how to trade in stock market through online trading portal.

3ʳᵈ Technical session (2:00pm – 3:30 pm)
Topic: Poster Making Competition
Resource person: Prof. Anjali Saini, Assistant Professor, SCVB Govt. College Palampur

The objective behind organisation of poster making competition is *to bring out the creative expression of students and to gauge their knowledge and awareness of* of various trends in Commerce & Management. 9 teams participated in this competition, where every team apply their creativity and artistic skills to create awareness about their topic. Posters are related with topics like Stock Market, E Commerce, FDI, 4 P's in Marketing, Consumer Protection, E banking & Digital India. All the Posters are innovative and creative with clear graphics and legible text having effective communicating. Winners are announced by the Judges on the spot after critical evaluation.

February 20, 2023 [Day-4]
1ˢᵗ Technical session (10:30am – 10:45 am)
Topic: Financial Literacy Programme by State Bank of India
Resource person : Chief Manager SBI , Palampur and other officials

This session creates financial awareness on various financial products including deposit, loan, insurance, and digital products which enables general public to help them inculcate the habit of financial prudence. It aims to bring in digital financial solutions for the economically underprivileged people of the nation. Mr. Anup Sood working as Chief manager SBI Palampur along with him Mr. Himanshu Sharma working as Deputy Manager Regional Office Dharamshala and Mr.Tanish Bhardwaj working as Assistant Manager Regional Office Dharamshala share their views to bring in mobile /digital banking or financial services in order to reach the poorest people living in extremely remote areas of the country. They also discussed the Eligibility criteria ,Syllabus pattern and **Skills required for clearing Banking examinations** . This session was really fruitful for students and they feel highly motivated. Bank officials voluntary gifted the stationary items to all the students present their.

2nd Technical session (12:00pm – 1:30 pm)

Topic: Investment Opportunities in Indian Stock Market

Topic: Digital payment in India: A comparative study of Pre & Post Demonetization period

Resource person: Prof. Nem Raj, Assistant Professor, SCVB Govt. College Palampur

One of the major objectives of Digital Payment is to achieve **"Faceless, Paperless, Cashless"** status. The promotion of digital payments has been accorded the highest priority by the Government of India to bring each and every segment of our country under the formal fold of digital payment services.He shared his views that after demonetization digital payment transactions have registered unprecedented growth in India. Easy and convenient modes of digital payment, such as Bharat Interface for Money-Unified Payments Interface (BHIM-UPI); Immediate Payment Service (IMPS), Person-to-Merchant (P2M) and NEFT/RTGS methods. He depicts that UPI has gone a long way in making digital payments a habit, and in firmly placing India on the track toward a cashless economy. He concluded that there is no doubt that the digital payment landscape in India has been transformed.

3rd Technical session (2:00pm – 3:30 pm)

Topic: Add Mad Show

Resource person: Dr. Neetika Sharma, Assistant Professor, SCVB Govt. College Palampur

AD MAD SHOW is an 'Advertisement Making Competition' to showcase the creativity in marketing products and services. The event provides the opportunity

to bring out the individual and collective talent of the students participating in it. Its objective is to acquaint the students about promotional strategies in marketing through advertisements. 8 teams participated in various advertisements script and ideas relevant for different sectors. The idea behind conducting this event is to provide a platform to participants to explore their creativity skills. Winners are announced by the Judges on the spot after critical evaluation.

February 21, 2023 [Day-5]
1ˢᵗ Technical session (10:30am – 10:45 am)
Resource person: Dr. Neena Sharma, Associate Professor, SCVB Govt. College Palampur

Topic: Blood pressure & heart diseases

The session started with an introductory address about the topic by the resource person. There after the student team "Cardiac Rehab" was introduced to the audience. Team members, through a power-point presentation explained the causes, symptoms, preventive measures and treatment for the blood pressure (both high as well as low) and various heart diseases. A play was performed by the students, showcasing that how serious problem hypertension has become now a days, even in the younger generation. Motive of the play was to tell everyone that how badly hypertension affects our health and mental peace. The blood pressure of all the visitors was measured by the members of the team cardiac

Rehab. Students had also display various charts and models containing tips to keep the heart healthy. A yoga setup was also made in which some important yoga asanas, for improving mental and Physical health, were taught to the audience. A quiz, related to the information provided during the whole session, was organised afterwards and gifts were distributed to the students providing the correct answers. The visitors were also given batches and pamphlets containing information regarding the blood pressure and heart disorders. The session ended with a vote of thanks to the resource person.
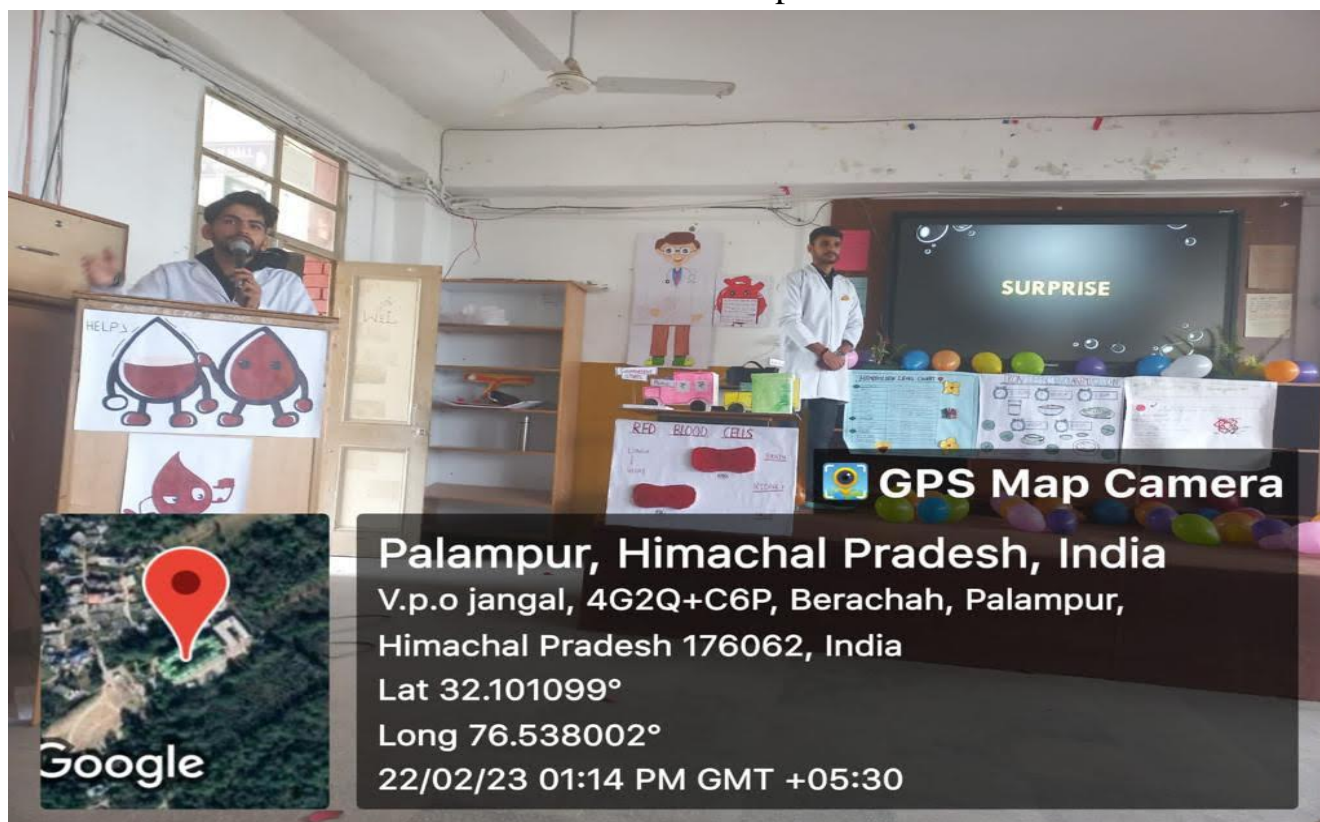

2nd Technical session (12:00pm – 1:30 pm)
Resource person: Dr. Shivani, Medical Officer, PHC Banuri
Topic: Haemoglobin and Anaemia

At the onset of the session the resource person, Dr. Shivani, with her address apprised the audience about the functions of Haemoglobin in human body. About anaemia she explained, that how common it is in Indians, especially females. She also gave few important tips for a healthy lifestyle to prevent anaemia. Resource person's lecture was followed by the introduction of the student group "The Team Hb" who performed a play. Through the play students gave information about the causes, symptoms, prevention and cure of anaemia in a very fun and engaging manner. The student team members, under the supervision of Dr. Shivani, checked the haemoglobin count of many students as well as staff members of the

college. The result of Hb count was provided on the mobile phones of the visitors, as the slogan for this session was "Just two drops of blood and your Hb count will pop up on your smart phone". The student team members also interacted with the audience, to inform them about the diet plan to prevent and cure anaemia. A brief yoga session was also conducted towards the end. The joyful and knowledgeable session ended with a vote of thanks to the resource person.

3rd Technical session (2:00pm – 3:30 pm)

Resource person: Dr. Neena Sharma, Associate Professor (Zoology), SCVB Govt. College Palampur

Topic: Blood groups and Blood donation

The resource person started the session with brief description of A, B, AB and O type blood groups found in humans. The student team "Blood Bar" was introduced to the audience thereafter. The student team displayed a video presentation explaining the benefits of blood donation. Their presentation also explained in detail about the different types of blood groups and importance of knowing your blood group. Three different groups of students, under the supervision of the resource person, then started testing the blood groups of the student and teachers who had joined this session. The result of blood group testing

was revealed to the person by writing it on a balloon. Refreshments and pamphlets, containing information about blood donation, were distributed to those students who had come for blood group testing. A quiz, based on the session's topic, was also conducted and the first three students were given the prizes. The session was full of valuable knowledge and beneficial for the participants, as many visitors got to know about their blood groups for the first time. Finally, the session was concluded with the vote of thanks.

4th Technical session (3:30pm – 4:00 pm)
Resource person: Dr. Ashwani Sharma, Associate Professor (Sanskrit), SCVB
Govt. College Palampur
Topic: Human values

Man is a thinking animal. Human life is based on society. Therefore, whatever
way he behaves, he follows the limits of life. Its importance is defined by giving
it the name of human value in the modern perspective. This is the value we find
in Vedic religion and Upanishadic literature. The sentence of Rigveda is that
"Manubhruv Janaya Daivayam Janma" means be contemplative Dharma, be
human. Make everyone the best human, endowed with divine qualities. On the
basis of Indian religious philosophy, we can classify human values into five
sub-parts:
1 Individual human Values
2 Social Human Values

3 Moral Human Values
4 Economic Human Values
5 National Human Values

Maharishi Manu has told 10 signs of religion which are the culmination of human values viz.Dhriti, Kshama, Dum, Asteya, Shauch, Indriya Nigraha Ghee, Vidya, Satya and Akrodh. Through the education of non-violence, equanimity, customs and truth, it inspires human beings to become the best citizens. In the later period, Buddhist philosophy interprets human values from the medium of Ashtanga Marg, Samyak Drishti. Right resolution. Right words, right deeds. Right livelihood. Right exercise. Right memory. Samyak Samadhi. Maharishi Patanjali considers the observance of the Yama rule of Ashtanga Yoga as essential for society and individual life.

February 23, 2023 [Day-6]
1st Technical session (10:30am – 10:45 am)
Resource person: Prof. Anuradha Sharma, Assistant Professor (Zoology),
 SCVB Govt. College Palampur
Topic: Snake Bite

The last day of the one-week multidisciplinary workshop commenced with the first session based on the topic snake bite. Foremost the resource person gave a

brief introductory lecture on the topic. After the lecture, the resource person introduced the student team "The Serpents" to the audience. The presentation included lucid information about theme of the session such as, differences between poisonous & non-poisonous snakes, how to distinguish between the bite of a poisonous & a non-poisonous snake, why & how a snake bites, the poison apparatus of a snake, what to do when snake bites a person and much more. Thereafter a skit was performed by the students, which was basically aimed to explain the first aid methods that shall be employed during a snake bite. The team also demonstrated preserved specimens of common poisonous and non-poisonous snakes, to the audience for a live experience. Students had also displayed many posters and models. One of the models very cogently showed the mechanism of snake biting and flow of poison in snake fangs, which was specially appreciated by the audience. The team Serpents had also made a web page dedicated to the topic, which they showcased during the session. The team members, towards the end of the session, took up a quiz with the audience. A very engaging and fruitful session finally ended with the vote of thanks.

2nd Technical session (12:00pm – 1:30 pm)
Resource person: Prof. Rakesh Chandel, Associate Professor (Zoology),
 SCVB Govt. College Palampur
Topic: Drug Abuse

The last technical session of the multidisciplinary workshop was started by the resource person, by briefing the audience about the menace of drug abuse, which has gripped many youngsters. The resource person then introduced the student team "The warriors" The team members first of all presented a power point presentation, explaining various aspects of drug addiction and its effects on individuals and society as a whole. The ppt also depicted how drug addiction is destroying the lives of our youth. Thereafter the team displayed specimens of some of the illegal drugs, which are commonly consumed by people. A play was performed by the students, through which they narrated the true stories of some drug addicts. The play showed that how drug addiction not only affected the life of one person, but the whole family. Via means of this engaging play the team tried to make aware the young students, attending the session, about the various

ill effects of drug addiction. The team members also interacted with the audience and took queries from them. The session concluded with a vote of thanks.

Valedictory function

Chief Guest: Dr. Aarti Verma

Principal, GCTE Dharamshala