

IQAC REPORT

2023

GOVERNMENTDEGREECOLLEGE,KARGIL SECTOR

SKILLS COURSE

STUDENTENROLLMENTDETAIL

| S.No | Course Title | Numberof enrolment | Batch | Semester | Completion |
|--------------|-------------------------|---------------------------|--------------|---------------------------------|-------------------|
| 1. | Guest Service Associate | 19 | 2022-2023 | 5 th 6 th | Ongoing |
| 2. | Guest Service Associate | 09 | 2023-2024 | 1st | Ongoing |
| Total | | 28 | | | |

Skill Instructor

Mr Gulzar Hussain

Guest Service Associate (Housekeeping) NSQF Level:4

Guest Service Associate was introduced in GDC Kargil on 17 August 2023 this training is running under (Tourism & Hospitality sector skill council). The students have also been actively engaged in showing their products in education fair, and various other stalls and programs throughout the year.

The same students also took the project of biodiversity of Ladakh and their work was displayed for the GDCKargil.

Model Curriculum

QP Name; Guest service Associate (Housekeeping)

QP Code: THC/Q0202

Model Curriculum

QP Name: Guest Service Associate (Housekeeping)

QP Code: THC/Q0202

QP Version: 2.0

NSQF Level: 4

Model Curriculum Version: 2.0

Tourism & Hospitality Skill Council | 1216-1220, 12th Floor, Naurang
House, 21

Casturba Gandhi Marg, New Delhi – 110001 | Email : info@thsc.in



Syllabus of Guest service

FIRST SEMESTER- CLEANING ATTENDANT

3 | Guest Service

The table lists the modules, their duration and mode of delivery

| NOS and Module Details | Theory Duration | Practical Duration | On-the-Job Training Duration (Mandatory) | On-the-Job Training Duration (Recommended) | Total Duration |
|--|-----------------|--------------------|--|--|----------------|
| THC/N0208 – Perform Cleaning Activities in Guest Room & Public Areas NOS Version No. 1.0 NSQF Level 4 | 30:00 | 60:00 | 00:00 | 00:00 | 90:00 |
| Module 1: Introduction to Hotel Industry and Housekeeping Activities | 05:00 | 00:00 | 00:00 | 00:00 | 05:00 |
| Module 2: Prepare for Cleaning Activities | 06:00 | 15:00 | 00:00 | 00:00 | 21:00 |
| Module 3: Perform Cleaning Operations in the Guest Rooms | 07:00 | 15:00 | 00:00 | 00:00 | 22:00 |
| Module 4: Carry out the Cleaning Activities in the Guest Bathrooms | 06:00 | 15:00 | 00:00 | 00:00 | 21:00 |
| Module 5: Perform Cleaning Operations in the Common Areas and Elevators | 06:00 | 15:00 | 00:00 | 00:00 | 21:00 |
| Total Duration | 30:00 | 60:00 | 00:00 | 00:00 | 90:00 |

SECOND SEMESTER - CARPET CLEANER/FLOOR POLISHER

| NOS and Module Details | Theory Duration | Practical Duration | On-the-Job Training Duration (Mandatory) | On-the-Job Training Duration (Recommended) | Total Duration |
|--|-----------------|--------------------|--|--|----------------|
| THC/N9901 – Communicate Effectively and Maintain Service Standards NOS Version No. 2.0 NSQF Level 4 | 07:00 | 08:00 | 00:00 | 00:00 | 15:00 |
| Module 6: Maintain Effective Communication and Service Standard | 07:00 | 08:00 | 00:00 | 00:00 | 15:00 |
| THC/N9903- Maintain Organizational Confidentiality and Respect Guests' Privacy NOS Version No. 2.0 NSQF Level 4 | 07:00 | 08:00 | 00:00 | 00:00 | 15:00 |
| Module 7: Organizational Confidentiality and Customer's Privacy | 07:00 | 08:00 | 00:00 | 00:00 | 15:00 |
| THC/N9906 – Follow Health, Hygiene and Safety practices NOS Version No. 2.0 NSQF Level 4 | 07:00 | 08:00 | 00:00 | 00:00 | 15:00 |
| Module 8: Basic Health and Safety Standards | 07:00 | 08:00 | 00:00 | 00:00 | 15:00 |
| THC/N0240 – Clean Carpet and Upholstery NOS Version No. 1.0 NSQF Level 4 | 08:00 | 22:00 | 00:00 | 00:00 | 30:00 |
| Module 09: Perform Cleaning Operations for Carpet and Upholstery | 04:00 | 11:00 | 00:00 | 00:00 | 15:00 |
| Module 10: Perform | | | | | |

Students Of GDC NUBRA Visited to Guest Service Skill Centre GDC Kargil



Government Middle School HardassAt Skill Center GDC Kargil



Employability Skills (30 hours)

Model Curriculum

Module Summary:

| S. No | Module Name | Duration (hours) | Assessment Marks |
|-------|---|------------------|------------------|
| 1. | Introduction to Employability Skills | 1 | 2 |
| 2. | Constitutional values - Citizenship | 1 | 2 |
| 3. | Becoming a Professional in the 21st Century | 1 | 4 |
| 4. | Basic English Skills | 2 | 5 |
| 5. | Communication Skills | 4 | 2 |
| 6. | Diversity & Inclusion | 1 | 2 |
| 7. | Financial and Legal Literacy | 4 | 7 |
| 8. | Essential Digital Skills | 3 | 10 |
| 9. | Entrepreneurship | 7 | 8 |
| 10. | Customer Service | 4 | 4 |
| 11. | Getting ready for apprenticeship & Jobs | 2 | 4 |
| | Total | 30 | 50 |

Key Learning Outcomes:

Introduction to Employability Skills **Duration: 1 Hour**

After completing this programme, participants will be able to:

1. Discuss the importance of Employability Skills in meeting the job requirements

Constitutional values - Citizenship **Duration: 1 Hour**

2. Explain constitutional values, civic rights, duties, citizenship, responsibility towards society etc. that are required to be followed to become a responsible citizen.
3. Show how to practice different environmentally sustainable practices

Becoming a Professional in the 21st Century **Duration: 1 Hours**

4. Discuss 21st century skills.
5. Display positive attitude, self -motivation, problem solving, time management skills and continuous learning mindset in different situations.

Basic English Skills **Duration: 2 Hours**

6. Use appropriate basic English sentences/phrases while speaking

Communication Skills **Duration: 4 Hour**

7. Demonstrate how to communicate in a well -mannered way with others.
8. Demonstrate working with others in a team

Diversity & Inclusion **Duration: 1 Hour**

9. Show how to conduct oneself appropriately with all genders and PwD
10. Discuss the significance of reporting sexual harassment issues in time

Financial and Legal Literacy **Duration: 4 Hours**

11. Discuss the significance of using financial products and services safely and securely.
12. Explain the importance of managing expenses, income, and savings.
13. Explain the significance of approaching the concerned authorities in time for any exploitation as per legal rights and laws

Essential Digital Skills **Duration: 3 Hours**

14. Show how to operate digital devices and use the associated applications and features, safely and securely
15. Discuss the significance of using internet for browsing, accessing social media platforms, safely and securely

Entrepreneurship **Duration: 7 Hours**

16. Discuss the need for identifying opportunities for potential business, sources for arranging money and potential legal and financial challenges

Students Of Guest Service Visited Hotel The Kargil



Exam Attendance of 1st sem Students

GOVT. DEGREE COLLEGE KARGIL

Attendance Sheet for Internal Test/Assignment/Practical/Voce Viva

CLASS (Semester): 1st / 2nd / 3rd / 4th / 5th / 6th Session 2024-2025 Subject Guest Service Associate
 Course Title House Keeping Date 04/12/2024

| S.NOS | REGISTRATION NOS | NAME OF CANDIDATE | EXAM ROLL (if applicable) | SIGNATURE OF STUDENT |
|-------|-------------------------------|-------------------|---------------------------|----------------------|
| ✓ 1. | VOL-2024/KRC/ 0148 | Sara Batool | 2410441 | SARA |
| ✓ 2. | VOL-2024-KRC/0038 | Qutmar Fatima | 2410359 | Qutmar |
| ✓ 3. | VOL-2024-KRC/0077 | Ali Akbar | 2410338 | Ali Akbar |
| ✓ 4. | VOL-2024-KRC/0154 | Shajid Ali Baba | 2410446 | Shajid |
| ✓ 5. | VOL-2024-KRC/0005 | Abas Ali | 2410334 | Abas Ali |
| ✓ 6. | VOL-2024-KRC/0001 | Ahmad Hussain | 2410330 | Ahmad |
| ✓ 7. | VOL-2024-KRC/0150 | Sayeedain Ali | 2410469 | Sayeedain |
| ✓ 8. | VOL-2024-KRC/0083 | Mohammad Ibrahim | 2410471 | Mohammad |
| ✓ 9. | VOL-2024-KRC/0079 | Mohammad Ali | 2410394 | Mohammad |
| ✓ 10. | VOL-2024-KRC/0099 | Mond Yousef | 2410407 | Mond |
| ✓ 11. | VOL-2024-KRC/0069 | Mond Ali | 2410401 | Mond |
| ✓ 12. | VOL-2024-KRC/0121 | Nasir Hussain | 2410422 | Nasir |
| ✓ 13. | VOL-2024-KRC/0048 | Mond Yaqub | 2410406 | Mond |
| ✓ 14. | VOL-2024-KRC/0104 | Mondaz Ali | 2410411 | Mondaz |
| ✓ 15. | VOL-2024-KRC/0080 | Mohammad Ali Baba | 2410395 | Mohammad |
| ✓ 16. | VOL-2024-KRC/0081 | Mohammad Hussain | 2410396 | Mohammad |
| ✓ 17. | VOL-2024-KRC/0167 | Yousuf Ali | 2410456 | Yousuf |

NOTE: List of the students should be in the series of Registration numbers. Please do not put cross anywhere, instead use whitener. Use abbreviations Absent for those who are absent with red pen. Put your signatures on each page.

Total Present _____ Total Absent _____

SIGNATURE OF THE TEACHER _____ SIGNATURE OF HOD _____

GOVT. DEGREE COLLEGE KARGIL

Attendance Sheet for Internal Test/Assignment/Practical/Voce Viva

CLASS (Semester): 1st / 2nd / 3rd / 4th / 5th / 6th Session 2024-2025 Subject _____
 Course Title Guest Service Associate Date 04/12/2024

| S.NOS | REGISTRATION NOS | NAME OF CANDIDATE | EXAM ROLL (if applicable) | SIGNATURE OF STUDENT |
|-------|------------------|-------------------|---------------------------|----------------------|
| 18. | Zulfikar Ali | VOL-2024/KRC-0183 | 2410469 | Zulfikar |
| 19. | Abas Ali | VOL-2024/KRC-0004 | 2410333 | Abas |
| 20. | Fatima Sughra | VOL-2024/KRC-0033 | 2410396 | Fatima |

NOTE: List of the students should be in the series of Registration numbers. Please do not put cross anywhere, instead use whitener. Use abbreviations Absent for those who are absent with red pen. Put your signatures on each page.

Total Present 20 Total Absent 02

SIGNATURE OF THE TEACHER Qutmar SIGNATURE OF HOD _____

Certificate of SSC To GDC Kargil Students





IQAC REPORT

2023

GOVERNMENT DEGREE COLLEGE, KARGIL

SECTOR SKILLS COURSE

STUDENT ENROLLMENT DETAIL

| S.No | Course Title | Number of enrolment | Batch | Semester | Completion |
|--------------|-----------------------------|----------------------------|--------------|-----------------|-------------------|
| 1. | Traditional Hand Embroidery | 6 | 2022-2023 | 5 th | Ongoing |
| 2. | Traditional Hand Embroidery | 14 | 2023-2024 | 3 rd | Ongoing |
| Total | | 20 | | | |

Skill Instructor

Ms. Zainab Banoo

Traditional Hand embroidery and PMKVY 4.0

Traditional Hand embroidery was introduced in GDC Kargil on July 2023 this training is running under (Handicraft and Carpet sector skill council). The students have also been actively engaged in showing their products in education fair, and various other stalls and programs throughout the year.

PMKVY 4.0 was introduced to our outside students and this was the first batch started in December 2023, there were 22 students who had completed the program and for the same they were successfully issued a certificate.

The same students also took the project of biodiversity of Ladakh and their work was displayed for the GDC, Kargil Calendar.

GOVERNMENT DEGREE COLLEGE, KARGIL

PMKVY 4.0

STUDENT ENROLLMENT DETAIL

| S.No | Course Title | Number of enrolment | Year | Batch | Drop-Out | Certified Students |
|--------------|-----------------------------|----------------------------|-------------|-----------------|-----------------|---------------------------|
| 1. | Traditional Hand Embroidery | 26 | 2023 | 1 st | 4 | 22 |
| Total | | 22 | | | | |

Skill Instructor

Ms. Zainab Banoo

PMKVY 4.0

Calendar Project

Biodiversity of Ladakh



Calendar Designed by PMKVY 4.0 students of the batch 2023, for the year 2024



Traditional Hand Embroidery Batch 2023-2024





Attendance of 1st semester 2023

| HIGHER EDUCATION DEPARTMENT GOVERNMENT DEGREE COLLEGE KARGIL Attendance for Class B.A./B.Sc./B.Com Semester I/II/III/IV/V/VI | | | | | | | | | | | | | | | | | UT LADAKH GOVERNMENT DEGREE COLLEGE KARGIL For the Month of <u>April</u> Session <u>2023-2024</u> No. of lectures delivered <u>64</u> | | | | | | | | | | | | | | | | | | | |
|--|---------|---------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--------------------------------------|--|---|------------------------------|-------|
| S.No | Roll No | Name of the student | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | (A) Lectures attended d. t. | (B) Lectures attended during the month | (A+B) Total lectures attended c. t. | % of lectures attended | |
| ✓ | 01024 | Kanzeer Fatima | A | A | P | P | A | A | P | A | P | A | P | A | P | A | P | | | | | | | | | | | | | | | | 48 | 6 | 54 | 84.3% |
| ✓ | 02031 | Hassina Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 6 | 54 | 84.3% |
| ✓ | 02026 | Hakeema Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 12 | 60 | 93.7% |
| ✓ | 09058 | Kameer Fatima | L | L | L | L | L | L | L | L | L | L | L | L | L | L | L | | | | | | | | | | | | | | | | 48 | 15 | 63 | 98.4% |
| ✓ | 05049 | Fatima Parveen | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 12 | 60 | 93.7% |
| ✓ | 06021 | Mahida Batool | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 13 | 61 | 95.3% |
| ✓ | 02010 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 11 | 59 | 92.1% |
| ✓ | 08055 | Faqeerah Fatima | A | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 8 | 56 | 87.5% |
| ✓ | 08048 | Khishma Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 12 | 60 | 93.7% |
| ✓ | 01049 | Rubana Batool | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 13 | 61 | 95.3% |
| ✓ | 11005 | Ahazam Batool | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 11 | 59 | 92.1% |
| ✓ | 12028 | Khulja Enaz | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 11 | 59 | 92.1% |
| ✓ | 13025 | Zehra Batool | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 10 | 58 | 90.6% |
| ✓ | 14031 | Ishrat Fatima | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 47 | 12 | 59 | 92.1% |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 247 | 18 | 265 | 87.5% |

Attendance of 3rd Semester and 5th Semester of 2023

| HIGHER EDUCATION DEPARTMENT GOVERNMENT DEGREE COLLEGE KARGIL Attendance for Class B.A./B.Sc./B.Com Semester I/II/III/IV/V/VI | | | | | | | | | | | | | | | | | UT LADAKH GOVERNMENT DEGREE COLLEGE KARGIL For the Month of <u>April</u> Session <u>2023-2024</u> No. of lectures delivered <u>64</u> | | | | | | | | | | | | | | | | | | | |
|--|---------|---------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--------------------------------------|--|---|------------------------------|-------|
| S.No | Roll No | Name of the student | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | (A) Lectures attended d. t. | (B) Lectures attended during the month | (A+B) Total lectures attended c. t. | % of lectures attended | |
| ✓ | 10277 | Najma Khan | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 16 | 64 | 100% |
| ✓ | 10330 | Munazza Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 41 | 10 | 51 | 79.6% |
| ✓ | 10371 | Shayma Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 43 | 13 | 56 | 87.5% |
| ✓ | 10378 | Suzaina Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 41 | 8 | 49 | 76.5% |
| ✓ | 10315 | R.K. Liana | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 45 | 13 | 58 | 90.6% |
| ✓ | 10403 | Fatima Zahra | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 45 | 8 | 53 | 83.0% |
| ✓ | 10423 | Fatima Kanwar | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 47 | 12 | 59 | 92.1% |
| ✓ | 10371 | Sajida Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 47 | 15 | 62 | 96.8% |
| ✓ | 10521 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 45 | 8 | 53 | 82.8% |
| ✓ | 10524 | Kameer Fatima | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 46 | 12 | 58 | 90.6% |
| ✓ | 10268 | Parveen Akhtar | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 42 | 8 | 50 | 78.1% |
| ✓ | 13024 | Mehabab | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 44 | 11 | 55 | 85.9% |
| ✓ | 10420 | Kanwar Fatima | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 8 | 56 | 87.5% |
| ✓ | 10294 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 47 | 10 | 57 | 89.0% |
| ✓ | 10267 | Mehabab Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 7 | 55 | 85.9% |
| ✓ | 10267 | Diya Fatima | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 9 | 57 | 89.0% |
| ✓ | 10267 | Fatima Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 43 | 9 | 52 | 81.2% |
| ✓ | 10267 | Mehabab Banoo | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 43 | 9 | 52 | 81.2% |
| ✓ | 10267 | Diya Batool | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 45 | 13 | 58 | 90.6% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 45 | 9 | 54 | 84.3% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 9 | 57 | 89.0% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 47 | 12 | 59 | 92.1% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 47 | 13 | 60 | 93.7% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 46 | 13 | 59 | 92.1% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 47 | 12 | 59 | 92.1% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 48 | 11 | 59 | 92.1% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 43 | 9 | 52 | 81.2% |
| ✓ | 10268 | Kusoom Nissa | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | | | | | | | | | | | | | | | | 43 | 9 | 52 | 81.2% |

YOGA INSTRUCTOR COURSE AT GDC KARGIL

*Course start Date: September,10 2023

Initial enrollment:

2nd semester: 26 students

*We has successfully conducted 2nd semester students exams and there certificate will issued soon by ssc.

*In year 2024 Enrolment : 10 Students

Activities

Date:- 30/10/2023

Student of yoga at gdc kargil yoga hall.



* Students of yoga Visit gdc drass

* Date : 5/5/2024

Remove Watermark

Wondershare
PDFelement



feedback of students :

*First of all I never did yoga on a regular way, but after taking this course I did it on a regular basis and it literally changed me. I noticed some changes in me like body flexibility and all.

Regards

Sudiqa banoo

Roll no. 100

Reg. No. 0266

*On starting I don't know about yoga i opt it bsz it's unique sub i ever hear/seen..

and after I taken classes. i totally like it .. especially meditation.. this is amazing to improve Focus and clamness of mind stop overthinking, negativity..

Mohmmad Fayaz

Roll.no. 97

Reg no . 0260

*First of all I never did yoga on a regular way, but after taking this course I did it on a regular basis and it literally changed me.

* It is related to achieving physical, mental, and spiritual health.

* It includes various postures, chants, mantras, and meditation.

* It also includes breathing exercises. Aplustopper

* It helps to relax and calm the mind and soul.

* It helps to reduce the daily stress level and Live a healthier life.

* It ensures that the body functions properly and is illness free.

Hasina banoo

Roll no. 330

Reg. No. 0194



Department of
Higher Education
UT of Ladakh



UNIVERSITY OF
LADAKH



03 Oct, 2024



Certificate of Completion

This is to certify that Mr./Miss. **Hassanain** having Enrolment No. **UOL-2023/002-0147**

and e-Certificate No. **2024/0692** has successfully completed

90 Hrs training for the role of **Yoga Instructor**

(BWS/N9001,BWS/N2201,BWS/N9002,BWS/N9003,DGT/VSQ/N0102)

developed by Beauty & Wellness Sector Skill Council (B&WSSC)

at Yoga Instructor Skill Center, Govt Degree College , Kargil, UT Ladakh **having earned 3 credits**

Prof. Disket Angmo
Principal
Govt Degree College, Kargil

Prof. Deskyong Namgyal
Controller Of Examinations
University of Ladakh

Padma Angmo
Mission Director
Ladakh Skill Development Mission