



# Govt. Degree College Majheen

## District Kangra (HP)

Tel.No. 01970-278533, Email: principaldgcmajheen@gmail.com



Date: 23/12/2023

### Report

#### **Institutional Best Practice: Transforming Government Degree College Majheen into a "Breathing Campus":**

##### **Background**

A comprehensive breathing assessment conducted at Government Degree College (GDC) Majheen revealed that 50% of students and faculty exhibited improper breathing patterns, characterized by irregular rates-either too rapid or too slow. Recognizing the critical role of proper breathing in overall health and cognitive function, the college initiated a structured program to address and rectify these patterns.

##### **Initiatives Implemented**

###### **1. Educational Workshops**

A series of interactive sessions were organized to educate participants on the significance of proper breathing techniques. These workshops covered:

- Physiological benefits of correct breathing, including enhanced oxygenation and stress reduction.
- Demonstrations of effective breathing exercises, such as diaphragmatic breathing and various other techniques.
- Practical applications of breathing techniques in daily life and academic settings.

###### **2. Distribution of Educational Materials**

To reinforce learning, participants received comprehensive materials detailing:

- Step-by-step guides to various breathing exercises.
- Visual aids illustrating proper breathing mechanics.
- Tips for integrating breathing practices into daily routines.

###### **3. Regular Practice Sessions**

Scheduled practice sessions were incorporated into the college timetable, allowing students and faculty to:

- Engage in guided breathing exercises collectively.

- Share experiences and progress, fostering a supportive community.
- Receive ongoing feedback and adjustments to techniques as needed.

#### 4. Continuous Monitoring and Feedback

To ensure sustained engagement and improvement:

- Periodic assessments were conducted to monitor progress in breathing patterns.
- Feedback mechanisms were established, enabling participants to report challenges and successes.
- Success stories and notable improvements were highlighted to motivate the community.

#### 5. Outcomes

- Over time, the college observed significant positive changes among participants:
- Improved concentration and academic performance, attributed to better oxygenation and reduced stress levels.
- Enhanced physical well-being, including reduced instances of respiratory issues and increased energy levels.
- A heightened sense of community and collective well-being, as shared practices fostered unity.

#### Conclusion

Through dedicated efforts to educate, practice, and monitor proper breathing techniques, GDC Majheen successfully transformed into a "Breathing Campus." This initiative not only improved individual health outcomes but also established a model of best institutional practice, demonstrating the profound impact of integrating holistic wellness programs into educational environments.

Prepared By :

1) Ms Muktamam' *plukhoo*  
2) Ms Mohini *Mohini*

*[Signature]*  
Principal  
Govt. Degree College Majheen  
Distt. Kangra (H.P.) 176032



**Govt. Degree College Majheeh**  
**District Kangra(HP)**

Tel.No. 01970-278533, Email: principalgdemajheeh@gmail.com



25/11/2023

**Notice**

Following committee is hereby constituted for breathing exercise for the session 2023-24 to transform GDC Majheeh into breathing campus and aware the student regarding the impact of proper breathing in their overall health and cognitive function.

**Committee Members are:**

1. Sh. Baljit Jamwal ( AP in Economics) *a*
2. Ms. Muktmani (AP in History) *Muktmani*
3. Ms. Mohini (AP in Political Science) *Mohini*
4. Mr. Lucky (AP in Music (Instrument)) *Lucky*
5. Mr. R.S. Saroch Supdt. G-II

*Principal*  
Govt. Degree College Majheeh  
Distt. Kangra (H.P.) 17602  
**Principal**  
GDC Majheeh (KGR)



## Breathing Test of students

## Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class B.Com I<sup>st</sup> year

Total Number of Students 05

Date 16-12-2023

[illegible]

Conducted by : 1) Mukta Mani Mutha

2) Paul Lucy ~~Q~~  
3) ~~James~~

3) Plasma

### Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class B.Com I<sup>st</sup> year

Total Number of Students ..... 05

Date 16-12-2023

Sr. No.	Breathing Rate/Min	Number of Participants	Remarks
1	Up to 4	Nil	
2	5 to 8	Nil	
3	9 to 12	Two	
4	13 to 16	Two	
5	17 to 20	one	
6	21 to 24	Nil	
7	25 to 28	Nil	
8	>28	Nil	

Prof. Baljit Singh

Principal  
Govt. Degree College Malhotra  
Distt. Kangra (H.P.) 176. 32

## Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class BA 1<sup>st</sup> year

Total Number of Students ..... 34

Date 16-12-2023

Sr. No.	Name	Roll Number	No. of Breathing per Minute
1	Khushi	12301	18
2	Sulekha	12302	14
3	Renu Bala	12303	15
4	Ishu Pant	12304	19
5	Diya	12305	17
6	Sakshi	12306	15
7	Simmy Bala	12307	25
8	Aditya	12308	30
9	Neha Davi	12309	18
10	Payal	12310	19
11	Ruchika	12311	16
12	Sakshi	12312	15
13	Shivani	12313	19
14	Sneha	12314	30
15	Meenakshi	12315	20
16	Rajal	12316	19
17	Nancy	12317	30
18	Muskan	12318	35
19	Anchal Kumar	12319	16
20	Payal	12320	18
21	Pallavi	12321	13
22	Reeta	12322	15
23	Priya	12323	14
24	Khushbu	12324	17
25	Anshika	12325	25
26	Divyanshi	12326	26

## Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class B.A 1<sup>st</sup> year

Total Number of Students ..... 34

Date 16-12-2023

[illegible]

conducted by : 1) Plutonium Plutonium

2) Marking.

(3) Prof. Lacey



## Breathing Test of students

## Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class B.A. 1<sup>st</sup> year

Total Number of Students 34

Date 11/16/2011

Date 16-12-2023

Sl. No.	Breathing Rate/Min	Number of Participants	Remarks
1	Up to 4	Nil	
2	5 to 8	Nil	
3	9 to 12	Nil	
4	13 to 16	Eleven	
5	17 to 20	Thirteen	
6	21 to 24	one	
7	25 to 28	Three	
8	>28	Size	

Prof. Baljit Singh

Principal  
Govt. Degree College Mayteen  
Distt. Kangra (H.P.) 170032

## Breathing Check-up

**Place: Govt College Majheen, Kangra (HP)**

Class B.A. 2nd year

Total Number of Students ..... 83

Date 19-12-2023

Sr. No.	Name	Roll Number	No. of Breathing per Minute
1.	Aryali Kumari	12202	14
2.	Neha	12203	20
3.	Neha Kaundal	12204	10
4.	Archana	12205	15
5.	Pallavi	12206	26
6.	Suvita	12207	16
7.	Meenakshi	12208	18
8.	Diksha	12209	15
9.	Manyu	12210	18
10.	Mamta	12211	17
11.	Samruti Kaur	12212	10
12.	Anita	12213	22
13.	Aryali	12214	20
14.	Priya Devi	12215	11
15.	Isha	12216	30
16.	Shobhana	12217	16
17.	Virek Kumar	12218	22
18.	Arti	12219	12
19.	Riya Devi	12220	12
20.	Priyanka	12221	13
21.	Siseta Devi	12222	18
22.	Nikita	12223	09
23.	Amushika	12226	26
24.	Ankita	12228	11
25.	Isha Devi	12229	12
26.	Payal	12230	14

## Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class B.A 2nd year

Total Number of Students ..... 33

Date 19-12-2023

[illegible]

Conducted by: 1. Mukto Mami Mukto  
2. Mohini  
3. Prof. Lucy Ph

## Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class BA 2nd year

Total Number of Students ..... 33

Date 19-12-2023

Sr. No.	Breathing Rate/Min	Number of Participants	Remarks
1	Up to 4	Nil	
2	5 to 8	Nil	
3	9 to 12	Nine	
4	13 to 16	Eleven	
5	17 to 20	Eight	
6	21 to 24	Two	
7	25 to 28	Two	
8	>28	one	

Prof. Baljit Singh a

Principal  
Govt. Degree College, Mandi  
Distt. Kangra (H.P.) 176001



Principal  
Govt. Degree College Majheon  
Distt. Kangra (H.P.)-176032

## Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class BA 3rd year

Total Number of Students ..... 40

Date 18/12/2023

[illegible]

Committee Members

1. Prof. Balyet Jamedal G - nl

2. Mukta Moni Mukherjee

2. Mukta Moni Mukherjee

### Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class BA 3<sup>rd</sup> year

Total Number of Students ..... 40 .....

Date 18-12-2023

Sr. No.	Breathing Rate/Min	Number of Participants	Remarks
1	Up to 4	Nil	
2	5 to 8	Nil	
3	9 to 12	Three	
4	13 to 16	Four	
5	17 to 20	Fourteen	
6	21 to 24	Eight	
7	25 to 28	Nine	
8	>28	Two	

Committee Members :

1. Prof. Balceet Jamwal C

2. Multistation plotting—



# Breathing Practice

(Staff Members & Students)



## Breathing Workshop



**Prof Baljit Jamwal**

**Convenor**

**Principal**

Govt. Degree College Majheen  
Distt. Kangra (H.P.) 176032

**Principal**