

Govt. Degree College Majheen

District Kangra (HP)





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 othertechnique.
- 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

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 Muldamani Plubblow
2) Ms Mohini Mohini

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



Govt. Degree College Majheen

District Kangra(HP)





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Notice

Following committee is hereby constituted for breathing exercise for the session 2023-24 to transform GDC Majheen 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)

3. Ms. Mohini (AP in Political Science) Maluz

4. Mr. Lucky (AP in Music (Instrument)

5. Mr. R.S. Saroch Supdt. G-II

Govt. Degree College Matheen Distr. Kenna (H.P.) 17602

Principal

GDC Majheen (KGR)

Breathing Test of students

Breathing Check-up

Place: Govt College Majheen, Kangra (HP) .B. Com. Ist year **Total Number of Students**05 Date 16-12-2023

Sr. No.	Name	Roll Number	No. of Breathing
1.	Shakshi Sharma	22801	per Minute
2.	Kalpana Thakur	22302	17
3.	chakshu	22303	16
4	Anyali Thakur	22304	15
5	Sakshi	22305	12
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Breathing Check-up

...16-12-2023

Place: Govt College Majheen, Kangra (HP) Class B. Com Ist year Total Number of Students05

Sr. No.	Breathing Rate/Min	Number of Participants	Remarks
1	Up to 4	Nil	
2	5 to 8	Niel	Garage A
3	9 to 12	Twe	
4	13 to 16	Tioo	
5	17 to 20	one	100
6	21 to 24	Nil	
7	25 to 28	Nil	
8	>28	Nil	

Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

... BAIStyear

Total Number of Students

Sr. No.	Name	Roll Number	No. of Breathing per Minute
1	Khushi Walland	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 Devi	12309	18
10	Payal	12310	19
n	Ruchika	12311	16
12	Sakshi	12312	15
13	Shivani	12313	19
14	Sneha	12314	30
15	Mecnabshi	12315	20
16	Kajal	12316	19
17	Nancy	12317	30
18	Muskan	12318	35
19	Aanchal Kumar	12319	16
20	Payal	12320	18
21	Pollavi	12321	13
22	Reeta	12322	15
23	Priya	12323	14
24	Khushbu	12324	17
25	Anshika	12825	25
26	Divyanshi'	12326	26

Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Class B.A. ISt year 34 16-12-2023

Total Number of Students

Sr. No.	Name	Roll Number	No. of Breathing per Minute
27	Shailly	12327	17
28.	Shailly Anyali	12329	14
29.	Ritika Rani	12330	20
30.	Radha	12331	33
81.	Shivkali	12332	16
32.	Galdy	12333	20
83.	Royesh Kumar	12334	23
34	Abhay	12835	30
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		1 11	Carried States

Breathing Test of students

Breathing Check-up

Place: Govt College Majheen, Kangra(HP)

Class
Total Number of Students 84

16-12-2023

Sr. No.	Breathing Rate/Min	Number of Participants	Remarks
1	Up to 4	Nil	1 5.6
2	5 to 8	Nil	1
3	9 to 12	Nil	
4	13 to 16	Eleven	7
5	17 to 20	Thirteen	
6	21 to 24	one	
7	25 to 28	Three	31
8	>28	Six	131

Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

.B.A. 2nd year

Sr. No.	Name	Roll Number	No. of Breathing per Minute
1.	Anyali Kumari	12202	14
2.	Neha	12203	20
3.	Neha Kaundal	12204	10
4.	Archana	12205	15
5.	Pallayi	12206	26
6.	Suvita	12207	16
7.	Mecnakshi	12208	18
8.	Diksha	12209	15
9.	Manyu	12210	18
10.	Mamta	12211	17
11.	Samriti Kaur	12212	10
12.	Anita	12213	22
13.	Axyali	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.	Sweta Devi	12222	18
22.	Nikita	12224	09
23.	Anushika	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 Students33

19-12-2023

Sr. No.	Name	Roll Number	No. of Breathing per Minute
27.	Abhishek	12232	12
28.	Priksha Kumari	12283	14
29.	Vishakka	12236	16
30.	Sachin Kumar	12239	17
aj .	Reenu Devi	12241	15
32.	Rahul	12244	19
33 .	Shabnam	12246	15
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Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

BA Indyear

Total Number of Students33

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	(e)
7	25 to 28	Two	
8	>28	one	

Prof. Beljil Singh a

Breathing Test of students

Breathing Check-up

Place: Govt College Majheen, Kangra (HP)

Total Number of Students ... 40

BABroyear

18-12-2023

Sr. No.	Name	Roll Number	No. of Breathing per Minute
1	Shivani	12101	25
2	Ruchi	12102	19
3	Tyoti Rana	12104	18
4	Neha	12105	30
5	Priyanka	12106	22
6	Ruchi	12107	17
7	Shirani	12108	15
8	Ruchi	12109	22
9	Ruchi	12111	18
10	Ritika	12112	23
11	Jyoti	12113	12
12	Psiya	12114	27
B	Kanchan	12115	14
14	Anyali	12116	16
15	Priya	12117	10
16	8hobhana	12119	19
T7	Nisha	12122	12
18	Munish	12128	22
19	Anyali	12124	28
20	Shi jali	18125	28
21	Komal	15151	26
22	Kavita	12128	18
28	Shahil	18181	19
24	Ankita	12182	23
25	Navjot Singh	12133	25
26	Neha	12135	27

Committee Members:

J. Prof. Balgeet Jamual a

2. Mukta Mani Yukhan

Breathing Check-up

18/19/2023

Sr. No.	Name	Roll Number	No. of Breathing per Minute
13.	Shalini	19138	18
28.	Shabshi	12139	25
29.	Shakshi	12140	22
30.	Shivani	12141	19
31.	Priya	12143	17
39.	Neha	12144	18
33 .	Sunita	12145	21
84.	Savi+a	12146	25
25	Bintu	12147	28
81.	Rohit /	12148	30
87	Nisha	12149	16
88.	Sabi	12151	19
39.	Priya	12153	20
40.	Kamini	12155	21
37	Alanda Jan		
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Breathing Check-up

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18-12-2023

r. 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	To pro-
8	>28	Tiso	

Committee Members:

1. Prof. Baljest Janual Co

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Breathing Practice

(Staff Members & Students)





Breathing Workshop



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Prof Baljit Jamwal

Convenor

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

Principal