



GOVT.
COLLEGE
KULLU

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Self-Assessment Report (SAR) for Annual Internal Ranking (AIR) of Govt. Colleges of Himachal Pradesh for the Academic Session 2024-25

Criterion 2- Student Support, Services and Progression

2.11 Capacity Building of Students

2.11.1 Life Skills (Yoga, Martial Arts, Problem-solving, Critical thinking, Decision making, Effective Communication skills, Coping with stress and emotions, etc.)

Life skills- Yoga and effective communication skills

Nil