

## **MOU-2**

**COLLABORATING AGENCY- SANJHI SIKHIYA FOUNDATION**

**START DATE** - August17,2022

**End Date** - August17, 2024

The memorandum of understanding (mou) between sanjhi sikhiya and government ropar- to work together to create holistic learning and development opportunities for the students. Sanjhi Sikhya (NGO) for offering a thirty hour's joy of learning programme every quarter and to collaborate on areas of youth development, career counseling, internship and development faculty members as facilitators.



**MEMORANDUM OF UNDERSTANDING**  
**BETWEEN**  
**Sanjhi Sikhiya Foundation**  
**AND**  
**Government college Ropar**



Sanjhi Sikhiya is a non-profit organisation working towards transforming the education system and developing young people as leaders in Punjab.

Since Sanjhi Sikhiya is actively working with Young people and Govt Primary schools in Ropar District, through this MoU, we agree to work with Government College Ropar to further our mission. We can collaborate on areas of Youth Development, Career Counselling, Internships, Entrepreneurship and developing faculty members as facilitators.


Proposed areas of cooperation are, but are not limited to:

- Organising 30-hours Joy of Learning Programs every quarter
- Organising workshops on Youth Development and Social Entrepreneurship
- Organising Lectures and Talks with inspiring personalities of Punjab who can guide students.
- Offering short-term and long-term internships in the Punjab Youth Leadership Program
- Holding skill development sessions on areas like communication, resume building, confidence building etc., as per the need of the college.
- Offering training sessions for faculty members on creating engaging classrooms using adult development pedagogy.
- College may provide (based on availability) for holding important events from time to time.
- Students from NSS and other active clubs can volunteer at various events organised by Sanjhi Sikhiya.

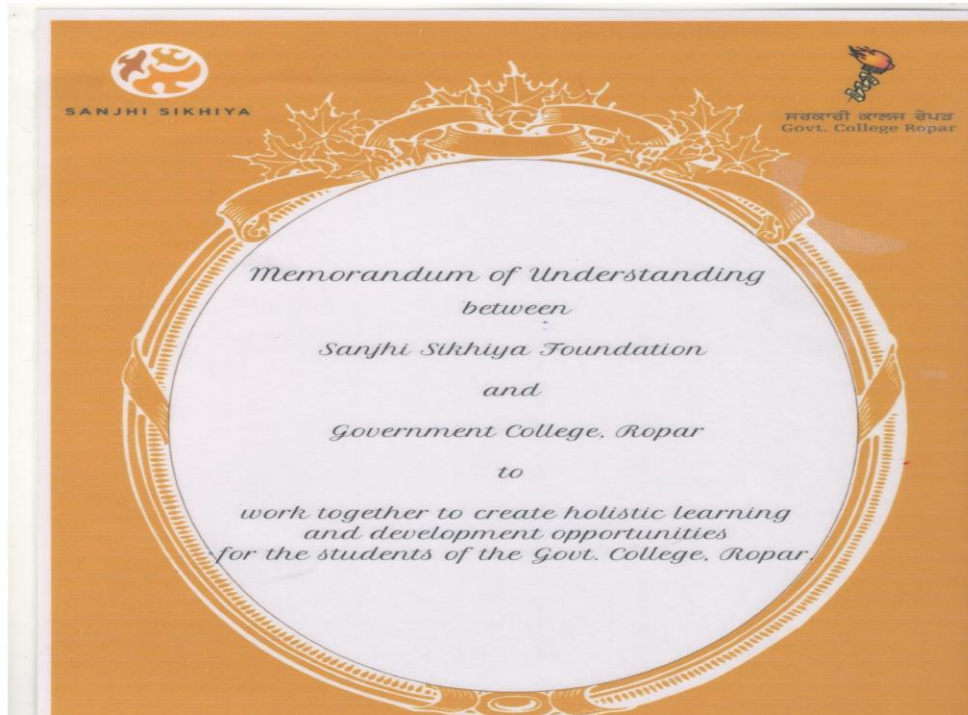
The proposed cooperation will be manifested in sessions and workshops, which can be both one-time and recurring. Government College Ropar will provide space for the sessions and help organise by appointing progressive faculty members as nodal officers for this engagement.

This MoU takes effect from the date it is signed for five years. Early termination of this MoU can be affected in writing upon mutual discussions. There will be no legal obligations of any sort to both parties. This agreement is pure of academic nature. All other restrictions apply as per the institutions' and organisations' regulations.

Signed by/on behalf of

  
\_\_\_\_\_  
**Ankit Chhabra**  
Co-Founder, Sanjhi Sikhiya  
H/O Jalandhar  
Date: Aug 1, 2022

  
\_\_\_\_\_  
**Mrs Gurpreet Kaur**  
Principal  
Government College Ropar



**Activity**

**Workshop on JOY OF LEARNING**



## **Report**

Joy of Learning is a leadership platform for self-driven young people. Its a safe and free space where you can openly share your thoughts and feelings, connect with like-minded people and explore new ideas.

At Joy of Learning, we use experiential ways which make learning fun-filled, engaging and self-driven. The different programs at joy will help you look deeper within and find answers to your challenges and questions.

We are planning a three-day and one-day workshop at Government College Ropar. These workshops aim to enable you to engage with yourself, others and the world in an enriching way. By the end of the workshops, you'll feel freer inside, closer to those around you, and ready to effect a positive change in the world.

Here are the broad **objectives** of the workshop -

1. **Personal Level** - You'll learn to look within, reflect on your life journey, and explore your identity. You will learn to Self Care and express yourself with clarity and confidence.
2. **Social Level** - In an intimate environment, you'll learn to work together by sharing your personal gifts. You will learn to engage with conflicts, work with difficult situations and develop social skills like communication and listening.
3. **Systems Level** - You will become aware of the structures and forces that shape the world around us. You will learn to look at the root cause of the issue and engage with the context critically and creatively.

## **More information about the sessions -**

- The sessions will be conducted in Punjabi.
- There will be no lectures. Instead we will learn through art, body movements and through the listening and sharing of the participants.
- You are requested to buy Wax Crayons and bring them to the session.

## Session Plan

<b>5-Day Joy of Learning Workshop</b>						
	<b>09:30 - 10:00 Opening</b>	<b>10:00 - 11:00 Session 1 - Body Movement</b>	<b>11:00 - 01:00 Session 2</b>	<b>Lunch Break</b>	<b>02:00 - 03:00 Session 3 - Arts</b>	<b>03:00 - 03:30 Closing</b>
Day 1 - Personal Awareness	Welcoming and Setting Intentions	Introductions	Understanding Emotions		Learning to Look Within	Reflections
Day 2 - Social Awareness	Morning Check-in	Body Movement - Navrasas	Sharing Life Stories		Art of Listening	Connecting with each other
Day 2 - Systems Awareness	Morning Check-in	Body Movement - Five Elements	Understanding Systems		Transforming Self and Systems Change	Reflections
Day 4 - Practicing Leadership	Morning Check-in	Body Movement - Ecologies	Cultivating shared values		Project Work on Leadership - Trust, Care and Responsibility	
Day 5 - Project Work	Project Time				Gallery Walk (Showcase for the whole college)	Closing Reflections

# Workshop Report

## **DAY 1**

Introduction with each other  
Define yourself with one Adjective

## **Day 2**

Feel different type of emotions with body movement  
Analyze, from which part we are feeling different emotions.  
Discuss 5 Questions in pairs  
    What is Common in us?  
    What I receive from you  
    Which possibility I saw in you?  
    What I contribute in you?

## **Day 3**

Express feelings with drawing  
Discuss 3 Questions with each other:  
    Who am I?  
    Where I am now?  
    Where I want to go?

## **Day 4**

Meditate to become aware of our Body  
How to handle any emotion?  
Discussing 2 moral values  
    Compassion  
    Awareness

## **DAY 5**

Discussing 3 moral values  
    Determination  
    Collaboration  
    Curiosity  
Which problem I am most conscious about?

## Attendance of Participating Students

### Joy of Learning

Name	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	29-Aug	30-Aug
Balwinder Kaur	A	P	A	A	P	A	A
Simranjeet Singh	P	P	P	P	P	P	P
Kamaljeet Kaur	P	P	P	P	P	P	P
Amanpreet Singh	P	P	P	P	P	P	P
Ramandeep Kaur	P	A	P	P	P	P	A
Pardeep	P	A	A	P	A	A	A
Akshada Pande	P	P	A	P	P	A	A
Sumedha	P	P	P	P	P	P	P
Suruchi kumari	P	P	P	P	P	P	P
Rumani sharma	P	P	P	P	P	P	P
Goldy singh	P	P	P	P	P	P	P
Gurpreet Singh	P	P	P	P	P	P	P
Ramneet Kaur	P	P	P	P	P	P	P
Lovejot Kaur	P	P	P	P	P	A	A
Satwinder kaur	P	P	P	P	P	P	P
Jyoti	P	P	P	P	P	P	P
Simranjeet Kaur	P	P	P	P	P	P	P
Guramanpreet singh	A	A	P	A	P	P	P
Mohit Chechi	A	P	A	A	A	A	A
Saloni Rawat	P	A	A	P	p	A	A
Neeta joshi	P	P	P	P	P	A	P
Prerna Sharma	P	P	A	P	A	P	P
Parmod Kumar	P	P	A	P	A	A	A
Rajni	P	P	P	P	P	P	P
Kaleem	A	P	P	A	P	P	P
Veena	P	P	P	P	P	P	P
Vanshika	A	P	P	A	P	P	P
Himanshu Jassi	P	A	A	P	A	A	A
Amarjeet Kumar	P	A	A	P	A	A	A



Participate with Staff Members