

# **Knowledge Organisations Aspirations and Experiences**

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**Maharaja Agrasen College**

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# Impact of Surya Namaskar in the Socio Political Context

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**KEYWORDS:** Suryanamaskar, Socio-political Aspect, Holistic Fitness

## INTRODUCTION

Surya Namaskar is a branch of yoga which specifically focuses on the physical and mental upliftment of an individual. Surya Namaskar comprising of various body postures, breathing techniques and meditation brings with it the prospects of a sound physical and a mental health. In a nutshell, Surya Namaskar preferably known as Sun Salutation involves offering prayers to the rising sun followed by a series of well progressing postures to gain the correct balance of a peaceful mind and body by paying attention to the detailed elements in the human body contributing to this sound balance of the human soul.

The different developments in society affects its social dimensions. Different groups in society willingly accept and welcome the development and change, but at the same time, there are other groups having reservations on the basis of tradition, ritual and religion. Surya Namaskar is one of the important forms of yoga which invoked action and reaction in the society in recent days. On one

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# **A Pilot Study on Performance Appraisal for Non-Teaching Staff of University Of Delhi**

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**KEYWORDS:** APAR, University of Delhi, Performance Appraisal system, Non-Teaching Staff

## **INTRODUCTION**

Appraising the performance of people, organizations and associations are really a typical routine with regards to all social orders. These evaluations are organized and formally endorsed in a few cases, while in different cases, they are a casual and necessary piece of day by day activities. In this way educators assess the exhibitions of understudies, financiers assess the execution of loan givers, teachers survey the conduct of their kids, and every one of us, deliberately or unknowingly assess our own particular activities now and again. In the present situation, Human Resource (HR) is measured as an essential resource of any company and for its departments as the need of HR is exceptionally outstanding for proper management and functioning of employee and other subsections of organizations. In the present era of marketing and globalization, HR is a central part of any organization and is considered as a very crucial section



**About the Editors**



**Dr. Maneesha** is working as Associate Professor of Electronics at Maharaja Agrasen College, University of Delhi. Her area of specialization is Robotics and Artificial Intelligence and has many research publications in international and national refereed journals to her credit. As Director, IQAC, she has been actively involved in developing a conscious and consistent all inclusive quality culture to improve the academic and administrative performance of the college. She has also worked in the field of innovative pedagogy through Inspired Learning at undergraduate level. She has been awarded Teaching Excellence Award for Innovation by the University of Delhi in 2015.



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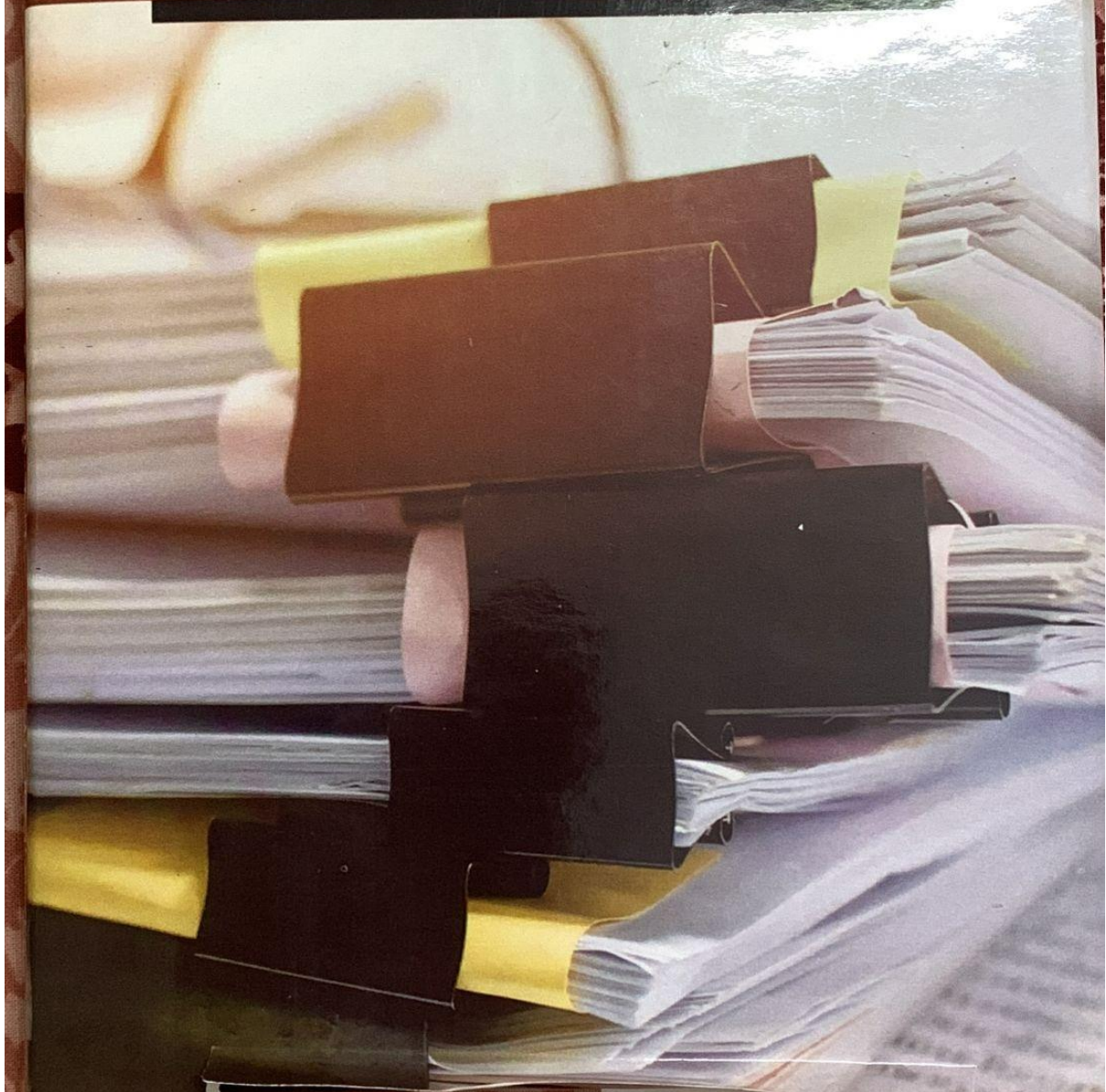


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# **Performance Appraisal**

## **Concept and Case Studies**

Dr. Tej Narayan Ojha,  
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