


Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Online interaction with Geology students What does a prospective employer expect from you	20.12.2020	79	Mr. Vivek Shrivastava, Senior Vice President, MTC Group, Mumbai Mob. No. 7772933444

भूविज्ञान विभाग , शास. वि. या. ता. स्ना. स्वशासी महाविद्यालय, दुर्ग के भूविज्ञान विषय के स्नातक एवं स्नातकोत्तर विद्यार्थियों के लिए आयोजित ऑनलाइन व्याख्यान श्रृंखला की तृतीय कड़ी

DEPARTMENT OF GEOLOGY

WHAT DOES A PROSPECTIVE EMPLOYER EXPECT FROM YOU

अतिथि वक्ता

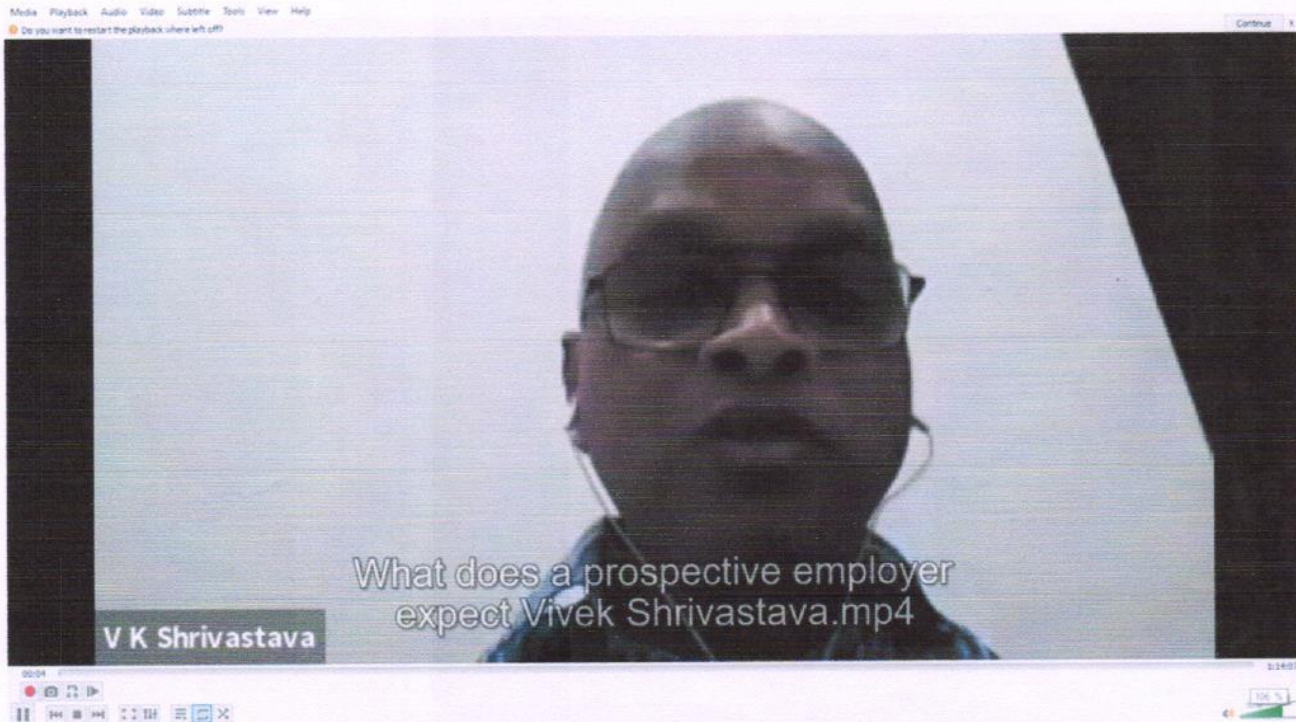


श्री विवेक श्रीवास्तव

भूविज्ञान विभाग , शास. वि. या. ता. स्ना. स्वशासी महाविद्यालय, दुर्ग से एम.एससी. भूविज्ञान 1994 बैच (वर्तमान में सीनियर चाइस प्रेसिडेंट, एम.टी.सी. ग्रुप)

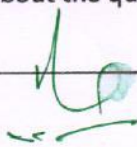
दिनांक 20.12.2020 समय सायं 7.00 से 8.00 बजे

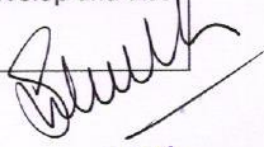
व्याख्यान में सम्मिलित होने के लिए लिंक
<https://us02web.zoom.us/j/85059619140> Meeting ID: 850 5961 9140




Outcome of this activity	The students got the tips about the qualities they must develop and also tips for interview
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Principal
Govt. V.Y.T.P.G. Autonomous
College, Durg, (C.G.)


Head
Department of Geology
Govt. V.Y.T. P.G. Autonomous College
Durg (Chhattisgarh)

Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Stress Management under the pandemic of COVID- 19	22.07.2020 to 24.07.2020	1	Govt. Digvijay PG Autonomous College, Rajnandgaon



**GOVT. DIGVIJAY PG AUTONOMOUS COLLEGE,
RAJNANDGAON, CHHATTISGARH.**
(Re-accredited B++ by NAAC)
National Virtual Workshop
(22,23 and 24 July, 2020)
Certificate of Participation

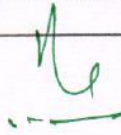
This is to certify that Dharmesh Kumar, Vill-Tikari, Post-Arjunda has successfully participated in the workshop on **“Stress Management under the pandemic of Covid-19”** organized by Autonomous Examination Cell

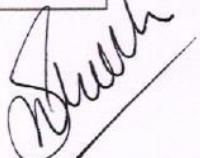

Dr. B.N. Meshram
Principal & Patron


Dr. Anjana Thakur
Convener


Dr. Anil Kumar Mishra
Organizing Secretary

Outcome of this activity	The student learnt about stress management techniques
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College, Durg. (C.G.)


Head
Department of Geology
Govt. V.Y.T. P.G. Autonomous College
Durg (Chhattisgarh)



To,

The Principal,

Govt. V.Y.T.P.G. Autonomous College, Durg (C.G.)

Subject: Application to accord your kind permission.

Respected Sir,

This is to inform your good self that the members of Women Cell want to conduct ~~... Suicide prevention by psychological~~ programme/ activity on 29-1-20.....

I therefore request you to kindly accord your kind permission in this regard and oblige.

Thanking you.


Yours faithfully,

Convenor, Women Cell and Vishakha committee
Govt. V.Y.T. P.G. Autonomous College, Durg.C.G.

Principal
Principal

Govt. V.Y.T. P.G. Autonomous
College, Durg (C.G.)




Principal
Govt. V.Y.T.P.G. Autonomous College
Durg (C.G.)

Govt. V.Y.T. PG Autonomous College
Durg (C.G.)

Women Cell and Vishakha Committee

Notice

All the students of Govt. V.Y.T.PG Autonomous College are hereby informed that.... *Lecture on Swachh praveeshan*..... is going to be held in Room No.... *23*..... on Date *29.01.20* at..... *11:30*.AM/PM

Convenor. *[Signature]*
Women Cell and Vishakha committee

[Signature]
Principal
Principal
Govt. V.Y.T. P.G. Autonomous
College, Durg (C.G.)



[Signature]
Principal
Govt. V.Y.T.P.G. Autonomous College
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**Workshop on Suicide prevention by
Dr Shama Hamdani, clinical Psychologist**

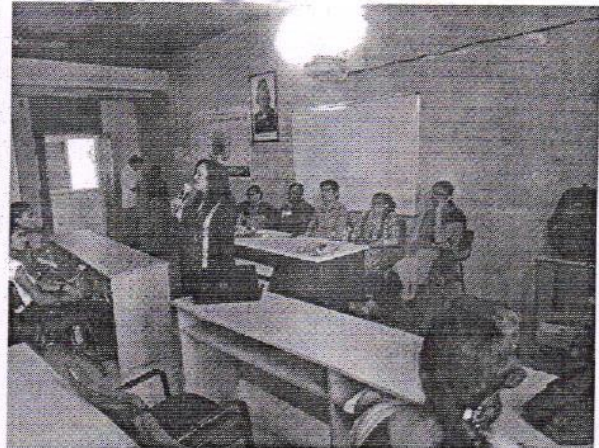
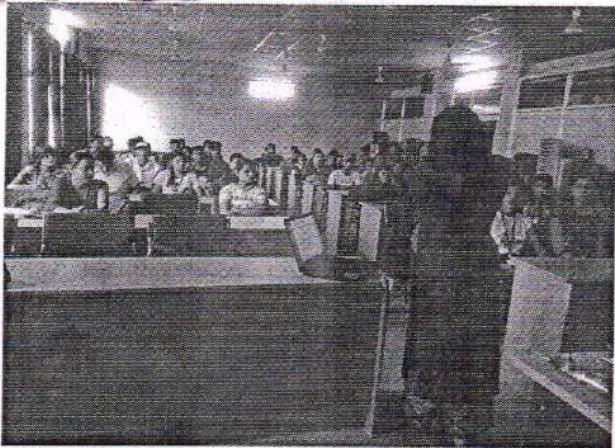
29/01/2020


Objective: To Create awareness on Suicide and Its Prevention among youngsters

A Workshop on Suicide and Its Prevention was organized by the Deptt. of Psychology, Women cell and Vishakha samiti of college on 29th January 2020. Dr. Shama Hamdani, Clinical Psychologist, Durg was the Key Speaker in this workshop. She revealed the Statistics of Suicide cases on State and National Level in India. While discussing on the Causes of Suicide she also explained how to prevent the suicidal cases.

During the question-answer session students cleared their doubts on the matter. On this occasion Mr. Harsh, Counselor, District Hospital Durg also highlighted some points on the Suicidal cases and their prevention.

A number of professors and about 59 students were present in the workshop.




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(Erstwhile: Govt. Arts & Science College, Durg)
Reaccredited Grade "A+" By NAAC
College with Potential for Excellence (CPE) Phase- III By UGC
Awarded Star College by DBT, New Delhi



Guest Lecture on Personality Assessment

Date: 19 FEB 2020

Time: 11.00 AM


Speaker

Dr. Mona Pandit

Bhilai Mhila College, Bhilai

Organized by
Department of Psychology




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College, Durg (C.G.)



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Awarded Star College by DBT, New Delhi



Department Of Psychology


2019-20

Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Soft skills : Guest lecture on Personality Assessment	19/02/2020	32	Dr. Mona Pandit Mahila College, Bhilai



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Department of Psychology

अतिथि व्याख्यान प्रस्ताव

सत्र:2019-20

मनोविज्ञान विभाग

दिनांक: 17/02/2020

प्रति,
प्राचार्य,
शा.वि.या.ता.स्नातकोत्तर स्वशासी महाविद्यालय,
दुर्ग.
विषय: अतिथि व्याख्यान कराने बाबत
प्राचार्य महोदय जी ,

मनोविज्ञान विभाग में डॉ.मोना पंडित, महिला महाविद्यालय दुर्ग का अतिथि व्याख्यान कराने हेतु आपकी ओर प्रस्ताव प्रेषित है. कृपया अनुमति प्रदान करने का कष्ट करे.

विवरण :

व्याख्यान की तिथि- 19/02/2020

व्याख्यान का विषय- Personality Assessment

प्रतिभागी- छात्र-छात्राएं

धन्यवाद

Pr.
विभागाध्यक्ष

HOD

Department of Psychology
मनोविज्ञान
Govt. V.Y.T. P.G. Autonomous
College, Durg (C.G.)



Principal

Govt. V.Y.T.P.G. Autonomous
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Principal
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Department of Psychology

दिनांक: 09/01/2020

सूचना

मनोविज्ञान विभाग में डॉ.मोना पंडित, महिला महाविद्यालय, दुर्ग का Personality Assessment पर अथिति व्याख्यान- दिनांक- 19/02/2020 को दोपहर 2.00 pm से आयोजित किया जा रहा है. आप सभी छात्र- छात्राएँ आमंत्रित है.

विवरण : विवरण :

व्याख्यान की तिथि- 19/02/2020

व्याख्यान का विषय- Personality Assessment

स्थान: मनोविज्ञान विभाग

समय: 11.00 am

प्रतिभागी- छात्र-छात्राएँ

धन्यवाद

feelt
विभागाध्यक्ष

[Signature]
प्राचार्य

मनोविज्ञान
HOD
Department of Psychology
Govt. V.Y.T. P.G. Autonomous
College, Durg (C.G.)

शा.वि.या.ता.स्नातकोत्तर स्वशासी
महाविद्यालय, दुर्ग
Principal
Govt. V.Y.T.P.G. Autonomous
College Durg (C.G.)



[Signature]
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Department of Psychology

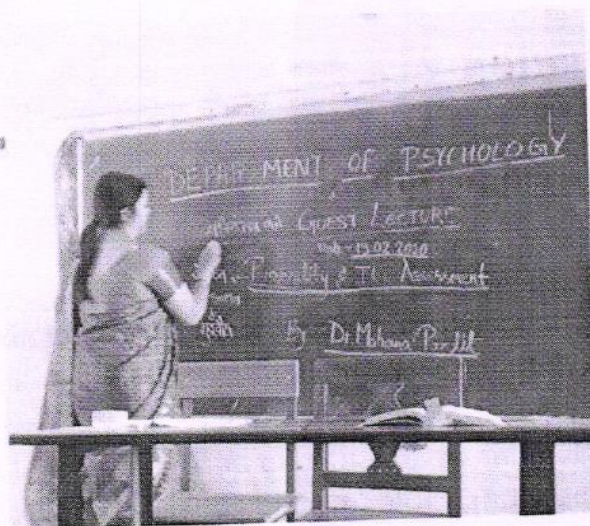
REPORT ON

A Guest Lecture on Personality Assessment

19 February 2020

Objective: To provide tips of personality grooming and assessment.

Department of Psychology, Govt. V.Y.T. PG Autonomous College, Durg organized a Guest lecture on Personality Assessment by Dr. Mona Pandit Bhilai Mahila College, Bhilai on 19 February 2020 in the psychology class room. Dr. Pandit explained personality and its types. She gave tips for personality development and explained how to understand and assess personality. This topic is covered syllabus of psychology and students learned about personality grooming.



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College, Durg (C.G.)

STRESS MANAGEMENT TIPS FOR STUDENTS

A session on how to manage stress during the exam time, was organized for the students residing at Vigyan Vikas Kendra on 15.02.2020. These students belong to naxal affected areas of the state. Speaking on this occasion, Prof. R. N. Singh, the Principal of the college, told the students about the importance of discipline and regularity of daily routine and light exercise during the day.

Dr. Prashant Shrivastava told the students about not to go on reading till entering the exam hall. He mentioned about scientific research regarding memory and emphasized on practice by writing.

Dr. Hina Mullick and Col. Dhiraj Mullick advised the students about taking proper diet, having enough sleep and doing relaxation and meditation. Dr. Mullick emphasized on drinking enough quantity of water every day.


Dr. Suchitra Sharma told that the students should be in a relaxed state while studying, as tension and anxiety adversely affect their concentration and memorizing capacity.

Dr. S. D. Deshmukh told a practical tip that the students should take ten deep breaths through the left nostril, this will help them reduce their stress level.

Around 100 students attended the session. The officer-in-charge of Vigyan Vikas Kendra, Smt. Urmila Ojha thanked the team members and requested them to visit Vigyan Vikas Kendra time to time and guide the students.


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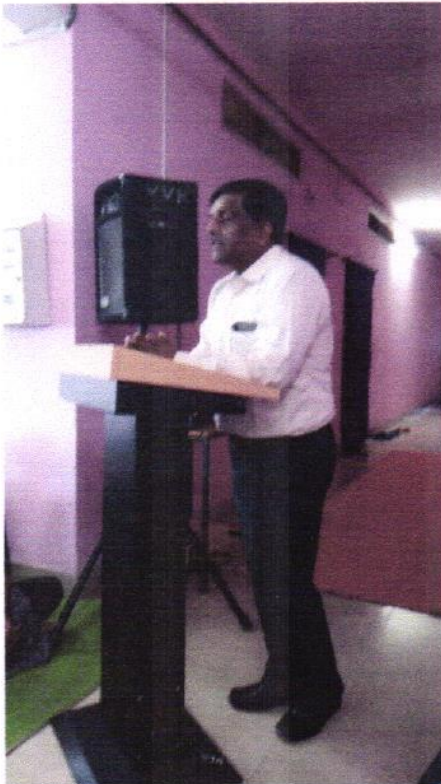
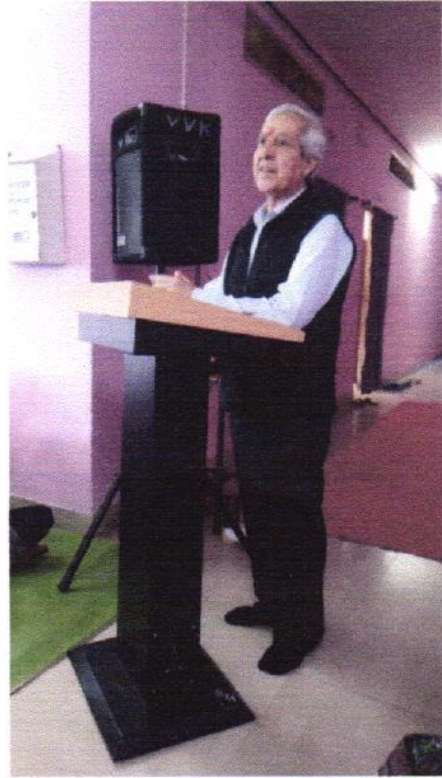

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Vigyan Vikas Kendra Officer –in- Charge Smt. Urmila Ojha thanked the team after the session.


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