



BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 21-04-2023

NOTICE

This is to inform to all the faculty members and students that Biyani Girls B.Ed. College is Organising an “ Emotional Healing ” on 24th April 2023.

Reporting time will be 11:00 am. Attendance is mandatory for all.

Dr. Ekta Pareek

Principal
Principal
Biyani Girls B.Ed College
Jaipur

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Emotional Healing

Date: 24 April 2023

Venue: Biyani Girls B.Ed. College, Jaipur

On April 24, 2023, an enlightening seminar on emotional healing was organized at Biyani Girls B.Ed. College in Jaipur. The seminar aimed to provide insights and strategies for coping with emotional challenges, promoting mental well-being among the attendees.

Program Overview:

The seminar commenced at 9:30 AM with a warm welcome extended to all participants. Prof E.V. Giriesh, a renowned speaker and expert in emotional healing, delivered an impactful presentation focusing on various aspects of emotional well-being and techniques for healing.

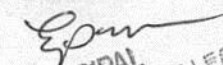
Highlights of the Event:

1. Keynote Address by Prof .E.V. Giriesh:

Prof. E.V. Giriesh commenced the seminar with an engaging keynote address, emphasizing the importance of acknowledging and addressing emotions for overall well-being. He shared valuable insights into understanding the root causes of emotional distress and provided practical strategies for emotional healing.

2. Exploring Emotional Resilience:

Participants were guided through an exploration of emotional resilience, learning how to bounce back from setbacks and adversities. The speaker highlighted the significance of building resilience to navigate life's challenges effectively.


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3. Techniques for Emotional Healing:

Various techniques and practices for emotional healing were demonstrated, including mindfulness, meditation, self-reflection, and expressive arts therapy. Attendees were encouraged to incorporate these practices into their daily lives to cultivate emotional balance and inner peace.

4. Interactive Discussions:

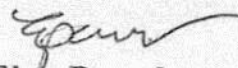
The seminar featured interactive discussions where participants had the opportunity to share their experiences, challenges, and coping mechanisms related to emotional healing.

5. Q&A Session:

A question-and-answer session was conducted, allowing participants to seek clarification on topics discussed and receive personalized guidance from the speaker. Prof E.V. Girish addressed queries with patience and expertise, providing valuable insights tailored to the attendees' needs.

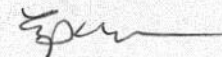
Conclusion:

The emotional healing seminar at Biyani Girls B.Ed. College was a resounding success, providing attendees with valuable knowledge, tools, and resources to enhance their emotional well-being. Prof E.V. Girish's expertise and engaging presentation style contributed significantly to the effectiveness of the seminar, leaving a lasting impact on all participants.


Dr. Ekta Pareek

Reported by Dr. Sunita Sharma
(Assistant Professor)

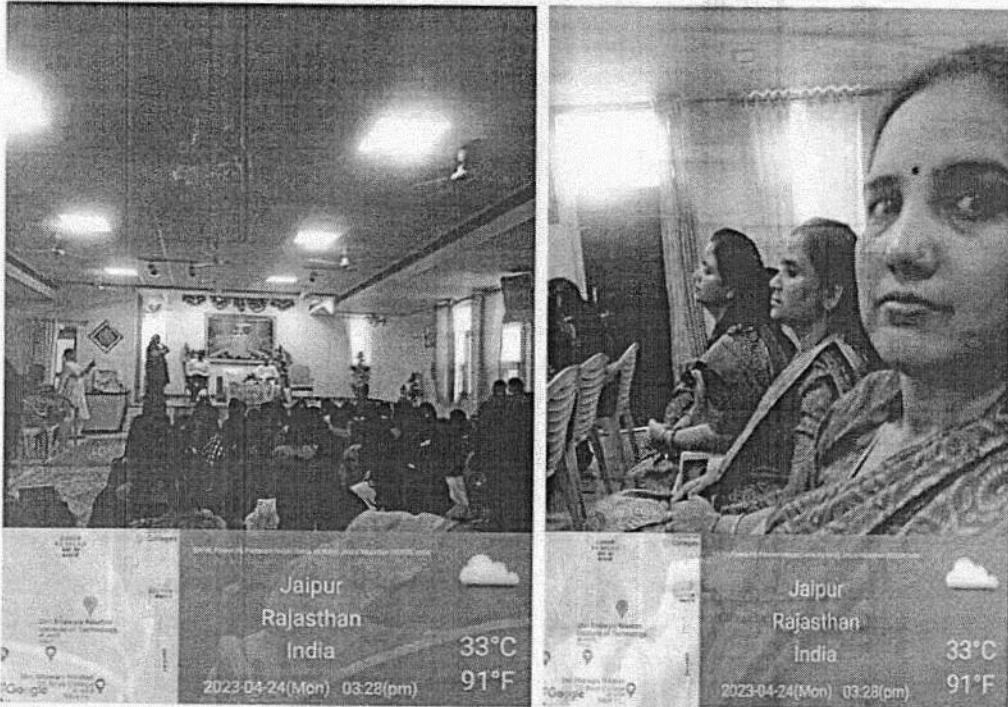
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Emotional heeling session by E.V.Gireesh on 24-4-23



Faculty attending the session of emotional heeling

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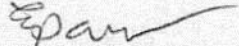


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 03-02-2023

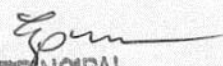
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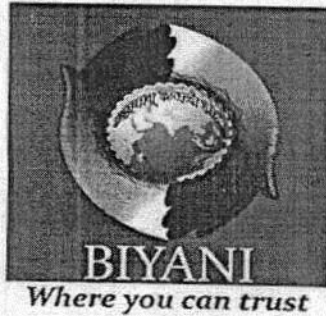
This is to inform to all the faculty members and students that Biyani Girls B.Ed. College is Organising an “ COMMUNICATION SKILLS ” by Mr. Kuldeep on 6th Feb. 2023. Reporting time will be 11:00 am. Attendance is mandatory for all.


Dr. Ekta Pareek

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Session: "How to Improve Communication Skills"

Date: February 6, 2023

Venue: Biyani Girls B.Ed. College, Auditorium

Introduction:

On February 6, 2023, Biyani Girls B.Ed. College organized a session titled "How to Improve Communication Skills" at the college auditorium. The session aimed to equip B.Ed. and M.Ed. students with practical strategies and techniques to enhance their communication abilities. Mr. Kuldeep Singh conducted the session, guiding students through various aspects of effective communication.

Event Overview:

1. Introduction to Communication Skills:

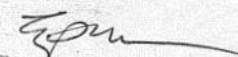
The session began with an introduction to the importance of communication skills in personal, academic, and professional life. Mr. Kuldeep Singh highlighted the significance of effective communication in building relationships, conveying ideas, and achieving success in various spheres.

2. Understanding Communication:

Students were guided to understand the components of communication, including verbal and non-verbal cues, active listening, body language, and empathy. Mr. Kuldeep Singh emphasized the need for clarity, coherence, and confidence in communication to convey messages effectively.

3. Practical Techniques:

Practical techniques and exercises were demonstrated to help students improve their communication skills. These included role-playing scenarios, group discussions, impromptu speeches, and feedback sessions. Students


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actively participated in these activities, gaining hands-on experience and constructive feedback.

4. Overcoming Communication Barriers:

Mr. Kuldeep Singh addressed common communication barriers such as nervousness, fear of public speaking, lack of confidence, and cultural differences. Strategies for overcoming these barriers were discussed, focusing on building self-confidence, practicing active listening, and developing empathy.

5. Interactive Q&A Session:

The session concluded with an interactive question-and-answer session where students could seek clarification on communication-related topics and share their experiences. Mr. Kuldeep Singh provided personalized advice and tips to address students' queries and concerns.

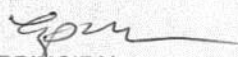
Conclusion:

The session on "How to Improve Communication Skills" provided valuable insights and practical guidance to B.Ed. and M.Ed. students at Biyani Girls B.Ed. College. Led by Mr. Kuldeep Singh, the session equipped students with essential communication tools and techniques to excel in their academic and professional pursuits. By fostering self-awareness, confidence, and effective communication strategies, the session empowered students to become proficient communicators. Moving forward, the college remains committed to organizing such sessions to nurture the holistic development of its students and prepare them for success in the dynamic world of education and beyond.

Report Prepared by
Ms. Sunita Kumari sharma
(Assistant Professor)


Dr. Ekta Pareek

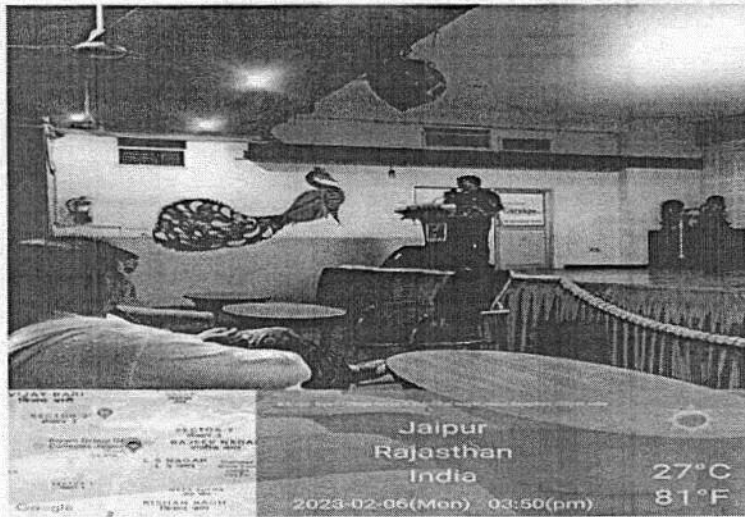
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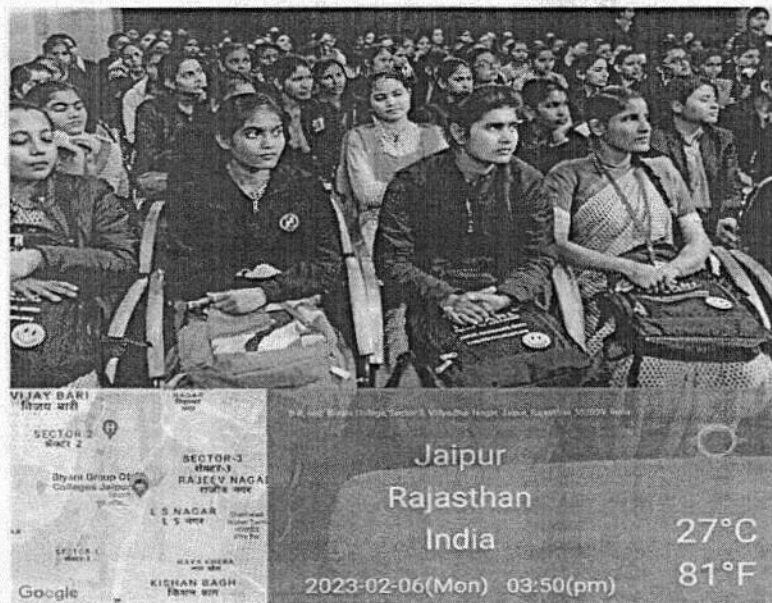


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Guest lecture on communication skill held on 6-2-23



Mr. Kuldeep giving the speech on Communication skill



Students are participating in the event

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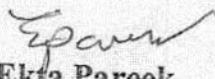


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Date: 17-04-2022


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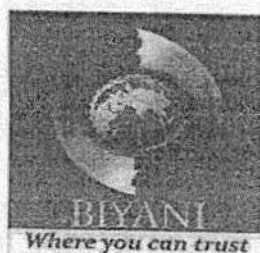
This is to inform to all the faculty members and students that a session on "Gender Equality" will be held on 19 April 2022 in Biyani Girls BEd. College. Reporting time will be 11:00am. Attendance is mandatory for all.


Dr. Ekta Pareek

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Report on Session on "Gender Equality"

Date: April 19, 2022

Venue: Biyani Girls B.Ed. College, Jaipur

Objective:

The Gender Equality Session held at Biyani Girls BEd. College, aimed to educate students about the principles of gender equality, challenge gender stereotypes and discrimination, and empower them to become advocates for gender equity and women's rights.

Activities:

1. Introduction and Welcome: The session began with an introduction to the importance of gender equality and a warm welcome to all participants, teachers, Principal. The organizers outlined the objectives of the session and emphasized the college's commitment to promoting gender equity.
2. Interactive Presentations: Expert speakers or facilitators led interactive presentations on various aspects of gender equality, including its definition, significance, and relevance in education and society. They discussed the social, economic, and cultural factors contributing to gender disparities and highlighted the importance of challenging gender norms and stereotypes.
3. Group Discussions: Participants engaged in group discussions and activities to explore their own perceptions and experiences related to gender roles and inequalities. They shared personal anecdotes, analyzed case studies, and


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brainstormed strategies for promoting gender equality within their communities and educational institutions.

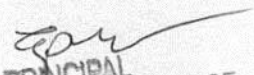
4. **Role-Playing Exercises:** Role-playing exercises were conducted to simulate real-life scenarios involving gender-based discrimination or bias. Participants were encouraged to reflect on these scenarios and identify ways to respond effectively and promote gender-inclusive practices.

5. **Empowerment and Action Planning:** The session concluded with a focus on empowerment and action planning. Participants were encouraged to identify concrete actions they could take to promote gender equality in their personal and professional lives. They were also invited to join or initiate gender equality advocacy initiatives within the college or community.

Impact:

1. **Awareness and Education:** The Gender Equality Session succeeded in raising awareness among students about the importance of gender equality and equipping them with knowledge and skills to challenge gender stereotypes and discrimination.

2. **Empowerment:** Participants felt empowered to advocate for gender equity and women's rights, recognizing their role as change agents in creating a more inclusive and equitable society.


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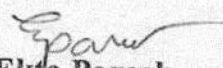
3. Community Engagement: The session fostered a sense of solidarity and community among participants, as they came together to discuss and address issues related to gender equality and social justice.

Conclusion:

The Gender Equality Session at Biyani Girls B.Ed. College was a valuable opportunity to promote dialogue, awareness, and action on gender equity issues. By engaging students in critical discussions and empowering them to take proactive steps towards promoting gender equality, the session contributed to the college's efforts to foster a culture of inclusivity and social justice.

Coordinator Name: Ms Sunita Kumari Sharma
(Assistant Professor)





Dr. Ekta Pareek

Principal

Principal

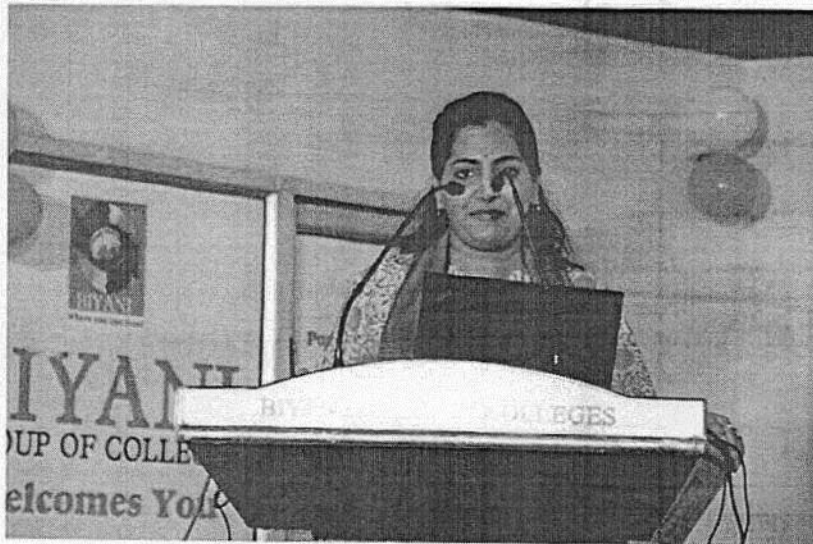
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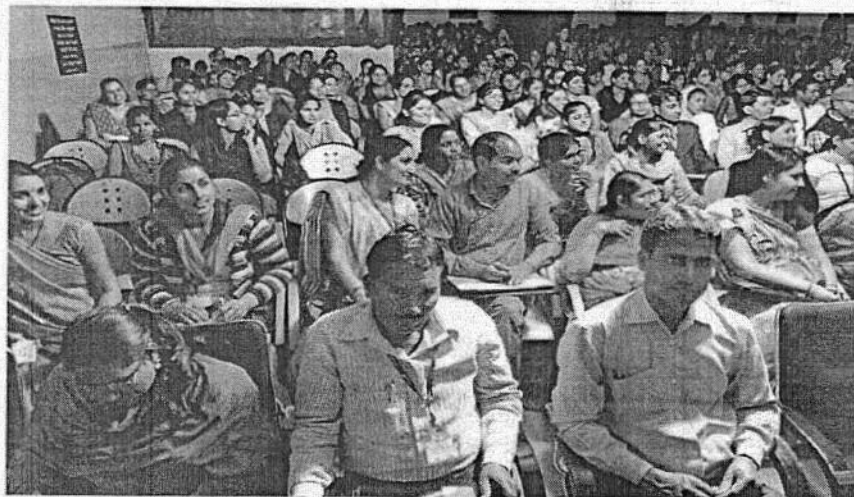


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Session on Gender Equality (19 April 2022)



Guest speaker Share valuable insight



Students and faculty attending the session

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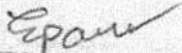


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 29-01-2022


NOTICE

This is to inform to all the faculty members and students that a session of "Shikshak Chaupal" will be held on 01 February 2022 at Biyani Girls BEd. College. Reporting time will be 11:00am. Attendance is mandatory for all.


Dr. Ekta Pareek

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Report on "Shikshak Chaupal" by Ashwath Foundation

Date: Feb 01, 2022


Venue: Biyani Girls B.Ed. College, Jaipur

Objective:

The session of "Shikshak Chaupal" presented by Ashwath Foundation aimed to equip B.Ed. teachers with innovative teaching methodologies using games, quizzes and innovative ways to enhance student engagement, promote active learning, and improve academic outcomes.

Activities:

1. Introduction and Welcome: The session began with an introduction to the Ashwath Foundation team, Mr. Sameer and Ms. Ayushi and a warm welcome to all participating B.Ed. students. The objectives of the session were outlined, emphasizing the importance of incorporating interactive and engaging teaching methods.
2. Presentation on Effective Learning Strategies: The facilitators from Ashwath Foundation delivered a presentation on effective learning strategies, emphasizing the benefits of incorporating games and quizzes into the teaching-learning process. They discussed how interactive activities can stimulate student interest, encourage participation, and facilitate knowledge retention.


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3. **Demonstration of Games and Quiz Formats:** The facilitators demonstrated various game formats and quiz techniques that can be used in the classroom to reinforce concepts, assess understanding, and promote collaborative learning. Examples included educational board games, online quiz platforms, and interactive multimedia presentations.

4. **Hands-on Practice:** B.Ed. students were given the opportunity to participate in hands-on activities and practice designing and implementing games and quizzes tailored to their subject areas and teaching objectives. They received feedback and guidance from the facilitators to enhance the effectiveness of their teaching strategies.

5. **Discussion and Reflection:** Participants engaged in discussions to share their experiences, insights, and ideas for integrating games and quizzes into their teaching practice. They reflected on the potential challenges and benefits of using interactive methods and brainstormed solutions to overcome barriers to implementation.

Impact:

1. **Enhanced Teaching Skills:** The session equipped B.Ed. teachers with new teaching techniques and strategies to make learning more interactive and enjoyable for students.


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2. Increased Engagement: Teachers gained practical ideas for creating engaging learning experiences through games and quizzes, leading to increased student participation and motivation.

3. Improved Learning Outcomes: By incorporating interactive methods into their teaching practice, teachers can expect to see improved learning outcomes, including better retention of information and deeper understanding of concepts among students.

Conclusion:

The session by Ashwath Foundation provided B.Ed. teachers with valuable insights and practical tools for integrating games and quizzes into their teaching practice. By embracing innovative teaching methodologies, teachers can create dynamic and stimulating learning environments that foster student engagement, collaboration, and academic success.

Coordinator Name: Dr Arti Gupta
(Assistant Professor)



Ekta Pareek
Dr. Ekta Pareek

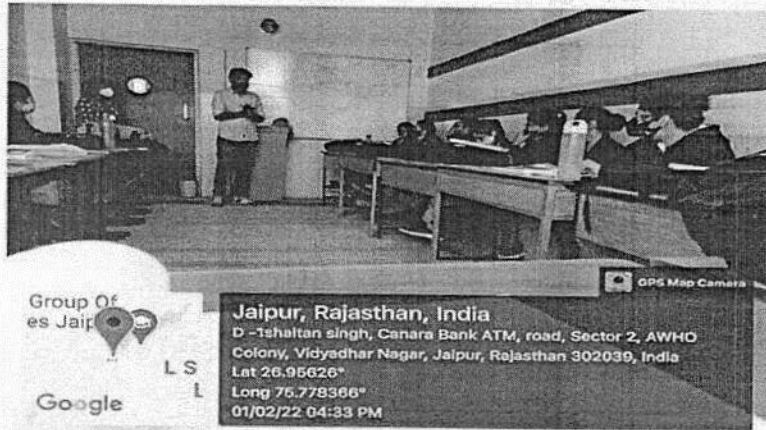
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Arti Gupta
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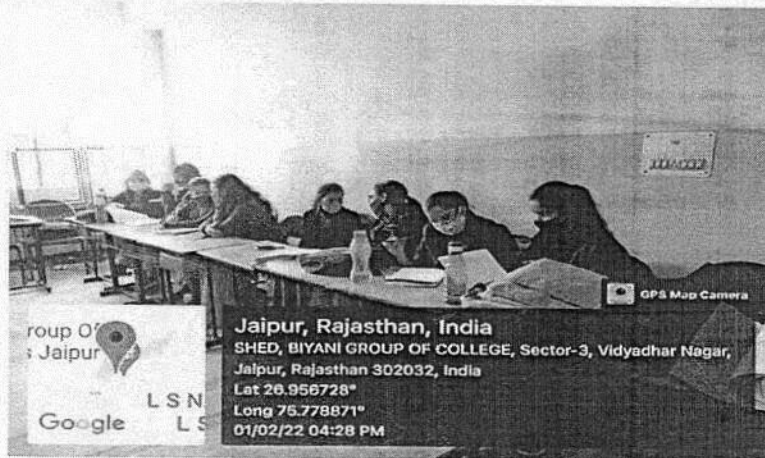


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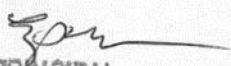
Shikshak Chaupal (1 Feb 2022)



Session taken by Mr. Sameer



Students activity in Shikshak Chaupal


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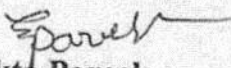


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 09-08-2021


NOTICE

This is to inform to all the faculty members and students that Session on "How to reduce the exam fear" will be celebrated on 11th August 2021 in College Campus. Reporting time will be 11:00 am. Attendance is mandatory for all.


Dr. Ekta Pareek
Principal

Principal

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Session on how to reduce the exam fear

Date: August 11th, 2021

Organizer: Biyani Girls B.Ed. College

Speaker: Dr. Sanjay Biyani

Objective:

Introduction:

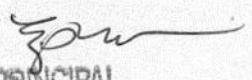
Exam fear is a common phenomenon experienced by students, often leading to stress and anxiety during examination periods. Recognizing the need to address this issue and support students in managing exam-related stress, Biyani Girls B.Ed College organized a session on reducing exam fear. The session was conducted by Dr. Sanjay Biyani, the esteemed founder of the Biyani Group of Colleges, who shared valuable insights and strategies to help students overcome exam anxiety and perform their best.

Event Details:

The session on reducing exam fear was a highly anticipated event at Biyani Girls B.Ed College, drawing a large number of students eager to learn how to manage exam-related stress. Dr. Sanjay Biyani, with his vast experience in education and counseling, delivered an engaging and informative session that aimed to empower students with practical techniques and mindset shifts to conquer exam fear.

Key Highlights:

1. Understanding Exam Fear: Dr. Sanjay Biyani began the session by discussing the common causes and manifestations of exam fear. He explained how fear of failure, performance pressure, and self-doubt can contribute to exam anxiety, impacting students' confidence and performance.


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2. Identifying Triggers: The session focused on helping students identify the specific triggers and sources of their exam fear. Dr. Sanjay Biyani encouraged students to reflect on their thoughts, feelings, and behaviors surrounding exams, allowing them to gain insights into their individual fears and concerns.

3. Techniques for Managing Stress: Dr. Sanjay Biyani introduced students to various techniques for managing stress and anxiety during exams. These included relaxation exercises, deep breathing techniques, positive visualization, and time management strategies. He emphasized the importance of self-care and maintaining a healthy balance between study and leisure activities.

4. Changing Mindset: The session emphasized the importance of adopting a positive mindset towards exams. Dr. Sanjay Biyani encouraged students to reframe their thoughts and beliefs about exams, viewing them as opportunities for learning and growth rather than sources of fear and anxiety. He emphasized the value of self-belief and confidence in one's abilities.

5. Seeking Support: Dr. Sanjay Biyani highlighted the importance of seeking support from teachers, mentors, and peers during challenging times. He encouraged students to reach out for help when needed and to communicate their concerns openly with trusted individuals who can provide guidance and support.


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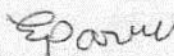
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Conclusion:

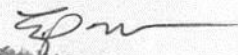
The session on reducing exam fear by Dr. Sanjay Biyani was a valuable and empowering experience for the students of Biyani Girls B.Ed College. Through his expertise and compassionate approach, Dr. Biyani provided students with practical tools and strategies to overcome exam anxiety and perform their best. The session served as a reminder of the importance of self-care, positive mindset, and seeking support during challenging times. Overall, it was a significant step towards creating a supportive and conducive environment for academic success at Biyani Girls B.Ed College.

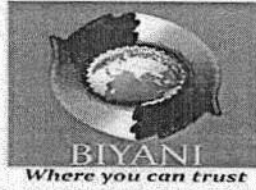
Coordinator Name: Ms Pushpa Kumawat
(Assistant Professor)




Dr. Ekta Pareek
Principal

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BIYANI GIRLS B.Ed. COLLEGE

Session on "How to reduce the exam fear" (11Aug 2021)



Session by Dr. Sanjay Biyani



Student & Faculty listening the lecture

Sanjay Biyani
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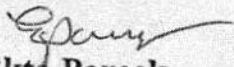
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Date: 03-06-2021

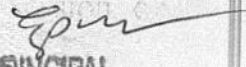
NOTICE

This is to inform to all the faculty members and students that Session on “Enhancing Emotional Stability” by Prof. E. V. Girish on 07 June 2021 on online mode. The respective link will be shared on your class Whatsapp group. Join the link on time.

NOTICE


Dr. Ekta Pareek

Principal


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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Session entitled "Enhancing Emotional Stability"

Date: June 7, 2021

Venue: Online (Facebook Live)

Host: Biyani Girls B.Ed. College

Presenter: Prof. E.V. Girish

Overview:

On June 7, 2021, Biyani Girls B.Ed. College conducted a session titled "Enhancing Emotional Stability" to address the importance of emotional well-being in personal and professional life. The session was conducted online via Facebook Live to ensure accessibility to a wider audience amidst the ongoing pandemic. Prof. E.V. Girish, an expert in psychology and emotional intelligence, led the session, focusing on strategies to cultivate emotional stability in various aspects of life.

Key Highlights:

- 1. Introduction to Emotional Stability:** Prof. E.V. Girish commenced the session by providing an overview of emotional stability and its significance in navigating life's challenges effectively. He explained that emotional stability refers to the ability to manage and regulate one's emotions in a healthy manner, leading to greater resilience and well-being.
- 2. Understanding Emotions:** The presenter delved into the nature of emotions, highlighting their role in influencing thoughts, behaviors, and relationships. He emphasized the importance of self-awareness in recognizing and understanding the range of emotions experienced in different situations.
- 3. Emotional Regulation Techniques:** Prof. Girish introduced various techniques for regulating emotions, such as mindfulness practices, deep breathing exercises,

E.V. Girish
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SEC.-3, VIDHYADHAR NAGAR, JAIPUR



and cognitive restructuring. He demonstrated practical strategies for managing stress, anxiety, and anger by cultivating mindfulness and adopting positive coping mechanisms.

4. **Building Resilience:** The session focused on building resilience as a key component of emotional stability. Prof. Girish discussed resilience as the ability to bounce back from adversity and setbacks, emphasizing the importance of optimism, social support, and problem-solving skills in fostering resilience.

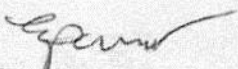
5. **Effective Communication:** The presenter underscored the role of effective communication in promoting emotional stability and nurturing healthy relationships. He discussed the importance of active listening, empathy, and assertiveness in resolving conflicts and enhancing interpersonal connections.

6. **Self-Care Practices:** Prof. Girish emphasized the importance of self-care practices in maintaining emotional well-being. He encouraged participants to prioritize self-care activities such as exercise, adequate sleep, and leisure pursuits to recharge and rejuvenate their mental and emotional energies.

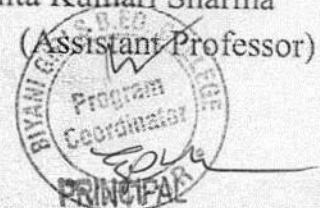
Conclusion:

The session on "Enhancing Emotional Stability" conducted by Biyani Girls B.Ed. College, featuring Prof. E.V. Girish, provided valuable insights and practical strategies for cultivating emotional resilience and well-being. Through a combination of theoretical concepts, practical exercises, and interactive discussions, participants gained a deeper understanding of the importance of emotional stability in achieving personal and professional success. The session served as a reminder of the importance of prioritizing mental health and developing skills to navigate life's challenges with grace and resilience.

Report Prepared By: Ms. Sunita Kumari Sharma
(Assistant Professor)


Dr. Ekta Pareek

Principal



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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Glimpses of "Enhancing Emotional Stability."
Date- 07th June 2021



Prof. E.V. Gireesh

International Speaker,
Corporate Trainer & Counselor, Mumbai

Topic: Enhancing Emotional Stability




Monday
07 June, 2021

Time : 11:00 AM-12:00 Noon

Join Zoom Meeting
webinars.biyani.colleges.com
Meeting ID: 836 6624 6066
Passcode: Biyani

JOIN US




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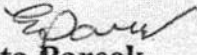


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Date: 10-06-2021

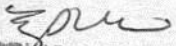
NOTICE

This is to inform to all the faculty members and students that Session on “**How to Create a Winner’s Mindset**” will be organised by Prof. Ramesh Arora on 16 June 2021 on online mode. The respective link will be shared on your class Whatsapp group. Join the link on time.


Dr. Ekta Pareek

Principal

Copy to: Chairman/Director (Acad.)/Principals/HR/HOD's/ Reception/ IQAC Members.


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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Session Entitled "Creating a Winner's Mindset in COVID-19"

Date: June 16, 2021

Mode: Online (Facebook Live)

Presenter by: Prof. Ramesh Arora

Introduction:


The session titled "Creating a Winner's Mind-set in COVID-19" was held on June 16, 2021, facilitated by Prof. Ramesh Arora. In the wake of the global pandemic, the session aimed to provide insights and strategies to foster resilience and a positive mind-set amidst the challenges posed by COVID-19.

Key Objectives:

1. To understand the psychological impact of the COVID-19 pandemic on individuals.
2. To explore effective strategies for developing a winner's mindset.
3. To provide practical tips for overcoming adversity and achieving success during challenging times.

Session Highlights:

1. Understanding the Psychological Impact: Prof. Ramesh Arora commenced the session by discussing the psychological effects of the COVID-19 pandemic, including increased stress, anxiety, and uncertainty. He emphasized the importance of acknowledging these emotions while striving to cultivate a positive outlook.
2. Building Resilience: The speaker elucidated the concept of resilience and its significance in navigating adversities. Participants were encouraged to cultivate


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resilience by fostering a growth mindset, practicing self-care, and seeking support from their social networks.

3. **Embracing Change:** Prof. Arora highlighted the inevitability of change and the need to adapt to evolving circumstances. He emphasized the importance of flexibility and agility in overcoming challenges and seizing opportunities amidst the uncertainties of the pandemic.

4. **Setting Goals and Taking Action:** Participants were encouraged to set realistic goals and take proactive steps towards achieving them. Prof. Arora underscored the importance of maintaining focus and perseverance in pursuing one's objectives, despite the obstacles encountered along the way.

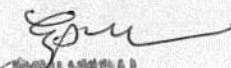
5. **Cultivating a Positive Mindset:** The session emphasized the power of positive thinking in promoting mental well-being and resilience. Prof. Arora encouraged participants to practice gratitude, optimism, and mindfulness as tools for cultivating a winner's mindset.

6. **Learning from Adversity:** Participants were encouraged to view setbacks and failures as opportunities for growth and learning. Prof. Arora emphasized the importance of resilience in bouncing back from setbacks and leveraging adversity as a catalyst for personal and professional development.

Conclusion:

The session on "Creating a Winner's Mindset in COVID-19" provided valuable insights and practical strategies for navigating the challenges posed by the pandemic. Participants were equipped with tools for fostering resilience, maintaining a positive outlook, and achieving success amidst adversity. Prof. Ramesh Arora's expertise and guidance contributed to an engaging and insightful discussion, inspiring participants to embrace change, set goals, and cultivate a winner's mindset in the face of uncertainty.

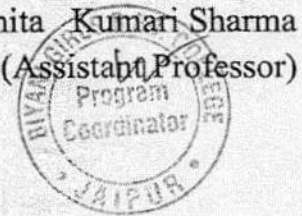
Future Directions:


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Moving forward, it is essential to continue promoting mental health awareness and resilience-building strategies to support individuals in coping with the ongoing impact of the COVID-19 pandemic. Future sessions could explore additional techniques for managing stress, enhancing well-being, and fostering a sense of community amidst physical distancing measures.

Report Prepared By:
Dr Sunita Kumari Sharma
(Assistant Professor)



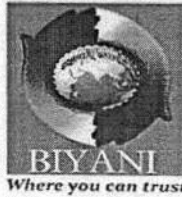
Dr. Ekta Pareek

Principal



Dr Sunita Kumari Sharma
(Assistant Professor)

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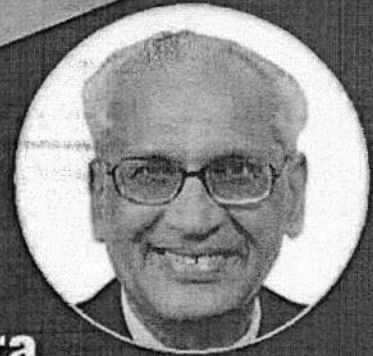


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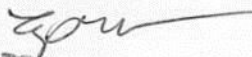
Glimpses of Session on "How to create a winner"
Date of event- 16th July 2021

HOW TO CREATE A WINNER'S MINDSET?

Watch Daily @ Live Show
in Entertainment Section
of GURUKPO PLUS APP



Improve your Personality with
Prof. Ramesh K. Arora
Life Coach, Motivational Guru


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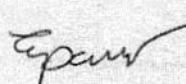
BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 28-12-2020

NOTICE

This is to inform to all the faculty members and students that Session on “**Stress Free Healthy Life**” by Ms. Jishu George for Celebrating Mind & Body Wellness Day will be organize on 02 January 2021 in online mode.

Reporting time will be 11:00 am. Attendance is mandatory for all.


Dr. Ekta Pareek

Principal

Copy to: Chairman/Director (Acad.)/Principals/HR/HOD's/ /Reception/ IQAC Members.


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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Extension Lecture Entitled "Stress-Free Healthy Life"

Date: January 2nd, 2021

Venue: Biyani Girls B.Ed. College

Speaker: Dr. Jishu George

Occasion: Mind & Body Wellness Day

Introduction:

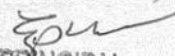
On January 2nd, 2021, an extension lecture titled "Stress-Free Healthy Life" was organized at Biyani Girls B.Ed. College to commemorate Mind & Body Wellness Day. The lecture aimed to provide insights and strategies for managing stress and promoting overall well-being among students and faculty members.

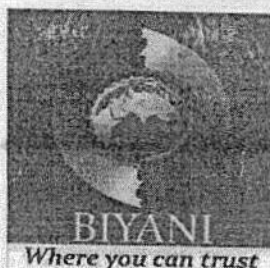
Session Highlights:

Expert Speaker: Dr. Jishu George, a renowned expert in holistic health and wellness, was invited to deliver the extension lecture. With his vast experience and expertise, Dr. George provided valuable insights into stress management techniques and the importance of maintaining a healthy lifestyle.

Understanding Stress: Dr. George commenced the session by explaining the concept of stress and its impact on physical, mental, and emotional health. He highlighted the common causes of stress in academic and professional settings and emphasized the need for proactive measures to mitigate its adverse effects.

Holistic Approach to Wellness: The speaker advocated for a holistic approach to wellness, encompassing physical, mental, and spiritual dimensions. He discussed the interconnectedness of mind and body and underscored the importance of nurturing positive habits, such as regular exercise, nutritious diet, mindfulness, and relaxation techniques.


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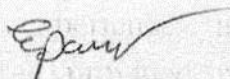
Practical Strategies: Dr. George shared practical strategies and coping mechanisms for managing stress and promoting resilience. These included mindfulness meditation, deep breathing exercises, time management techniques, and fostering social connections and support networks.

Interactive Session: The lecture featured an interactive Q&A session where students and faculty members had the opportunity to seek clarification, share their experiences, and engage in meaningful dialogue with the speaker. Dr. George provided personalized guidance and practical tips tailored to the participants' needs and concerns.

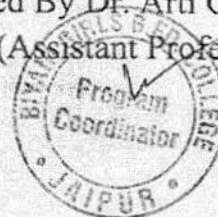
Conclusion:

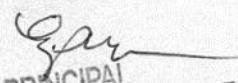
The extension lecture on "Stress-Free Healthy Life" by Dr. Jishu George at Biyani Girls B.Ed. College on Mind & Body Wellness Day was highly informative and impactful. Participants gained valuable insights into stress management strategies and holistic approaches to well-being, empowering them to prioritize self-care and cultivate resilience in the face of challenges. The session fostered a culture of wellness and self-awareness, inspiring individuals to take proactive steps towards leading healthier, more fulfilling lives.

Report Prepared By Dr. Arti Gupta
(Assistant Professor)


Dr. Ekta Pareek

Principal




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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Online Session By Dr Jishu George on Stress Free Healthy Life

Date-2nd Jan 2021



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Presents

STRESS FREE HEALTHY LIFE

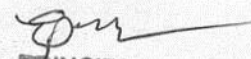
**For
celebrating
Mind- Body
wellness
DAY**

*By
Dr. Jishu
George*

"Nourish Your Mind,
Strengthen Your Body"

Date-
2 January 2021




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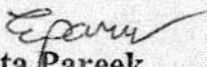


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 22-08-2020

NOTICE

This is to inform to all the faculty members and students that Session on "Employability Skills" by Dr. Bivash Mukharjee on 26 August 2020 on online mode (FB Live). The respective link will be shared on your class Whatsapp group. Join the link on time.


Dr. Ekta Pareek

Principal

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Session Report Entitled "Employability Skills"

Date: August 26, 2020

Venue: Online (Biyani Girls B.Ed. College)

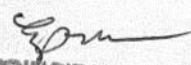
Presenter: Dr. Bivash Mukherjee

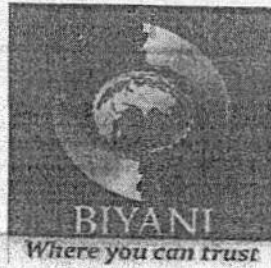
Overview:

On August 26, 2020, Biyani Girls B.Ed. College organized a session focusing on Employability Skills. Dr. Bivash Mukherjee, an expert in human resource development and employability, led the session. This session, conducted online, aimed to equip students with the necessary skills and knowledge required to succeed in today's competitive job market.

Key Highlights:

1. Introduction to Employability Skills: Dr. Mukherjee commenced the session by providing an overview of employability skills and their significance in the contemporary workforce. He emphasized that employability skills encompass a broad range of abilities beyond technical knowledge, including communication, teamwork, problem-solving, and adaptability.
2. Communication Skills: The presenter stressed the importance of effective communication skills in professional settings. He discussed various aspects of communication, such as verbal and non-verbal communication, active listening, and interpersonal skills, and provided practical tips for enhancing communication abilities.
3. Teamwork and Collaboration: Dr. Mukherjee emphasized the value of teamwork and collaboration in the workplace. He highlighted the importance of being able to


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work effectively in a team, respect diverse perspectives, and contribute towards common goals.

4. **Problem-Solving and Critical Thinking:** The session addressed the significance of problem-solving and critical thinking skills in navigating challenges encountered in the workplace. Dr. Mukherjee discussed strategies for analyzing problems, generating innovative solutions, and making informed decisions.

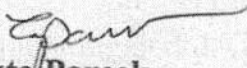
5. **Professionalism and Work Ethic:** Dr. Mukherjee discussed the importance of professionalism and work ethic in building a successful career. He elaborated on qualities such as punctuality, reliability, integrity, and a strong work ethic, which are highly valued by employers.

6. **Career Planning and Development:** The session concluded with a discussion on career planning and development. Dr. Mukherjee provided guidance on setting career goals, exploring opportunities, and continuously updating skills to remain competitive in the job market.

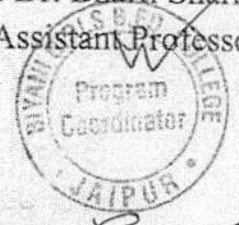
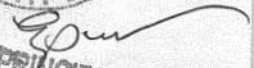
Conclusion:

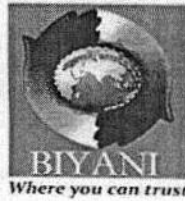
The session on Employability Skills conducted by Biyani Girls B.Ed. College, featuring Dr. Bivash Mukherjee, provided valuable insights and practical guidance to students preparing to enter the workforce. Dr. Mukherjee's expertise in human resource development and his emphasis on key employability skills such as communication, teamwork, problem-solving, adaptability, professionalism, and career planning equipped students with essential tools for success in their professional endeavors. The session served as a platform for empowering students to enhance their employability and pursue fulfilling careers.

Report Prepared By: Dr. Bharti Sharma
(Assistant Professor)


Dr. Ekta Pareek

Principal



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Glimpses of online session of 'Employability Skills'
Date of event- 26th August 2020



Mr. Bivash Mukherjee

(Corporate Trainer, Career Counselor, Verbal Coach)

Qualification: Masters in Human Resource Management

Area of Interest : Training and Development, OD, Counselling, Consulting

Topic: Employability Skills for Sure Shot Success

JOIN US ON



Wednesday
26th August, 2020

Time: 12:30 PM

Poster of the Event

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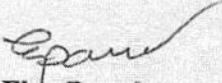


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Date : 26/09/2019

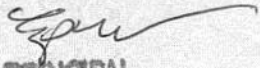
NOTICE

This is to inform to all the faculty members and students that Extension Lecture on "How to Make CV" will be organized ON 28th September, 2019 in auditorium. All the mentors should motivated students for their active participation.


Dr. Ekta Pareek
Principal

Biyani Girls B.Ed. College

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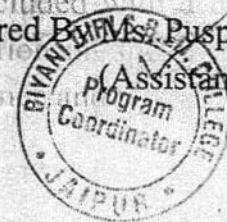


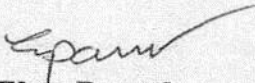
the significance of adapting CVs to suit specific job requirements and emphasized the role of a well-crafted CV in making a positive first impression on potential employers.

- **Q&A and Individual Guidance:** The session concluded with a question and answer segment, allowing students to seek clarification on specific CV-related queries. Mr. Ambwani provided individualized guidance and tips
- based on the questions raised, ensuring that students left the lecture with a comprehensive understanding of effective CV writing

Conclusion: The Extension Lecture on "How to Make CV" by Mr. Hemant Ambwani at Biyani Girls B.Ed. College on 28th September 2019 was a highly informative and beneficial event. It not only equipped students with practical skills for crafting impactful CVs but also provided valuable insights into the expectations of the professional world. In conclusion, the lecture exemplified the college's commitment to holistic education by addressing essential skills beyond the academic curriculum. Mr. Ambwani's expertise and the interactive format of the event contributed to a more informed and prepared student community, ready to navigate the competitive job market with confidence.

Report Prepared By **Dr. Puspita Kumawat**
(Assistant Professor)




Dr. Ekta Pareek

Principal
Biyani Girls B.Ed. College
Jaipur
Principal


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BIYANI GIRLS B.ED. COLLEGE
SEC.-3, VIDHYADHAR NAGAR, JAIPUR

Report Prepared By



BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report On Extension Lecture on "How to Make CV "

Date: September 28, 2019

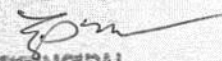
Venue: Biyani Girls B.Ed. College, Jaipur

Lecture by: Mr. Hemant Ambwani

Introduction: Biyani Girls B.Ed. College hosted an insightful extension lecture on the topic "How to Make CV" by Mr. Hemant Ambwani on the 28th of September 2019. The purpose of the lecture was to equip students with the knowledge and skills necessary to create effective Curriculum Vitae (CVs) for professional success in their future endeavors

Event Highlights

- **Expert Introduction and Credentials:** The event began with a warm introduction to Mr. Hemant Ambwani, an expert in human resources and recruitment. His credentials and extensive experience in the field established him as a knowledgeable authority on the subject of crafting compelling CVs.
- **Essentials of a CV:** Mr. Ambwani delved into the essential components of an effective CV. He discussed the importance of a well-structured CV, including personal details, educational background, work experience, skills, and additional sections that highlight achievements, certifications, and extracurricular activities.
- **Interactive Session on CV Writing:** The lecture incorporated an interactive session where participants actively engaged in practical exercises related to CV writing. Mr. Ambwani provided hands-on tips and personalized advice to students, guiding them on how to tailor their CVs to showcase their unique strengths and experiences.
- **Presentation on Current Industry Trends:** The speaker presented insights into current industry trends and expectations regarding CV formats. He highlighted


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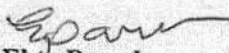


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Date : 19/09/2019

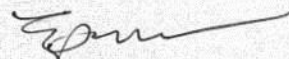
NOTICE

This is to inform to all the faculty members and students that Motivational Seminar on "Kalpna Ki Udaan" will be organized 21st September, 2019 in auditorium. All the mentors should motivated students for their active participation.


Dr. Ekta Pareek
Principal
Principal
Biyani Girls B. Ed College

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Motivational Seminar on "Kalpana Ki Udan"

Date: September 21, 2019

Venue: Biyani Girls B.Ed. College, Jaipur

Speaker: Mr. B.L. Chawala


Introduction: Biyani Girls B.Ed. College organized an inspiring motivational seminar on "Kalpana Ki Udan" by Mr. B.L. Chawala, the father of the late Kalpana Chawla, on the 21st of September 2019. The seminar aimed to honor the memory of Kalpana Chawla, the renowned astronaut, and inspire students with her life journey.

Event Highlights

Heartfelt Introduction to Mr. B.L. Chawala: The seminar began with a heartfelt introduction to Mr. B.L. Chawala, who graciously agreed to share his experiences and insights. As the father of Kalpana Chawla, he brought a unique and personal perspective to the seminar.

Recollection of Kalpana Chawla's Achievements: Mr. B.L. Chawala recounted the remarkable achievements and milestones in Kalpana Chawla's life. He shared anecdotes about her passion for space exploration, her dedication to her goals, and the challenges she overcame to become an inspiration for many.

Emphasis on Perseverance and Resilience: The seminar focused on the qualities of perseverance and resilience that defined Kalpana Chawla's character. Mr. B.L. Chawala highlighted how his daughter's journey to becoming an astronaut was marked by determination, hard work, and an unyielding spirit.


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Interactive Session with Students: To engage the audience, an interactive session was conducted where students had the opportunity to ask questions and share their thoughts. Mr. B.L. Chawala provided insights into Kalpana Chawla's mindset and encouraged students to pursue their dreams with dedication and enthusiasm.

Video Presentations and Visual Tributes: The seminar incorporated video presentations showcasing Kalpana Chawla's achievements and

Conclusion: The Motivational Seminar on "Kalpana Ki Udan" by Mr. B.L. Chawala at Biyani Girls B.Ed. College on 21st September 2019 was a profoundly moving and inspiring event. It paid tribute to the indomitable spirit of Kalpana Chawla and aimed to instill her values and legacy in the minds of the attending students. In conclusion, the seminar reflected the college's commitment to offering students not only academic knowledge but also life lessons and motivation.

Name of Seminar Coordinator:- Dr. Aarti Gupta
Assistant Professor
Biyani B.Ed. Girls College, Jaipur



Ekta Pareek
Dr. Ekta Pareek

Principal
Biyani Girls B.Ed. College
Jaipur

Principal

Name of Seminar Coordinator

Ekta Pareek
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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Seminar on Kalpana ki Udan 21-9-2019



Welcoming Guest Mr.B.L.Chawla ,Father of Kalpana Chawala



Winning pose of students with Mr. B. L. Chawala

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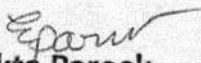


BIYANI GIRLS B.ED. COLLEGE , JAIPUR

Date: 13/07/2019

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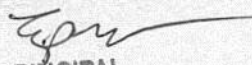
This is to inform to all the students that the Biyani Girls B.Ed. College is organizing to "seminar on Balancing your time " on 17 July 2019 at 1.00 p.m. at "UTSAV AUDITORIUM".


Dr. Ekta Pareek

Principal
Principal
Biyani Girls B.Ed. College
Jaipur

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 17 July 2019

Venue: Biyani Girls B.Ed. College, Jaipur

Chief Guest: Acharya Brahmurishi Pujya Paad Shri Kirit Bhajji (Guruji)

Speakers: Dr. Sanjay Biyani, Dr. Ekta Pareek, Dr. Shipra Gupta

Objective:

This Orientation Program held at Biyani Girls B.Ed. College aimed on "balancing your time is your duty".

Highlights of the Programme:

1. Inaugural Address by Acharya shri kirit bhajji :

The programme commenced with an enlightening inaugural address by Acharya ShriKiritBhaiji, who emphasized the importance of aim, self-discipline, and how to fight for your rights in shaping the lives of individuals.

Conclusion:

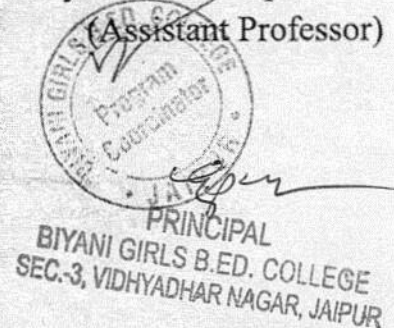
A seminar was held at Biyani Girls B.Ed. College, Jaipur, by Acharya Brahmurishi Pujya Paadshri Kirit Bhajji came and said, "Balancing your time is your duty. life is struggle, it is a war. We have to fight like Arjun with it and then we have to win also from it. guru ji always give us weapon for fighting. 8 types of qualities are there or should be there in a person, then he will surely win. only you can fight your battle, no one else can help you in that." He blessed all staff members and students with his motivational address.

Report Prepared by: Dr. Arti Gupta

(Assistant Professor)


Dr. Ekta Pareek

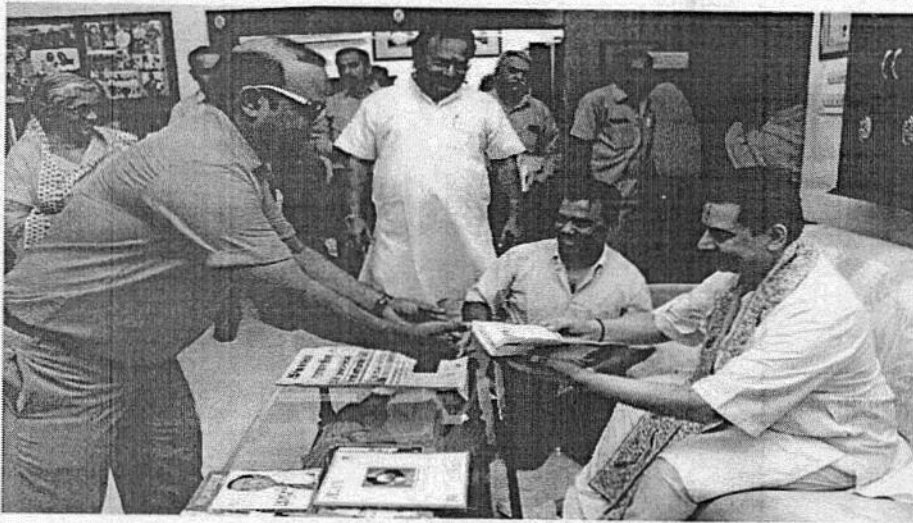
Principal



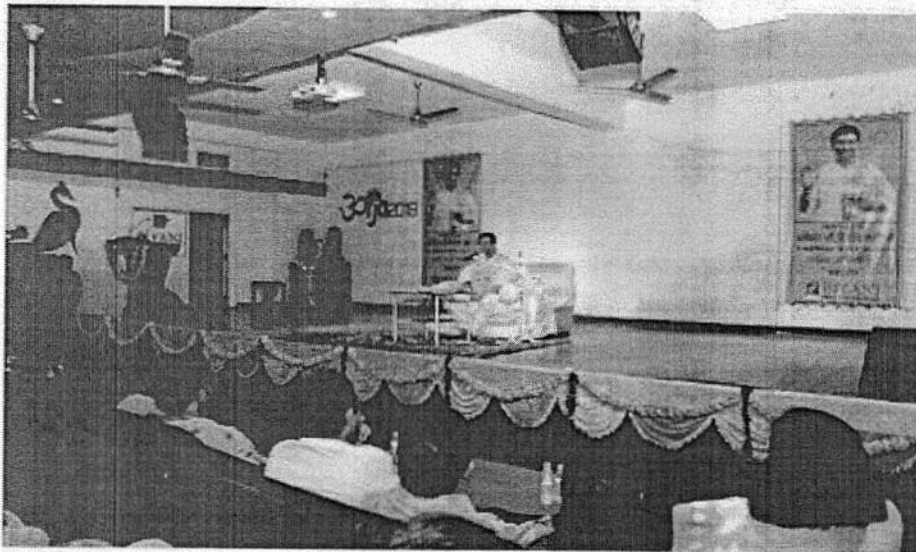


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Seminar on "Balancing your Time"
on 17th July 2019



Falicitation of Acharya Shri Kirit Bhajji



Motivational session of Acharya Shri Kirit Bhajji


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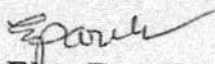


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 27-07-2018

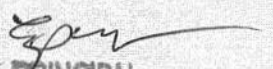
NOTICE

This is to inform to all the faculty members and students that Extension Lecture: "How to Prepare Competitive Exam" will be on 28th July 2018 in College Campus. Reporting time will be 11:00 am. Attendance is mandatory for all.


Dr. Ekta Pareek

Principal
Prin:
Biyani Girls B.Ed College
Jaipur

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Extension Lecture

Title: "How to Prepare for Competitive Exams"

Date: July 28, 2018

Speaker: Dr. M.R. Bhadu

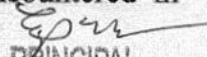
Venue: Biyani girls B.ED. College Campus Auditorium

Introduction:

The extension lecture on "How to Prepare for Competitive Exams" was held on July 28, 2018, in the auditorium of our college campus. The lecture aimed to provide students with insights and strategies to effectively prepare for various competitive examinations.

Key Points Covered:

1. **Understanding the Exam Structure:** Dr. M.R. Bhadu began by emphasizing the importance of understanding the structure and pattern of the competitive exams one intends to take. He provided an overview of common competitive exams, including their syllabi and question formats.
2. **Time Management Techniques:** The speaker discussed various time management techniques essential for optimizing study schedules. He emphasized the importance of allocating specific time slots for different subjects/topics and the significance of regular revision.
3. **Effective Study Materials:** Dr. Bhadu highlighted the significance of choosing the right study materials and resources. He recommended utilizing standard reference books, online platforms, and mock test series to enhance preparation.
4. **Strategies for Problem Solving:** The speaker shared valuable tips and tricks for solving problems quickly and accurately. He demonstrated shortcuts and methods to approach different types of questions commonly encountered in competitive exams.


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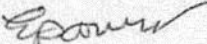
5. Stress Management: Acknowledging the stress associated with competitive exams, Dr. Bhadu discussed the importance of maintaining a healthy balance between study and relaxation. He emphasized the role of physical exercise, meditation, and proper sleep in managing exam-related stress.
6. Motivation and Confidence Building: Lastly, the speaker motivated students to stay focused, confident, and persistent throughout their exam preparation journey. He shared inspiring success stories and encouraged students to believe in their abilities.

Conclusion:

The extension lecture on "How to Prepare for Competitive Exams" by Dr. M.R. Bhadu proved to be highly informative and insightful. Students gained valuable guidance on various aspects of exam preparation, including time management, study materials, problem-solving strategies, stress management, and building confidence. The lecture concluded with a Q&A session, where students clarified their doubts and received personalized advice from the speaker.

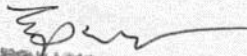
Overall, the event was a resounding success, and students left the auditorium feeling more equipped and confident to tackle competitive exams effectively.

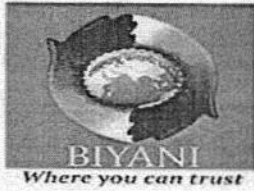
Report Prepared by Ms. Sunita Kumari Sharma (Assistant Professor)


Dr. Ekta Pareek



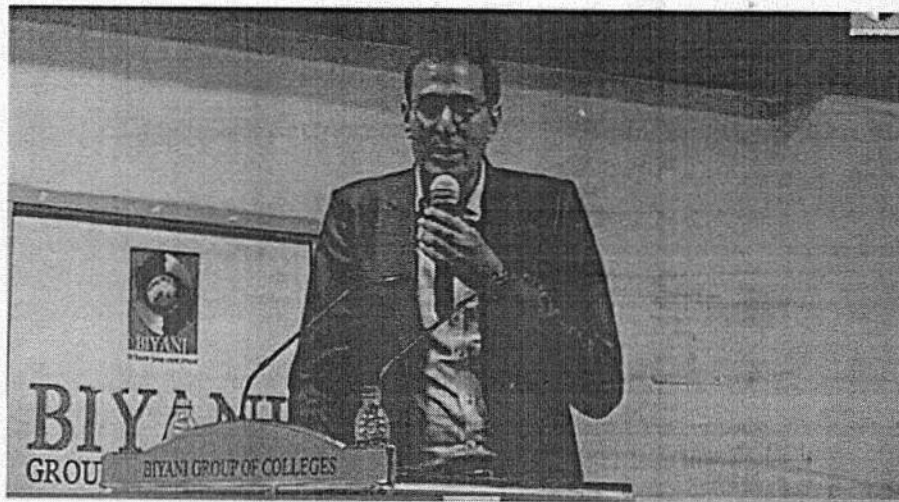
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BIYANI GIRLS B.Ed. COLLEGE

Extension lecture on 'How to prepare competitive exam' by Dr. M. R. Bhadu



Speaker igniting students on 'How to prepare competitive exam'



Students immersed in the learning 'how to prepare competitive exam'

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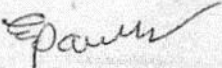


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 27-09-2018

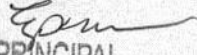
NOTICE

This is to inform to all the faculty members and students that Workshop on "Child Psychology" will be organized on 29th September 2018 in College Campus. Reporting time will be 11:00 am. Attendance is mandatory for all.


Dr. Ekta Pareek

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Workshop: "Understanding Child Psychology"

Date: September 29, 2018

Venue: Biyani Girls B.Ed. College, Jaipur

Speakers: Dr. Prachi Naraguda and Dr. Sanket Sharma

Objective:

The workshop on "Understanding Child Psychology" aimed to provide insights into the complex nature of child psychology and equip educators with a deeper understanding of the factors influencing children's behaviour, emotions, and development. By delving into the intricacies of child psychology, the workshop sought to empower teachers to create a supportive and nurturing learning environment for their students.

Workshop Highlights:

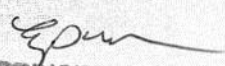
1. Introduction to Child Psychology:

The workshop commenced with an overview of child psychology, exploring fundamental concepts such as cognitive development, emotional regulation, and social interactions. Participants gained a comprehensive understanding of the various stages of child development and the factors influencing each stage.

2. Psychological Factors Affecting Learning:

Dr. Prachi Naraguda and Dr. Sanket Sharma delved into the psychological factors that impact learning outcomes in children. They discussed the importance of recognizing individual differences in learning styles and preferences and provided strategies for accommodating diverse learning needs within the classroom.

3. Understanding Behaviour Patterns:


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Participants learned about common behaviour patterns observed in children and explored the underlying psychological mechanisms driving these behaviours. The speakers emphasized the importance of adopting a proactive approach to behaviour management and fostering positive relationships with students.

4. Effective Communication Strategies:

The workshop emphasized the role of effective communication in promoting positive interactions between teachers and students. Participants learned practical communication strategies for building rapport, resolving conflicts, and providing constructive feedback to support children's psychological well-being.

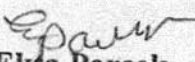
5. Interactive Sessions and Case Studies:

Interactive sessions and case studies were incorporated into the workshop to facilitate active participation and encourage application of theoretical concepts to real-life scenarios. Participants had the opportunity to engage in discussions, share experiences, and brainstorm strategies for addressing common challenges in the classroom.

Conclusion:

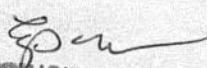
The workshop on "Understanding Child Psychology" at Biyani Girls B.Ed. College, Jaipur, provided valuable insights and practical strategies for educators to enhance their understanding of child development and create a supportive learning environment. Dr. Prachi Naraguda and Dr. Sanket Sharma's expertise and engaging presentation style ensured that participants gained valuable knowledge and skills to effectively support the psychological well-being and academic success of their students. Overall, the workshop was a resounding success, contributing to the professional development of educators and promoting the holistic development of children.

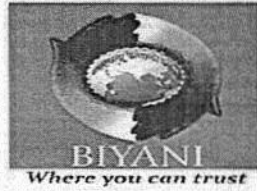
Report compiled by Dr. Arti Gupta (Workshop Coordinator)


Dr. Ekta Pareek

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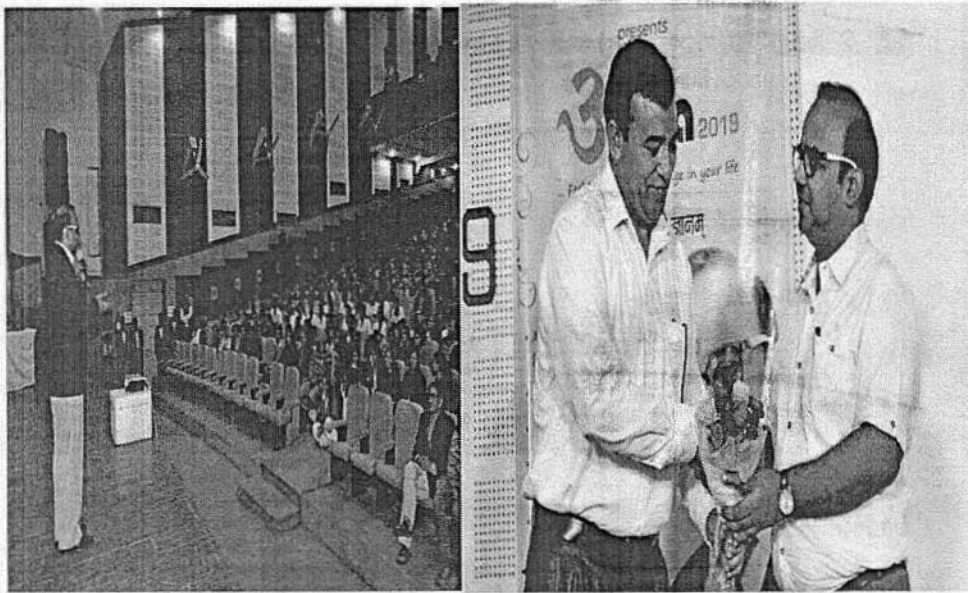



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Workshop on "Child Psychology" (29 Sep 2018)



Session by Dr. Sanjay Biyani & Guest Speaker on "Child Psychology"



Students participate in "Child Psychology" Workshop

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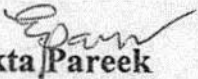


BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 04-02-2019

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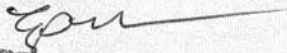
This is to inform to all the faculty members and students that Guest Lecture on "Inclusive Education" will be organized on 6th Feb. 2019 in auditorium. Reporting time will be 11:00 am. Attendance is mandatory for all.


Dr. Ekta Pareek

Principal

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Jaipur

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Report on Guest Lecture: "Inclusive Education" by Dr. Pramila Dubey"

Event: Guest Lecture on "Inclusive Education"

Date: 6th February 2019

Venue: Auditorium, Biyani Girls B.Ed. College, Jaipur

Introduction:

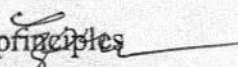
Biyani Girls B.Ed. College had the privilege of hosting a stimulating Guest Lecture on the topic of "Inclusive Education" featuring Dr. Pramila Dubey. The lecture aimed to explore the principles and practices of inclusive education, emphasizing its importance in fostering equitable learning environments and ensuring access to quality education for all learners.

Guest Speaker:

Dr. Pramila Dubey, a renowned expert in the field of education and inclusive practices, served as the guest speaker for the event. With extensive experience and expertise in inclusive education, Dr. Dubey brought valuable insights and perspectives to the discussion, enriching the understanding of attendees.

Topics Covered:

1. Conceptual framework of inclusive education and its relevance in contemporary educational settings.
2. Strategies for creating inclusive learning environments that cater to the diverse needs of learners.
3. Addressing barriers to inclusion and promoting diversity within classrooms and educational institutions.
4. Role of educators, policymakers, and communities in advancing the principles of inclusive education.


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Key Highlights:

- Dr. Pramila Dubey delivered an engaging and informative lecture, elucidating key concepts and principles of inclusive education with clarity and depth.
- Attendees were presented with practical strategies and best practices for implementing inclusive pedagogies and creating supportive learning environments.
- Interactive sessions allowed for meaningful dialogue and exchange of ideas, enabling participants to delve deeper into the nuances of inclusive education and its implications for educational practice.
- The lecture served as a platform for inspiring reflection and fostering a commitment to promoting inclusive practices among educators, students, and stakeholders.

Audience Response:

The guest lecture received an enthusiastic response from the audience, with attendees expressing appreciation for Dr. Dubey's expertise and the relevance of the topics discussed. Many participants found the lecture inspiring and thought-provoking, highlighting its potential to drive positive change in educational practice.

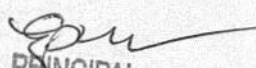
Conclusion:

The Guest Lecture by Dr. Pramila Dubey on "Inclusive Education" was a resounding success, contributing to the advancement of knowledge and understanding in the field of inclusive education. By equipping attendees with valuable insights and practical strategies, the lecture reinforced the college's commitment to fostering inclusive and equitable learning environments.

Report Prepared By: Dr. Arti Gupta (Assistant Professor)


Dr. Ekta Pareek

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Guest lecture on inclusive education by Dr. Pramila Dubey

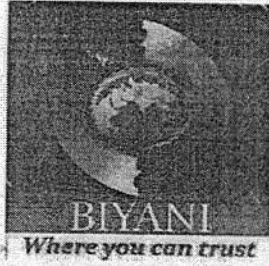


Floral welcome of the guest Speaker by Prof. Sanjay Biyani



Student captivated by the importance of inclusive education

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 20-05-2019

NOTICE


This is to inform to all the faculty members and students that Extension Lecture on "Stress free Healthy life" will be organized on 21th May 2019. Reporting time will be 12:30 pm.

Attendance is mandatory for all.


Dr. Ekta Pareek

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Jaipur

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Extension Lecture Report

Title: "Stress-Free Healthy Life"

Date: May 21, 2019

Organized By: Biyani Girls B.Ed. College

Speakers: Mr. Rajkumar & Ms. Nisha Varma

Venue: Auditorium, Biyani Girls B.Ed. College

Introduction:

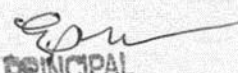
Biyani Girls B.Ed. College hosted an extension lecture on "Stress-Free Healthy Life" on May 21, 2019, at the college auditorium. The lecture aimed to educate students on the importance of maintaining a healthy lifestyle and managing stress effectively.

Speakers:

The lecture was delivered by Mr. Rajkumar and Ms. Nisha Varma, renowned experts in the field of health and wellness. Their combined expertise provided a comprehensive understanding of the subject matter.

Key Points Covered:

- 1. Understanding Stress:** The speakers began by explaining the concept of stress and its impact on overall health. They highlighted the importance of recognizing stressors and adopting coping mechanisms to manage stress effectively.
- 2. Healthy Lifestyle Practices:** Mr. Rajkumar and Ms. Nisha Varma emphasized the significance of maintaining a healthy lifestyle. They discussed the importance of regular exercise, balanced nutrition, and adequate sleep in promoting physical and mental well-being.


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3. Mindfulness and Relaxation Techniques: The speakers introduced various mindfulness and relaxation techniques to alleviate stress. They conducted interactive sessions to demonstrate techniques such as deep breathing, meditation, and progressive muscle relaxation.

4. Importance of Social Support: The lecture underscored the role of social support in combating stress. Students were encouraged to cultivate strong relationships and seek support from friends, family, and peers during challenging times.

5. Practical Tips for Stress Management: Mr. Rajkumar and Ms. Nisha Varma concluded the lecture by providing practical tips for managing stress in everyday life. These included time management strategies, setting realistic goals, and prioritizing self-care activities.

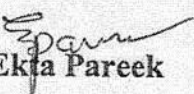
Audience Response:

The audience, comprising students and faculty members, actively participated in the lecture. They engaged in discussions, asked questions, and shared personal experiences related to stress management. The interactive nature of the session facilitated a deeper understanding of the subject matter.

Conclusion:

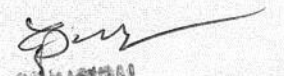
The extension lecture on "Stress-Free Healthy Life" was a resounding success, thanks to the valuable insights shared by Mr. Rajkumar and Ms. Nisha Varma. The event served as a platform for students to learn practical strategies for maintaining their physical and mental well-being in today's fast-paced world. Overall, the extension lecture provided invaluable guidance on leading a stress-free and healthy lifestyle, leaving a lasting impact on the audience.

Report Prepared By Ms. Puspa Kumawat (Assistant Professor)


Dr. Ekta Pareek

Principal
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Biyani Girls B.Ed College
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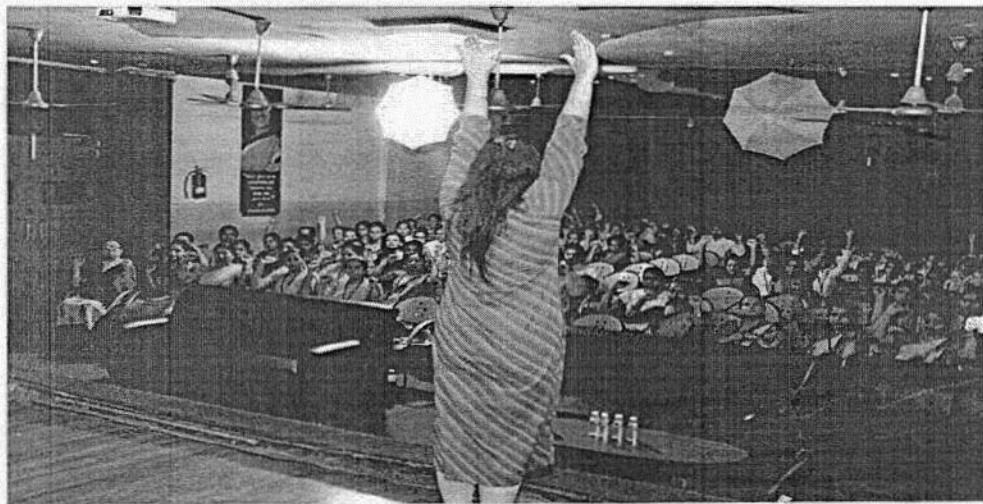
BIYANI GIRLS B.Ed. COLLEGE

Seminar on "Stress Free Healthy Life"

(21 may 2019)



Practicing by teachers and students on "Stress Free Healthy Life"



Taking session by Ms. Nisha Verma on "Stress Free Healthy Life"

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