

**Activities Reports and  
Photographs on Career and  
Personal Counseling of last  
five years**



# **BIYANI GIRLS B.Ed. COLLEGE**

## **Guidance & Counseling Cell**



**Prof. Sanjay Biyani**  
Director (Acad.)



**Dr. Ekta Pareek**  
Principal

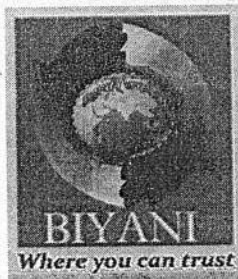


**Dr. Shipra Gupta**  
HOD

**R-4, Sector-3, Vidhyahdar Nagar, Jaipur - 302039**



2022



## BIYANI GIRLS B.ED.COLLEGE, JAIPUR

### GUIDANCE AND COUNSELING COMMITTEE

(2022-23)

S. NO.	NAME	DESIGNATION
1.	Dr. Sanjay Biyani	Chairperson
2.	Dr. Bharti Sharma	Coordinator
3..	Ms Jyoti Saini	Member
4.	Ms. Neelam Kumari	Member
5.	Ms. Bharti Chandela	Student Representative
6.	Ms. Neha	Student Representative

*Dr. Ekta Pareek*

Principal

Biyani Girls B.Ed College  
Jaipur

*Dr. Sanjay Biyani*

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SEC-3, VIDHYADHAR NAGAR, JAIPUR

## **Guidance and Counselling Cell**

The College has established special Cell for the Guidance and Counseling of the teacher trainees. This Cell addresses the diverse Socio-economic challenges and geographic backgrounds of the heterogeneous group. The cell provides guidance to the students of the college to improve their overall personalities and help them to meet challenges in their life. The following services are provided by the guidance and counseling cell of the college.

### **Personal Guidance**

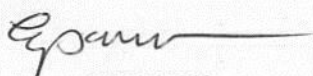
### **Educational Guidance**

### **Career Guidance**

Guidance & Counseling Cell has been established in the college to provide guidance to achieve following objectives:-

1. To provide guidance to the students on various options available in the course of their study.
2. To identifying and developing Students abilities and interests.
3. To help the students to solve their Personal, Educational and Psychological problems.
4. To develop positive attitude and behavior in order to meet challenges.
5. To create awareness among the students for their future Profession.
6. To provide information to the students on the scope and relevance of any area irrespective of their field of interest.
7. To Recognize their strength overcome and weaknesses.

The good of Counselling is to help individuals overcome their in mediate problems and also to equip then to meet future problems Counselling to be meaningful has to be specific for each client since in involve his unique problem and expectations. The good of Counselling may be described as immediate long rang and process good & statement of good is not only important but also necessary for it provides a sense of direction and purpose additionally it is necessary for a meaning evolution of the usefulness of it.

  
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SEC-2 VIDYADHAR NAGAR, JAFUR



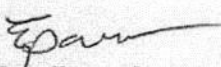


**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 15-02-2023

**NOTICE**

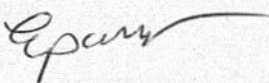
This is to inform to all students that a "Psychological Session" by Dr. Sanjay Biyani will be organized on 17th Feb 2023. Reporting time will be 11:00 am. Attendance is mandatory for all.

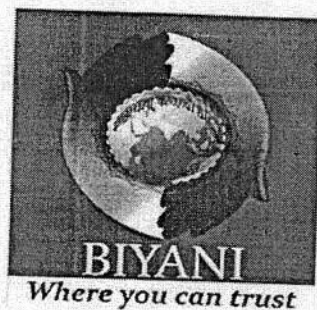
  
**Dr. Ekta Pareek**

Principal

Principal  
Biyani Girls B.Ed College  
Jaipur

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

  
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SEC-3 MENTADHAR NAGAR, JAIPUR



## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

**Report on Psychological Session: "How to Control Overthinking and Deal with Depression"**

**Date:** February 17, 2023

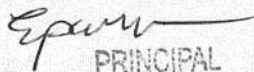
**Venue:** Biyani Girls B.Ed. College Auditorium

### **Introduction:**

On February 17, 2023, Biyani Girls B.Ed. College organized a psychological session focusing on "How to Control Overthinking and Deal with Depression." The session aimed to provide students from various programs including B.Ed, B.Ed-M.Ed., M.Ed., D.L.Ed., etc., with practical strategies to manage overthinking and depression, and to promote mental well-being. The session was conducted by Mr. Sanjay Biyani, who provided valuable insights and guidance to the attendees.

### **Event Highlights:**

1. **Understanding Overthinking and Depression:** Mr. Sanjay Biyani commenced the session by providing a comprehensive understanding of overthinking and depression. He explained the common triggers and manifestations of overthinking, as well as the symptoms and consequences of depression. Through relatable examples, attendees gained insight into how these mental health challenges can affect daily life and functioning.
2. **Coping Strategies:** Practical coping strategies were discussed to help attendees manage overthinking and depression effectively. Mr. Biyani introduced mindfulness techniques, stress management strategies, and cognitive-behavioral approaches aimed at promoting self-awareness, emotional regulation, and resilience. Attendees learned practical tips for challenging negative thought patterns and cultivating a more positive mindset.

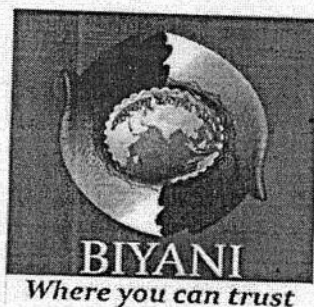


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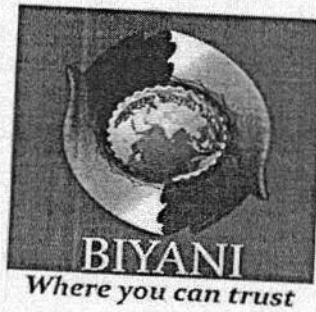


3. **Interactive Discussions:** The session included interactive discussions where attendees were encouraged to share their experiences, concerns, and coping mechanisms related to overthinking and depression. These discussions provided a supportive environment for attendees to express themselves and learn from each other's perspectives.
4. **Importance of Seeking Help:** Mr. Biyani emphasized the importance of seeking professional help and support when dealing with overthinking and depression. He provided information about available resources, such as counseling services, helplines, and support groups, and encouraged attendees to reach out for assistance if needed.
5. **Empowerment and Resilience:** The session focused on empowering attendees to take proactive steps towards managing their mental health and building resilience. Mr. Biyani highlighted the importance of self-care, setting boundaries, and practicing self-compassion as essential components of maintaining overall well-being.
6. **Question-and-Answer Session:** A question-and-answer session provided attendees with the opportunity to seek clarification, ask questions, and engage in further discussion with Mr. Biyani. Attendees raised queries related to specific coping strategies, challenges they were facing, and ways to support friends or family members experiencing similar issues.

#### **Conclusion:**

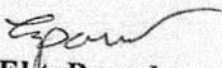
The psychological session on "How to Control Overthinking and Deal with Depression" conducted by Mr. Sanjay Biyani at Biyani Girls B.Ed. College was a valuable and enlightening experience for all attendees. Through practical guidance, interactive discussions, and empowering insights, attendees gained

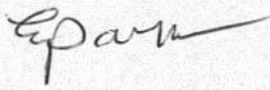
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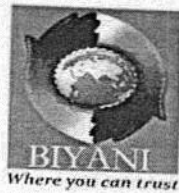
valuable tools and strategies to manage overthinking and depression effectively. The session underscored the college's commitment to promoting mental health awareness and providing students with the necessary support to thrive academically and personally. Moving forward, the college pledges to continue organizing such initiatives to foster a supportive and inclusive environment for mental well-being within the campus community.

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

  
Dr. Ekta Pareek  
Principal  
Biyani Girls B Ed College

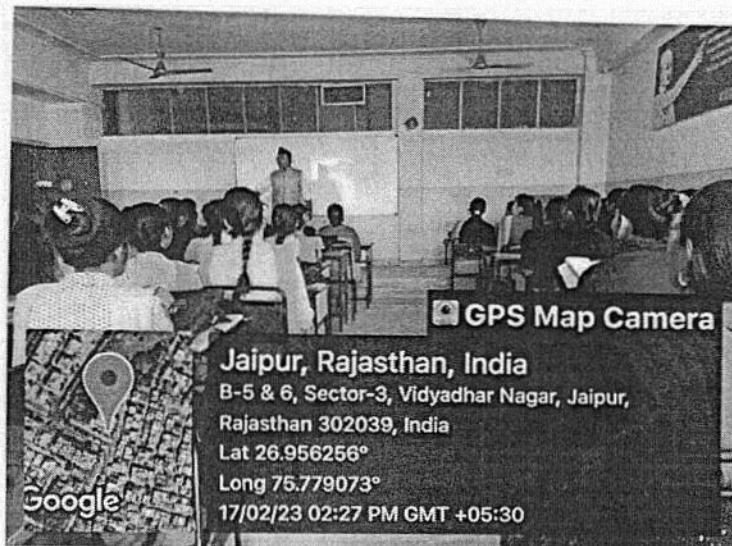
  
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SEC-3 MIDC, JALPURA, JAIPUR





## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Psychological session held on 17-2-23



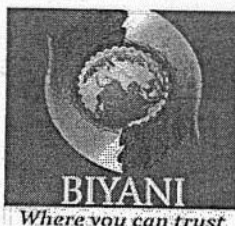
Session taken by Dr.Sanjay biyani



Dr.Sanjay Biyani interacting with the students

*Sanjay Biyani*

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**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**  
**FEEDBACK FORM**  
**SESSION:**

NAME OF EVENT: Career and Personal Counselling

NAME OF STUDENT: Anita

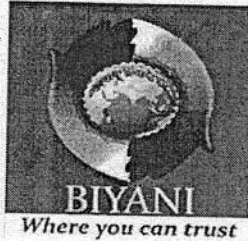
DATE: 17 Feb 2023

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Psychological Counselling			✓
2.	Session by Prof. Sangay Biyani			
3.				
4.				
5.				

ANY OTHER SUGGESTION:

very good session and fruitful  
session for all students  
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**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 19-03-2023

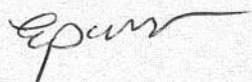
**NOTICE**

This is to inform to all the faculty members and students that Session Programme on "Career Hackthon" on 21<sup>st</sup> March 2023 in College Campus. Reporting time will be 11:00 am. Attendance is mandatory for all.

  
**Dr. Ekta Pareek**

**Principal**  
Principal  
Biyani Girls B.Ed College  
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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on "Career Hackathon" Session

**Date:** March 21, 2023

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

#### Speakers:

Dr. TN Suresh Kumar - ISRO Scientist  
Dr. Anshul Dhingra - Coach & Speaker  
Mr. Dilraj Singh - Indian Hacker  
Pooja Bajaj - Social-Civic Changemaker (Road Safety)  
Dr. Prachee Gaur - Career Coach  
Anubhav Dubey - CEO of the Chai Sutta Bar

#### Overview:

The "Career Hackathon" session held on March 21, 2023, at Biyani Girls B.Ed. College, Jaipur, was a dynamic event featuring a diverse panel of speakers from various professional backgrounds. The session aimed to provide insights, strategies, and inspiration to attendees to navigate and excel in their respective career paths.

#### Key Highlights:

**Dr. TN Suresh Kumar - ISRO Scientist:** Dr. Kumar shared his journey and experiences as a scientist at the Indian Space Research Organisation (ISRO). He

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highlighted the importance of perseverance, dedication, and continuous learning in pursuing a career in the field of science and technology.

**Dr. Anshul Dhingra - Coach & Speaker:**

Dr. Dhingra delivered a motivational talk on personal and professional growth. He emphasized the significance of setting clear goals, developing resilience, and maintaining a positive mindset to overcome challenges and achieve success in one's career journey.

**Mr. Dilraj Singh - Indian Hacker:**

Mr. Singh provided insights into the world of ethical hacking and cybersecurity. He discussed the evolving landscape of cyber threats and the importance of staying updated with the latest technologies and security measures to safeguard personal and organizational data.

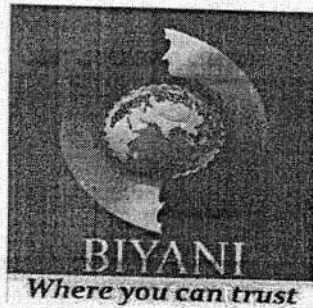
**Pooja Bajaj - Social-Civic Changemaker (Road Safety):**

Pooja Bajaj shared her initiatives and efforts in promoting road safety awareness and advocating for better traffic regulations. She emphasized the role of individuals in creating a safer environment on the roads through responsible behavior and community engagement.

**Dr. Prachee Gaur - Career Coach:**

Dr. Gaur conducted interactive sessions on career planning, skill development, and networking strategies. She provided practical tips and resources for students to identify their strengths, explore career options, and pursue their aspirations with confidence.

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**Anubhav Dubey - CEO of the Chai Sutta Bar:**

Anubhav Dubey offered insights into entrepreneurship and business management. He shared his entrepreneurial journey, highlighting the challenges faced and lessons learned in establishing and scaling a successful venture in the food and beverage industry.

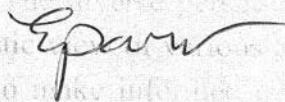
**Conclusion:**

The "Career Hackathon" session proved to be an enriching and insightful event, providing attendees with valuable knowledge, inspiration, and practical strategies to navigate their career paths effectively. The diverse perspectives shared by the esteemed panel of speakers offered a holistic view of various career opportunities and challenges, empowering participants to make informed decisions and pursue their professional goals with confidence and determination.

Reported by Ms. Tripty Saini  
(Assistant Professor)

  
Dr. Ekta Pareek

Principal  
Biyani Girls B.Ed. College  
Principal Jaipur

  
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SEC.-3, VIDHYADHAR NAGAR, JAIPUR



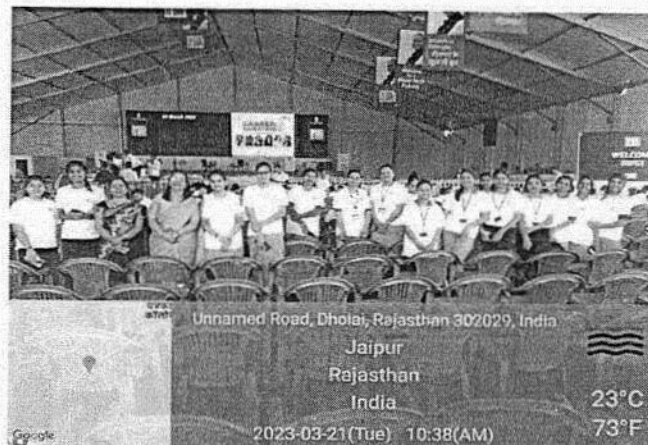


## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Career Hackthon held on 21 -3-23



Poster of speakers during hackthon

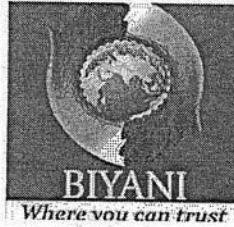


Students participating in the event

*[Signature]*

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: *Career and Personal Counselling*

NAME OF STUDENT: *Achi*

DATE: *21 March 2023*

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	<i>Career Hakathon Session</i>			
2.	<i>by Dr. T.N. Suresh Kumar</i>		<i>✓</i>	
3.				
4.				
5.				

ANY OTHER SUGGESTION:

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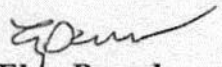


## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 13-02-2023

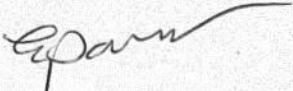
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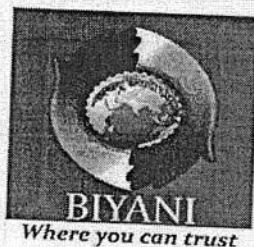
This is to inform to all students that "Shakti:Campus Recruitment Drive" will be organized on 15<sup>th</sup> Feb. 2023 in College Campus. Reporting time will be 11:00 am. Attendance is mandatory for all.

  
Dr. Ekta Pareek

Principal  
Principal  
Biyani Girls B.Ed College  
Jaipur

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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on Shakti Campus Recruitment Drive

Date: February 15, 2023

Venue: Biyani Girls B.Ed College, Jaipur

#### Introduction:

On February 15, 2023, Biyani Girls B.Ed College hosted the Shakti Campus Recruitment Drive, an exclusive recruitment event aimed at connecting students with leading employers from various industries. Organized by the college's placement cell, the recruitment drive provided students with opportunities to explore career prospects, interact with potential employers, and secure job placements or internships.

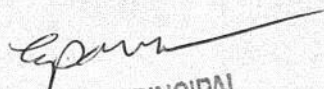
#### Overview of the Recruitment Drive:

The Shakti Campus Recruitment Drive featured participation from a diverse range of companies, including multinational corporations, educational institutions, NGOs, and government organizations. Employers sought to recruit talented and qualified individuals for full-time positions, internships, and trainee programs across multiple sectors.

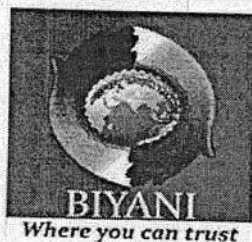
#### Key Features of the Event:

**Company Presentations:** Participating companies conducted informative presentations and interactive sessions to showcase their organizational culture, career opportunities, and recruitment processes. Representatives from each company highlighted key job roles, eligibility criteria, and growth prospects within their respective organizations.

**Job Interviews and Assessments:** The recruitment drive facilitated one-on-one interviews, group discussions, and assessment rounds conducted by hiring

  
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managers and HR professionals from participating companies. Students had the opportunity to demonstrate their skills, competencies, and suitability for available job openings.

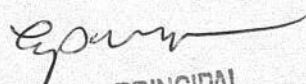
**Networking Opportunities:** Students engaged in networking sessions with company representatives, exchanging contact information, and building professional connections. These interactions provided valuable insights into industry trends, career paths, and potential career advancement opportunities.

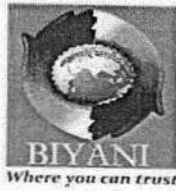
**Career Counseling and Guidance:** The placement cell organized career counseling sessions and workshops to assist students in resume building, interview preparation, and overall career development. Experienced career counselors offered personalized guidance and advice to help students make informed career decisions.

#### **Outcome and Impact:**

The Shakti Campus Recruitment Drive received enthusiastic participation from students across various disciplines, eager to explore employment opportunities and kickstart their professional careers. Several students received job offers, internships, or placement opportunities from reputed organizations, showcasing the success and effectiveness of the recruitment drive.

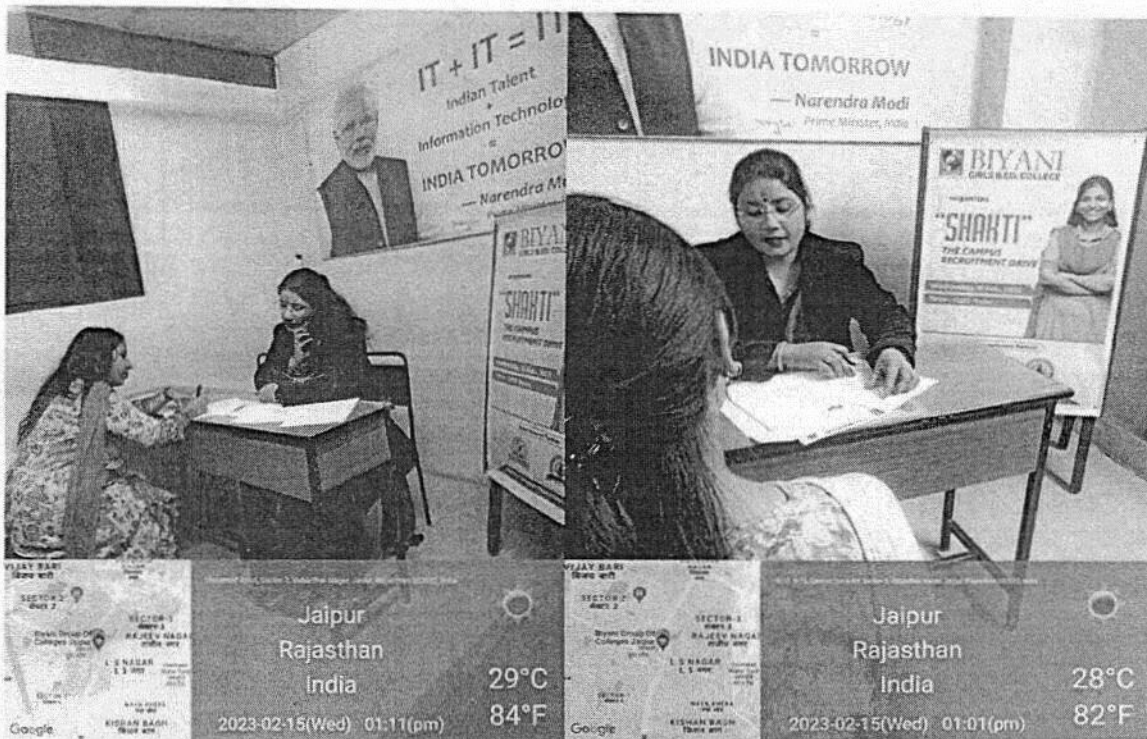
The event not only facilitated job placements but also served as a platform for students to gain exposure to the corporate world, refine their professional skills, and expand their professional networks. The active involvement of industry partners and the support of the college administration played a crucial role in the event's success, reaffirming Biyani Girls B.Ed College's commitment to fostering career readiness and employability among its students.

  
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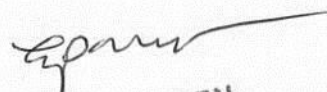


## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

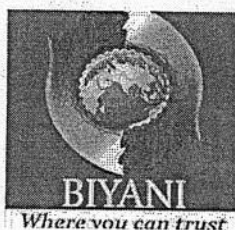
Shakti: Campus Recruitment drive on 15-2-23



Interviewing proess during recruitment process

  
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BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: ..... Career & Personal Counselling

NAME OF STUDENT: ..... Sakshi Sharma

DATE: 15 Feb. 2023

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Shakti Placement Drive			✓
2.	by NGO			
3.				
4.				
5.				

ANY OTHER SUGGESTION:

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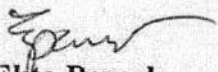
**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 02-04-2023

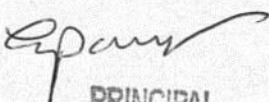
**NOTICE**

This is to inform to all M.Ed. students that Workshop on "Ramayana se Sikhe Mangement" will be organized on 3<sup>rd</sup> April 2023 by Dr. Bharti Sharma. Reporting time will be 11:00 am.

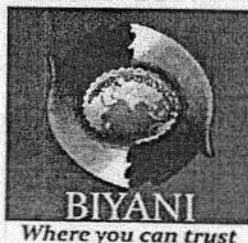
Attendance is mandatory for all.

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

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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

**Report on "Ramayan se Sikhe Management" Session**

**Date:** April 3, 2023

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

### **Introduction:**

Biyani Girls B.Ed College organized a unique session titled "Ramayan se Sikhe Management" on April 3, 2023, featuring Dr. Bharti Sharma as the keynote speaker. The session aimed to draw parallels between the timeless wisdom of the Ramayana, an ancient Indian epic, and contemporary management principles. Through insightful analysis and interpretation, the session explored valuable lessons in leadership, ethics, teamwork, and decision-making derived from the epic narrative.

### **Session Highlights:**

**Introduction to the Ramayana:** The session commenced with an introduction to the Ramayana, one of the most revered and influential texts in Indian mythology. Dr. Bharti Sharma provided an overview of the epic's storyline, characters, and key themes, setting the stage for exploring its relevance to management concepts and practices.

**Leadership Lessons:** Dr. Bharti Sharma elucidated leadership lessons derived from the characters of Lord Rama, Sita, Hanuman, and other protagonists in the Ramayana. Participants learned about the qualities of an ideal leader, including integrity, courage, resilience, empathy, and strategic vision, as exemplified by the epic heroes.

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Where you can trust

**Teamwork and Collaboration:** The session highlighted the importance of teamwork and collaboration through the examples of Lord Rama's army, the Vanara Sena (Monkey Army), and their collective efforts to overcome challenges and achieve common goals. Participants gained insights into effective team dynamics, communication strategies, and synergy in accomplishing tasks.

**Ethical Decision-Making:** Dr. Bharti Sharma discussed ethical dilemmas faced by the characters in the Ramayana and their implications for decision-making in modern management contexts. Participants explored the concepts of dharma (duty), righteousness, and ethical conduct, emphasizing the significance of moral integrity and ethical leadership in organizational settings.

**Application to Contemporary Management:** The session concluded with a discussion on applying the principles and teachings of the Ramayana to contemporary management practices. Dr. Bharti Sharma encouraged participants to reflect on how the insights gained from the epic narrative could inform their approach to leadership, conflict resolution, innovation, and organizational culture.

**Outcome and Impact:**

The session on "Ramayan se Sikhe Management" led by Dr. Bharti Sharma at Biyani Girls B.Ed College received a positive response from participants, comprising students, faculty, and staff. Attendees gained a deeper appreciation for the timeless wisdom embedded in the Ramayana and its relevance to modern management philosophy and practices.

The session fostered critical thinking, self-reflection, and dialogue among participants, encouraging them to draw parallels between ancient wisdom and contemporary challenges in organizational settings. Participants expressed enthusiasm for applying the insights gained from the session to their academic pursuits, professional endeavors, and personal development journeys.

**Conclusion:**

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BIYANI GIRLS B.ED. COLLEGE

SEC-3, VIDYASARANI, AGARTALA, TRIPURA

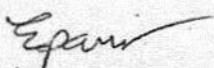




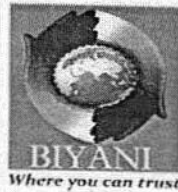
Where you can trust

The session on "Ramayan se Sikhe Management" exemplified Biyani Girls B.Ed College's commitment to holistic education and innovative learning approaches. By integrating traditional wisdom with modern management principles, the session provided participants with a unique perspective on leadership, ethics, teamwork, and decision-making, fostering holistic development and leadership excellence among students. Such initiatives underscore the college's dedication to nurturing well-rounded individuals capable of making meaningful contributions to society and the business world.

Reported by Dr. Bharti Sharma

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

  
PRINCIPAL  
BIYANI GIRLS B.ED. COLLEGE  
SEC-2, WINDY HAR NAGAR, JAIPUR



## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Workshop on Ramayan Se Seekhe Management on 3 April 2023



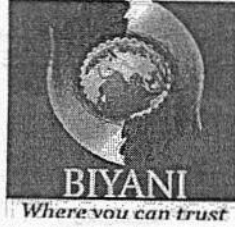
Prof. Sanjay Biyani taking the session



Content of the Ramayan se seekhe management

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





**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**  
**FEEDBACK FORM**  
**SESSION:**

NAME OF EVENT: *Career & Personal counselling*

NAME OF STUDENT: *Meenakshi Kumari*

DATE: *3 April 2023*

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	<i>Workshop on Ramayan se sikhe Management</i>		<input checked="" type="checkbox"/>	
2.	<i>by Sanyas Biyani</i>			
3.				
4.				
5.				

ANY OTHER SUGGESTION:

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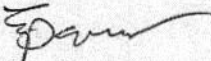
**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

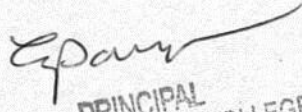
Date: 03-04-2023

**NOTICE**

This is to inform to all Students and faculty that session on "Good Touch and Bad Touch" by Dr. Shipra Gupta will be organized on 5th April 2023. Reporting time will be 11:00 am.

Attendance is mandatory for all.

  
**Dr. Ekta Pareek**  
Principal  
Biyani Girls B.ED. College

  
**PRINCIPAL**  
BIYANI GIRLS B.ED. COLLEGE  
SEC-3, VIDYADHAR NAGAR, JAIPUR





## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on Session on Good Touch and Bad Touch

Date: April 5, 2023

Venue: Biyani Girls B.Ed College, Jaipur

#### Introduction:

Biyani Girls B.Ed College organized a session on Good Touch and Bad Touch conducted by Dr. Shipra Gupta on April 5, 2023. The session aimed to educate students about personal safety, boundaries, and recognizing inappropriate behavior, empowering them to protect themselves from potential abuse and exploitation.

#### Session Highlights:

**Understanding Personal Safety:** The session began with an overview of personal safety and the importance of understanding body boundaries. Dr. Shipra Gupta explained the concept of good touch and bad touch, emphasizing that everyone has the right to feel safe and comfortable in their own bodies.

**Recognizing Signs of Abuse:** Participants learned to recognize signs of inappropriate behavior and potential signs of abuse. Dr. Shipra Gupta discussed common scenarios of good touch and bad touch, providing examples to help students identify red flags and trust their instincts when feeling uncomfortable or unsafe.

**Assertiveness and Communication:** The session focused on developing assertiveness skills and effective communication strategies for setting boundaries and seeking help when needed. Dr. Shipra Gupta emphasized the importance of assertive communication in expressing discomfort or refusal in situations involving unwanted touch or advances.

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**Reporting and Seeking Help:** Participants were educated about the importance of reporting incidents of abuse or harassment to trusted adults or authorities. Dr. Shipra Gupta provided information on support services, helplines, and resources available for survivors of abuse, encouraging students to seek help and support when faced with such situations.

**Empowerment and Self-Protection:** The session concluded with a message of empowerment and self-protection. Dr. Shipra Gupta encouraged students to trust their instincts, assert their boundaries, and take proactive steps to safeguard their personal safety and well-being. Participants were reminded that they have the right to say no and seek assistance in situations where they feel unsafe or threatened.

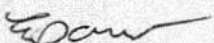
**Outcome and Impact:**

The session on Good Touch and Bad Touch by Dr. Shipra Gupta at Biyani Girls B.Ed College had a profound impact on participants, equipping them with knowledge and skills to protect themselves from potential harm. Attendees gained a better understanding of personal safety, boundaries, and assertiveness, empowering them to advocate for their rights and well-being.

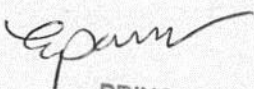
Participants expressed appreciation for the informative content and practical guidance provided by Dr. Shipra Gupta. Many reported feeling more confident and empowered to recognize and respond to inappropriate behavior, thereby reducing their vulnerability to abuse and exploitation.

**Conclusion:**

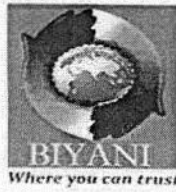
The session on Good Touch and Bad Touch at Biyani Girls B.Ed College underscored the institution's commitment to promoting student safety and well-being. By addressing sensitive topics related to personal safety and boundaries, the session empowered students to navigate interpersonal relationships with confidence and assertiveness. Such initiatives reflect the college's dedication to creating a safe, supportive, and inclusive learning environment where students can thrive and grow.

  
Dr. Ekta Pareek  
Principal  
Biyani Girls B.Ed College

Reported by Dr. Shipra Gupta

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





## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

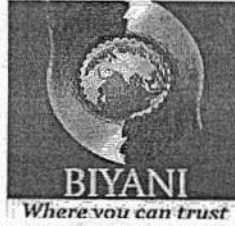
Session on Good Touch and Bad Touch on 2 April 2023



Session Taken by Dr. Shipra Gupta

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SEC.-3, VIDHYADHAR NAGAR, JAIPUR



BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career and Personal counselling

NAME OF STUDENT: Neha Sharma

DATE: 04/may/2023

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Sessions on good touch and Bad touch			✓
2.	by - Dr. Shipra Gupta			
3.				
4.				
5.				

ANY OTHER SUGGESTION:

Very good session & very fruitful  
for everyone.





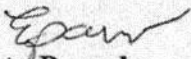
## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 21-04-2023

### NOTICE

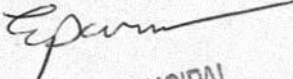
This is to inform to all the faculty members and students that Biyani Girls B.Ed. College is Organising an "Emotional Healing" on 24<sup>th</sup> April 2023.

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

  
Dr. Ekta Pareek

Principal  
Biyani Girls B.Ed. College  
Jaipur

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

  
PRINCIPAL  
BIYANI GIRLS B.ED. COLLEGE  
SEC.-3, VISHVA BHARATI NAGAR, JAIPUR



## 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.

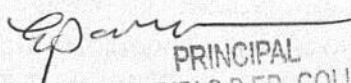
### Highlights of the Event:

#### 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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SEC-3, VIDHYADHAR NAGAR, JAIPUR





### 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.

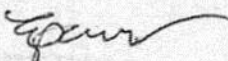
### 5. Q&A Session:

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. Giriesh addressed queries with patience and expertise, providing valuable insights tailored to the attendees' needs.

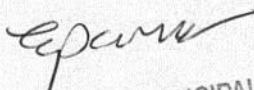
### Conclusion:

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. Giriesh's expertise and engaging presentation style contributed significantly to the effectiveness of the seminar, leaving a lasting impact on all participants.

Reported by Dr. Sunita Sharma  
(Assistant Professor)

  
Dr. Ekta Pareek

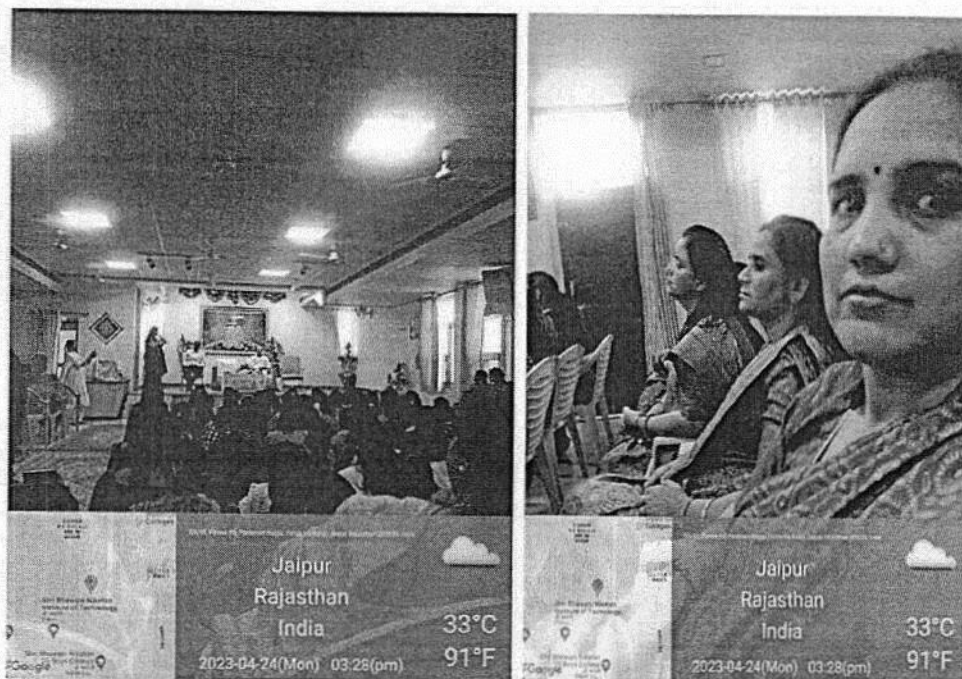
Principal  
Biyani Girls B.Ed. College  
Jaipur

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



## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

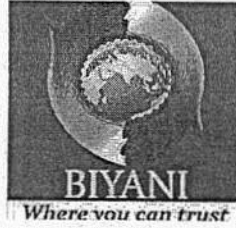
Emotional healing session by E.V.Gireesh on 24-4-23



Faculty attending the session of emotional healing

*E. V. Gireesh*  
PRINCIPAL  
BIYANI GIRLS B.ED. COLLEGE  
SEC.-3, VIDHYADHAR NAGAR, JAIPUR





BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: ..Career & personal counselling

NAME OF STUDENT: ..Sunita Kumari

DATE: ..24/4/2023

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Session on Emotional			
2.	healing by Prof. E.V.			✓
3.	Grishu			
4.				
5.				

ANY OTHER SUGGESTION:

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# **BIYANI GIRLS B.Ed. COLLEGE**

## **Guidance & Counseling Cell**



**Prof. Sanjay Biyani**  
Director (Acad.)



**Dr. Ekta Pareek**  
Principal



**Dr. Shipra Gupta**  
HOD





## BIYANI GIRLS B.ED.COLLEGE ,JAIPUR

### GUIDANCE AND COUNSELING COMMITTEE

(2021-22)

S. No.	Name	Designation
1.	Dr. Sanjay Biyani	Chairperson
2.	Dr. Bharti Sharma	Coordinator
3..	Ms. Jyoti Saini	Member
4.	Ms. Neelam Kumari	Member
5.	Ms. Sonu	Student Representative
6.	Ms. Neha	Student Representative

*[Signature]*  
Dr. Ekta Pareek

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

*[Signature]*  
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BIYANI GIRLS B.ED. COLLEGE  
SEC. 3, VIDHYADHAR NAGAR, JAIPUR

## **Guidance and Counselling Cell**

The College has established special Cell for the Guidance and Counseling of the teacher trainees. This Cell addresses the diverse Socio-economic challenges and geographic backgrounds of the heterogeneous group. The cell provides guidance to the students of the college to improve their overall personalities and help them to meet challenges in their life. The following services are provided by the guidance and counseling cell of the college.

### **Personal Guidance**

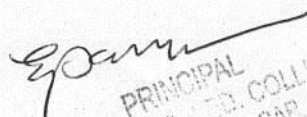
### **Educational Guidance**

### **Career Guidance**

Guidance & Counseling Cell has been established in the college to provide guidance to achieve following objectives:-

1. To provide guidance to the students on various options available in the course of their study.
2. To identifying and developing Students abilities and interests.
3. To help the students to solve their Personal, Educational and Psychological problems.
4. To develop positive attitude and behavior in order to meet challenges.
5. To create awareness among the students for their future Profession.
6. To provide information to the students on the scope and relevance of any area irrespective of their field of interest.
7. To Recognize their strength overcome and weaknesses.

The good of Counselling is to help individuals overcome their immediate problems and also to equip them to meet future problems Counselling to be meaningful has to be specific for each client since it involves his unique problem and expectations. The good of Counselling may be described as immediate long range and process good & statement of good is not only important but also necessary for it provides a sense of direction and purpose additionally it is necessary for a meaningful evolution of the usefulness of it.

  
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BIYANI GIRLS' HIGHER SECONDARY COLLEGE  
SEC-3, VIDYADHAR NAGAR, JAIPUR



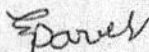


## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

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 11<sup>th</sup> August 2021 in College Campus. Reporting time will be 11:00 am. Attendance is mandatory for all.

  
Dr. Ekta Pareek  
Principal

Principal

For Director (Acad.)/Principals/HR/HOD's/ Reception/ IQAC Members.  
Jaipur

  
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SEC-3, VIDYADHAR NAGAR, JAIPUR



## 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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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

**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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SEC.-3, VIDHYADHAR NAGAR, JAIPUR



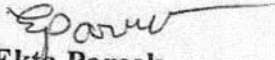
## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Conclusion:

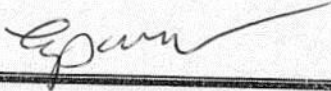
The session on reducing exam fear by Dr. Sanjay Biyani was a valuable and empowering experience for the students of Biyani Girls B.Ed College. Through his expertise and compassionate approach, Dr. Biyani provided students with practical tools and strategies to overcome exam anxiety and perform their 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)

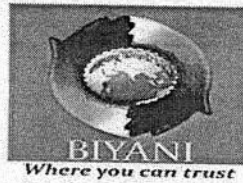


  
Dr. Ekta Pareek  
Principal

Principal  
Biyani Girls B.Ed College  
Jaipur

  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR





**BIYANI GIRLS B.Ed. COLLEGE**

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

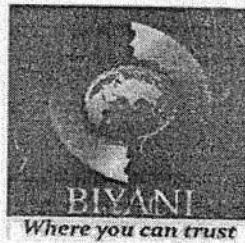


Session by Dr. Sanjay Biyani



Student & Faculty listening the lecture

*[Signature]*  
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SEC.-3, VIDHYADHAR NAGAR, JAIPUR



## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 27-11-2021

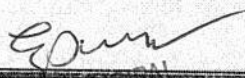
### NOTICE

This is to inform to all the faculty members and students that a seminar about "Preparation for crucial times ahead" by Dr. Bubbles Chatty will be held 30 November 2021 at Biyani Girls BEd. College. Reporting time will be 11:00am. Attendance is mandatory for all.

  
Dr. Ekta Pareek

Principal  
Principal  
Biyani Girls B.Ed College  
Jaipur

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

  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR





## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on Seminar on "Preparation for crucial times ahead" by Dr. Bubbles Chatty

**Date:** November 30, 2021

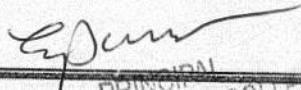
**Venue:** Biyani Girls B.Ed. College, Jaipur

#### **Introduction:**

On 30 November 2021, Biyani Girls Bed College had the privilege of hosting a seminar titled "Preparation for Crucial Times Ahead" delivered by the esteemed Dr. Bubbles Chatty. The seminar aimed to equip the attendees, predominantly female students, with essential insights and strategies to navigate the uncertainties and challenges of the future effectively.

#### **Key Points Covered:**

- 1. Understanding the Changing Landscape:** Dr. Chatty commenced the seminar by highlighting the dynamic nature of the world and its impact on various aspects of life, including education, career, and personal development. She emphasized the need for proactive preparation to adapt to and thrive in rapidly evolving circumstances.
- 2. Developing Resilience:** Central to Dr. Chatty's discourse was the concept of resilience. She stressed the importance of cultivating mental, emotional, and physical resilience as a fundamental skill to overcome obstacles and setbacks. Practical techniques for building resilience, such as stress management strategies and self-care practices, were discussed in detail.
- 3. Embracing Lifelong Learning:** Lifelong learning emerged as a cornerstone of preparation for the future. Dr. Chatty emphasized the significance of adopting a growth mindset and continuously expanding one's knowledge and skills through formal education, self-study, and practical experiences. She encouraged the attendees to embrace curiosity and actively seek opportunities for personal and professional development.
- 4. Fostering Adaptability:** In a world characterized by rapid change, adaptability is crucial for success. Dr. Chatty underscored the importance of cultivating adaptability by being open to new ideas, embracing innovation, and proactively seeking opportunities for growth and advancement. Strategies for enhancing adaptability, such as flexible thinking and problem-solving skills, were explored during the seminar.

  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR



## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

5. Building Support Networks: Dr. Chatty emphasized the value of building strong support networks to navigate through challenging times. She highlighted the importance of seeking guidance, mentorship, and support from peers, educators, and professionals in various fields. The seminar encouraged attendees to cultivate meaningful relationships and leverage their networks for personal and professional growth.

### Interactive Sessions:

The seminar included interactive sessions where attendees actively engaged with Dr. Chatty, asking questions and sharing their experiences and insights. These sessions facilitated meaningful discussions and allowed for a deeper exploration of the seminar's key themes, fostering a supportive and collaborative learning environment.

### Conclusion:

In conclusion, the seminar on "Preparation for Crucial Times Ahead" by Dr. Bubbles Chatty at Biyani Girls Bed College provided invaluable insights and practical strategies for the attendees to prepare for the challenges and opportunities of the future. Dr. Chatty's expertise and engaging delivery left a lasting impression on the participants, empowering them to approach the future with confidence and resilience.

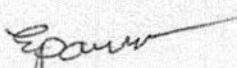
### Acknowledgment:

We extend our sincere gratitude to Dr. Bubbles Chatty for her enlightening seminar, and to all the attendees for their active participation and enthusiasm in making the event a success.

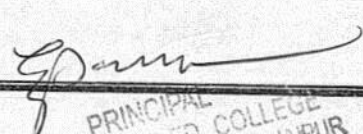
Coordinator Name: Dr Bharti Sharma

(Assistant Professor)



  
Dr. Ekta Pareek

Principal  
Biyani Girls B.Ed College  
Jaipur

  
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## BIYANI GIRLS B.Ed. COLLEGE

Seminar on "preperation for crucial times ahead" (30 Nov 2021)

**BIYANI GIRLS COLLEGE**

**IQAC CELL**  
organises

**International Seminar on  
PREPARATION FOR  
CRUCIAL TIMES AHEAD**

**Dr. Bubbles Chetty**  
Professor of Telecommunications, Electrical and Agriculture  
Worked in Australia, South Africa, New Zealand, Botswana, France  
Specializing in Stress Management, Sustainable Living  
and Disaster Management, Crisis Situations

**Organizing Committee**

<b>Dr. Sanjay Bhand</b> Director (Academics)	<b>Dr. Neha Pandey</b> Principal	
<b>Ms. Kanchan Sharma</b> Coordinator (General)	<b>Ms. Rajshri Nagar</b> Coordinator	<b>Dr. Nidhi Shukawat</b> Co-Coordinator

**30 Nov., 2021**  
11:40 AM - 01:20 PM

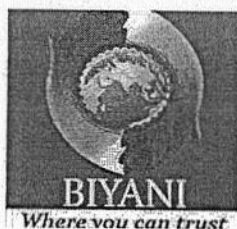
**Venue : Utsav Auditorium**  
Biyani Girls College, Vidhyadhar Nagar, Jaipur

Poster for the Event



Students attend the event

*[Signature]*  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR



BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION: 2021 - 2022

NAME OF EVENT: ..... Career and Personal Counselling

NAME OF STUDENT: ..... Tara Meena

DATE: 30.11.2021

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Session on Preparation		✓	
2.	for crucial times ahead			
3.	by Dr. Bubbes Chatty			
4.				
5.				

ANY OTHER SUGGESTION:

..... We learn this session How can we manage  
..... time.....  
.....



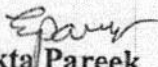


## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 22-12-2021

### NOTICE

This is to inform to all the faculty members and students that "consumer day celebration" will be celebrated on 24<sup>th</sup> December 2021 in College Campus. Reporting time will be 11:00 am. Attendance is mandatory for all.

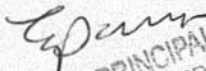
  
Dr. Ekta Pareek

Principal

Principal

Biyan Girls B.Ed. College  
Jaipur

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

  
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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on Consumer day Celebration

Date: December 24th, 2021

Organizer: Biyani Girls B.Ed. College

#### Objective:

#### Introduction:

Consumer Day is celebrated worldwide to raise awareness about consumer rights and responsibilities. Recognizing the importance of educating students about consumerism, Biyani Girls B.Ed. College organized a special program in collaboration with the faculty of Biyani College. The event aimed to enlighten students about their rights as consumers and empower them to make informed choices in the marketplace.

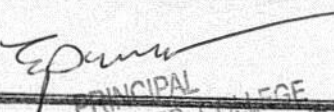
#### Event Details:

#### Speech by Dr. Sanjay Biyani:

The Consumer Day celebration commenced with an inspiring speech by Dr. Sanjay Biyani, the esteemed founder of the Biyani Group of Colleges. Dr. Biyani highlighted the significance of Consumer Day and the importance of being informed and vigilant consumers in today's rapidly changing marketplace. He emphasized the need for students to understand their rights as consumers and encouraged them to make responsible and ethical purchasing decisions. Dr. Biyani's words of wisdom set the tone for the event, inspiring students to actively participate and engage in the activities planned for the day.

#### Activities Organized:

**1. Interactive Workshops:** The program included interactive workshops conducted by faculty members, focusing on various aspects of consumer rights and responsibilities. Students had the opportunity to learn about their rights under consumer protection laws, such as the right to safety, right to information, right to choose, and right to

  
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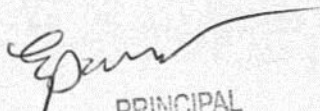
## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

redressal. Through engaging discussions and case studies, students gained practical insights into consumer issues and learned how to assert their rights effectively.

**2. Quiz Competition:** A quiz competition on consumer awareness was organized to test students' knowledge and understanding of consumer rights and responsibilities. Participants competed enthusiastically, showcasing their awareness of consumer-related laws, regulations, and best practices. The quiz served as a fun and educational activity, reinforcing key concepts and principles of consumerism.

**3. Poster Making Competition:** A poster making competition was held to encourage students to creatively express their thoughts and ideas about consumer rights and responsibilities. Participants unleashed their artistic talents, designing vibrant and thought-provoking posters that highlighted the importance of consumer awareness and empowerment. The posters served as visual reminders of the role that informed consumers play in promoting fair and ethical business practices.

**4. Guest Lectures:** The program featured guest lectures by experts in the field of consumer rights and advocacy. Guest speakers shared their insights and experiences, shedding light on emerging consumer trends, challenges, and opportunities. Students benefited from the expertise and guidance of industry professionals, gaining valuable insights into the dynamic landscape of consumerism.

  
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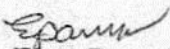
## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

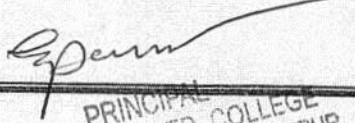
### Conclusion:

The Consumer Day celebration at Biyani Girls B.Ed. College was a resounding success, thanks to the collaborative efforts of the faculty and students. The event served as a platform for raising awareness about consumer rights and responsibilities, empowering students to become informed and conscientious consumers. Through a combination of speeches, workshops, competitions, and guest lectures, students gained valuable knowledge and skills that will enable them to navigate the marketplace with confidence and integrity. The celebration underscored the college's commitment to holistic education and societal well-being, emphasizing the importance of ethical consumer behaviour in building a fair and just society.

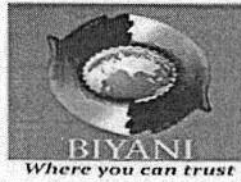
Coordinator Name: Dr Arti Gupta, Ms. Pushpa Kumawat  
(Assistant Professor)



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

  
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## BIYANI GIRLS B.Ed. COLLEGE

Consumer day celebration (24 Dec 2021)



A play was staged on awareness of consumer right



Group photo of students

*[Signature]*  
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BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION: 2021-2022

NAME OF EVENT: ...Career and Personal Counselling

NAME OF STUDENT: ...Vishakha Bizarnia

DATE: 24/12/2021

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Session on consumer day			✓
2.	celebration by Dr. Sanjay			
3.	Biyani			
4.				
5.				

ANY OTHER SUGGESTION:

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# **BIYANI GIRLS B.Ed. COLLEGE**

## **Guidance & Counseling Cell**



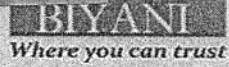
**Prof. Sanjay Biyani**  
Director (Acad.)



**Dr. Ekta Pareek**  
Principal



**Dr. Shipra Gupta**  
HOD

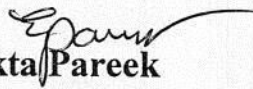


## BIYANI GIRLS B.ED.COLLEGE ,JAIPUR

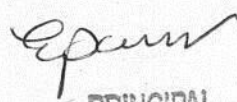
### GUIDANCE AND COUNSELING COMMITTEE

(2020-21)

S. No.	Name	Designation
1.	Dr. Sanjay Biyani	Chairperson
2.	Dr. Bharti Sharma	Coordinator
3..	Ms. Jyoti Saini	Member
4.	Ms. Neelam Kumari	Member
5.	Ms. Reema Sharma	Student Representative
6.	Ms. Meenakshi	Student Representative

  
Dr. Ekta Pareek

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SEC-3, VIDHYADHAR NAGAR, JAIPUR



## **Guidance and Counselling Cell**

The College has established special Cell for the Guidance and Counseling of the teacher trainees. This Cell addresses the diverse Socio-economic challenges and geographic backgrounds of the heterogeneous group. The cell provides guidance to the students of the college to improve their overall personalities and help them to meet challenges in their life. The following services are provided by the guidance and counseling cell of the college.

### **Personal Guidance**

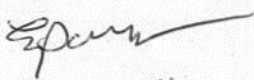
### **Educational Guidance**

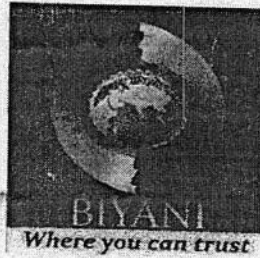
### **Career Guidance**

Guidance & Counseling Cell has been established in the college to provide guidance to achieve following objectives:-

1. To provide guidance to the students on various options available in the course of their study.
2. To identifying and developing Students abilities and interests.
3. To help the students to solve their Personal, Educational and Psychological problems.
4. To develop positive attitude and behavior in order to meet challenges.
5. To create awareness among the students for their future Profession.
6. To provide information to the students on the scope and relevance of any area irrespective of their field of interest.
7. To Recognize their strength overcome and weaknesses.

The good of Counselling is to help individuals overcome their in mediate problems and also to equip then to meet future problems Counselling to be meaningful has to be specific for each client since in involve his unique problem and expectations. The good of Counselling may be described as immediate long rang and process good & statement of good is not only important but also necessary for it provides a sense of direction and purpose additionally it is necessary for a meaning evolution of the usefulness of it.

  
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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 28-12-2020

### NOTICE

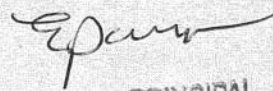
This is to inform to all the faculty members and students that Session on "Stress Free Healthy Life" by Ms. Jishu George for Celebrating Mind & Body Wellness Day will be organize on 02 January 2021 in online mode.

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

  
Dr. Ekta Pareek

Principal

NOTICE



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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:**

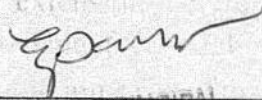
On January 2nd, 2021, an extension lecture titled "Stress-Free Healthy Life" was organized at Biyani Girls B.Ed. College to commemorate Mind & Body Wellness Day. The lecture aimed to provide insights and strategies for managing stress and promoting overall well-being among students and faculty members.

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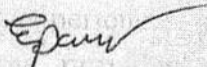
**Practical Strategies:** Dr. George shared practical strategies and coping mechanisms for managing stress and promoting resilience. These included mindfulness meditation, deep breathing exercises, time management techniques, and fostering social connections and support networks.

**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.

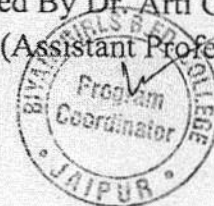
**Conclusion:**

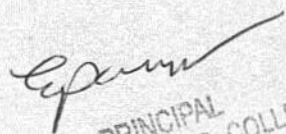
The extension lecture on "Stress-Free Healthy Life" by Dr. Jishu George at Biyani Girls B.Ed. College on Mind & Body Wellness Day was highly informative and impactful. Participants gained valuable insights into stress management strategies and holistic approaches to well-being, empowering them to prioritize 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-2<sup>nd</sup> Jan 2021

**BIYANI**  
GIRLS B.ED. COLLEGE

Presents

**STRESS FREE HEALTHY LIFE**

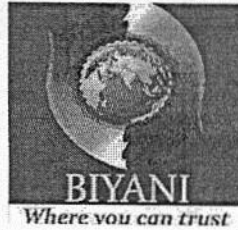
By  
*Dr. Jishu George*

**For  
celebrating  
Mind- Body  
wellness  
DAY**

"Nourish Your Mind,  
Strengthen Your Body"

Date-  
2 January 2021

*[Signature]*  
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**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**  
**FEEDBACK FORM**  
**SESSION:**

Event NAME - Career and Personal counselling

NAME OF STUDENT: ....Midhi...Beniwal..

DATE: ..2.10.11.2021

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	stress free healthy life			✓
2.	By Tishu George			
3.				
4.				
5.				

**ANY OTHER SUGGESTION:**

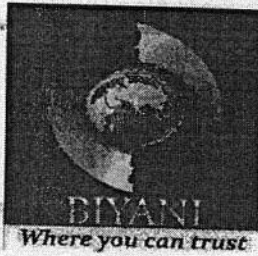
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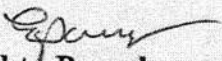
**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 03-06-2021

**NOTICE**

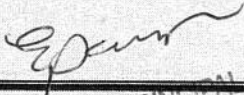
This is to inform to all the faculty members and students that Session on "Enhancing Emotional Stability" by Prof. E. V. Girish on 07 June 2021 on online mode. The respective link will be shared on your class Whatsapp group. Join the link on time.

**NOTICE**

  
**Dr. Ekta Pareek**

Principal

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 "Enhancing Emotional Stability"

**Date:** June 7, 2021

**Venue:** Online (Facebook Live)

**Host:** Biyani Girls B.Ed. College

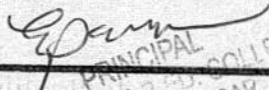
**Presenter:** Prof. E.V. Girish

#### 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,

  
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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.

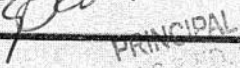
Report Prepared By: Ms. Sunita Kumari Sharma

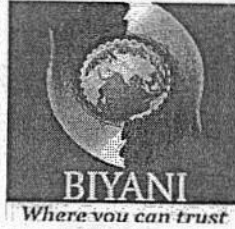
(Assistant Professor)

  
Dr. Ekta Pareek

Principal



  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR



**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**  
**FEEDBACK FORM**  
**SESSION:**

NAME OF EVENT: *Career and Personal counselling*

NAME OF STUDENT: *Harshita Haldaniya*

DATE: *7-06-2020*

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	<i>Enhancing Emotional</i>			<i>✓</i>
2.	<i>stability by Prof. E.V.</i>			
3.	<i>Girish</i>			
4.				
5.				

ANY OTHER SUGGESTION:

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**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 01-06-2021


**NOTICE**

This is to inform to all the faculty members and students that Session on **"How to Increase Concentration Power"** by Dr. Sanjay Biyani on 03 June 2021 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

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

  
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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### **Session Report: Enhancing Concentration Power**

**Date:** June 3, 2021

**Venue:** Online (Facebook Live)

**Host:** Biyani Girls B.Ed. College

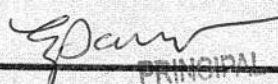
**Presenter:** Dr. Sanjay Biyani

### **Overview:**

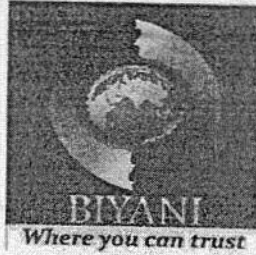
On June 3, 2021, Biyani Girls B.Ed. College organized a session titled "How to Increase Concentration Power" to address the challenges faced by individuals in maintaining focus and concentration in various aspects of life. The session was conducted online via Facebook Live to reach a wider audience, and Dr. Sanjay Biyani, a renowned educator and motivational speaker, led the session. The aim was to provide practical tips and strategies to enhance concentration power and improve productivity.

### **Key Highlights:**

1. **Understanding Concentration:** Dr. Sanjay Biyani began the session by defining concentration and its importance in achieving goals and success in life. He explained that concentration is the ability to focus one's attention and mental energy on a specific task or objective, despite distractions or external stimuli.
2. **Identifying Distractions:** The presenter discussed common distractions that hinder concentration, such as noise, technology, multitasking, and internal thoughts. He emphasized the need to identify and minimize these distractions to create an optimal environment for concentration.
3. **Mindfulness Practices:** Dr. Biyani introduced mindfulness practices as effective techniques for improving concentration. He guided participants through

  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR



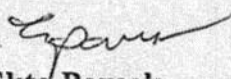


- mindfulness exercises, such as deep breathing, body scan, and focused attention meditation, to cultivate present-moment awareness and sharpen concentration.
4. **Setting Clear Goals:** The session emphasized the importance of setting clear and achievable goals to enhance concentration. Dr. Biyani encouraged participants to break down larger tasks into smaller, manageable steps and prioritize them based on importance and urgency.
5. **Time Management:** Effective time management was discussed as a crucial factor in improving concentration. Dr. Biyani shared practical tips for managing time efficiently, such as creating a daily schedule, setting deadlines, and avoiding procrastination.
6. **Practical Strategies:** The presenter shared practical strategies for improving concentration, such as creating a conducive study or work environment, taking regular breaks, staying organized, and practicing visualization techniques to stay focused on goals.

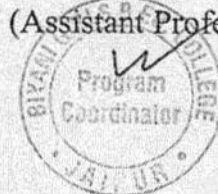
### **Conclusion:**

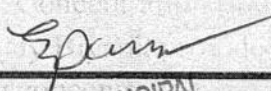
The session on "How to Increase Concentration Power" conducted by Biyani Girls B.Ed. College, featuring Dr. Sanjay Biyani, provided valuable insights and practical strategies for enhancing concentration and productivity. Through a combination of theoretical concepts, mindfulness practices, and practical tips, participants gained a deeper understanding of the factors influencing concentration and learned techniques to overcome distractions and improve focus. The session served as a reminder of the importance of concentration in achieving success in academic, professional, and personal pursuits, and empowered participants to apply the strategies discussed to enhance their concentration power in daily life.

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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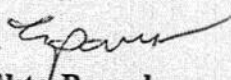
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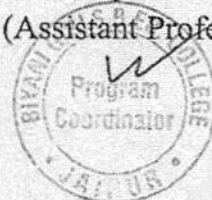
### Conclusion:

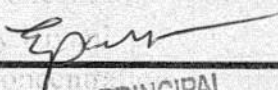
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Report Prepared By: Ms. Puspa Kumawat  
(Assistant Professor)

  
Dr. Ekta Pareek

Principal



  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR





## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Glimpses of "How to Increase Concentration Power".  
Date- 03<sup>rd</sup> June 2021



Department of  
Physical Education



**Dr. Sanjay Biyani**

(Director, Biyani Group of Colleges, Jaipur)

Qualification: Ph.D., FCA, LL.M., LL.B., M.Com., PGDCA  
Area of Interest: Motivational Speaker & Counselor


Topic: एकाग्रता कैसे बढ़ाएँ?

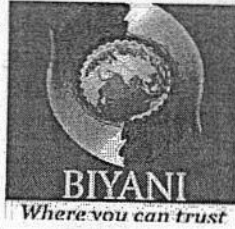
JOIN US ON



Thursday  
03<sup>rd</sup> June, 2021

Time: 11:00 AM

  
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SEC.-3, VIDHYADHAR NAGAR, JAIPUR



**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**  
**FEEDBACK FORM**  
**SESSION:**

NAME OF EVENT: Career and personal counselling

NAME OF STUDENT: Asha Sadhu

DATE: 6-3-2021

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	How to Increase			✓
2.	Concentration power			
3.	By - Dr. Sanjay Biyani			
4.				
5.				

ANY OTHER SUGGESTION:

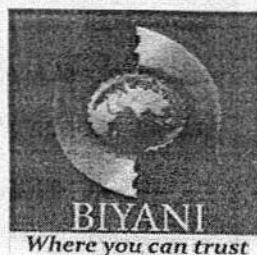
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**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 28-06-2020

**NOTICE**

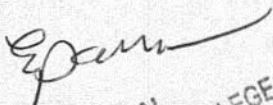
This is to inform to all the faculty members and students that Session on "**How to Maintain Balance between Parenting & Teaching during COVID-19**" by Prof. Bhavana Sangamnerker & Ms. Sarita Pareek will be organise on 03 July 2020 on online mode.

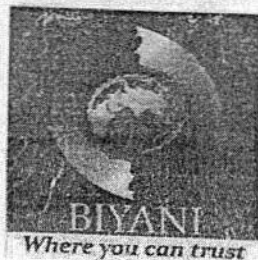
The respective link will be shared on your class Whatsapp group. Join the link on time.

**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**

**Session Report: "How to Maintain Balance Between Parenting & Teaching During COVID-19"**

**Date:** July 03, 2020

**Venue:** Biyani Girls B.Ed. College

**Conducted by:** Ms. Sarita Pareek

### **Introduction:**

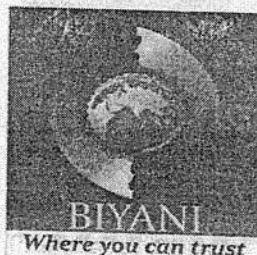
On June 28, 2020, Biyani Girls B.Ed. College organized a timely session titled "How to Maintain Balance Between Parenting & Teaching During COVID-19." The session aimed to address the unique challenges faced by educators who are also parents during the COVID-19 pandemic. Ms. Sarita Pareek, a seasoned educator and parenting expert, led the session, offering valuable insights and strategies to navigate the dual responsibilities of parenting and teaching in these unprecedented times.

### **Session Content:**

**Understanding the Challenges:** Ms. Sarita Pareek began by acknowledging the multifaceted challenges faced by educators who are simultaneously balancing the responsibilities of parenting. She discussed the sudden shift to remote teaching, childcare responsibilities, and the blurred boundaries between work and family life during the pandemic.

**Effective Time Management:** The session focused on practical strategies for managing time effectively while juggling parenting and teaching duties. Ms. Pareek shared tips on creating structured schedules, prioritizing tasks, and setting boundaries to maintain a healthy balance between work and family commitments.





**Supporting Children's Learning:** Participants learned about strategies to support their children's learning and development while fulfilling their teaching responsibilities. Ms. Pareek provided guidance on creating conducive learning environments at home, incorporating educational activities into daily routines, and fostering independence and self-directed learning in children.

**Self-Care and Well-being:** Recognizing the importance of self-care for both parents and educators, the session addressed strategies for prioritizing personal well-being amidst the demands of parenting and teaching. Ms. Sarita Pareek emphasized the need for self-care practices, such as mindfulness, exercise, and maintaining social connections, to prevent burnout and maintain resilience during challenging times.

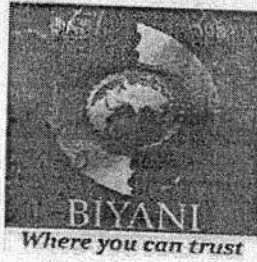
**Building a Support Network:** The session concluded with a discussion on the importance of building a support network and seeking help when needed. Ms. Pareek encouraged participants to reach out to colleagues, friends, and family members for support, and to prioritize communication and collaboration with their partners in sharing parenting and household responsibilities.

**Key Takeaways:**

Understanding the unique challenges of balancing parenting and teaching during COVID-19. Effective time management strategies to maintain a healthy balance between work and family life. Supporting children's learning and development while fulfilling teaching responsibilities. Prioritizing self-care and well-being to prevent burnout and maintain resilience. Building a support network and seeking help when needed.

**Conclusion:**

The session on "How to Maintain Balance Between Parenting & Teaching During COVID-19" conducted by Ms. Sarita Pareek at Biyani Girls B.Ed. College provided valuable insights and strategies for educators navigating the



dual responsibilities of parenting and teaching during these challenging times. Participants gained practical tools and resources to manage their time effectively, support their children's learning, prioritize self-care, and build a strong support network to thrive amidst the on going pandemic.

*Ekta Pareek*  
Dr. Ekta Pareek

Principal

Report Prepared By Ms. Tripti Saini  
(Assistant Professor)







## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Glimpses of Session on How to maintain balance Between Parenting and Teaching during COVID-19 Date-3<sup>rd</sup> July 2020



**Prof. Bhavana Sangamnerkar**

Time: 11:30 AM

Qualification: - M.Sc., MCA

Area of Interest: - Data Structure, DBMS, Computer Graphics

**Topic:**

Protect yourself against  
cybercrime



**Ms. Sarita Pareek**

Time: 12:30 PM

Qualification: - M.A. (Hindi Literature), M.Ed.

Area of Interest: - Literature

**Topic:**

How to maintain balance between  
parenting and teaching during covid-19

JOIN US ON



Friday:  
3<sup>rd</sup> July 2020

Poster of session



BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: *Career and personal Counselling*

NAME OF STUDENT: *Radhika Sharma*

DATE: *7-03-2020*

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	How to maintain <del>between</del>			✓
2.	balance between parenting			
3.	and Teaching during			
4.	covid - 19 by - Miss Sarita Pareek			
5.				

ANY OTHER SUGGESTION:

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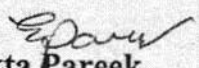


**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 10-06-2021

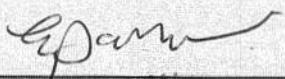
**NOTICE**

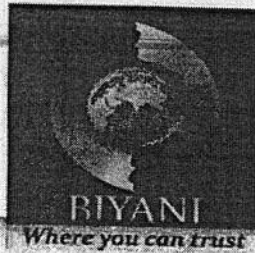
This is to inform to all the faculty members and students that Session on “**How to Create a Winner’s Mindset**” will be organised by Prof. Ramesh Arora on 16 June 2021 on online mode. The respective link will be shared on your class Whatsapp group. Join the link on time.

  
Dr. Ekta Pareek

Principal

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

  
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SEC.-3, VIDHYADHAR NAGAR, JAIPUR



## **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.

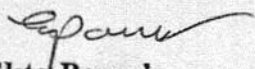
### **Future Directions:**

*[Signature]*  
PRINCIPAL  
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SEC. 2, BHAR NAGAR, JAIPUR



Where you can trust

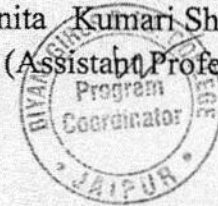
Moving forward, it is essential to continue promoting mental health awareness and resilience-building strategies to support individuals in coping with the ongoing impact of the COVID-19 pandemic. Future sessions could explore additional techniques for managing stress, enhancing well-being, and fostering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

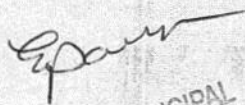
  
Dr. Ekta Pareek

Principal



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





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

Dr Sunita Kumari Sharma  
(Assistant Professor)





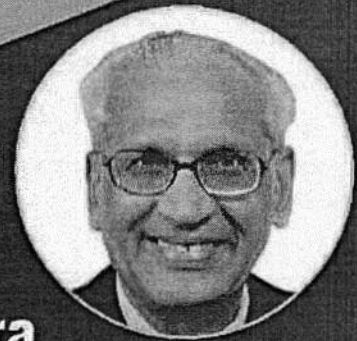
## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Glimpses of Session on "How to create a Winner"  
Date of event- 16<sup>th</sup> July 2021

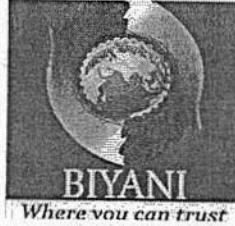
### HOW TO CREATE A WINNER'S MINDSET?

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

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



*E. D. Singh*  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR



**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**  
**FEEDBACK FORM**  
**SESSION:**

NAME OF EVENT: *Career and personal Counselling*

NAME OF STUDENT: *Meenakshi Sharma*

DATE: *16-06-21*

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	<i>How to create A winner's</i>			<i>✓</i>
2.	<i>Mindset</i>			
3.	<i>Prof - Ramesh Arora</i>			
4.				
5.				

ANY OTHER SUGGESTION:

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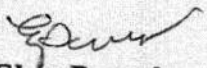
**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 21-05-2021

**NOTICE**

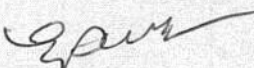
This is to inform to all the faculty members and students that Webinar on "Developing Entrepreneurial Skills" by Mr. Chintan Bakshi on 26 May 2021 on online mode (FB Live). The respective link will be shared on your class Whatsapp group. Join the link on time.

**NOTICE**

  
**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:** Developing Entrepreneurial Skills

**Date:** May 26, 2021

**Venue:** Online (Facebook Live)

**Presenter:** Mr. Chintan Bakshi

### **Overview:**

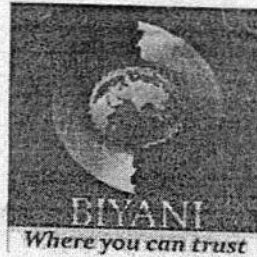
On May 26, 2021, an insightful webinar titled "Developing Entrepreneurial Skills" was conducted online via Facebook Live. The webinar aimed to educate participants about the essential skills required for entrepreneurship and inspire them to pursue entrepreneurial ventures. Mr. Chintan Bakshi, an experienced entrepreneur and business mentor, served as the presenter, sharing valuable insights and practical advice based on his expertise in the field.

### **Key Highlights:**

1. **Introduction to Entrepreneurship:** Mr. Chintan Bakshi commenced the webinar by providing an overview of entrepreneurship and its significance in driving innovation, economic growth, and job creation. He emphasized the role of entrepreneurs in identifying opportunities, solving problems, and creating value in society.
2. **Identifying Entrepreneurial Opportunities:** The presenter discussed strategies for identifying entrepreneurial opportunities and evaluating business ideas. He encouraged participants to observe market trends, identify unmet needs, and leverage their skills and passions to generate innovative business concepts.
3. **Building a Growth Mindset:** Mr. Bakshi emphasized the importance of cultivating a growth mindset in entrepreneurship. He discussed the mindset shifts required to embrace challenges, learn from failures, and persist in the face of obstacles on the entrepreneurial journey.

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4. **Essential Entrepreneurial Skills:** The webinar focused on developing essential entrepreneurial skills, including creativity, critical thinking, communication, problem-solving, and resilience. Mr. Bakshi provided practical tips and exercises for honing these skills and adapting to the dynamic nature of entrepreneurship.

5. **Strategic Planning and Execution:** The presenter discussed the importance of strategic planning and execution in entrepreneurial success. He introduced frameworks for setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals, developing business plans, and implementing effective strategies to achieve objectives.

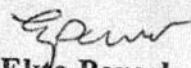
6. **Resource Mobilization and Networking:** Mr. Bakshi highlighted the significance of resource mobilization and networking in entrepreneurship. He shared insights on accessing funding opportunities, building strategic partnerships, and leveraging networks for business growth and expansion.

#### **Conclusion:**

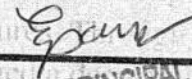
The webinar on "Developing Entrepreneurial Skills" facilitated by Mr. Chintan Bakshi provided participants with valuable insights and practical guidance for embarking on entrepreneurial ventures. Through engaging discussions and actionable advice, participants gained a deeper understanding of the essential skills, mindset, and strategies required for entrepreneurial success. The webinar served as a source of inspiration and empowerment, motivating participants to harness their creativity, passion, and resilience to pursue their entrepreneurial aspirations and contribute to economic development and societal progress.

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



  
**Dr. Ekta Pareek**

Principal

  
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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Glimpses of Webinar on "Developing Entrepreneurial Skill." .  
Date- 26<sup>th</sup> May 2021



**BIYANI**  
GROUP OF COLLEGES

### A WEBINAR ON Developing Entrepreneurial Skills

Resource person:

**Mr. Chintan Bakshi**

**Education:** IIT, Delhi and IIM, Bangalore  
Partner Incubation at CIIE.CO  
and CEO at Startup Oasis



Wednesday  
26th May, 2021  
12:00 PM-1:00 PM

JOIN US  
ON  
ZOOM

Registration  
Open ►



Followed by a panel Discussion with successful Women Entrepreneurs:



**Tanushree Jain**  
Nushaura



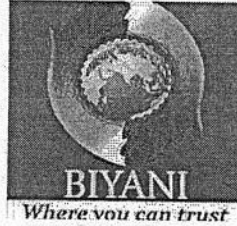
**Arushi Agarwal**  
Sarathy Fab



**Tanu Aggarwal**  
Suno Kitaab Pvt. Ltd

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SEC.-3, VIDHYADHAR NAGAR, JAIPUR





**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**  
**FEEDBACK FORM**  
**SESSION:**

NAME OF EVENT: Career and personal counselling

NAME OF STUDENT: puwa Verma

DATE: 26-05-21

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Developing Entrepreneur			✓
2.	skills.			
3.	BY - Mr. chintan bakshi			
4.				
5.				

ANY OTHER SUGGESTION:

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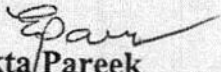


**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 25-06-2021

**NOTICE**

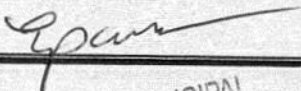
This is to inform to all the faculty members and students that A Session on **"How to Enhance our Mental Health in Present Scenario & Career in Yoga"** by Dr. Meenakshi Sharma on 27 June 2021 on online mode (FB Live). The respective link will be shared on your class Whatsapp group. Join the link on time.

  
**Dr. Ekta Pareek**

Principal

**NOTICE**

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 on "How to Enhance our Mental Health in Present Scenario and Career in Yoga"**

**Date:** June 27, 2020

**Venue:** Biyani Girls B.Ed. College (Online Mode - Facebook Live)

**Presenter:** Dr. Minakshi Sharma

### **Objective:**

The session aimed to provide insights into enhancing mental health in the current scenario, particularly during the COVID-19 pandemic, and explore career opportunities in yoga.

### **Session Details:**

Dr. Minakshi Sharma, a renowned expert in yoga and mental health, conducted an interactive session through Facebook Live from Biyani Girls B.Ed. College. The session unfolded as follows:

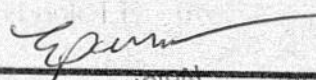
#### **1. Introduction and Context Setting:**

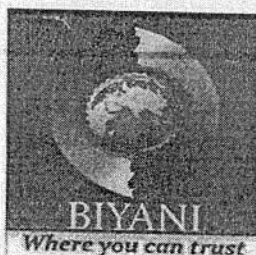
Dr. Sharma initiated the session by providing context about the importance of mental health, especially during challenging times like the present COVID-19 pandemic. She emphasized the need for adopting holistic approaches, including yoga, for maintaining mental well-being.

#### **2. Understanding Mental Health in the Current Scenario:**

Dr. Sharma elaborated on the various stressors and challenges prevalent in the current scenario, such as social isolation, uncertainty, and fear. She discussed the impact of these factors on mental health and shared practical tips for coping with stress and anxiety.

#### **3. Benefits of Yoga for Mental Health:**

  
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Dr. Sharma delved into the therapeutic benefits of yoga for mental health. She highlighted how yoga practices, including asanas (postures), pranayama (breathing techniques), and meditation, can help alleviate stress, improve mood, and enhance overall well-being.

#### 4. Exploring Career Opportunities in Yoga:

Transitioning to the career aspect, Dr. Sharma discussed the growing demand for yoga instructors and therapists in various settings, including wellness centers, schools, corporate organizations, and healthcare facilities. She elaborated on the potential career paths and opportunities available in the field of yoga.

#### 5. Interactive Q&A Session:

The session concluded with an interactive Q&A segment, where participants had the opportunity to ask questions and seek clarification on mental health issues, yoga practices, and career prospects. Dr. Sharma provided valuable insights and guidance based on her expertise and experience.

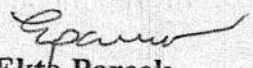
#### Conclusion:

The session on "How to enhance our Mental Health in Present Scenario and Career in Yoga" facilitated by Dr. Minakshi Sharma proved to be informative and insightful. Participants gained a deeper understanding of mental health challenges in the current scenario and learned practical strategies for self-care and well-being through yoga practices. Additionally, Dr. Sharma's exploration of career opportunities in yoga inspired participants to consider pursuing a career in this fulfilling and rewarding field. Overall, the session contributed to raising awareness about mental health and promoting holistic approaches to wellness.

Report prepared By: Ms. Sunita Kumari Sharma,

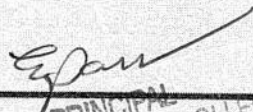
Ms. Tripti Saini

(Assistant Professor)

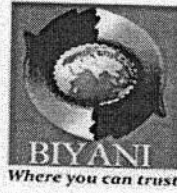
  
Dr. Ekta Pareek

Principal



  
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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Glimpses of Online Session on "How to Enhance our Mental Health in present scenario and career in Yoga"

Date of event- 27<sup>th</sup> June 2020



**Dr. Meenakshi Sharma**

(Biyani Girls B.Ed College)

Qualification:- M.A, M.Ed, NET, Ph.D

Area of Interest:- Yoga and Meditation

Topic:- How to improve our mental health in present scenario and career in yoga

JOIN US ON

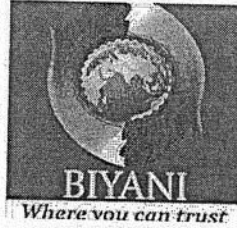


Saturday:  
27<sup>th</sup> June 2020

Time: 11:00 AM

Poster of the webinar

*Signature*  
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BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career and personal counselling

NAME OF STUDENT: Anu Choudhary

DATE: 27/06/2021

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	How to enhance our			✓
2.	mental health in			
3.	Present Scenario and			
4.	Career in Yoga.			
5.	BY.— Dr. Meenakshi Sharma,			

ANY OTHER SUGGESTION:

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# **BIYANI GIRLS B.Ed. COLLEGE**

## **Guidance & Counseling Cell**



**Prof. Sanjay Biyani**  
Director (Acad.)



**Dr. Ekta Pareek**  
Principal



**Dr. Shipra Gupta**  
HOD




**BIYANI GIRLS B.ED.COLLEGE ,JAIPUR**  
**GUIDANCE AND COUNSELING COMMITTEE**  
**(2018-19)**

S. No.	Name	Designation
1.	Dr. Sanjay Biyani	Chairperson
2.	Dr. Bharti Sharma	Coordinator
3..	Ms. Jyoti Saini	Member
4.	Ms. Neelam Kumari	Member
5.	Ms. Aarushi	Student Representative
6.	Ms. Farheen Rehman	Student Representative

  
**Dr. Ekta Pareek**

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SEC-3, VIDHYADHAR NAGAR, JAIPUR



## **Guidance and Counselling Cell**

The College has established special Cell for the Guidance and Counseling of the teacher trainees. This Cell addresses the diverse Socio-economic challenges and geographic backgrounds of the heterogeneous group. The cell provides guidance to the students of the college to improve their overall personalities and help them to meet challenges in their life. The following services are provided by the guidance and counseling cell of the college.

### **Personal Guidance**

### **Educational Guidance**

### **Career Guidance**

Guidance & Counseling Cell has been established in the college to provide guidance to achieve following objectives:-

1. To provide guidance to the students on various options available in the course of their study.
2. To identifying and developing Students abilities and interests.
3. To help the students to solve their Personal, Educational and Psychological problems.
4. To develop positive attitude and behavior in order to meet challenges.
5. To create awareness among the students for their future Profession.
6. To provide information to the students on the scope and relevance of any area irrespective of their field of interest.
7. To Recognize their strength overcome and weaknesses.

The good of Counselling is to help individuals overcome their immediate problems and also to equip them to meet future problems Counselling to be meaningful has to be specific for each client since it involves his unique problem and expectations. The good of Counselling may be described as immediate long range and process good & statement of good is not only important but also necessary for it provides a sense of direction and purpose additionally it is necessary for a meaningful evolution of the usefulness of it.

  
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SEC-3, VIDHYADHAR NAGAR, JAIPUR

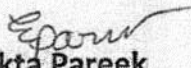


**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 13/07/2019

**NOTICE**

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".

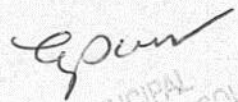
  
Dr. Ekta Pareek

Principal

Principal  
Biyani Girls B.Ed. College  
Jaipur

**NOTICE**

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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 Shri Kirit Bhajji, who emphasized the importance of aim, self-discipline, and how to fight for your rights in shaping the lives of individuals.

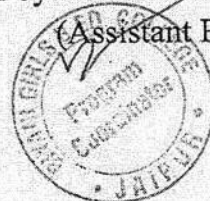
### Conclusion:

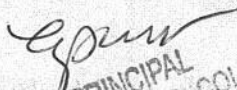
A seminar was held at Biyani Girls B.Ed. College, Jaipur, by Acharya Brahmurishi Pujya Paad Shri Kirit Bhajji came and said, "Balancing your time is your duty. life is struggle, it is a war. We have to fight like Arjun with it and then we have to win also from it. guruji always give us weapon for fighting. 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

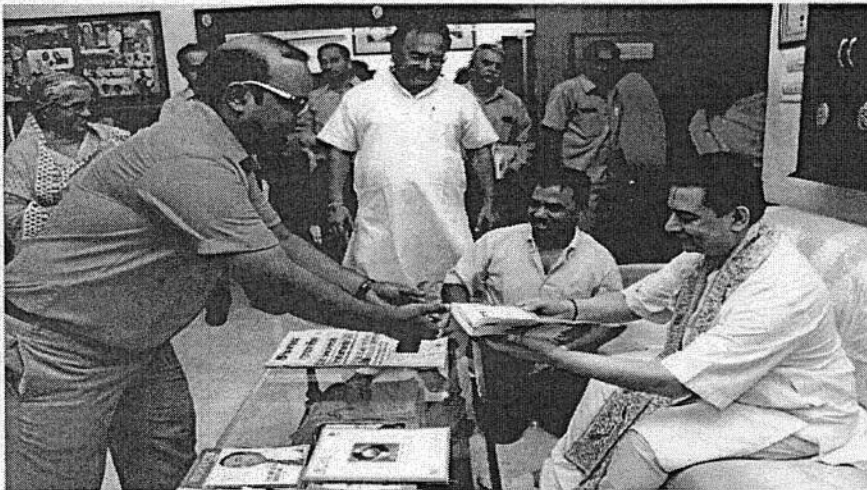


  
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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

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



Falicitation of Acharya Shri Kirit Bhaiji



Motivational session of Acharya Shri Kirit Bhaiji

*[Signature]*  
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BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career and personal Counselling

NAME OF STUDENT: Priya Gupta

DATE: 17/7/2019

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Seminar on Blancing			✓
2.	your time by Acharya			
3.	shri kirit Bhai Ji			
4.				
5.				

ANY OTHER SUGGESTION:

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Where you can trust

## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 25 /09/2019

### NOTICE

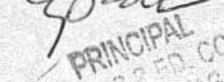
All Students of Biyani Girls B.Ed. College, Jaipur are kindly hereby informed that the college will be organizing a Workshop on "Child Psychology" on 28 September 2019 at college campus.

  
Dr. Ekta Pareek

Principal  
Principal B.Ed College  
Jaipur

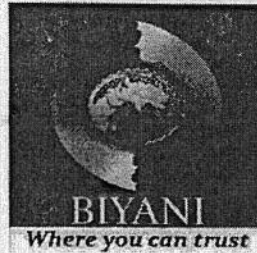
### NOTICE

i. College, Jaipur are kindly hereby informed that a Workshop on "Child Psychology" on 28 September 2019 at college campus.

  
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SEC-3, VIDYANAGAR, JAIPUR

Copy to : Chairman / Director (Acad.)/Principal/HR/HODs/Reception/IQAC members





## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on Workshop Entitled "Child Psychology"

Date: 28 september 2019

Venue: Biyani Girls B.ed College

Lecture by: Dr. Shipra Gupta

#### Introduction:

On 28th September 2019, an insightful workshop on child psychology was conducted at [BIYANI GIRLS B.Ed. COLLEGE]. Session taken by Dr. Shipra Gupta. The workshop aimed to provide a comprehensive understanding of the intricacies of child development, psychology, and behavior. Attendees included educators, parents, and professionals working with children, all keen on gaining valuable insights into the world of child psychology.

#### Event Highlights:

##### 1. Expert Facilitator:

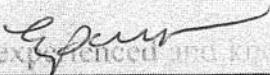
The workshop was facilitated by an experienced and knowledgeable expert in the field of child psychology. The facilitator provided a solid foundation by covering key concepts, theories, and contemporary research in child psychology.

##### 2. Interactive Sessions:

The workshop emphasized interactive learning methodologies. Participants engaged in discussions, case studies, and practical activities to apply theoretical knowledge to real-life scenarios. This interactive approach ensured that attendees actively participated in the learning process.

##### 3. Developmental Stages:

A significant portion of the workshop was dedicated to exploring the various developmental stages of children. From infancy to adolescence, the facilitator delved into the cognitive, emotional, and social changes that occur during each

  
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stage. Practical tips for understanding and addressing age-specific challenges were also shared.

#### **4. Behavioral Patterns:**

Understanding children's behavior was a focal point of the workshop. The facilitator discussed common behavioral patterns, their underlying causes, and effective strategies for positive behavior management. Attendees gained insights into fostering healthy emotional and social development in children.

#### **5. Parenting Strategies:**

The workshop addressed the role of parents in shaping a child's psychological well-being. Parenting strategies that support positive growth and nurture resilience were discussed. The session provided practical advice on effective communication and building a supportive environment at home.

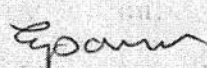
#### **6. Q&A Session:**

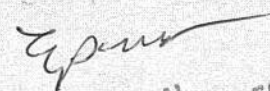
An interactive question-and-answer session allowed participants to seek clarification on specific topics and share their personal experiences. The open dialogue enhanced the overall learning experience and facilitated a deeper understanding of child psychology.

#### **Conclusion:**

The workshop on child psychology held on 28th September 2019 was a resounding success, offering valuable insights and practical knowledge to participants. Attendees left equipped with a deeper understanding of child development, behavior, and effective strategies for fostering positive psychological growth.

Report Prepared By Ms. Puspaa Kumawat (Assistant Professor)

  
**Dr. Ekta Pareek**  
Bhuni Girls B.Ed College  
Principal

  
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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Workshop on Child Psychology on 28 Sept 2019



A group photo with student during the workshop

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**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**  
**FEEDBACK FORM**  
**SESSION:**

NAME OF EVENT: *Career and Personal Counselling*

NAME OF STUDENT: *Nidhi Sharma*

DATE: *28/9/2019*

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	<i>Workshop on child</i>			<input checked="" type="checkbox"/>
2.	<i>Psychology By Dr.</i>			
3.	<i>Shipra Gupta</i>			
4.				
5.				

ANY OTHER SUGGESTION:

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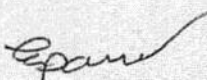


## BIYANI GIRLS COLLEGE, JAIPUR

Date : 26/09/2019

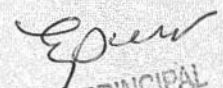
### NOTICE

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

  
Dr. Ekta Pareek  
Principal

Principal  
Biyani Girls B.Ed. College  
Jaipur

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## 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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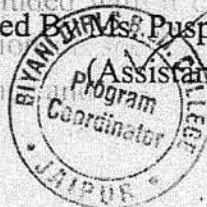


the significance of adapting CVs to suit specific job requirements and emphasized the role of a well-crafted CV in making a positive first impression on potential employers.

- **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

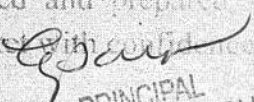
**Conclusion:** The Extension Lecture on "How to Make CV" by Mr. Hemant Ambwani at Biyani Girls B.Ed. College on 28th September 2019 was a highly informative and beneficial event. It not only equipped students with practical skills for crafting impactful CVs but also provided valuable insights into the 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.

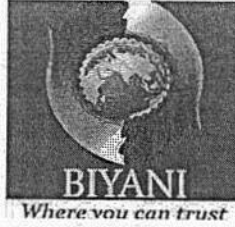
Report Prepared By **Ms. Puspita Kumawat**  
(Assistant Professor)



  
**Dr. Ekta Pareek**

**Principal**  
Biyani Girls B.Ed. College  
Jaipur  
**Principal**

  
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BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: *Career and Personal Counselling*

NAME OF STUDENT: *Khushi Guejar*

DATE: *28/9/2019*

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	<i>Extension Lecture on</i>		<i>✓</i>	
2.	<i>'How to make cv' By</i>			
3.	<i>Mr. Hemant Ambwani</i>			
4.				
5.				

ANY OTHER SUGGESTION:

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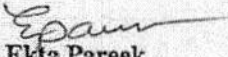


## BIYANI GIRLS COLLEGE, JAIPUR

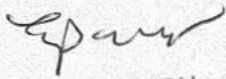
Date : 11/09/2019

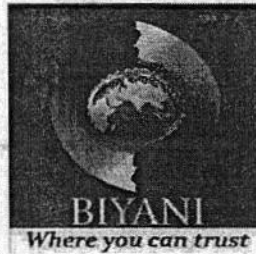
### NOTICE

This is to inform to all the faculty members and students that Workshop on "Read Fast, Learn More & Grow More" will be organized 13<sup>th</sup> September, 2019 in auditorium. All the mentors should motivated students for their active participation.

  
Dr. Ekta Pareek  
Principal

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## **BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

### **Report on Workshop Entitled "Read Fast, Learn & Grow More"**

**Date:** September 13, 2019

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

**Speaker:** Prof. Rajesh Tayal

#### **Introduction:**

On September 13, 2019, Biyani Girls B.Ed. College organized an insightful workshop titled "Read Fast, Learn & Grow More." The session aimed to enhance the reading skills of students and provide effective strategies for efficient learning. Prof. Rajesh Tayal, a distinguished speaker, led the workshop, with coordination by Dr. Bharti Sharma.

#### **Event Highlights:**

##### **1. Inaugural Address:**

The workshop began with a welcome address by Dr. Bharti Sharma, emphasizing the importance of reading skills and continuous learning in academic and professional growth.

##### **2. Expert Insights by Prof. Rajesh Tayal:**

Prof. Rajesh Tayal, renowned for his expertise in speed reading and effective learning techniques, shared valuable insights during the workshop. He highlighted the significance of reading as a skill and provided practical strategies for improving reading speed without compromising comprehension.

##### **3. Speed Reading Techniques:**

The session delved into various speed reading techniques, including skimming, scanning, and effective note-taking. Prof. Rajesh Tayal demonstrated how these techniques could significantly enhance the speed and efficiency of reading.

##### **4. Interactive Exercises:**

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SEC-3, VISHVAKAR NAGAR, JAIPUR





Participants engaged in interactive exercises designed to apply the speed reading techniques discussed. These exercises allowed them to practice and experience firsthand the benefits of adopting efficient reading habits.

#### **5. Effective Learning Strategies:**

Prof. Rajesh Tayal extended the discussion beyond speed reading, addressing effective learning strategies. He emphasized the importance of comprehension, retention, and application of knowledge in the learning process.

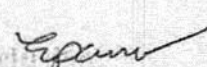
#### **6. Q&A Session:**

A question and answer session provided participants with the opportunity to seek clarification on specific topics and receive personalized advice from Prof. Rajesh Tayal. This interactive segment added depth to the learning experience.

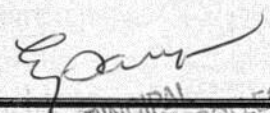
#### **Conclusion:**

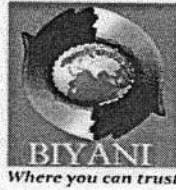
The workshop on "Read Fast, Learn & Grow More" at Biyani Girls B.Ed. College on September 13, 2019, proved to be a highly informative and engaging session. Prof. Rajesh Tayal's expertise and effective communication style, combined with Dr. Bharti Sharma's coordination, created a conducive learning environment. The workshop equipped participants with practical skills to enhance their reading speed and comprehension, fostering a culture of continuous learning. The event concluded with expressions of gratitude to Prof. Rajesh Tayal for sharing his knowledge and insights, leaving a positive impact on the participants' approach to reading and learning.

Report Prepared By Ms. Puspa Kumawat  
(Assistant Professor)

  
**Dr. Ekta Pareek**

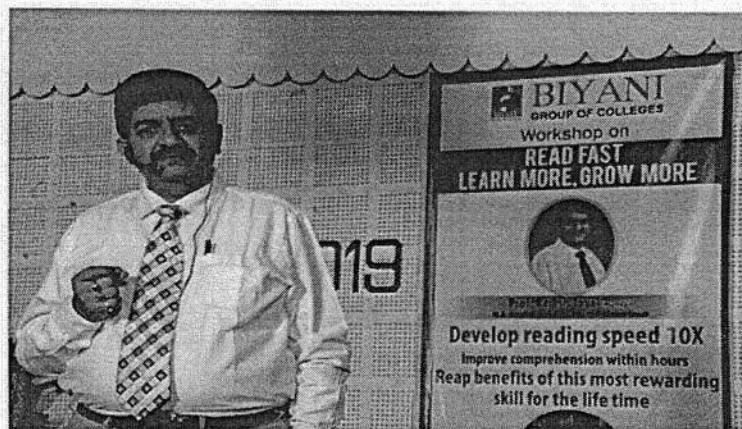
Principal

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



## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

"Enhancing Reading & Communication skills"  
on 13th September 2019



Speaker giving Valuable insight



Interaction session

*Epar*

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





BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: *Career and Personal Counselling*

NAME OF STUDENT: *Akansha Sinha*

DATE: *13/9/2019*

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	<i>Read Fast and learn</i>			<input checked="" type="checkbox"/>
2.	<i>More By Prof. Rajesh</i>			
3.	<i>Jayal</i>			
4.				
5.				

ANY OTHER SUGGESTION:

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**BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

Date: 02/01/2020

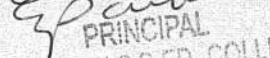
**NOTICE**

All Students of Biyani Girls B.Ed. College, Jaipur are kindly hereby informed that the college will be organizing a Seminar on "Career in Govt. Sector" by Career Power Institute & SSC Adda on 4 January 2020 at college campus.

  
**Dr. Ekta Pareek**

**Principal**  
Biyani Girls B.Ed. College

Copy to : Chairman / Director (Acad.)/Principal/HR/HODs/Reception/IQAC members

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





## BIYANI GIRLS B.Ed COLLAGE JAIPUR

### Report on Seminar on Career in Government Sector

Date: 4 January 2020

Venue: Biyani Girls B.Ed College

Coordinator: Ms Pushpa Kumawat

#### Introduction:

The seminar on a career in the government sector, jointly organized by Career Power Institute and SSC Adda, unfolded on January 4, 2020, at the esteemed Biyani Girls B.Ed College. Aimed at enlightening students about the myriad opportunities within the government sector, the event promised valuable insights, guidance, and inspiration for those aspiring to embark on a fulfilling career in public service.

#### Event Highlights:

The seminar commenced with a warm welcome address, setting the tone for an informative and engaging session. The following are the key highlights of the event:

##### 1. Comprehensive Overview of Government Exams:

- The seminar kicked off with an in-depth examination of various government examinations, shedding light on their eligibility criteria, examination patterns, and the unique features of each.

##### 2. Effective Preparation Strategies:

- Expert speakers from Career Power Institute and SSC Adda shared proven techniques and strategies for effective exam preparation. This included valuable insights into time management, study plans, and stress mitigation strategies.

##### 3. Exploration of Diverse Career Paths:

- Attendees gained insights into the diverse career paths available within the government sector. The seminar delved into specific job roles, responsibilities, and the range of opportunities awaiting successful candidates.

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



## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Seminar on "Career in Govt Sector" on 4 January 2020



Welcoming the speaker



Speaker giving the valuable insight

*[Signature]*  
PRINCIPAL  
BIYANI GIRLS B.ED. COLLEGE  
SEC-3, VIDYACHAR NAGAR, JAIPUR





BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career and Personal Counselling

NAME OF STUDENT: Tahni Rajput

DATE: 4/01/2020

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Seminar on career in			✓
2.	Govt. Sector By			
3.	Ms. Pushpa Karmawat			
4.				
5.				

ANY OTHER SUGGESTION:

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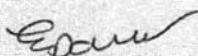


## BIYANI GIRLS COLLEGE, JAIPUR

Date : 19/01/2020

### NOTICE

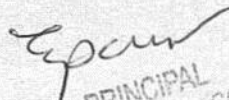
This is to inform to all the faculty members and students that program on "Panel discussion on Job Opportunities" will be organized 21<sup>st</sup> January, 2020 in auditorium. All the mentors should motivated students for their active participation.

  
Dr. Ekta Pareek  
Principal

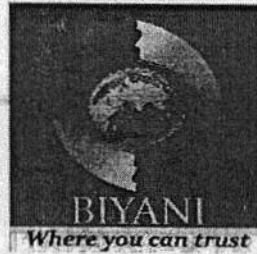
Principal  
Biyani Girls P. Ed College

### NOTICE

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

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





## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on Panel Discussion on Job Opportunities Report

**Date:** January 21, 2020

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

**Introduction** On January 21, 2020, a Panel Discussion on Job Opportunities was organized at Biyani Girls B.Ed. College in Jaipur. The event aimed to provide valuable insights into various job prospects and career paths for the students, helping them make informed decisions about their future. Ms. Sunita Kumari Sharma efficiently coordinated the discussion, ensuring a smooth and engaging session.

#### **Agenda:**

**Introduction to the Panelists:** The event began with Ms. Sunita Kumari Sharma introducing the esteemed panelists who brought diverse experiences and expertise in different industries. This set the stage for a comprehensive discussion on job opportunities.

**Keynote Address:** A keynote address was delivered, emphasizing the current trends in the job market, emerging sectors, and the importance of acquiring relevant skills. The speaker encouraged students to be proactive in their career planning and highlighted the significance of continuous learning.

**Panel Discussion:** The heart of the event was the panel discussion, where each panelist shared their perspectives on job opportunities in their respective fields. Topics included the impact of technology on employment, the role of soft skills in career success, and the importance of networking in securing job opportunities.

#### **Q&A Session:**

Following the panel discussion, students had the opportunity to ask questions to the panelists. This interactive session provided clarity on various aspects of job opportunities and allowed students to seek personalized advice based on their interests and aspirations.

*[Signature]*  
PRINCIPAL  
BIYANI GIRLS B.ED. COLLEGE  
SEC-3, VIDHYADHAR NAGAR, JAIPUR

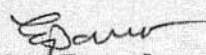


Where you can trust

**Networking Session:** To foster connections between students and industry professionals, a networking session was organized. Students had the chance to engage in one-on-one conversations with the panelists, inquire about specific industries, and seek guidance on career paths.

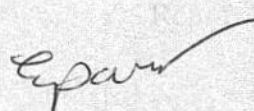
**Conclusion:**

The Panel Discussion on Job Opportunities at Biyani Girls B.Ed. College, Jaipur, proved to be a valuable platform for students to gain insights into the dynamic job market. The event, coordinated by Ms. Sunita Kumari Sharma, successfully facilitated a dialogue between industry experts and aspiring professionals, empowering students to make informed decisions about their future careers. The interactive nature of the session allowed for a fruitful exchange of ideas and contributed to the overall success of the Title: SUPW Camp Report.

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

Report Prepared by: Ms. Tripti saini  
(Assistant Professor)



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



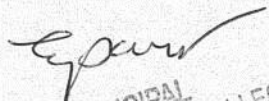


## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Panel Discussion on Job Opportunities on 21 January 2019



Prof Sanjay Biyani in panel discussion

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



BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career and Personal Counselling

NAME OF STUDENT: Suman Meena

DATE: 21/01/2020

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Panel Discussion on job		✓	
2.	opportunity By Prof. B.K.			
3.	acharya and Dr. Sanjay			
4.	Biyani			
5.				

ANY OTHER SUGGESTION:

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# **BIYANI GIRLS B.Ed. COLLEGE**

## **Guidance & Counseling Cell**



**Prof. Sanjay Biyani**  
Director (Acad.)



**Dr. Ekta Pareek**  
Principal



**Dr. Shipra Gupta**  
HOD

## Guidance and Counselling Cell

The College has established special Cell for the Guidance and Counseling of the teacher trainees. This Cell addresses the diverse Socio-economic challenges and geographic backgrounds of the heterogeneous group. The cell provides guidance to the students of the college to improve their overall personalities and help them to meet challenges in their life. The following services are provided by the guidance and counseling cell of the college.

### Personal Guidance

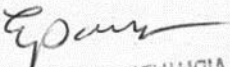
### Educational Guidance

### Career Guidance

Guidance & Counseling Cell has been established in the college to provide guidance to achieve following objectives:-

1. To provide guidance to the students on various options available in the course of their study.
2. To identifying and developing Students abilities and interests.
3. To help the students to solve their Personal, Educational and Psychological problems.
4. To develop positive attitude and behavior in order to meet challenges.
5. To create awareness among the students for their future Profession.
6. To provide information to the students on the scope and relevance of any area irrespective of their field of interest.
7. To Recognize their strength overcome and weaknesses.

The good of Counselling is to help individuals overcome their in mediate problems and also to equip then to meet future problems Counselling to be meaningful has to be specific for each client since in involve his unique problem and expection. The good of Counselling may be described as immediate long rang and process good & statement of good is not only important but also necessary for it provides a sense of direction and purpose additionally it is necessary for a meaning evolution of the usefulness of it.

  
PRINCIPAL  
BHAYANI GIRLS & BOYS COLLEGE  
SEC-3, VIDHYADHAR NAGAR, JAIPUR





18-08-2018

List of attendees:-

S. No.	Name	Designation	Signature
1.	Dr. Sanjay Biyani	Chairperson	<i>S. Biyani</i>
2.	Dr. Bharti Sharma	Coordinator	<i>Bh</i>
3..	Ms. Jyoti Saini	Member	<i>Jyoti</i>
4.	Ms. Neelam Kumari	Member	<i>Neelam</i>
5.	Ms. Aarushi	Student Representative	<i>Aarushi</i>
6.	Ms. Farheen Rehman	Student Representative	<i>Farheen</i>

*Dr. Ekta Pareek*  
Dr. Ekta Pareek

PRINCIPAL  
BIYANI GIRLS B.ED. COL.  
SEC-3, VIDHYADHAR NAGAR, JAIPUR  
Principal

*Dr. Ekta Pareek*  
PRINCIPAL  
BIYANI GIRLS B.ED. COLLEGE  
SEC-3, VIDHYADHAR NAGAR, JAIPUR





18-08-2018

List of attendees:-

S. No.	Name	Designation	Signature
1.	Dr. Sanjay Biyani	Chairperson	<i>S. Biyani</i>
2.	Dr. Bharti Sharma	Coordinator	<i>Bh</i>
3..	Ms. Jyoti Saini	Member	<i>Jyoti</i>
4.	Ms. Neelam Kumari	Member	<i>Neelam</i>
5.	Ms. Aarushi	Student Representative	<i>Absent</i>
6.	Ms. Farheen Rehman	Student Representative	<i>Farheen</i>

*E. Pareek*  
Dr. Ekta Pareek

**PRINCIPAL**  
BIYANI GIRLS B.ED. COL.  
SEC-3, VIDYADHAR NAGAR, JAIPUR  
Principal







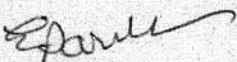
## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 25-07-2018

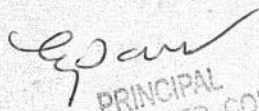
### NOTICE

This is to inform to all the faculty members and students that Extension Lecture on "How to Improve Mental health" will be organized on 26<sup>th</sup> July 2018. Reporting time will be 11:00 am.

Attendance is mandatory for all.

  
Dr. Ekta Pareek

Principal  
Principal  
Biyani Girls B.Ed College  
Jaipur

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

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



## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on Extension Lecture on "How to Improve Mental Health"

Date: 26/7/18 2018

Venue: Biyani girls B.Ed. College Jaipur

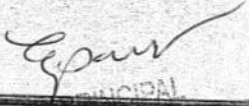
Speaker: Prof. Sanjay Biyani, Dr. Ajeet Jain.

#### Introduction:

An extension lecture on "How to Improve Mental Health" was organized on 26th July 2018 by Biyani Girls B.Ed. College. The lecture aimed to shed light on various aspects of mental health and provide strategies for enhancing mental well-being. Renowned psychologist Prof. Sanjay Biyani was invited to deliver the lecture.

#### Highlights of the Lecture:

- 1 Prof. Sanjay Biyani commenced the lecture by emphasizing the importance of mental health in today's fast-paced world. She provided insights into the prevalence of mental health issues and their impact on individuals and society.
2. The speaker elucidated various factors contributing to mental health issues, including stress, societal pressure, and lifestyle factors. She highlighted the significance of early detection and intervention in managing mental health challenges.
3. Throughout the lecture, Dr. Gupta engaged the audience through interactive sessions, encouraging participation and questions. Attendees actively shared their experiences and concerns related to mental well-being.
4. The lecture encompassed practical strategies for improving mental health, including stress management techniques, mindfulness practices, and fostering social support networks. Dr. Gupta emphasized the role of self-care and healthy coping mechanisms in maintaining psychological resilience.

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





5. Attendees benefitted from evidence-based insights and practical tips shared by Prof. Sanjay Biyani. The lecture concluded with a Q&A session, allowing participants to seek further clarification and guidance on mental health-related queries.

**Outcome:**

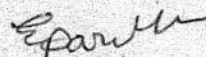
The extension lecture on "How to Improve Mental Health" proved to be highly informative and insightful. Attendees gained valuable knowledge and practical strategies for enhancing their mental well-being. The event facilitated awareness and destigmatization of mental health issues within the community.

**Conclusion:**


The extension lecture organized by Biyani girls. B.Ed. College, Jaipur featuring Prof. Sanjay Biyani as the speaker was a resounding success. The event contributed to promoting mental health awareness and empowering individuals with tools to nurture their psychological well-being. Such initiatives play a crucial role in fostering a mentally healthy society.

Report Prepared By Dr. Arti Gupta



  
Dr. Ekta Pareek

Principal  
Principal  
Biyani Girls B.Ed College  
Jaipur

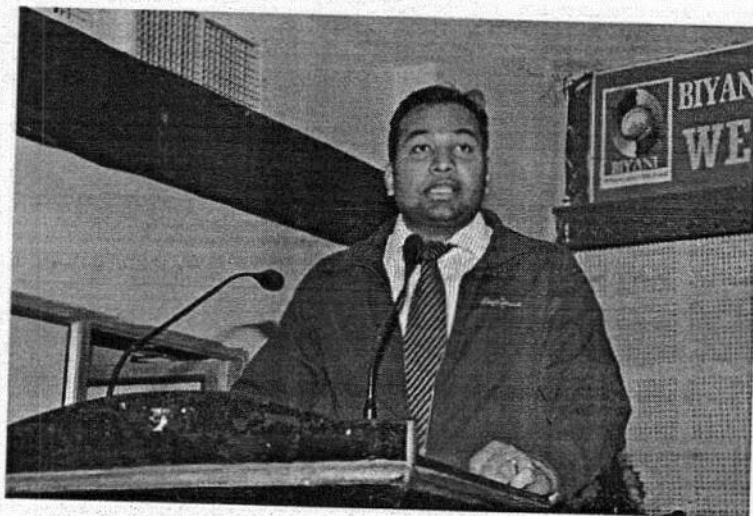
  
PRINCIPAL  
BIYANI GIRLS B.ED. COLLEGE  
SEC-3, VIDHYADHAR NAGAR, JAIPUR



## BIYANI GIRLS B.Ed. COLLEGE

Extension lecture on Mental health Awareness

(26 July 2018)



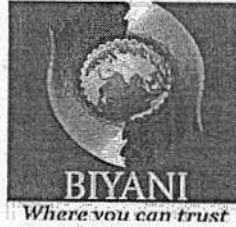
Session by Dr. Ajeet Jain



Students listening & understanding the importance of mental health

*[Signature]*  
PRINCIPAL  
BIYANI GIRLS B.ED. COLLEGE  
SEC-3, VIDYADHAR NAGAR, RAIPUR





BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career and Personal Counselling

NAME OF STUDENT: Shobini Gupta

DATE: 26/07/2018

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	How to Improve		✓	
2.	mental Health by-			
3.	Dr. Ajit Jain			
4.				
5.				

ANY OTHER SUGGESTION:

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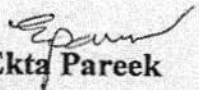
## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 10-05-2019

### NOTICE

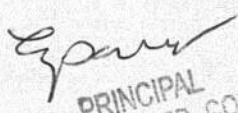
This is to inform to all the faculty members that "online career Talk Show" will be held on 11<sup>th</sup> May 2019.

Be Prepare with your Content.

  
Dr. Ekta Pareek

Principal  
Principal  
Biyani Girls B.Ed College  
Jaipur

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

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





## **BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

### **Report on Online Career Talk Show entitled "Career Options after B.Ed. & M.Ed."**

**Date:** May 11th, 2019

**Venue:** Biyani Girls B.Ed. College, at Biyani TV & Radio

On May 11th, 2019, an insightful and informative online career talk show was organized at Biyani Girls B.Ed. College, hosted at Biyani TV & Radio. The talk show aimed to shed light on the various career opportunities available to students after completing their B.Ed. and M.Ed. degrees. This initiative was particularly significant in guiding and empowering students to make informed decisions about their career paths in the education sector.

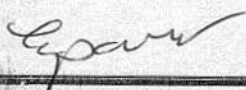
#### **Guest Speakers:**

The talk show featured distinguished guest speakers Dr. Ekta Pareek, Principal of Biyani Girls B.Ed. College, and Dr. Shipra Gupta, Head of the Department. Both speakers brought extensive experience and expertise in the field of education, providing valuable insights and guidance to the audience.

#### **Topics Covered:**

During the talk show, the guest speakers covered a wide range of topics related to career options after B.Ed. and M.Ed. degrees. They discussed various career paths available to graduates, including:

1. Teaching in Schools: Opportunities for B.Ed. and M.Ed. graduates to pursue teaching careers in schools, both at primary and secondary levels.
2. Higher Education: Opportunities to pursue further studies such as M.Phil. and Ph.D. for those interested in academic research and teaching at the university level.

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



3. Educational Administration: Roles and responsibilities in educational administration and leadership positions within schools, colleges, and educational institutions.
4. Curriculum Development: Opportunities to contribute to curriculum development, instructional design, and educational consultancy.
5. Educational Technology: Careers in educational technology, e-learning, and instructional design, leveraging technology for enhanced teaching and learning experiences.

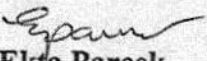
#### Interactive Session:

The talk show also included an interactive session where students had the opportunity to ask questions and seek clarification on career-related queries from the guest speakers. This interactive exchange allowed for a deeper understanding of the various career paths and facilitated personalized guidance based on individual interests and aspirations.

#### Conclusion:

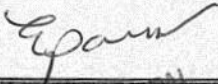
The online career talk show on "Career Options after B.Ed. & M.Ed." was a valuable initiative that provided students with comprehensive information and guidance to navigate their career paths in the field of education. The insights shared by Dr. Ekta Pareek and Dr. Shipra Gupta were invaluable in helping students make informed decisions about their future endeavours. Overall, the event was a success, empowering students with knowledge and confidence as they embark on their professional journeys in the education sector.

Report Prepared By Ms. Puspa Kumawat (Assistant Professor)

  
Dr. Ekta Pareek



Principal  
Biyani Girls B.Ed. College  
Jaipur

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





## BIYANI GIRLS B.Ed. COLLEGE

What is career option after B.Ed. M.Ed. by Dr. Shipra Gupta & Dr. Ekta Pareek

(11 may 2019)



Suggestion given by Dr. Ekta Pareek about "Career Option" after B.Ed., M.Ed.



Students carefully listening their suggestion on "Career Option"

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



BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career And Personal Counselling

NAME OF STUDENT: Tijanshi Pareek

DATE: 28/07/2018

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Workshop on "What			✓
2.	are the career option			
3.	after B.Ed And M.Ed.			
4.	By- Dr M.R. Bhadu			
5.				

ANY OTHER SUGGESTION:

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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 27-07-2018

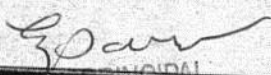
### NOTICE

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

  
Dr. Ekta Pareek

Principal  
Principal  
Biyani Girls B.Ed College  
Jaipur

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

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



## **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.

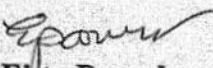
6. Motivation and Confidence Building: Lastly, the speaker motivated students to stay focused, confident, and persistent throughout their exam preparation journey. He shared inspiring success stories and encouraged students to believe in their abilities.

#### 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)

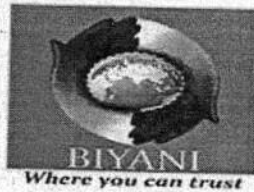
  
Dr. Ekta Pareek



Principal

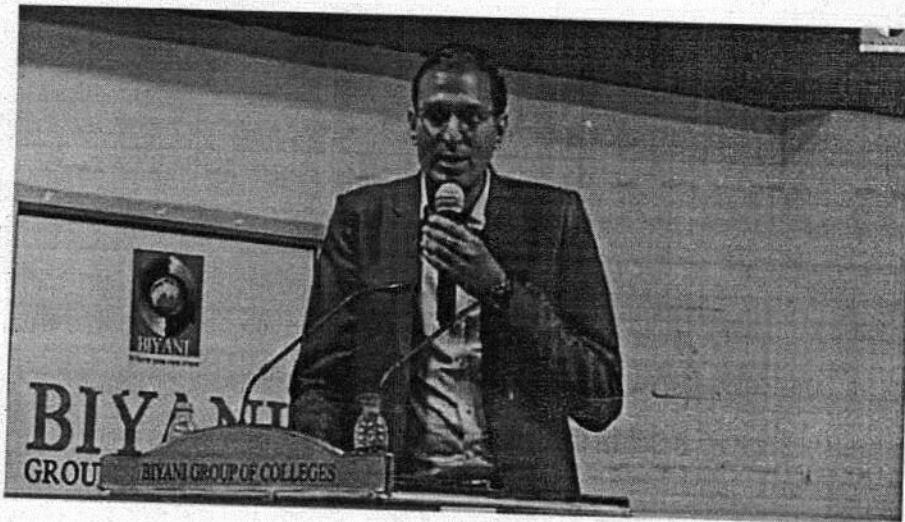
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Jaipur

  
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SEC-3, VIDHYA BHAGH, JAIPUR

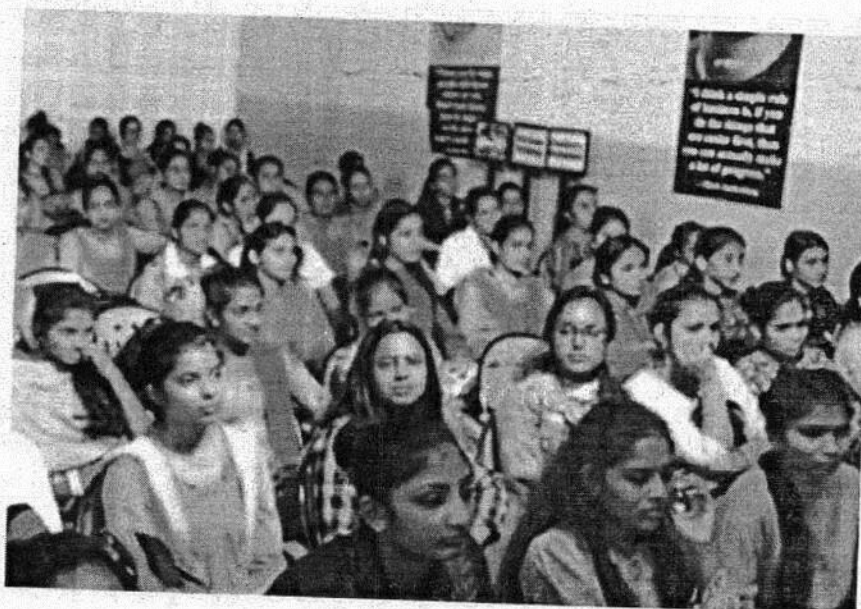


## BIYANI GIRLS B.Ed. COLLEGE

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  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career And Personal Counselling

NAME OF STUDENT: Anjali Chandrawal

DATE: 23/08/2018

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Special lecture: "How	✓		
2.	to Prepare Competitive			
3.	exam" By- Dr M.R			
4.	Bhadu.			
5.				

ANY OTHER SUGGESTION:

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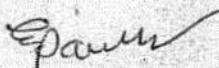


## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

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 29<sup>th</sup> September 2018 in College Campus. 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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SEC. 3





## 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:**

*Prachi Naraguda*  
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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:

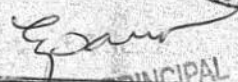
The workshop on "Understanding Child Psychology" at Biyani Girls B.Ed. College, Jaipur, provided valuable insights and practical strategies for educators to enhance their understanding of child development and create a supportive learning environment. Dr. Prachi Naraguda and Dr. Sanket Sharma's expertise 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)

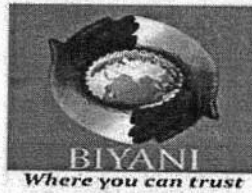
  
Dr. Ekta Pareek

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Biyani Girls B.Ed. College  
Jaipur



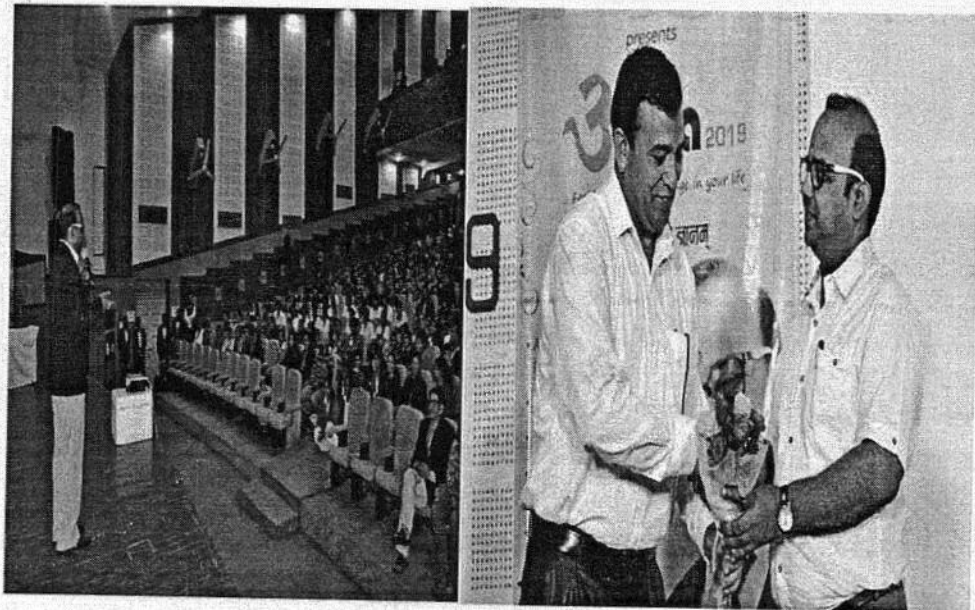
  
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**BIYANI GIRLS B.Ed. COLLEGE**

**Workshop on "Child Psychology" (29 Sep 2018)**



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



**Students participate in "Child Psychology" Workshop**

*[Signature]*  
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FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career And Personal Counselling

NAME OF STUDENT: Preeti Joshi

DATE: 29/09/2018

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Workshop on - "Child		✓	
2.	Psychology' By -			
3.	Prof - Romesh Arora			
4.				
5.				

ANY OTHER SUGGESTION:

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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 04-09-2018

### NOTICE

This is to inform to all students that Seminar on "Stress free life" will be organized on 07<sup>th</sup> Sep. 2018. Reporting time will be 11:00 am.

Attendance is mandatory for all.

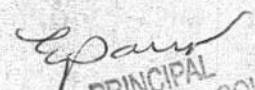
  
Dr. Ekta Pareek

Principal

Principal

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Jaipur

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## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

### Report on Seminar entitled "Stress-Free Life"

**Date:** September 7th, 2018

**Time:** 11:00 am

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

#### Introduction:

On September 7th, 2018, Biyani Girls B.Ed. College, Jaipur, hosted a seminar titled "Stress-Free Life," organized by Dr. Shipra Gupta. The seminar aimed to address the prevalent issue of stress in modern life and provide insights and strategies for leading a more balanced and peaceful life.

#### Agenda and Program:

- **Welcome Address:** The seminar commenced with a warm welcome extended to all participants by Dr. Shipra Gupta, the organizer of the event. Dr. Gupta outlined the objectives of the seminar and emphasized the importance of addressing stress in today's fast-paced world.
- **Keynote Speech:** Following the welcome address, a keynote speech was delivered by a renowned expert in psychology and stress management. The speaker provided valuable insights into the causes and effects of stress, highlighting its impact on physical and mental well-being.
- **Interactive Sessions:** The seminar featured interactive sessions where participants had the opportunity to share their experiences with stress and engage in discussions on coping mechanisms and stress reduction techniques. Facilitators encouraged active participation and provided practical tips for managing stress in daily life.
- **Workshops and Activities:** Additionally, workshops and activities were organized to help participants explore various relaxation techniques such as

*Shipra Gupta*  
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meditation, mindfulness, and yoga. These hands-on sessions aimed to empower attendees with practical tools for stress management.

- Closing Remarks: The seminar concluded with closing remarks from Dr. Shipra Gupta, expressing gratitude to the participants, speakers, and organizers for their contributions. Dr. Gupta reiterated the importance of prioritizing mental health and adopting strategies for leading a stress-free life.

#### Conclusion:

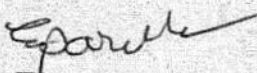
The seminar "Stress-Free Life" organized by Dr. Shipra Gupta at Biyani Girls B.Ed. College, Jaipur, served as a valuable platform for raising awareness about stress management and promoting holistic well-being. Through engaging discussions, workshops, and expert insights, participants gained valuable knowledge and practical skills for navigating life's challenges with resilience and inner peace.

#### Attendees Feedback:

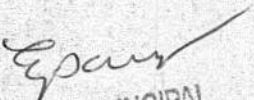
Attendees expressed their appreciation for the seminar, highlighting its relevance and effectiveness in addressing the pressing issue of stress. Overall, the seminar was deemed a success in fulfilling its objectives of educating and empowering individuals to lead healthier, more balanced lives in today's stressful world.

Report compiled by Ms. Puspa Kumawat (Assistant Professor)



  
Dr. Ekta Pareek

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## BIYANI GIRLS B.Ed. COLLEGE

Seminar on "Stress Free Life" (7 Sep 2018)



Lecture on "Stress Free Life" given by Dr. Shipra Gupta



Students listening, how to make our life "Stress Free"

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BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career And Personal Counselling

NAME OF STUDENT: Monika Trivedi

DATE: 09-07-2018

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Seminar on Stress			✓
2.	Free Life By-			
3.	Dr. Shipra Gupta			
4.				
5.				

ANY OTHER SUGGESTION:

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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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## **BIYANI GIRLS B.ED. COLLEGE, JAIPUR**

### **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.

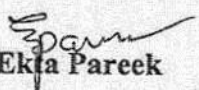
#### Audience Response:

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:

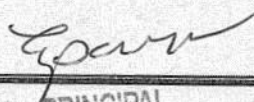
The extension lecture on "Stress-Free Healthy Life" was a resounding success, thanks to the valuable insights shared by Mr. Rajkumar and Ms. Nisha Varma. The event served as a platform for students to learn practical strategies for maintaining their physical and mental well-being in today's fast-paced 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

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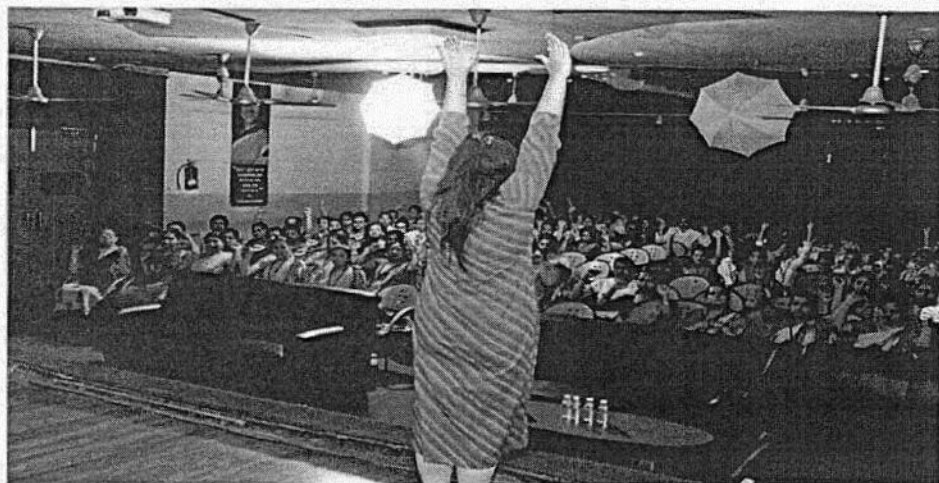
**BIYANI GIRLS B.Ed. COLLEGE**

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"

*E. Verma*  
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FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career And Personal Counselling

NAME OF STUDENT: Priyanka Gupta

DATE: 02-09-2019

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Session on Stress		✓	
2.	Free Healthy life			
3.	By- Ms Nisha Verma			
4.				
5.				

ANY OTHER SUGGESTION:

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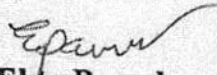


## BIYANI GIRLS B.ED. COLLEGE, JAIPUR

Date: 8-02-2019

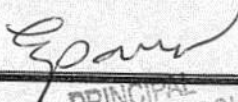
### NOTICE

This is to inform to all the faculty members and students that Workshop on "Personality Development & Communication skills" will be Held on 9<sup>th</sup> February 2019 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 Seminar entitled "Personality Development & Communication Skills"**

**Date:** 9th February 2019

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

**Guest Speaker:** Mr. Lavkesh, CEO Ajanta Group of Hotels

#### **Introduction:**

The seminar on "Personality Development & Communication Skills" held at Biyani Girls B.Ed. College, Jaipur, on 9th February 2019, aimed to equip students with essential soft skills necessary for their personal and professional growth. Mr. Lavkesh, CEO of Ajanta Group of Hotels, graced the occasion as the esteemed guest speaker, bringing with him a wealth of experience and expertise in the hospitality industry.

#### **Key Highlights:**

1. **Interactive Sessions:** Mr. Lavkesh conducted engaging and interactive sessions with the attendees, encouraging active participation and dialogue.
2. **Understanding Personality Development:** The seminar commenced with an insightful discussion on the concept of personality development. Mr. Lavkesh emphasized the significance of self-awareness, confidence-building, and interpersonal skills in shaping one's personality.
3. **Importance of Communication Skills:** A major focus of the seminar was on communication skills. Attendees were enlightened about the pivotal role effective communication plays in various aspects of life, be it personal relationships or professional endeavours.
4. **Practical Tips and Techniques:** Throughout the seminar, practical tips and techniques were shared to enhance communication skills, including body language, voice modulation, and active listening.

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5. Case Studies and Examples: Mr. Lavkesh supplemented theoretical concepts with real-life case studies and examples from his vast experience in the hospitality sector, offering valuable insights into effective communication strategies in the corporate world.
6. Question and Answer Session: A dynamic question and answer session allowed students to seek clarification on specific topics and engage in meaningful discussions with the speaker.

#### Conclusion:

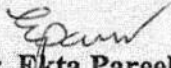
The seminar on "Personality Development & Communication Skills" proved to be a resounding success, providing students with invaluable knowledge and practical tools to excel in both their personal and professional lives. Mr. Lavkesh's expertise and engaging delivery left a lasting impact on the attendees, inspiring them to strive for continuous self-improvement. The event served as a testament to Biyani Girls B.Ed. College's commitment to holistic education and the overall development of its students.

#### Acknowledgment:

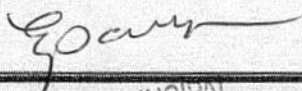
We extend our heartfelt gratitude to Mr. Lavkesh for his enlightening session and to all the attendees for their active participation, contributing to the success of the seminar.

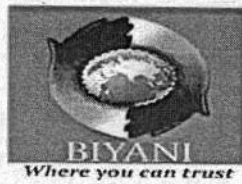
Report is compiled by Dr. Aarti Gupta, (Assistant Professor)



  
Dr. Ekta Pareek

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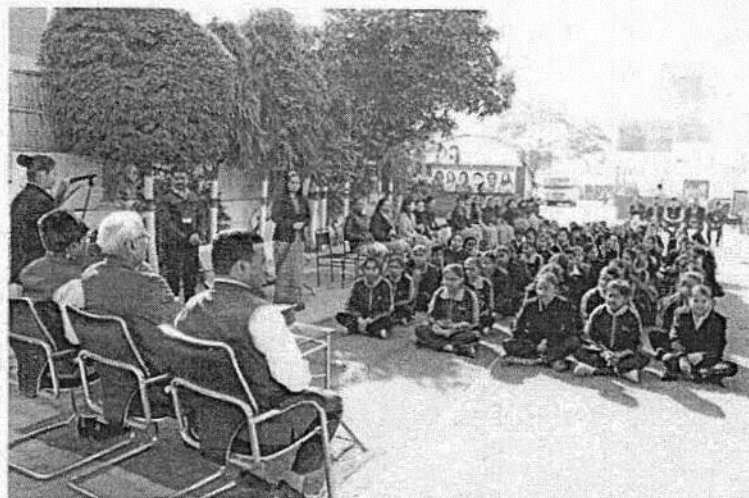
**BIYANI GIRLS B.Ed. COLLEGE**

**Special lecture on "Personality Development"**

**(9 Feb 2019)**



**Lecture is given by Dr. Ramesh Arora on "Personality Development"**



**Students participating in guest lecture**

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**100, JALPAIGURI ROAD, JALPAIGURI**





BIYANI GIRLS B.ED. COLLEGE, JAIPUR  
FEEDBACK FORM  
SESSION:

NAME OF EVENT: Career And Personal Counselling

NAME OF STUDENT: Kajal Soni

DATE: 27-25 - August 2018

S. NO.	NAME OF SESSION	SATISFACTORY	GOOD	EXCELENT
1.	Special lecture:		✓	
2.	workshop on "Personality			
3.	development and			
4.	Communication skill By-			
5.	Biyani Girls B.ed. college			

ANY OTHER SUGGESTION:

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