

A Report on Career Counseling Class held on 8th-9th November, 2019

On 8th-9th November, 2019, a career counselling class was conducted by Mr. Niyaz Quraishi, Ecell IIT, Kanpur and DC CRACKERS at this institution. The purpose of the session was to enhance students' confidence levels, improve communication and competitive skills and provide an overview of various modules focusing on communication and interpersonal skills, confidence building, memory power techniques, emotional intelligence, interview skills, group discussions (GD), time management, stress management and career guidance.

Participants:

The class was attended by a total of 300 students from various disciplines, all keen on developing essential skills for their future careers.

Agenda:

Increasing Confidence Levels: Mr. Niyaz began the session by addressing the importance of confidence in personal and professional development. He shared practical tips and exercises to boost self-confidence and encouraged students to step out of their comfort zones.

Improvement of Communication and Competitive Skills: The class delved into effective communication strategies, both verbal and non-verbal. Mr. Niyaz emphasized the significance of clear and concise communication and he provided insights into competitive skill development to succeed in today's dynamic job market.

Overview of Different Modules: Mr. Niyaz covered various modules throughout the session, including communication and interpersonal skills, confidence-building techniques, memory power enhancement, understanding emotional intelligence, interview skills and group discussions, time management, stress management and career guidance.

Interactive Sessions: The class involved interactive sessions, where students actively participated in discussions, role-plays and group activities. This hands-on approach allowed students to apply the concepts learned and receive immediate feedback.

Coordinated Efforts: The coordination of the entire event by the Career Counselling Co-ordinator Dr. L.R. Sahu, ensured the smooth organization of the class. The Principal, Dr. K.K. Dash, active involvement added a sense of importance to the session, emphasizing the institution's commitment to students' holistic development.

Conclusion:

The career counselling class conducted by Mr. Niyaz Quraishi on 8th-9th November, 2019, proved to be a valuable and enriching experience for the students. The insights shared and practical exercises conducted were tailored to equip students with essential skills for personal and professional growth.



ସରକାରୀ ମହାବିଦ୍ୟାଳୟରେ କ୍ୟାରିୟର କାଉନସେଲିଂ

ସୁନ୍ଦରଗଡ଼, ୮।୧୧ (ଅପ୍ଟିସ): ସ୍ଥାନୀୟ ସରକାରୀ ଆଲୋଚନା ସଂପର୍କରେ ବିସ୍ତୃତ ଭାବେ ବୁଝାଇଥିଲେ ।
 ମହାବିଦ୍ୟାଳୟ ପରିସରରେ ଦୁଇ ଦିନିଆ କ୍ୟାରିୟର ନିୟମିତ କ୍ୟାରିୟର କାଉନସେଲିଂ କ୍ଲାସରେ ଯୋଗଦେଲେ ।



କାଉନସେଲିଂ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି । ମହାବିଦ୍ୟାଳୟର ଅଧ୍ୟକ୍ଷ ଡ.କିଶୋର କୁମାର ଦାଶ ଓ ସମନ୍ୱୟକାରୀ ଡ.ଲଳିତ ରଞ୍ଜନ ସାହୁ ଆଜିର କାର୍ଯ୍ୟକ୍ରମକୁ ଉଦ୍‌ଘାଟନ କରି ଛାତ୍ରଛାତ୍ରୀଙ୍କୁ ମହାବିଦ୍ୟାଳୟରେ ହେଉଥିବା ଏହି କାର୍ଯ୍ୟକ୍ରମର ଲାଭ ଉଠାଇବାକୁ କହିଥିଲେ । ଏ ଅବସରରେ ଆଇଆଇଟି କାନପୁରର ନିଆଜ କୁମ୍ଭରେସା ଛାତ୍ରଛାତ୍ରୀଙ୍କୁ ସେମାନଙ୍କ ବ୍ୟକ୍ତିତ୍ୱ ବିକାଶ, ଆତ୍ମବିଶ୍ୱାସ, ଯୋଗାଯୋଗ, ଅନ୍ତର୍ନିହିତ ଦକ୍ଷତା, ସ୍ମରଣଶକ୍ତି ବୃଦ୍ଧି, ଆବେଗାତ୍ମକ ବୃଦ୍ଧି, ସାମ୍ପାଦକାର ଦକ୍ଷତା ଓ ଗୋଷ୍ଠୀ

ଏହିଠାରୁ ଛାତ୍ରଛାତ୍ରୀମାନେ ସେମାନଙ୍କ ଲକ୍ଷ୍ୟସ୍ଥଳରେ ପହଞ୍ଚିବା ପାଇଁ ସମସ୍ତ ପ୍ରକାର ପ୍ରେରଣା ପାଇ ପାରିବେ ବୋଲି ଡ.ସାହୁ ପରାମର୍ଶ ଦେଇଥିଲେ । ଅଧ୍ୟକ୍ଷ ଶ୍ରୀ ଦାଶ କ୍ରୋଧ ନିୟନ୍ତ୍ରଣ, ଚାପ ଓ ସମୟ ପରିଚାଳନା କ୍ୟାରିୟର ଉପରେ ଆଲୋଚନା ହୋଇଥିବା ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ପରାମର୍ଶ ଦେଇଥିଲେ । ସୂଚନାଯୋଗ୍ୟ, ସୁନ୍ଦରଗଡ଼ ସରକାରୀ ମହାବିଦ୍ୟାଳୟରେ ପର୍ଯ୍ୟାୟକ୍ରମେ ସମସ୍ତ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ପାଇଁ ବିଭିନ୍ନ ବିଭାଗରୁ ଅଭିଜ୍ଞ ଓ ଦକ୍ଷ ବ୍ୟକ୍ତିତ୍ୱଙ୍କ ଦ୍ୱାରା କ୍ୟାରିୟର କାଉନସେଲିଂ କ୍ଲାସ ଅନୁଷ୍ଠିତ ହେଉଛି ।

TOPICSInterview skills, GD,
Time management etc.

D. 8.11.2019

BY - Nigazi Quraishi

Motivational Speaker

DC Cracker & E-cell

IIT Kanpur

Sl. No.	Roll No.	Full Name	Signature
1	BB-19-022	Sarita Amat	
2	BP-19-077	Sonali Patel	
3	BP-19-035	Satyam Kumar Patel	
4	BP-19-083	Rahel Bhatt	
5	BP-19-88	Ashish Patel	
6	BA-19-157	Shritu Bhai	
7	BA-19-022	Jayanti Naik	
8	BA-19-0132	Subhalaxmi Kujur	
9	BP-19-043	Sucharita Mohanty	
10	BB-19-028	Upasana Saha	
11	BB-19-009	Itishree Patel	
12	BB-19-027	Sushree Pooja Naik	
13	BS-18-152	Smriti Naik	
14	BS-18-151	Sweta Naik	
15	BA-19-730	Rakshi Munz	
16	BA-19-131	Prabhathi Oram	
17	BA-19-177	Jayakumar Bhoj	
18	BS-18-075	Charab Das	
19	BS-18-053	Saurav Sagar Sanyal	
20	BS-18-098	Alok Pradhan	
21	BA-19-167	Manoj B. S.	
22	BA-19-082	Kshitish K. Khumari	
23	BA-19-011	Dolamoni Mashe	
24	BA-19-038	Dimesh Sa	
25	BA-19-028	Manoj Mardha	
26	18-HIS-16	Rukmani Kishan	
27	18-HIS-09	Rickay Behera	
28	19-BOT-013	Kamini Bagh	
29	19-BOT-17	Kalyani Jayapuria	
30	19-BOT-05	Deepika Kanchulra	
31	19-BOT-04	Pooja Nayak	
32	BS-18-144	Ishwar Chandan Choudhury	
33	BS-18-170	Amit Naik	
34	BS-18-146	Bhabani Prasad Mahanta	
35	19HIS17	Pooja Patel	
36	19HIS 04	Deepika Kishan	
37	BS(P)-19-029	Subhashree Jena	

S/No.	Roll No.	Full Name	Signature
37	BXP-19-067	Hasina Seth.	
38	BS-17-025	Tanaya Pradhan	
39	BS-17-015	Neharika Kak	
40	BS-17-172	Arpita Bohidar	
41	BS-17-136	Machumika Zu.	
42	19BEd-22	Rutuparna Mishra	
43	19B.Ed-010	Puspa Besan	
44	19B.Ed014	Sai Arpita Bisoyi.	
45	18B.Ed038	Sunitharani Jena.	
46	19-HIS-10	Soumyarani Majhi	
47	19-HIS-09	Suchismita Naik	
48	19-HIS-20	Puja Durg dung	
49	BA-19-219	Purnima Toppo	
50	BA-19-190	Bandana Sahoo	
51	BA-19-033	Swarina Kishan	
52	BA-19-134	Rajani Naik	
53	BA-19-178	Babita Prasad	
54	BA-19-158	Trupti Buda	
55	BA-19-113	Banika Banchhor	
56	BA-19-108	Urvila Baner	
57	BA-19-029	Ritesh Naik	
58	BA-19-008	Malaya Seth	
59	BA-19-032	Mili Meher	
60	BA-19-065	Pinkay Khilei	
61	BP-19-120	Bosanda Bhargav	
62	BA-19-115	Deepak Chandewar	
63	BA-19-061	Sankarsham Naik	
64	BA-19-201	Shyamal Barik	
65	18B.Ed-023	Spita Biswal	
66	19B.Ed-024	Namita Giri	
67	19B.Ed-028	Subhashree Barik	
68	19B.Ed-032	Rojalin Behera	
69	19B.Ed-050	Nivedita Kaur	
70	19BA:19-093	Reshma Saha	
71	18B.ed-005	Rutuparna Nayak	
72	18B.Ed-006	Subhashree Priyadarshini Behera.	
73	BA-18-218	Jogeevan Ray	

Sl. No.	Roll No.	Full Name	Signature
74	BA-18-248	Rkanta Biswal	
75	BS(P)-19-109	Jasbanta Majhi	
76	BS(P)-19-004	Harshabandhan Mishra	
77	BA-(H)-18-236	Sagarika Patel	
78	BA-(H)-18-193	Sumita Kaita	
79	BA-(H)-18-191	Adulfi Ansari	
80	19PSC 005	Jyotsnarani Deheroi	
81	19PSC-028	Janki Mahanand	
82	BA-19-221	Sampita Bhu	
83	BA-17-010	Tularam Dasgupta	
84	BA-19-079	Keshab Agrawal	
85	19PSC 002	Seema Patil	
86	19PSC 003	Kabita Sahu	
87	BA-19-185	Kunda Barik	
88	BA-19-073	Kinkon Patel	
89	BA-17-088	Bikash Meher	
90	BP-19-039	Jayshree Jampura	
91	BP-19-024	Samekshya Naik	
92	BP-19-110	Neromala Teli	
93	BA-18-126	Pratima Singh	
94	BA-18-072	Pratima Patel	
95	BA-19-191	Sevika Kaur	
96	BA-19-013	Rita Bhatnagar	
97	BA-19-175	Seema Munda	
98	BA-19-186	Pannayee Bhatnagar	
100	BA-19-189	Bhuleswari Kishan	
101	BA-19-095	Manisha Rohidas	
102	BA-19-085	Abhaya Rohidas	
103	BA-19-133	Chandini Ghosi	
104	BA-19-017	Swati Minz	
105	BA-19-184	Prachi Minz	
106	BA-19-120	Sasmita Mahamandira	
107	BA-19-044	Manjita Tantu	
108	BS(P)-19-105	Salini Nayak	
109	BS(P)-19-118	Amisha Patel	
110	BA-19-039	Rimanjali Kachharia	
111	BA-19-187	Binita Sa	

Sl. No.	Roll No.	Full Name	Signature.
112	BA-19-071	Seeman Naik	
113	BA-19-106	Jigyashi Seth	
114	BA-19-067	Basmati Lakshya	
115	BB-19-012	Jyoti Rekha Barua	
116	BB-19-017	Sushree Sarita Kishan	
117	19200-01	Sachhaya Ranjan Subudhi	
119	BA-19-007	Chandrabanshi Prasad	
119	BA-19-183	Praveen Khantari	
120	BA-19-49	Haripriya Majhi	
121	BA-19-069	Pravashini Naik	
122	BA-19-200	Deepa Nayak	
123	BA-19-068	Rashmi Tiwari	
124	BA-19-070	Prati Anshika Devi	
125	BA-19-057	Therendri Naik	
126	BA-19-089	Deepanjali Majhi	
127	BS-18-138	Kalpa Meher	
128	BS-18-107	Chaitan Kumar Sahu	
129	BS-18-104	Seema Sa	
130	BS-18-131	Chandrabukhar Agho	
131	BS-18-022	Shibani Majhi	
132	BS-18-085	Biswaprava Jena	
133	BA-19-178	Rosy Bhoi	
134	BA-19-90	Rizamayee Mallik	
135	BA-19-153	Chetanjali Meheranand	
136	BA-19-092	Barsharani Nayak	
137	BA-19-222	Laxmi Priya Sahoo	
138	BA-19-145	Khulana Dilla	
139	BA-19-127	Kalyani Dash	
140	BA-19-143	Amrta Majhi	
141	BA-18-136	Bina Pani Bixtia	
142	BA-18-116	Sabitri Mouda	
143	BS-18-121	Jayanti Kujur	
144	BS-18-090	Bhuminata Singh	
145	BS-18-168	Chamki Paria	
146	19GL18	Mipi Dilla	
147	BA-19-176	Aditya Ranjan Pattnaik	
148	BP-19-108	Swaraj Sachhaya Parida	

No.	Roll No.	Full Name	Signature
149	BP-19-022	Anil Sethi	
150	BP-19-074	Kanhu Charan Oram	
151	19-0D-05	Jitendra Sa	
152	19-0D-003	Shyam Gardia	
153	BS-18-139	Gurubhanu Singh	
154	BS-18-131	Chandna Sekhar Adha	
155	BS-18-107	Charan Kumar Sahu	
156	BS-18-169	Mamas Pradhan	
157	BA-19-075	Birey Barla	
158	BS18-006	Satyabrata Sahoo	
159	BS-18-161	Ganesh Kumar Sahoo	
160	BA-19-198	Ranjay Singh	
161	BS-18-178	Kunjal Das	
162	BS-18-004	Preetimayee Lenka	
163	BS-18-156	Debasmita Mishra	
164	19B.Ed009	Pragnya Prasamita Patel	
165	19B.Ed045	Susabhi Kishan	
166	19PSC018	Arun Kumar Meher	
167	19PSC024	Bisoo Kishan	
168	19PSC016	Guburp Khuntia	
169	19PSC012	Sushama Tistay	
170	BS-17-051	Preeto Pradhan	
171	19B.Ed035	Deepanjali Tantiy	
172	19B.Ed037	Subhashree Subhasmita Patel	
173	19B.Ed020	Rubi Pradhan	
174	19B.Ed021	Priyanka Pradhan	
180	BS-17-150	Sweety Behera	
181	18BEd010	Barzha Naik	
182	18BEd001	Monalisa Naik	
183	18BEd048	Karishma Choudhury	
184	19PSC025	Elma Phittia	
185	19-PSC-032	Jyotsna Minz	
186	19-His-015	Reena Dansara	
187	BA-18-108	Anjita Munda	
188	BA-17-097	Anjali Naik	
189	BA-17-179	Deepa Baiga	
190	BA-17-072	Jyoti mayee Tandia	

Sl. No.	Roll No.	Full Name Signature
191	BA-17-079	Anita Padhan
192	18.B.Ed036	Sanjay Mahakel
193	18.B.Ed 022	Poakesh Majhi
194	19 CHE 05	Anjan patel
195	BP-19-061	(Smbraat) Bhoe
196	BP-19-119	Sumit Patel
197	BS-17-002	Bibhuti bhisen Hota
198	BS-17-081	Debasis Ratna Tapho
199	19 ECD-08	Khyata Behna
200	19GL04	Subhansu Samantaray
201	BB-19-032	Soubhagya ku. Jena
202	BB-19-031	Jayakrushna padh.
203	BB-19-038	Cherish Ranjan Mishy.
204	BP-19-096	Om Poakesh Bhal.
205	BP-19-009	Sumanta Kumar Khantua.
206	BP-19-051	Kailash Padhi
207	BP-19-056	Sumanta kumars Behera
208	BA-18-201	Rinkle Behera
209	BA-18-007	Mukesh Rohidas
210	IA 19-231	Sachin Barua
211		MD Akhif Khan
212	18-B.Ed-021	Biswam Charan Patra
213	IA19-056	Mangal prasad anam
214	IA19-106	Deepak pradhany
215	BA-19-160	Jugal kulkutz
216	BA-19-162	Sujit kanta
217	BA-19-098	Jayketan Kisan
218	BA-17-146	Piten dra Naik
219	BA-19-212	Ketan Jaypuria
220	IA18-251	Sangit Kumar Sa
221	18BBA 041	Reshab Padhan
222	18BEd 029	Debasish Padhan
223	A-BA-126	Bidyadhar Pejhami
224	BA-18-203	Ajok Pram
225	IA19-229	Ahmeda charan Morthi
226	IA19-095	Deepak Tigga

S.No.	Roll No.	Full Name Signature
227	BO-17-214	Prince Francis Tiskey.
228	BA-17-164	Debasis Juyal
229	IS-19-059	Ankit Ray
230	BA-19-140	Raju Darsena.
231	IA-19-079	Gourav behera.
232	TA18-202	Priyanshu Baej
233	IS18-048	Roshan sahu
234	IC18-051	Arnab Kerketta
235	IS-18050	Bablu Ekka
236	BA-18-244	Shiva Singh
237	IC-19-091	Ashish Kerketta
238	IA-19-256	Bharat Kanta
239	BC-18-059	Narayan Rotidas
240	IA-19-031	Ashish Kumar Sahu
241	BA-19-091	Puspajit Pradhan
242	BA-19-205	Himanshu Rout
243	BC-18-042	Ranjan Lakra.
244	IA-19-034	Mohesh Meishi
245	BC-19-062	Sujit Minzi
246	BC-19-057	
247	IC18-085	Jitendra Prasad
248	IC-19-019	Rinku Oram
249	IC-M-19-23	Utk Thappa
250	BE-009	Ujala ROU+
251	O.Ed 030	Sanghamitra Mahanta
252	BA-19-030	Ranjita Oram
253	BA-19-107	Jungam Seth
254	BS-19-047	Baraa Sa
255	BS-17-004	Rushree Abha Patel
256	BS-17-144	Nikita Patel
257	19CHE-04	Jyotsnareani Sahoo
258	19CHE-11	Soumyarani Naik
259	19CHE-02	Sabeeha Sumbul
260	19CHE-12	Aseema Sahoo
261	19CHE-15	Nikita Pradhan.
262	19PSC-14	Sulston Biswal

SI NO	Roll No	Full Name Signature
263	190D-14	Anushka chand
264	190D-12	Sushree Chandrakanti Majhi
265	19PSC-01	Tanushree Debruiy
266	190D-010	Nirupama Sahu
267	190D-017	Reema Naik
268	190D-015	Natasha Dongwar
269	190D-09	Sangita Biswal
2670	BP-19-104	sukmanshi Behera
271	BP-19-17	Tejaswini Pradhan
272	BP-19-46	Manelisha Gauda
273	BP-19-059	Shikha Naik
274	BA-17-21	Lakshwari sa
275	BA-17-082	Jyoti Padhan
276	BP-19-062	Sulonee Naik
277	BP-19-019	Lilabati Sharma
278	BP-19-080	Motunava Sarantary
279	BP-19-020	Protyasha Dash
280	BP-19-015	Lizakani Jena
281	BP-19-097	Akankhya Patel
282	BP-19-121	Ruchimta Naik Nayak
283	BS-17-138	Deepirekha Behera
284	BS-17-050	Sonali Patel
285	BS-17-063	Etshree Naik
286	BB-19-035	Anupama Sahu
287	BS-18-031	Rahul Ranjan Sahoo
288	BP-19-052	Ankit Kumar Munda
289	BP-19-005	Pomya Ranjan Panda
290	BP-19-051	Kuldeep Bage
291	BB-19-023	Harshita Bis
292	BB-19-028	Upasana Sahu
293	BB-19-028	Sarita Amal
294	BB-19-012	Jyoti Rekha Barua
295	BB-19-032	Soubhagya K. Jena
296	BB-19-031	Jayakoushna padh
297	BB-19-005	Sony Patel
298	BB-19-027	Sushree Puja Naik
299	BB-19-019	Rani Dalai
300	BB-19-009	Etshree Patel

OFFICE OF THE PRINCIPAL GOVERNMENT COLLEGE, SUNDARGARH

No.....//Date.....

NOTICE

Career counseling classes will be taken by Mr. Niyaz Quraishi, Ecell IIT Kanpur & DC CRACKERS on the Modules as given below on 08.11.2019 (from 9AM to 1PM & 2PM to 5PM) and 09.11.2019 (from 9Am to 12Noon) to increase their confidence level, to improve their communicative and competitive skills which is a basic need of all the competitive examinations related to jobs.

All the +3 final year (Arts/Commerce/Science), P.G and B.Ed students are directed to attend the classes positively. Other interested students of different classes of +3 (Arts/Commerce/Science) may also attend the classes.

Module 1 : Overview

A General overview of the course comprising of a beautiful combination of various topics of Personality Development

Module 2 : Communication and Interpersonal Skills

Overview, Practical and Professional importance of Communication Skills, Elements of Communication Skills in Professional world, Techniques to implement Communication Skills for day to day professional interactions , 7 C's of Communication, Role of Communication Skills in interviews, What are Interpersonal Skills, Why are they important, What to do for good Interpersonal Skills

Module 3 : Confidence

Practical meaning and realization of Confidence, Boosting up the Confidence level, Role of Confidence in different walks of life, How to maintain a Confident Persona, How to appear Confident even in nervous state of mind

Module 4 : Memory Power Techniques

What is Memory, How much our mind can actually store, Why we are unable to memorize easily, How to get rid of Cramming, Powerful techniques of using memory power correctly, Imagination, Association, Story Method, Power of Visualization, Mind cannot remember words

Module 5 : Emotional Intelligence


What are emotions, Difference between IQ and EQ, Importance of EQ in a person's life , How to maintain positive emotions and avoid the negativity , Realizing others' emotions - Empathy , Contribution of emotions towards success

Module 6: Interview skills and Group Discussions

What is Interview, How to prepare for an Interview , What is the Homework before appearing in an Interview , Real time Interview Questions , Body language during interview, Overcoming nervousness during Interview ,Do's and Dont's in a Group Discussion, Practical GDs'

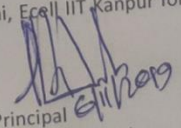
Module 7: Time management , Stress Management and Anger management, Motivation for Life and Life Skills, Career Guidance , Counselling Sessions


Coordinator 6.11.19
Career counseling Cell
Mob No- 7008863900


Principal
Govt. College, Sundargarh

Memo No.....3360..... Date.....6.11.19.....

Copy to all Notice board/ H.O.D of all the Departments/ Mr. Niyaz Quraishi, Ecell IIT Kanpur for information and necessary action.


Principal
Govt. College, Sundargarh

