

PRESS RELEASE

Free Online 60 days Training Under ‘Manodarpan’ an Initiative of Ministry of Human Resource Development, Govt. of India

Govt. SPMR College of Commerce Jammu began its month long programmes of training, webinars and activities organised under ‘Manodarpan’ an Initiative of Ministry of Human Resource Development, Govt. of India initiated by Chief Patron, Mr. Talat Parvez Rohella, Commissioner Secretary, Higher Education Dept. JK – UT.

Under the able guidance of Prof RS Jamwal, principal of the College, the Career Counselling Cell of Manodarpan: Psychological cum Career Counselling Cell of the college has taken a great step of organising the Online Training Programme of pass out students from the colleges of Jammu and Kashmir as well as for the students of 5th Semester in collaboration with Tata Consultancy Services (TCS) AA under Ministry of Labour and Employment along with District Bureau of Employment and Labour. The Employability Training of 60 days of the pass-out students of B Com, B. Com Honors, BBA and BA of session 2019-20 was divided into number of groups of 30 students each. The first batch of Training programme began from 14th January, 2021, with students from different colleges of J&K UT with their trainer Mr. Anant Katyani. The second batch began on 27th January 2021 with the trainer Ms. Pancy Mary Lepcha. The students are being trained in Communicative English, Corporate Etiquette and soft skill, Resume Building and Interview facing Skill, Analytical and Reasoning Skills and Basic Computer Knowledge.

Till date more than 180 students from Kashmir Division Colleges and 275 students from Jammu Division Colleges have registered with the college. This is an ongoing training programme where all registered students will be divided into different batches of 30 to 50 students each for their free online training in the coming months. In addition this 60 days free online training, the 100 days training programme for 5th Semester will also begin in the month of February. Already five groups have been formed for this training.

Besides, the college faculty along with students held an interactive webinar with the Country Head and Senior Career Counselling members of Tata Consultancy Services AA, Mr. Sunil Baraily along with Punjab and Jammu Youth Counselling cell members Mr. Rahul Vohra and Mr. Dushyant respectively on 7th January 2021.

The college also conducted an E-Counselling programme for the students of the college in collaboration with District Employment and Counselling Centre, Jammu and Career Counselling and Placement Cell, Higher Education department on 8th January 2021 at 11 a.m. The resource persons for the E-Counselling programme were Mr. Dushant Singh and Ms. Anita Kapoor.

Further, in the Psychology Cell of Manodarpan the college organised A webinar on “Take a Brain Break” on 25th January, 2021 at 11:30 a.m. where Prof. Bal Krishan, Assistant Professor,

Zoology, GDC Ramban enlightened the students about various physiological and psychological aspects of Mental Health, in which he talked about Emotions, Feelings their co relation with the physiology of Brain, he also talked about Stress and Depression. The ways to deal with anxiety and stress in life.

The college also organised an inter-college programme on 10th January 2021, with different mediums of art i.e. Painting, Cartoon making, Poetry writing, Storytelling, Slogan writing and Poster making competition. First position was shared by Ritik Sharma and Mansi Gupta of Govt. SPMR College, followed by Netika Khajuria and Shamli Salathia on 2nd and 3rd position from Govt. SPMR College. The fourth and fifth positions were secured by Shaku Sharma from GGM Science College and Rachna Thappa from Govt. Degree College, Katra.

The worthy Commissioner Secretary, **Mr. Talat Parvez Rohella**, appreciated the work being done by the Prof. Ranjeet Singh Jamwal, Principal and Prof. Archana Kaul, Convenor of the Career Counselling Committee of the College, for the students of not only the Jammu division colleges but also for the welfare of the Kashmir Division Colleges. He was happy to note the progress being made by the college towards bringing in training programmes to the pass out students who had lost their precious time due to the outbreak of COVID-19. The Webinars and activities Programme was graced by the Principal of the college Prof. R S Jamwal and attended by students and faculty of the College.

The Principal encouraged and motivated the students to take advantage of the initiative and various Training Programmes and schemes of the Government as intimated to them and also participate in different discussions being held through the webinars, he encouraged them to become more participatory and improve their skills. The Principal also told the students that they should spread the awareness about this training to students of other colleges. They can get registered by filling the google form posted on the website. The training programme, webinars and activities were organised by Prof. Archana Kaul (Convenor, Manodarpan: Psychological cum Career Counselling Cell), Prof. Rashmi Arya, Prof. Rekha Gupta (Coordinators Pyshology and Career Counselling Cell), Prof. Shreya Sharma, Prof. Rajni Bala, Dr. Sakshi Sharma, Dr. Himani Arora and Prof. Sahima .The formal vote of thanks were presented by Prof. Rekha Gupta, Prof.Rashmi Arya, Prof. Shreya Sharma and Prof Sakshi Sharma respectively in all the webinars.

Sd/-

Prof. R.S.Jamwal
Principal


MANDARPAN
 PSYCHOLOGY CUM CAREER COUNSELLING CELL
 GOVT. SPMR COLLEGE OF COMMERCE, JAMMU
(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)


Organises Webinar On:

TAKE A BRAIN BREAK

20TH JANUARY 2021
TIMING: 11:30 AM

Join using Google Meet code:
<https://meet.google.com/yju-vjja-gum>



Chief Patron
 Mr. Tahir Parvez Sahasla
 Commissioner Secretary
 Higher Education Department
 J&K



Patron
 Prof. R. J. Jamsal
 Principal
 Govt. SPMR College of
 Commerce
 Jammu



Speaker
 Prof. Raj Kishan
 Assistant Professor, Evening
 BSC Bhadrinath

Organising Committee:

1. Prof. Anshika Kaul (Convener)
2. Prof. Kushti Arya
3. Prof. Rakhi Gupta
4. Prof. Shreya Sharma
5. Prof. Rishi Bala
6. Dr. Sakshi Sharma
7. Dr. Himanshu Dwivedi
8. Prof. Neha Ashraf

