

**DRONACHARYA CENTRE FOR CAREER
DEVELOPMENT,GAGGAL**
(Building Skill ,Scale and Speed)

In Association with
DRONACHARYA PG COLLEGE OF EDUCATION,RAIT

Sashakt

(ACCELERATED PERSONAL DEVELOPMENT PROGRAMME)

Empowering Youth For Growth Mindset And Professional Success

(B.Ed. 2nd Semester and 3rd Semester)

(SESSION -2021-2022)

OBJECTIVE OF SASHKAT PROGRAMME

To strengthen and empower students with 21st century skills and employability skills to make them enthusiastic, confident, innovative and skillful to meet the future challenges.

HIGHLIGHTS OF THE PROGRAMME

- Affordable Fee
- Expert led training sessions.
- Stimulating Approach
- Enriching modules
- E-content resources
- Interactive /activity based sessions
- Honoring of the best student.

TRAINERS:

- Mr.Rajesh Rana,HOD BCA
- Mr.Anish Korla
- Meghna Pathania
- Mr. Atul Rana

PARTICIPANT STUDENTS : Total participants In First Semester : 200

(PERSONAL DEVELOPMENT AND EMPLOYABILITY MODULE)

Module

Duration= 20 hrs

- Self Discovery & Personal Branding 3hrs
- Power of Positive Attitude for Success 2hrs
- SMARTER Goal setting - Time Management 2hrs
- Developing Leaders within you - Empower yourself 1hr
- Art of Effective Communication Skills for a Magnetic Personality 3hrs
- Effective Presentation Skills 1hr
- Empowering Office Productivity - IT Skills/ E-Mail Writing 2hrs
- A winning Resume Writing 2hrs
- Unravel the power of Mind for Success in life 2hrs
- Stress Management for Healthy, Peaceful and Happy life 2hrs

HIMACHAL PRADESH TEACHER ELIGIBILITY TEST PREPARATION MODULE

DURATION - 30hrs.

S.N O	ARTS	NON MEDICAL	MEDICAL
1	Child development and Pedagogy	Child development and Pedagogy	Child development and Pedagogy
2	Social Studies	Physics	Botony
3	HP GK	Chemistry	Zoology
4	English	Mathematics	Chemistry
		HPGK	HPGK

WEEKLY TIME TABLE FOR SASHAKT PROGRAMME

(B.Ed. First Semester)

Section	Topic	Trainer	Day	Time	Lect.	Dates
A	Effective Self awareness and Personal branding	Mrs. Meghna Pathania	Monday	3:00 pm to 4pm	1	21Feb
B	Effective Self awareness and Personal branding	Mrs. Meghna Pathania	Tuesday	3:00 pm to 4pm	1	22 Feb
C	Effective Self awareness and Personal branding	Mrs. Meghna Pathania	Wednesday	3:00 pm to 4pm	1	23Feb
D	Effective Self awareness and Personal branding	Mrs. Meghna Pathania	Thursday	3:00 pm to 4pm	1	24Feb
Combined review/ feedback	Effective Self awareness and Personal branding	Mrs. Meghna Pathania	Friday All sections	3:00 pm to 4pm	1	25Feb
A	Art of Effective Communication Skills for An effective speaker	Mr. Anish Korla	Saturday	3:00 - 4:00PM	1	26 Feb
B	Art of Effective Communication Skills for An effective speaker	Mr. Anish Korla	Monday	3:00 -4:00 PM	1	28 Feb
C	Art of Effective Communication Skills for An effective speaker	Mr. Anish Korla	Tuesday	3:00 -4:10 PM	1	02 March

D	Art of Effective Communication Skills for An effective speaker	Mr. Anish Korla	Wednesday	3:00 -4:10 PM	1	03 March
Combined Class	Effective Mind Management	Mr. Atul Rana	All sections	3:00 -4:10 PM	1	04 March

SESSION REPORT

DATES: 19 Feb,2022 (Combined sections)

NAME OF THE TRAINER: Mr. Rajesh Rana,HOD ,BCA

TOPIC: Effective Goal Setting



Trainer ,Asst.Prof. Rajesh Rana delivering an interactive sessions on Effective Goal Setting

DATES: 21,22,23,24, 25 Feb,2022 (Section-A,B,C and D)

NAME OF THE TRAINER: Mrs. Meghna Pathania

TOPIC: Self Awareness and Self Branding



Mrs.Meghna Pathania TPO during the session on Self Awareness and Branding

DATES: 26,28 Feb,02 ,03 March ,2022 (Section- A,B,C and D)

NAME OF THE TRAINER: Mr.Anish Korla

TOPIC: Power Art of Effective Communication



Asst.Prof.Anish Korla delivering an interactive session on Power of Effective Communication

DATES:, 04 March ,2022

NAME OF THE TRAINER: Mr.Atul Rana

TOPIC: Effective Mind management tools



Asst.Prof. Atul Rana delivering an interactive session on effective mind tools

TIME TABLE FOR SASHAKT PROGRAMME

(B.Ed. Second Semester)

Section	Topic	Trainer	Time	Lect.	Dates
A	Effective Presentation skills	Asst.Prof. Anish Korla	3:00 pm to 4pm	1	16 April,2022
B	Effective Presentation skills	Asst.Prof. Anish Korla	3:00 pm to 4pm	1	18 April,2022
C	Effective Presentation skills	Asst.Prof. Rajesh Rana	3:00 pm to 4pm	1	19 April,2022
D	Effective Presentation skills	Asst.Prof. Rajesh Rana	3:00 pm to 4pm	1	20 April,2022
A	IT tools – Email Etiquette	Asst.Prof. Rajesh Rana	3:00 pm to 4pm	1	21 April,2022
B	IT tools Email Etiquette	Asst.Prof. Rajesh Rana	3:00 -4:00PM	1	22 April,2022
C	IT tools Email Etiquette	Asst.Prof. Rajesh Rana	3:00 -4:00 PM	1	23 April,2022
D	IT tools Email Etiquette	Asst.Prof. Rajesh Rana	3:00 -4:00 PM	1	25 April,2022
A	Mind management tools	Asst.Atul Rana	3:00 -4:00 PM	1	26April,2022

B	Mind management tools	Asst.Atul Rana	3:00 -4:00 PM	1	27April,2022
C	Mind management tools	Asst.Atul Rana	3:00 -4:00 PM	1	28April,2022
D	Mind management tools	Asst.Atul Rana	3:00 -4:00 PM	1	29April,2022
A	Effective Resume writing	Asst.Prof. Anish Korla	3:00 -4:00 PM	1	30 April,2022
B	Effective Resume writing	Asst.Prof. Anish Korla	3:00 -4:00 PM	1	02 May,2022
C	Effective Resume writing	Asst.Prof. Anish Korla	3:00 -4:00 PM	1	03 May,2022
D	Effective Resume writing	Asst.Prof. Anish Korla	3:00 -4:00 PM	1	04 May,2022
Combined session	Positive Attitude For success	Trainer	3:00 -4:00 PM	1	05May,2022
Combined session	Effective Stress management	Trainer	3:00 -4:00 PM	1	06May,2022
SAMEEKSHA-Feedback	All Sessions	Trainers	2:00 -2:40 PM	1	05 Sep,2022

SESSION REPORT –B.Ed. 2nd Semester

DATE: 16 APRIL TO 20 APRIL,2022

NAME OF THE TRAINER: Asst.Prof.Anish Korla

TOPIC: Effective Presentation Skills



Asst.Prof. Anish Korla conducting an activity on (Think in English) Effective Public Speaking and Presentation Skills

DATE: 21 APRIL TO 25APRIL,2022

NAME OF THE TRAINER: Asst.Prof.Rajesh Rana

TOPIC: Effective IT tools



Asst.Prof.Rajesh Rana conducting practical session on IT Tools for B.Ed. 2nd semester students



Asst.Prof.Rajesh Rana explaining in practical session on IT Tools for B.Ed. 2nd semester students

DATE:, 26 APRIL TO 29 APRIL,2022

NAME OF THE TRAINER: Asst.Prof. Atul Rana

TOPIC: Effective mind tools



Asst.Prof.Atul Rana during interactive session on Effective Mind Tools for B.Ed . students

DATE: 30 April TO 07 May,2022

NAME OF THE TRAINER: Asst.Prof.Anish Korla

TOPIC: Effective Resume writing



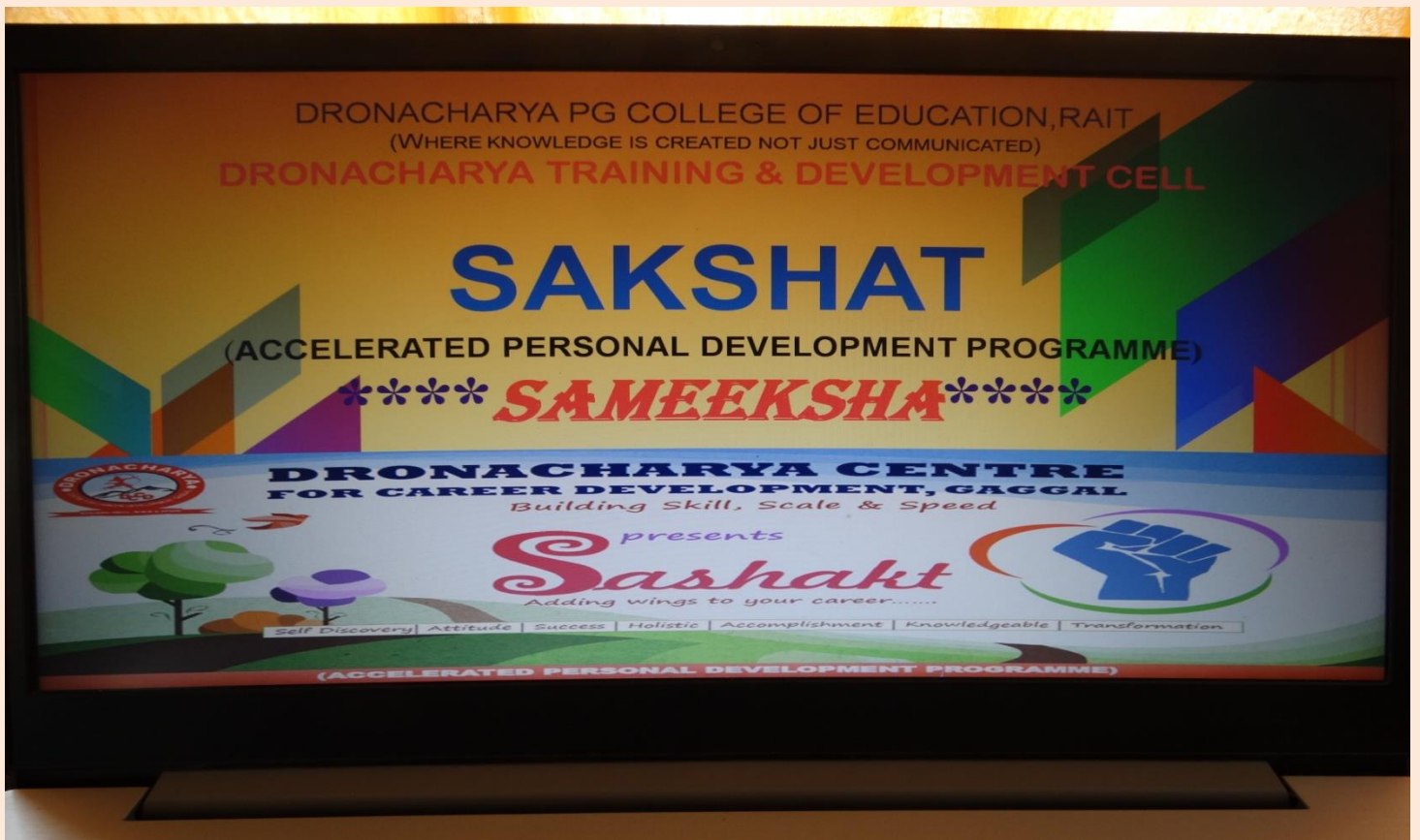
Asst.Prof.Anish Korla conducting activity during interactive session on Effective Resume Making

DATE: 07May 2022 TO ,2022

NAME OF THE TRAINER: Asst.Prof.Anish Korla

TOPIC: Effective Resume writing

SASHKAT --SAMEEKSHA (Accelerated Personal Development Programme)





Trainers ,Asst.Prof.Anish Korla and Mrs. Meghna Pathania addressing the students during SAMEEKSHA feedback session on SASHKAT

EXPENDITURE DETAILS

NIL

OBSERVATION

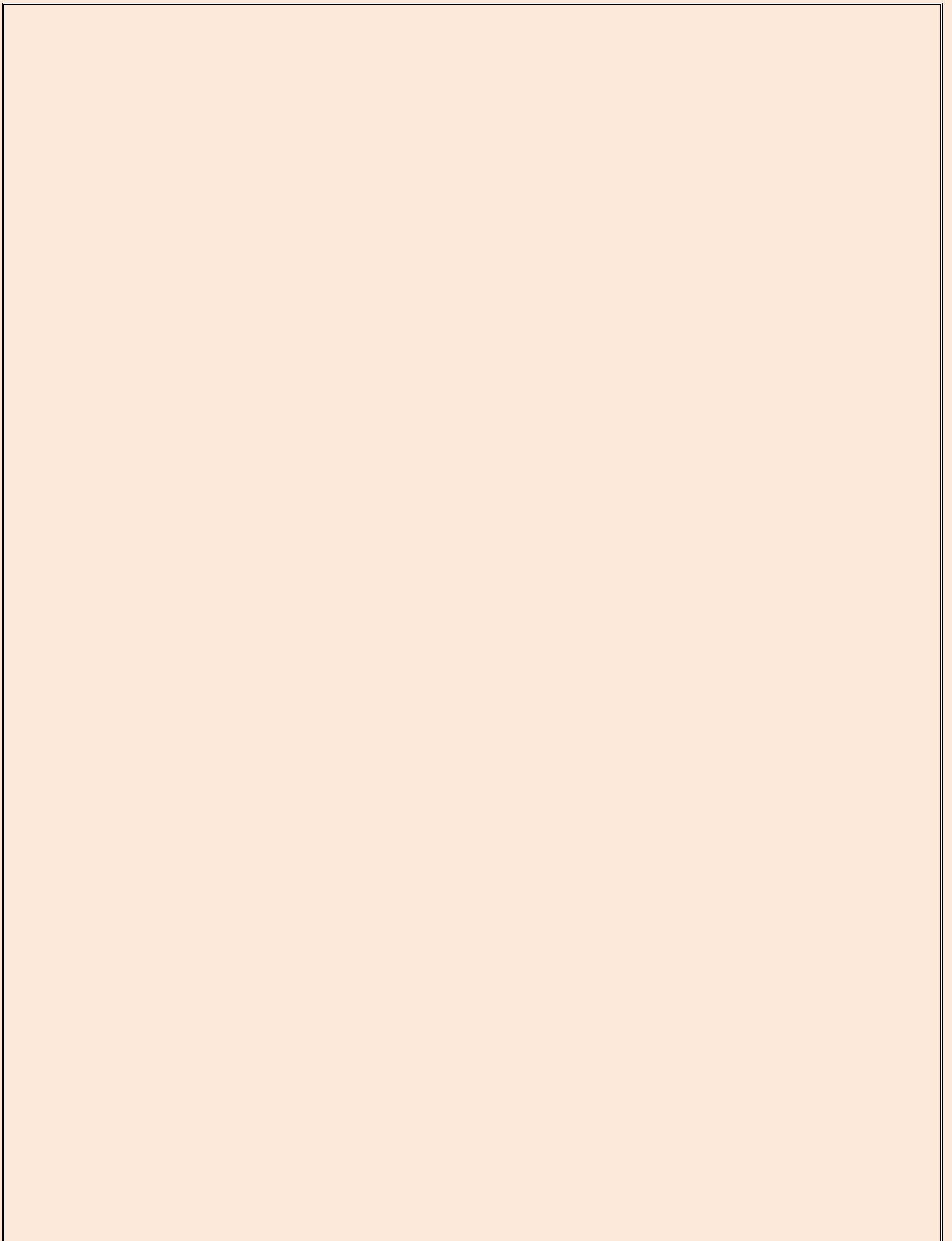
- Camera and Video recording facility should be provided.
- Inability of students to complete the assignment.
- Micro classes during the Sashkat classes .
- Absence of white board in Section –B (Ground Floor)
- Lack of Zeal and Focus in some students.

SUGGESTIONS FROM THE FEEDBACK

- SASHKAT Interactive sessions were beneficial for the students to enhance their life skills.
- Appreciated the content and delivery of the trainers.
- Activity based sessions to be increased.
- New topics should be introduced in the future.

OUTCOMES

- Initiation of Valued added course is beneficial in the development of life and employability Skills and resource generation.
- Youth empowerment interactive sessions provided focused on skill development of the pupil teachers.
- The interactive sessions provided enriching and empowering atmosphere for the transformation of Personality.
- Empowerment of students important life skills for preparing them for future success.
- Value added interactive sessions on different themes developed students perspectives about soft skills.
- Need based Capacity building of the students in life skills such as self awareness, positive thinking, leadership skills, Yoga & Meditation, Goal setting and Mind management.
- Pupil teachers learnt about art of effective communication and techniques of effective leadership skills .



SASHKAT (Personal Development Programme)

(ACCELERATED PERSONAL DEVELOPMENT PROGRAMME)

Empowering Youth for Growth mindset and Professional Success

* Required

1. Email *

2. Class *

3. How was the overall experience of Sashkat-Personal Development and Empowerment Module? *

Check all that apply.

Excellent

Good

Average

Poor

4. Rate the session : Effective Goal setting (Mr.Rajesh Rana) *

Check all that apply.

Excellent

Good

Average

Poor

5. Rate the session :Effective ICT tools (Mr.Rajesh Rana) *

Check all that apply.

- Excellent
- Good
- Average
- Poor

6. Rate the session : SELF BRANDING & AWARENESS (Mrs.Meghna Pathania) *

Check all that apply.

- Excellent
- Good
- Average
- Poor

7. Rate the session : THINK IN ENGLISH (Mr. ANISH KORLA) *

Check all that apply.

- Excellent
- Good
- Average
- Poor

8. Rate the session: STEPS TO PRESENTATION/SPEECH (Mr.ANISH KORLA) *

Check all that apply.

- Excellent
- Good
- Average
- Poor

9. Rate the session : Effective Mind tools (Mr.ATUL RANA) *

Check all that apply.

- Excellent
- Good
- Average
- Poor

10. Rate the session ; Effective Resume writing (Mr.ANISH KORLA) *

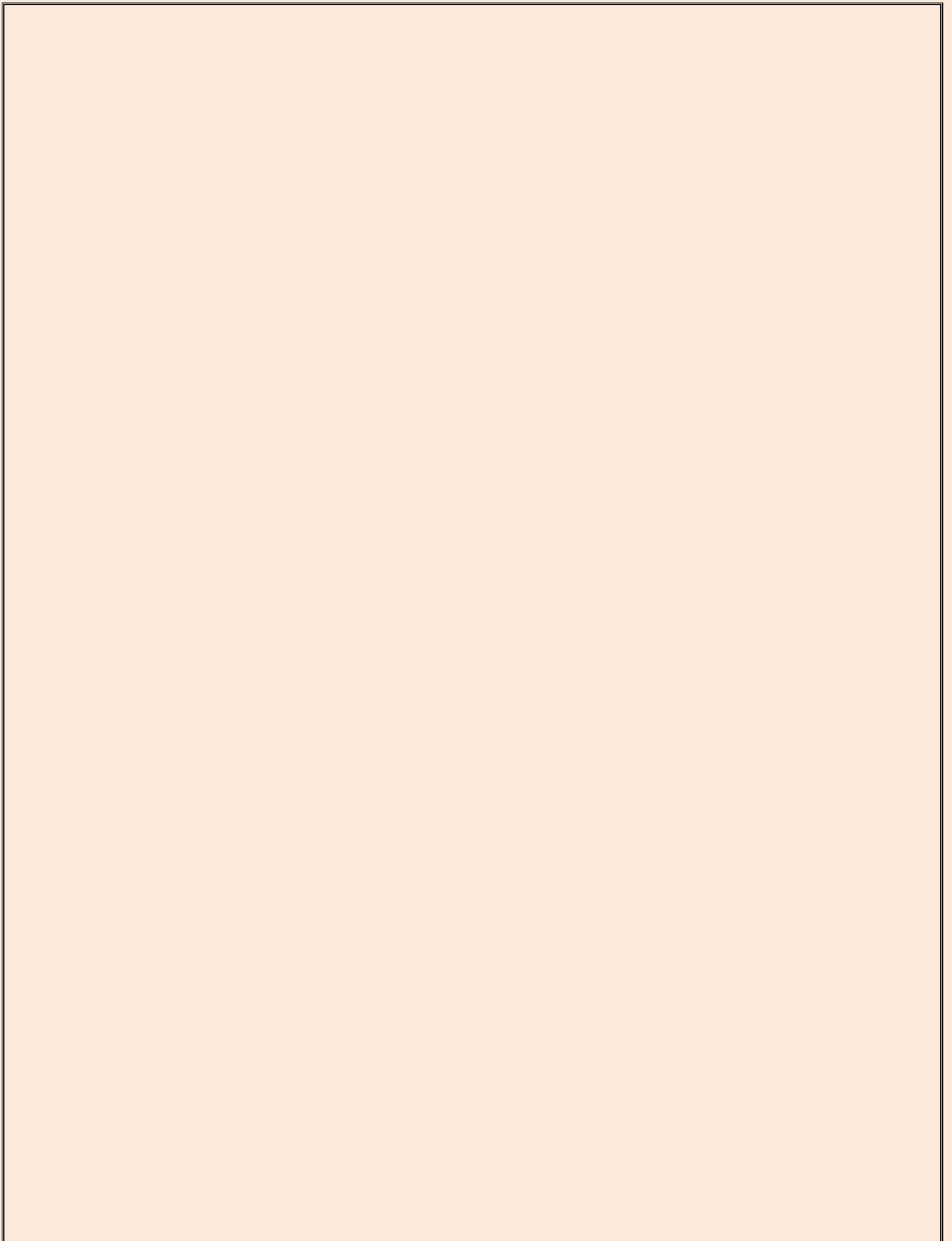
Check all that apply.

- Excellent
- Good
- Average
- Poor

11. Rate the session: *

Check all that apply.

- Option 1
- Option 2
- Option 3
- Option 4



12. What session SASHKAT was the most impressive ? *

Check all that apply.

- Self awareness and branding
- Goal setting
- Think in English
- Effective speech content
- mind tools for learning
- Effective Resume writing
- Positive attitude for success
- Stress Management
- Effective leadership skills
- All the above

13. What new topic should be introduced next year? *

14. Mention any constructive suggestions for improvement. *

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