



19 Years of Excellence

DRONACHARYA PG COLLEGE OF EDUCATION,RAIPUR

CAREER, TRAINING & DEVELOPMENT CELL

ORGANISES

VIRTUAL SEVEN-DAY EMPOWERMENT PROGRAMME

Sashakt

(ACCELERATED PERSONAL DEVELOPMENT PROGRAMME)

Empowering Youth For Growth Mindset And Professional Success

(B.Ed. First SEMESTER)

A REPORT

(SESSION -2024-2026)

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 session

TRAINERS

- Dr.B.S Pathania
- Mr.Rajesh Rana
- Mr.Anish Korla
- Meghna Pathania
- Mr. Atul Rana

PARTICIPANT STUDENTS : 75

DRONACHARYA COLLEGE OF EDUCATION ,RAIT

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Organises

SASHKAT

**Virtual Interactive Empowerment Programme
(Personal Empowerment and skill development Programme)**

Dates : 24 Sept to 01 Oct,2024

PROGRAMME LAYOUT

S.No	Activity /Session	Name of the trainer/teacher	Day and Time duration
1	Success habits of Successful People	Asst.Prof. Anish Korla	24 Sep,2024, 11:15 pm to 12:00 pm
2.	Session on think in English –Power of Communication	Asst.Prof. Anish Korla	25 Sep,2024
3.	Assignment on Positive Affirmations	Asst.Prof. Anish Korla	26 Sep,2024
4.	Session on Self Awareness and Success	Mrs. Meghna Pathania	27 Sep,2024
5.	Session on Power of Mind and for holistic self development and wellness	Dr. B.S Pathania	28 Sep,2024
6.	Session on Brain power:Brain boosting techniques	Asst.Prof. Atul Rana	30 Sep,2024
7.	Picture story and Online feedback	Asst.Prof. Anish Korla	01 Oct,2024

VIRTUAL SESSION ON SASHAKT PERSONAL DEVELOPMENT SKILLS

SASHKAT

(PERSONAL DEVELOPMENT AND EMPLOYABILITY SKILLS PROGRAMME)

Date: 24th Sep ,2024

Class : B.Ed. 2nd sem.

Topic : SASHKAT MODULE Orientation and Success Habits of Successful People

Trainer: Asst. Prof. Anish Korla

Present Students : 56

Asst.Prof. Anish Korla delivered an interactive orientation on Sashkat Personal Development and Empowerment Module and on 'Success Habits of Successful People.' He narrated story and gave examples to highlight the success habits of successful people. Emotional Intelligence, Positive attitude ,Growth mindset, self awareness , paradox mindset ,communication ,communication and collaboration were discussed. Students were involved in the interactive and empowerment session. Content on Success Habits of Successful People was also shared in their whatsapp group .

Date: 25th Sep,2024

Class : B.Ed. 2nd sem.

Topic : Think in English for Communication Success

Trainer: Asst. Prof. Anish Korla

Present Students : 69

Asst.Prof. Anish Korla delivered an interactive presentation on important steps to think in English. He discussed power of positive words ,word to sentence formation techniques. He elaborated that daily routine , continuing action and past action to be thought and spoken in the mind first and then these sentences to be practiced with others in real life situations. He conducted a picture story activity for the students to practice the

think in English technique. He provided tips to students to improve their English. Content was also shared in their whatsapp groups.

Date: 26th Sep ,2024

Class : B.Ed. 2nd sem.

Topic : Positive Affirmations and Assignment

Trainer: Asst. Prof. Anish Korla

Asst. Prof. Anish Korla shared the positive affirmations to the students and instructed them to select 21 affirmations that they wish to use to improve their habits ,attitude and skills. He instructed them to practice affirmation for 21 days to see their manifestations becoming a reality. Students shared their positive affirmations with the trainer through email.

Date: 27th Sep,2024

Class : B.Ed. 2nd sem.

Topic : Self awareness for Holistic Success and Wellbeing

Trainer: Asst. Prof.

Present students: 61

Mrs.Meghna Pathania conducted an interactive session on 'Self awareness for Holistic Success and Well being'.She focused on SWOT analysis and asked students prepare a list of their Strength, Weakness ,Opportunities and threat. She stressed on asking self discovery questions to enhance one's personality.

Date: 28th Sep,2024

Class : B.Ed. 2nd sem.

Topic : Power of Mind and for holistic self development and wellness

Trainer: Dr.B.S Pathania, Chief Mentor

Present students:76

Dr. B.S Pathania ,Chief Mentor conducted an empowering session on Power of Mind and for holistic self development and Wellness .He focused on harnessing the power of sub conscious mind with the power of positive affirmations, law of attraction and visualizations. He empowered students with the power of yoga and meditation for reaching the peaceful state to attain calmness and focus to attain desired goal.

Date: 30th Sep,2024

Class : B.Ed. 2nd sem.

Topic : Brain power: Brain boosting techniques

Trainer: Asst. Prof.

Present students:70

Asst.Prof. Atul Rana in his session on Brain power: Brain boosting techniques showed and guided students on some important memory boosting techniques to facilitate smart thinking . He orientated students on remembering story ,maps and historical dates.

Date: 01 Oct ,2024

Class : B.Ed. 2nd sem.

Topic : Picture story on language skill and Online feedback

Trainer: Asst. Prof. Anish Korla

Present students:70

Asst.Prof. Anish Korla guided students to write a story based on the collage of pictures to test their language skills .Students share their story through email. Online feedback on google form was also undertaken to gauge constructive feedback of the students.

SUGGESTIONS

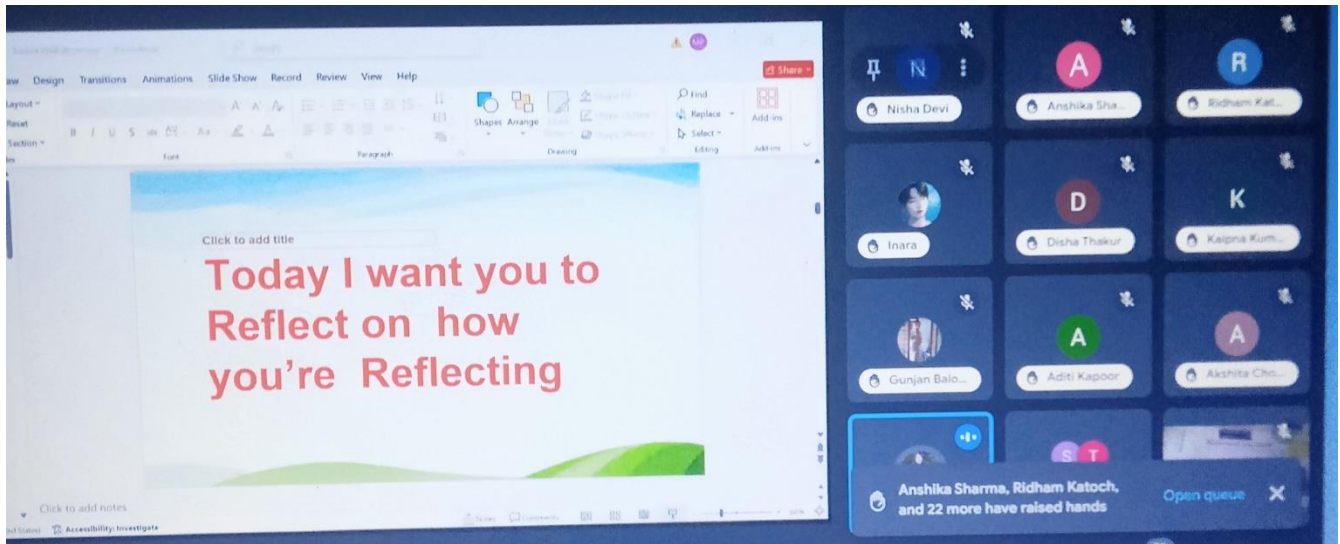
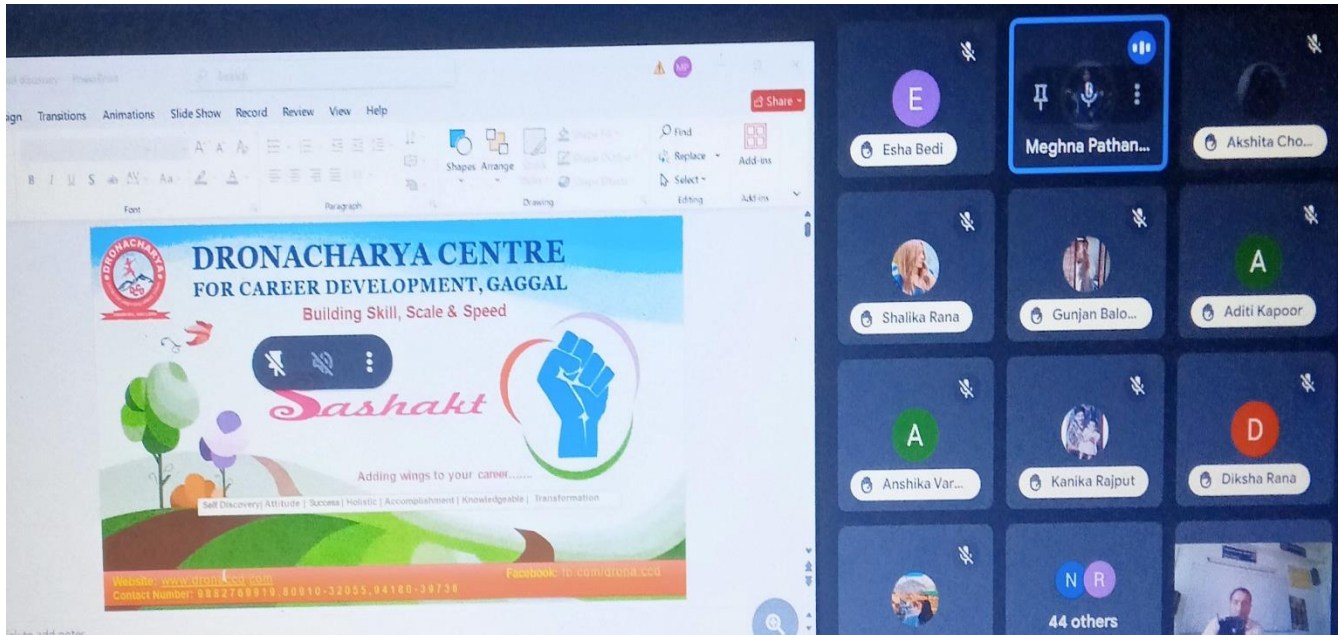
Online feedback was taken and constructive suggestions from the students are as follows:

Topics such as out of box thinking ,Think in English, Public speaking ,Body language ,Stress Management ,Meditation session and brain boosting techniques to be include in the face to face interactive sessions.

OUTCOMES

- Students were provided orientation on Life skills and HPTET module.
- Sashkat-Personal Development and Empowerment Programme life skills developed basic understanding and confidence of students on various life skills .
- Students were orientated on success habits , think in English, Power of mind for holistic success, Self awareness for success and Memory techniques.
- Constructive Online feedback was taken and incorporated for future improvement in the training programme.

SCREENSHOTS



⑥ Growth Mindset

_____ x _____

Genuine Connections

• Collaborations &

COMMUNICATION

* PARADOX *

* MINDSET *

(Not either Or
but Both/And

Positive Attitude

_____ x _____

Mental Strength

(Success is guaranteed
50%)

①

WORK REALLY

HARD & YOU

WILL SUCCEED

①

The image shows a Zoom meeting interface with a grid of 24 participants. The participants are arranged in a 4x6 grid. The names of the participants are: Nandinee, 20MT020 Sakshi ..., Muskan Chaudhary, Vanshika Chauhan, Shalika Rana, Kanika Chaudher..., Kirti Kapoor, Shivani Kaundel, Inara, Meghna Pathania, Reetarshi, Arti Arti, Shagunbhatt Rik..., sejal Choudhary, Disha Thakur, Nikita Thakur, Pooja Chaudhary..., Swati Sharma, Gunjan Balouria, sakshi..., Shreya Mahajan, Nikita Patra, and a placeholder for 'Multiple people want to join this call'. The 'People' sidebar on the right shows a search bar, a list of participants, and a 'Waiting to be admitted' status. The bottom of the screen shows the Zoom control bar with icons for mute, video, chat, reactions, and a red hang-up button.

Row	Column	Participant Name
1	1	Nandinee
1	2	20MT020 Sakshi ...
1	3	Muskan Chaudhary
1	4	Vanshika Chauhan
1	5	Shalika Rana
1	6	Kanika Chaudher...
2	1	Kirti Kapoor
2	2	Shivani Kaundel
2	3	Inara
2	4	Meghna Pathania
2	5	Reetarshi
2	6	Arti Arti
3	1	Shagunbhatt Rik...
3	2	sejal Choudhary
3	3	Disha Thakur
3	4	Nikita Thakur
3	5	Pooja Chaudhary...
3	6	Swati Sharma
4	1	Gunjan Balouria
4	2	sakshi...
4	3	Shreya Mahajan
4	4	Nikita Patra
4	5	Multiple people want to join this call
4	6	Multiple people want to join this call



DRONACHARYA POST-GRADUATE COLLEGE OF EDUCATION, RAIT

'Where knowledge is created not just communicated'

CAREER, TRAINING AND DEVELOPMENT CELL

ORGANISES

SASHKAT

(Personal Empowerment and Skill Enhancement Programme)

Unleash the Power of Mind for Holistic Self Development and Wellness

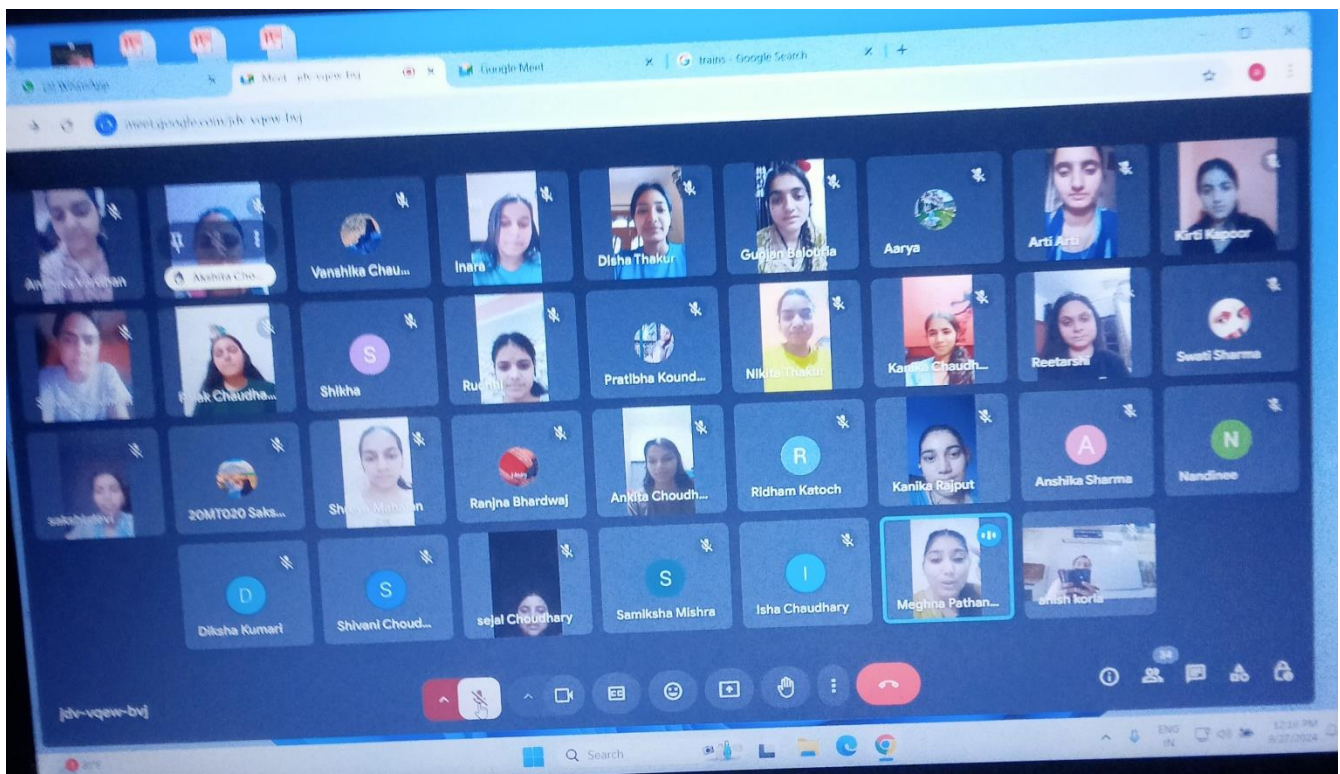
(28th Sep, 2024)

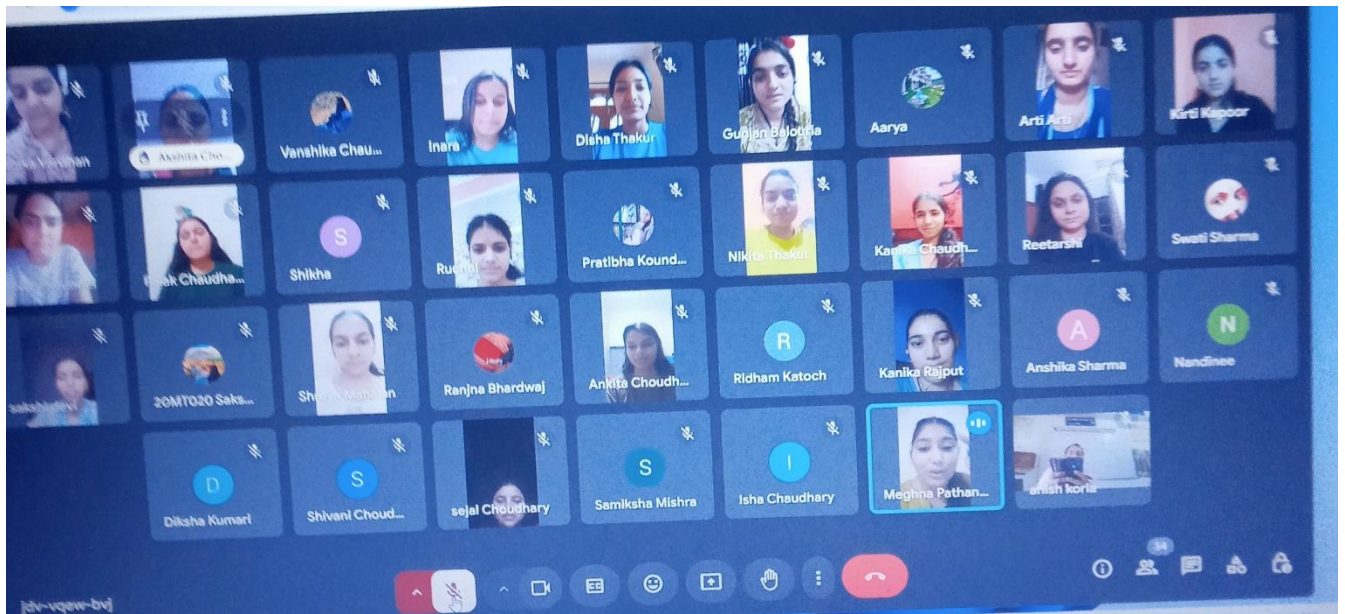
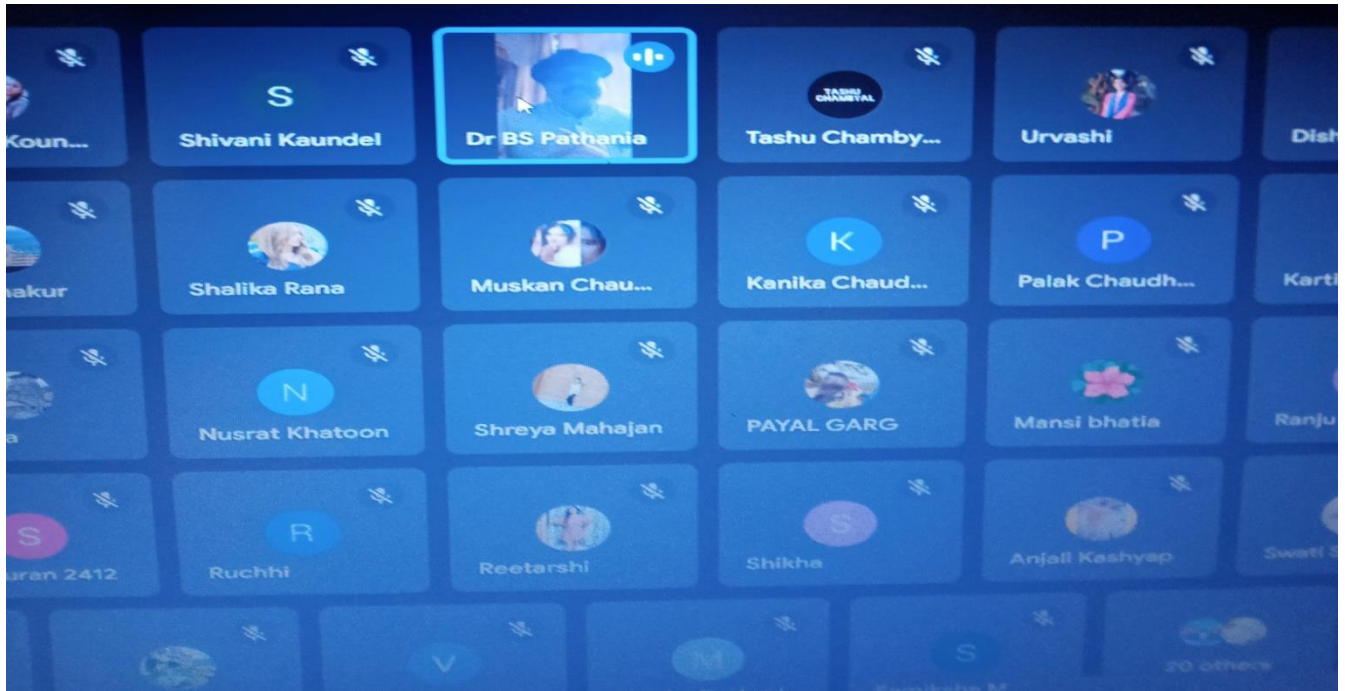


Chief Mentor & Trainer : Dr. B.S. Pathania, Executive Director

meet.google.com is sharing your screen. [Stop sharing](#) [Hide](#)

IQAC - Towards Haimark of Excellence







SASHKAT -PERSONAL EMPOWERMENT PROGRAMME

FEEDBACK FORM -SEVEN -DAY ONLINE PERSONAL EMPOWERMENT SESSIONS

Valid email

This form is collecting emails.[Change settings](#)

1. Micro group No. and Section

*

Short answer text

2.Which interactive session was the most impressive?

*

3.What was the learning from these empowerment sessions?

*

Short answer text

4. Rate and write the number about the seven- day ONLINE SASHKAT Programme on scale of 1 to 5 (1 Poor, 2- Avg. 3- Good 4- V.good 5- Excellent)

*

Short answer text

5.What topics should be covered in face to face empowerment sessions/ Any constructive suggestions

*

Short answer text