



19 Years of Excellence

DRONACHARYA PG COLLEGE OF EDUCATION, RAIPUR

CAREER, TRAINING & DEVELOPMENT CELL

ORGANISES

VIRTUAL THREE-DAY MINDSET EMPOWERMENT PROGRAMME

RESONATE

BREAKING BARRIERS: BUILDING MINDSET AND INSPIRING CHANGE

(SCA LEADERS AND MENTOR GROUPS)

(Date: 27th, 28th, 29th JAN, 2025)

A REPORT

OBJECTIVE OF THE EMPOWERMENT PROGRAMME-RESONATE

To strengthen and empower students with power of resilience, growth mindset ,mindfulness ,vision for a leader with a focus on developing 21st century skills and transforming them to be enthusiastic, confident, innovative and skillful to meet the future challenges.

TRAINERS

- Dr.B.S Pathania
- Asst.Prof.Anish Korla
- Asst.Prof. Sharad Verma

TOPICS

- Embracing Resilience for developing growth mindset
- Mindfulness and Emotional Intelligence for students well being
- Discover your vision and empower the leader with in you.

PARTICIPANT STUDENTS : SCA Leaders ,Members of Training and Development Cell and Mentor groups

THREE-DAY VIRTUAL SESSION ON PERSONAL DEVELOPMENT

Date: 27th Jan ,2025

Topic : Embracing Resilience for developing Growth mindset

Trainer: Asst. Prof. Anish Korla

Present Students : 55

Asst.Prof. Anish Korla delivered an interactive presentation on 'Embracing Resilience for developing Growth mindset'. He focused on power of resilience for achieving success in life. He emphasized on positive attitude ,neuroplasticity ,techniques for changing thinkin pattern.He also shared with the students 7Cs to harness the power of resilience. Power of visualisation ,positive self talk, time management ,cognitive reframing were also discussed with the students.

Date: 28th Jan,2025

Topic : Mindfulness and Emotional Intelligence for students well being

Trainer: Asst. Prof. Sharad Verma

Present Students : 80

Asst. Prof. Sharad Verma delivered an interactive presentation on 'Mindfulness and Emotional Intelligence for students well being' He discussed importance of mindfulness and emotional balance at work.He stressed on the power of meditation, deep breathing , being in present , collaborative work and self improvement. He discussed the techniques of mindful breathing, body scanning ,5 minute meditation.

Date: 29th Jan ,2025

Topic : Discover your vision and empower the leaders with in you.

Trainer: Dr. B.S Pathania

Present Students : 108

The concluding day of the three-day Mindset Empowerment Programme, RESONATE (Breaking Barriers: Building Bridges and Inspiring Change), organized by the Training and Development Cell, was conducted by the chief mentor and resource person, Dr.

B.S. Pathania, Executive Director. In his presentation titled "Discover the Vision and Empower the Leader Within You," he elaborated on the essential qualities of an effective leader. He provided an in-depth analysis of the terms "Leader" and "Team." Dr. Pathania emphasized that a leader must possess a positive mindset, self-awareness, belief in oneself, gratitude, a commitment to continuous learning, and the guidance of a good mentor. He also highlighted the importance of practicing mindfulness meditation and resilience. He stated that the right attitude and appropriate actions are fundamental to effective leadership. Students were encouraged to complete a resilience worksheet to assess their mental resilience. The session concluded with a vote of thanks proposed by SCA President, Abhilash Koundal.

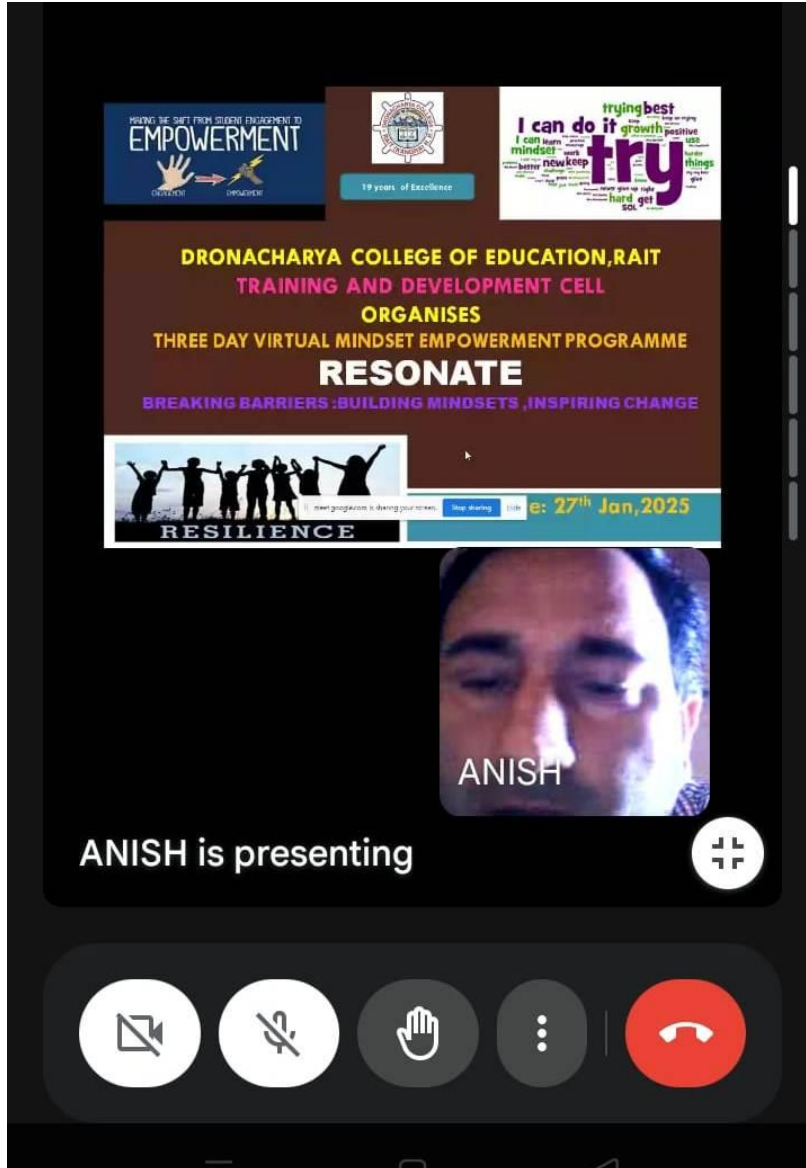
FEEDBACK

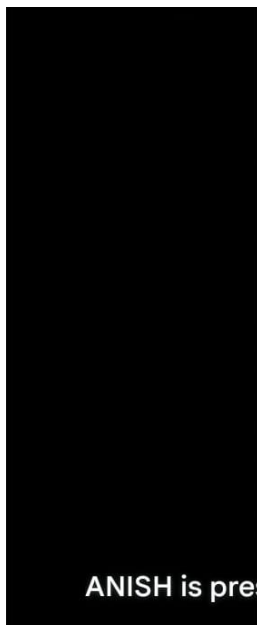
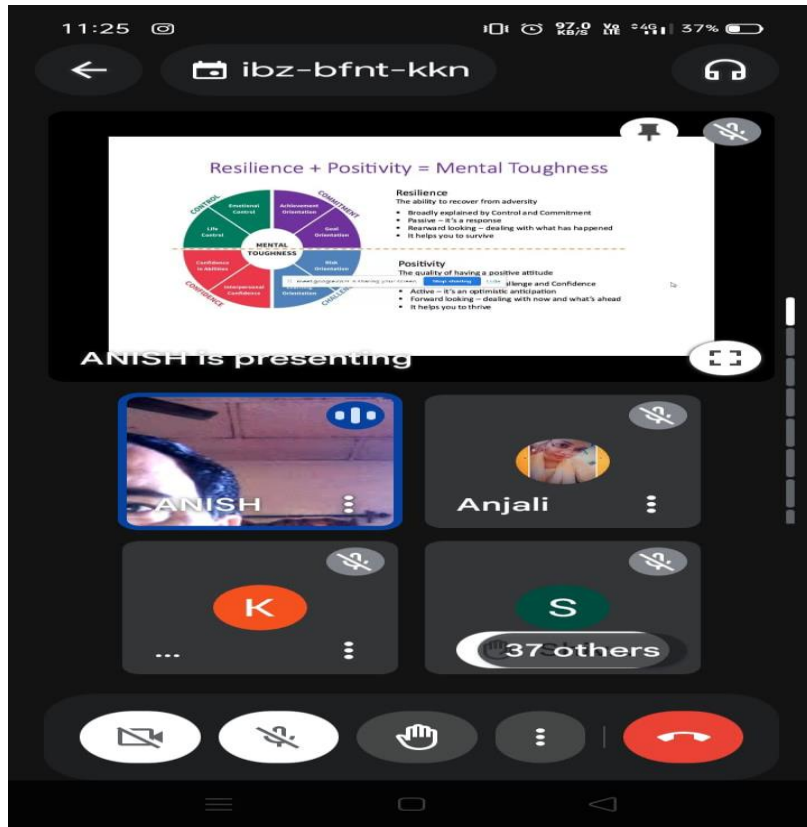
Students expressed satisfaction on the learning of the three-day Mindset Empowerment Programme –RESONATE to create a powerful vision for a resilient leader.

OUTCOMES

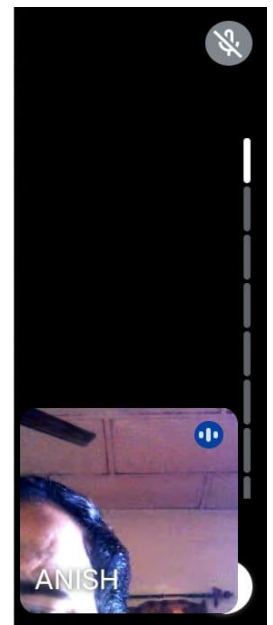
- Students were empowered with knowledge sharing on the important skills of self awareness, resilience ,growth mindset, mindfulness and leadership vision to achieve personal and professional success.

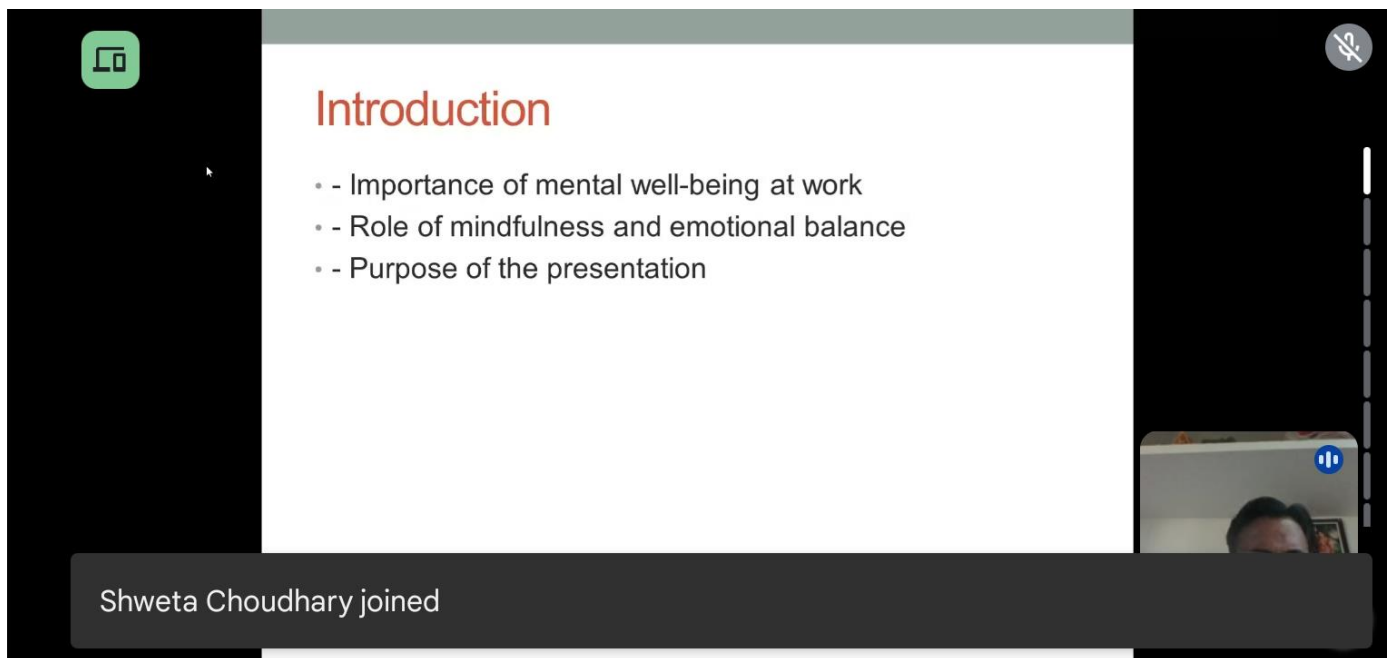
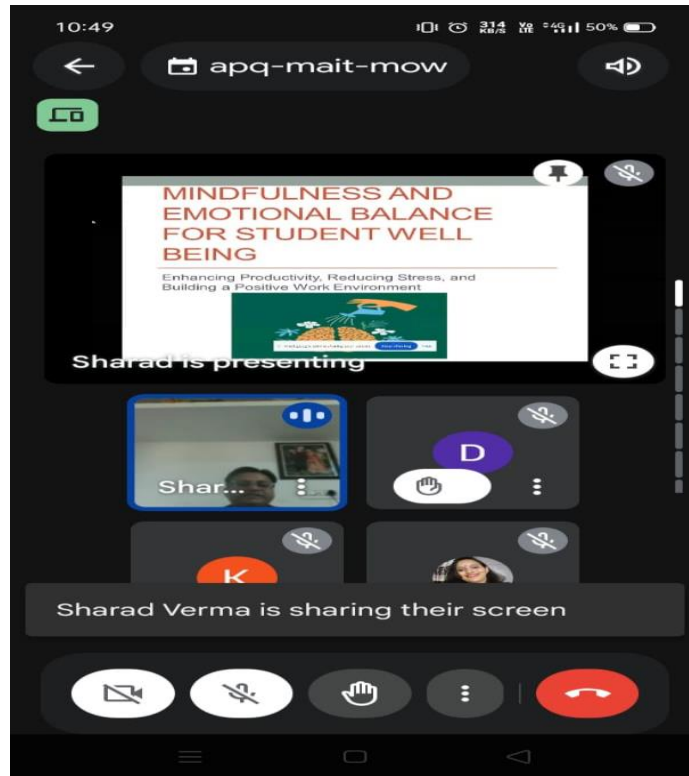
SCREENSHOTS

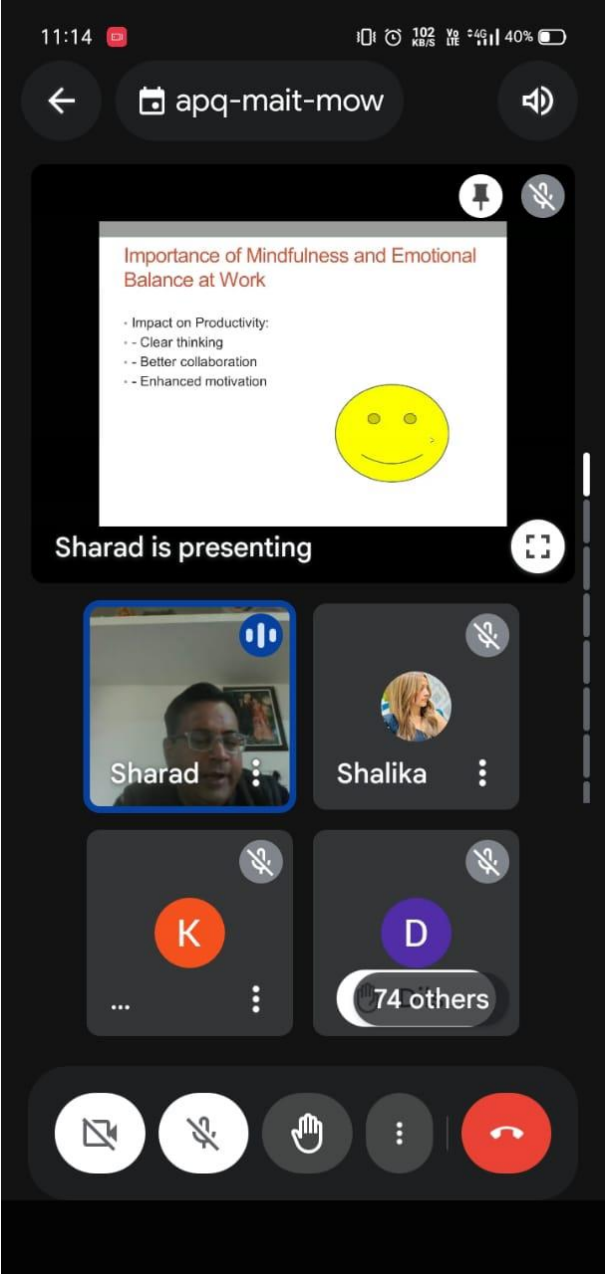




ANISH is presenting







📌 🔒

Dronacharya College of Education, RAIT
TRAINING AND DEVELOPMENT CELL Organizes
RESONATE - BREAKING BARRIERS, BUILDING MINDSET AND INSPIRING CHANGE
Discover your vision and empower the Leader with in you
Resource Person : Dr. S.S Pathania, Executive Director
DATE: 29th Jan, 2025 - Three -day virtual Mindset Empowerment Programme (IQAC-Towards hall mark of Excellence)

ANISH is presenting 🗄

Dr BS

Anjali

You

Aditi 92 others

11:14

98.0 KB/S 4G 76%



pkf-pnpq-mez



DRONACHARYA COLLEGE OF EDUCATION, RAIT
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TRAINING AND DEVELOPMENT CELL
Organizes
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ANISH is presenting



Dr BS

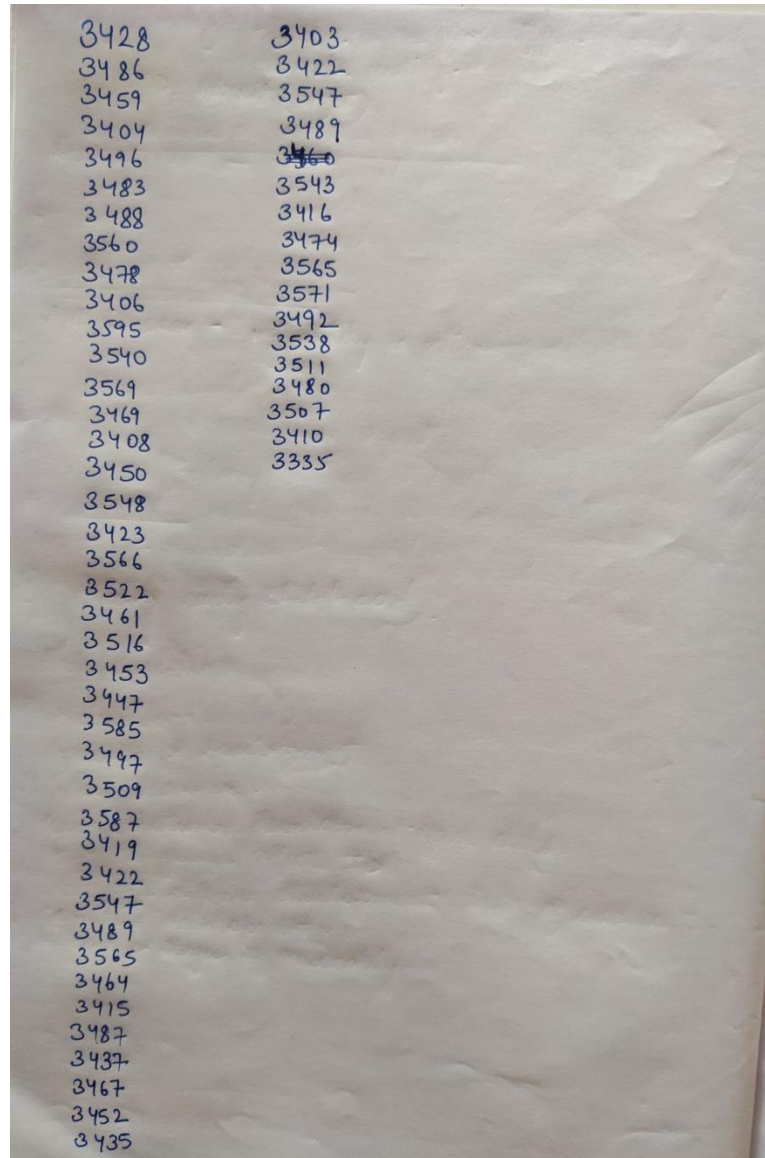
Aditi

...

95 others



Attendance - 27th Jan, 2025



A photograph of a piece of paper with handwritten numbers, likely an attendance list. The numbers are arranged in two columns. The left column contains 35 numbers, and the right column contains 15 numbers. Some numbers in the right column are crossed out with a horizontal line.

3428	3403
3486	3422
3459	3547
3404	3489
3496	3460
3483	3543
3488	3416
3560	3474
3478	3565
3406	3571
3595	3492
3540	3538
3569	3511
3469	3480
3408	3507
3450	3410
3548	3335
3423	
3566	
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3464	
3415	
3487	
3437	
3467	
3452	
3435	

Attendance - 28th Jan, 2025

<u>Attendance</u>	
Payal - 3459	Tamara - 4551
Samiksha - 3486	Shivani - 3573
Shivani - 3428	Sakshi - 3478
Shalika - 3404	Dilshad - 3524
Aditi - 3487	Ankita - 3599
Shreya - 3406	Kanika - 3545
Shagun -	Anshul - 4533
Shiya - 3451	Angali - 3443
Kajal - 3600	Kalpna - 3271
Angali - 3472	Akshita - 3403
Anchal - 3467	Shabnam - 3447
Disha - 3496	Rangna - 3534
Ritesh - 3453	Kunal - 3516
Sulekha - 3294	Sejal - 3538
Shagun - 3569	Alisha - 3543
Sakshi - 3482	Rangna - 3565
Chanderkanta - 3540	Samiksha - 3488
Preeti - 3503	Kashish - 3511
Shivani - 3573	Swati - 3564
Pratibha - 3577	Shivani - 3483
Ritika - 3593	Sakshi - 3566
Ankita - 3548	Shabnam - 3446
Ruchi - 3460	Sahil - 3556
Kanika - 3455	Muskan - 3408
Kalpna - 3595	Sonali - 3527
Kriti - 3514	Reetarshi - 3415
Urvasi - 3528	Nandinee - 3422
Nikita - 3445	Pratibha - 3464
Divya - 3580	Rimpi - 3583
Surbhi - 3491	Souita - 3426
Esha - 3561	Riya - 3450
Muskan - 3562	Anshika - 3425
Anshika - 3452	Palak - 3446
Himani - 3529	Neelam - 3522
Suseta - 3489	Nikita - 3480
Shagun - 3557	Kareema - 3588
Inara - 3532	Syana - 3575
Ankita - 3498	Payal - 3571
Aarya - 3419	Shikha - 3413
Heena - 3431	Akshita - 3410
Sameer - 3471	

Attendance - 29th Jan, 2025

<u>29 Jan 2025</u>			<u>Day 3 - Attendance</u>		
<u>Name</u>	<u>Roll No.</u>	<u>Section</u>			
1. Shivani	3428	D	35. Shivani	3428	D
2. Sakshi	3478		36. Kasuma	3588	D
3. Arti	3449	D	37. Palak	3446	B
4. Rutanishi	3415	C	38. Mimakshi	3535	C
5. Kalpana	3595	A	39. Kalpana	3271	3 rd sem
6. Anshika	3425	A	40. Sanjana	3308	D
7. Anjali	3472	D	41. Vaishali	3225	A
8. Divyam	3499	C	42. Vanshika	3416	D
9. Vanshika	3416		43. Himanshi	3348	D
10. Ruchi	3460	B	44. Kashish	3511	C
11. Nandini	3422	B	45. Alisha	3543	C
12. Ananya	3502	B	46. Kamika	3455	C
13. Shikha	3413	A	47. Karina	3523	C
14. Shreya	3406	B	48. Ruchi	3460	D
15. Sakshi Bhat	3218		49. Puuti	3583	C
16. Himani	3244	D	50. Romji	3565	A
17. Shivani	3573	A	51. Kunal	3516	D
18. Shalika	3404	D	52. Ritika	3593	A
19. Surbhi	3491	C	53. Anchal	3467	C
20. Aditi	3437	A	54. Samiksha	3488	D
21. Anushi	3490	B	55. Anshikha	3452	D
22. Himani	3529	A	56. Esha	3561	A
23. Mannat	3411	C	57. Vandana	3507	C
24. Deepthi	3258	B	58. Kishan Bala	3488	B
25. Ankita	3548	D	59. Divya	3580	D
26. Ritish	3453	A	60. Swati	3564	D
27. Charmita	3434	B	61. Payal	3571	C
28. Priyanka	3560	D	62. Sakshi	3482	B
29. Sakshi	3478	B	63. Samiksha	3486	B
30. Akshita	3410	B	64. Neelam	3522	B
31. Kamika	3545	A	65. Simran	3549	A
32. Natisha	3577	A	66. Neha	3495	C
33. Sneha	3489	A	67. Shagun	3557	A
34. Inara	3532	D	68. Rupali	3439	
			69. Muskan	3408	D
			70. Sejal	3538	B
			71. Heena	3431	C
			72. Shivani	3373	A

73. Anjali 3443 C
74. Sakshi 3566 B
75. Sameer 3471 C
76. Anshul - 4th sem A
77. Aastha - 3305 A - 3rd sem
78. Richa - 3463 C
79. Akshita - 3403 C
80. Vinaykanta - 3279 C - 3rd sem
81. Shilpa - 3364 C - 3rd sem
82. Chandrakanta - 3540 - D
83. Sulekha 3294 B
84. Disha 3417 A
85. Komal - 3475 C
86. Kavita 3371 - 3rd sem
87. Srueta - 3489 A
88. Urushi - 3528 D
89. Anuragini - 3377 A - 3rd sem
90. Shagun - 3569 A
91. Rona deni 3382 D - 3rd sem
92. Kirti - 3514 B
93. Sheela - 3513 - A
94. Payal garg - 3459 C
95. Ankita 3599 - C
96. Tamara - BCA 4th sem sec B 4551
97. Arti 3444 - D
98. Inara 3532 - D
99. Alisha 3543 C
100. Preeti - 3503 C
101. Divya - 3580 D
102. Riya - 3450 - B
103. Shiya 3451 - C
104. Shilpa - 3364 - D
105. Sangeta 3380 D
106. Anu sharma 3290 B
107. Sonali - 3469 A
108. Harshver - 3461 A
109. Sunidhi - 3578 B