

# **Internal Quality Assurance Cell (IQAC)**

## **Government Meera Girls College, Udaipur**

### **Report on Counseling and Mentoring Workshop**

Internal Quality Assurance Cell (IQAC) of Meera Girls' College, Udaipur organized a one-day workshop on "Counseling and Mentoring" on February 12, 2019. The workshop was open for faculty members of the college. During the inaugural session Dr Jitendra Jinger, Professor and Head, Geetanjali Medical College, Udaipur chaired as chief guest. Dr Shashi Sanchiher the acting Principal was the chairperson on the dais. Program commenced with Saraswati Puja. Dr Priyamvada Soral, senior member of IQAC gave the introduction of the workshop. Dr Sanchiher highlighted the importance of counselling and mentoring. Dr Jinger during his lecture discussed the various aspects of counselling emphasizing the importance of counselling and counsellor in managing stress in students, guiding students in choosing the career and subject. It also helps in resolving the personal, social and emotional problems of the students and makes them capable enough to face the challenges of life. In the question hour, participants, participated enthusiastically. In house expert Dr Ajay Chaudhary, Associate Professor, Psychology discussed the stress management. Dr Abha Gupta, Associate Professor, Home science discussed the counselling practices of counselling cell by illustrating examples.

During the post-lunch session Dr. Kalpana Jain, Head and Professor, Department of Psychology, MLS University, Udaipur highlighted the importance of mentoring, mentoring practices and its benefits. She also arranged some of the exercises on mentoring and demonstrated live session. This made the session interesting and participants enjoyed and learned significantly from the practical session.

In the valedictory session participants were encouraged by awarding the certificates. Some of the participants critically shared their views regarding the workshop. Dr. Bhawana Pokharna and Dr. Shakshi Chauhan conducted the program. Dr. Kanan Saxena gave vote of thanks. Dr. Sandhya Pathania was rapporteur.



Shashi Sanchiher  
IQAC Coordinator



Shashi Sanchiher  
IQAC Coordinator

Workshop on Counselling and Mentoring  
Registration

At. 12.02.2019

S.No.	Name	Signature
1	DR. RAKESH DASHORA Dept of EAPM	
2	Vandana Meghwal	
3	DR. SAVITA CHAHAR (BOTANY)	
4	Dr. Anita Arora (His.)	
5	Dr. Tehsee Banu	
6	Dr. Indu Arora	
7	DR. SHYAM S. KUMARAT	
8	Dr. APARNA KUMARAT	
9	Poojya Monica	
10	Dr. Monika Dave	
11	Dr. Shashi Depal	
12	DR. Vandana Verma	
13	Dr. Sunanda Durgara	
14	Dr. Vastika Jain	
15	Bhav Shikha	
16	PRIYA SOLOMON	
17	Dr. Kalpana Bhattacharya	
18	MISS Abhina Hinger	
19	DR. ANJU - BENIWAL	
20	Dr. SUDESHNA PARTHA	
21	Dr. Namrata Khemraj Yadav	
22	DR. JYOTI GAUTAM	
23	Dr. AABHA GUPTA	
24	Mrs. Neeban Singhal	
25	Dr. Vaishali Deshpande	

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IQAC Coordinator



S.No.	Name	Signature
26.	Dr. Sneha Babel	
27	Dr. Sakshi Chauhan	
28	Dr. Deepak Maheshwari	
29	Sheeba Haider	
30	Kulvinda Kaur	
31	Dr. Shukimta Khembsra.	
32	Dr. Ashok Sori	
33	Dr. SARITA KUMAWAT	
34.	Dr. UNITA SHARMA	
35.	Dr. DIVYA HIRAN	
36	Dr. MONICA DUNGARWAL	
37	Dr. Ashok Kumar Kothari	
38	Dr. Preeti Verma	
39	Dr. Ritu Dubey	
40	Vinika Kothari	
41	Dr. Mamta Athaja	
42.	Dr. Shivani Swarnkar	
43	Dr. Purnima Singh	
44.	Dr. Bhanu POKHARA	
45.	Dr. Priyansu Vada Soral	
46.	Dr. Karan Saxena	
47	Dr. ANITA KAVDIA	
48	Dr. Shradha Tiwari	
→49	Dr. RITU HIRAN	
50	Dr. Ajay	
51	Dr. Sarwalunisha	

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S. No.	Name	Signature
52	Dr. Sudha Jain	
53	Dr. Meenu Bajaj	
54	Dr. SHAMBHU SHARMA DALAUNT	
55	Dr. Vivek Sharma	
56	Dr. Indira Jain	
57	Gayatri Banerjee	
58	Dr. Indu Bala Sani	
59	Dr. Nandini Singh Shekharawat	
60	Nagendra Kumar Chinnale	
61	Dr. Manju Tripathi	
62	Dr. Moolvi Sankhla	
63	Dr. Manju Radia	
64	Dr. Kirti Mathur	
65	Dr. Sudaashan Singh Rathore	
66	Dr. Kuldeep Fadnis	
67	Dr. A.R. Lohia	
68	Dr. Rekha Bhati	
69	Dr. Ram Singh Bhati	
70	Dr. Sunita Sharma (Sanskrit)	
71	Dr. Teetinand Mishra	
72	Nadim Chisty	
73	Sangeeta Sharma	

Shashi Sanchiher  
IQAC Coordinator



**GOVERNMENT MEERA GIRLS COLLEGE, UDAIPUR (RAJ.)**



(Internal Quality Assurance Cell)

One Day Workshop on

**"Counselling and Mentoring"**

**Certificate**

Certified that Mr./Ms./Dr. .... of  
Government Meera Girls College, Udaipur has actively participated in the 'Counselling and  
Mentoring' Workshop held on Tuesday, 12 February, 2019.

Principal

Co-ordinator  
IQAC

Shashi Sanchiher  
IQAC Coordinator