## 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.

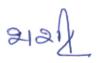




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