



SWAMI DHARMABANDHU COLLEGE OF EDUCATION

(B.Ed. & D.El.Ed.)

(Recognised by: ERC-NCTE & Affiliated to Vinoba Bhave University, Hazaribag and JAC, Ranchi)
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Successful Conclusion of a Two-Day Workshop at Swami Dharmabandhu College of Education

A two-day workshop organized at Swami Dharmabandhu College of Education, Harhad (Hazaribag) concluded successfully today. The second day of the workshop was highly informative, practical, and enriching. The theme of the workshop was "Soft Skills, Personality Development and Stress Management." The workshop was conducted under the able guidance of the College Director Dr. Nazir Ansari and Principal Dr. Sarika Kumari. On the second day, the Resource Person, the Secretary of Smart Foundation, Noida, provided detailed guidance on how to prepare an effective CV and biodata. He explained the importance of a well-structured and impressive CV and how it plays a vital role in career development and employment opportunities. The Resource Person also discussed effective interview techniques, highlighting the importance of self-confidence, body language, communication skills, and appropriate ways to answer commonly asked interview questions. Under the session on stress management, he guided the trainees on how to control mental pressure during competitive examinations and interviews. He emphasized the role of positive thinking, self-control, and emotional balance in reducing stress. Several practical and useful tips related to interviews and stress management were shared with the trainees.

During the valedictory session, the Principal Dr. Sarika Kumari, in her address, stated that in today's competitive world, academic knowledge alone is not sufficient. Personality development, self-confidence, effective communication skills, and stress management are equally essential for success. She appreciated the relevance of such workshops for the holistic development of students. At the end of the programme, the vote of thanks was delivered by Assistant Professor Dr. Ghanshyam Ram. He expressed his sincere gratitude to the Director, Principal, Resource Person, faculty members, and all the trainees for their cooperation and contribution to the success of the workshop. The trainees described the workshop as highly useful, informative, and inspiring and expressed their gratitude to the college administration for organizing such a meaningful programme.

Conclusion

The two-day workshop proved to be highly beneficial for the trainees. It enhanced their soft skills, personality traits, communication abilities, and stress management skills while also providing practical guidance for career building and interview preparation. Overall, the workshop was a successful and meaningful initiative that contributed significantly to the academic and professional development of the trainees.



प्रशिक्षुओं के सर्वांगीण विकास हेतु स्वामी धर्मबन्धु कॉलेज ऑफ एजुकेशन में कार्यशाला आयोजित



बिभा संवाददाता

बोकारो : स्वामी धर्मबन्धु कॉलेज ऑफ एजुकेशन, हरहद (हजारीबाग) में आयोजित दो दिवसीय कार्यशाला का शुभारंभ सोमवार को किया गया। कार्यशाला का विषय सॉफ्ट स्किल्स, पर्सनैलिटी डेवलपमेंट एवं स्ट्रेस मैनेजमेंट था। कार्यक्रम का शुभारंभ दीप प्रज्वलन के साथ किया गया, जिसमें महाविद्यालय की प्राचार्या डॉ. सारिका कुमारी, प्राध्यापकगण एवं उपस्थित अतिथियों ने संयुक्त रूप से भाग लिया। इस अवसर पर प्राचार्या डॉ. सारिका कुमारी ने अपने संबोधन में कहा कि ह्र आज के समय में प्रशिक्षुओं के सर्वांगीण विकास के लिए सॉफ्ट स्किल्स, आत्मविश्वास और सकारात्मक सोच का विकास अत्यंत आवश्यक है। इस प्रकार की कार्यशालाएँ प्रशिक्षुओं को व्यावहारिक जीवन

एवं भविष्य की चुनौतियों के लिए तैयार करती हैं। कार्यशाला के प्रथम दिन के सत्र में स्मार्ट फाउंडेशन, नोएडा के सचिव आशीष कुमार सिंह ने रिसोर्स पर्सन के रूप में प्रशिक्षुओं को प्रभावी संप्रेषण कौशल, व्यक्तित्व विकास तथा आत्मविश्वास निर्माण से संबंधित महत्वपूर्ण जानकारियाँ प्रदान कीं। सत्र के दौरान प्रशिक्षुओं ने सक्रिय सहभागिता करते हुए संवादात्मक गतिविधियों में बढ़-चढ़कर भाग लिया। कार्यक्रम के अंत में धन्यवाद ज्ञापन सहायक प्राध्यापक डॉ. सरफराज इकबाल द्वारा दिया गया। उन्होंने प्राचार्या, रिसोर्स पर्सन, प्राध्यापकगण एवं सभी प्रशिक्षुओं के प्रति आभार व्यक्त करते हुए कार्यक्रम की सफलता के लिए सभी के सहयोग की सराहना की।

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