



# VIVEK P.G. COLLEGE KALWAR, JAIPUR

(Affiliated to University of Rajasthan & Govt. of Rajasthan)

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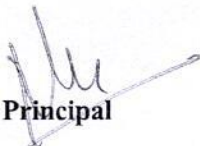
## Notice

Date: 09.11.2020

Dear faculty members and students,

Our college is pleased to announce a **COVID-19 Awareness Program** scheduled for 10.11.2020, aimed at educating students, faculty, and local residents about the pandemic. The program will feature expert talks from health professionals on COVID-19 symptoms, prevention strategies, and vaccination. It will also include interactive workshops on effective use of personal protective equipment, mental health support, and current health guidelines. The event will be held at the college campus and will also be accessible via a live webinar for those who cannot attend in person. Participants will receive informational brochures and have the opportunity to engage in a Q&A session.


For more information or to register, please contact the undersigned. We encourage everyone to join this important initiative to stay informed and safe.

  
Principal

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3. Student Notice Board
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## Report on Covid Awareness Program conducted by Vivek P.G. College, Kalwar

Date: 10.11.2020

Venue: Vivek P G College, Kalwar, Jaipur

### Objectives:

- To Educate: Increase awareness about COVID-19, including symptoms, preventive measures, and treatment options.
- To Promote Safety: Encourage adherence to health guidelines and preventive practices to minimize the spread of the virus.
- To Provide Support: Offer resources and support to the community in managing and mitigating the impact of COVID-19.

### Brief Report:

The program began with a welcome address highlighted the importance of continued vigilance and education in combating COVID-19. Health experts delivered presentations on COVID-19 symptoms, prevention strategies, vaccination, and current guidelines. The talks were followed by a Q&A session where attendees could ask questions and get clarifications. Informational brochures and handouts were distributed to attendees, covering key topics such as proper mask-wearing, hand hygiene, and social distancing. Demonstrations on proper mask-wearing, use of hand sanitizers, and gloves was carried out. Discussions on managing stress and anxiety during the pandemic, with tips from mental health professionals was given. Attendees were invited to provide feedback on the program through forms and an online survey. This feedback will be used to assess the effectiveness of the program and plan future events.

### Outcomes:

- Participants would gain a better understanding of Covid-19, including how it spreads, symptoms, prevention methods, and treatment options.
- Attendees might adopt better hygiene practices, such as regular handwashing, mask-wearing, and social distancing, if recommended.
- The program could lead to increased awareness about vaccination, encouraging more people to get vaccinated or seek booster shots.
- By fostering a sense of community responsibility and encouraging dialogue, the program could improve collective efforts to combat the virus.

  
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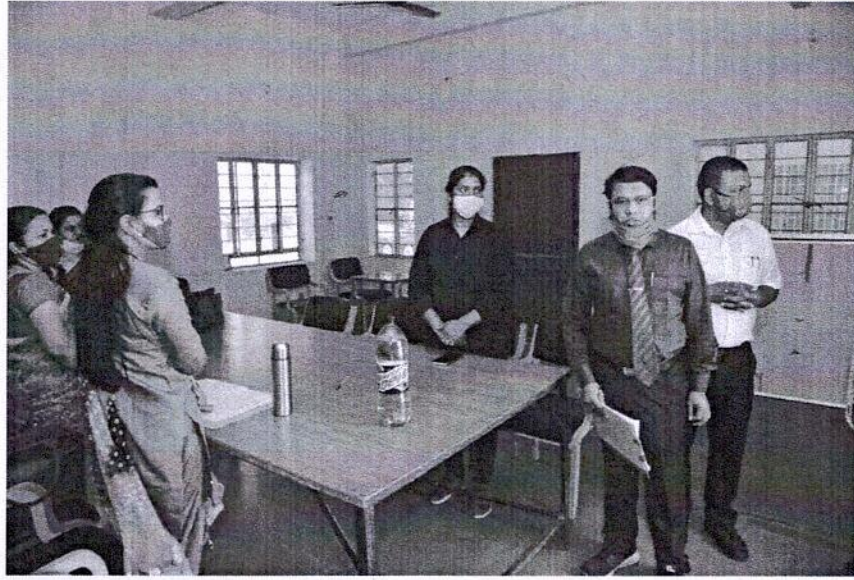


Fig: Health experts visit college for lecture on Covid-19 related issues

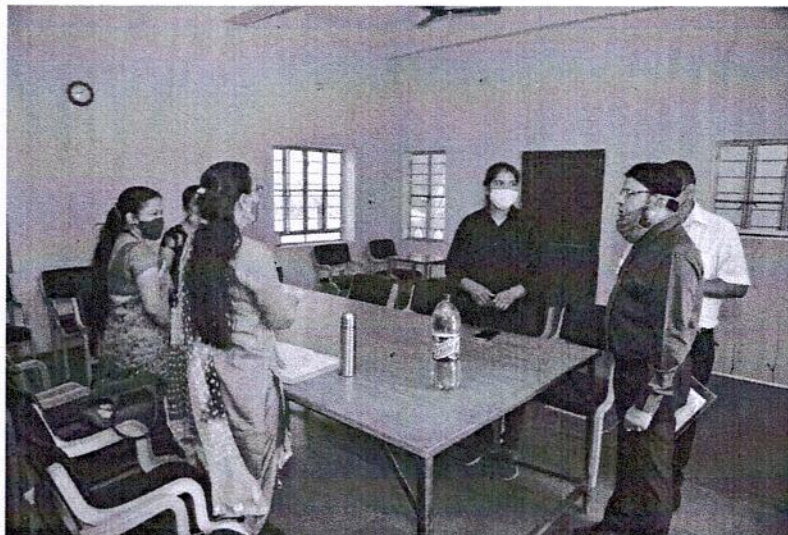



Fig: Health experts discussion with faculty members on Covid-19 related issues

  
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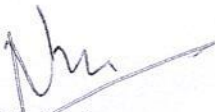
## Notice

Date: 07.12.20

Dear faculty members and students,

Our college is excited to announce an upcoming **Webinar titled "Effective Presentation Skills"** scheduled for Dec 11, 2020 from 10:00-11:00 am through Google Meet. This webinar aims to equip students, faculty, with essential techniques to enhance their presentation abilities. Dr. Saroj Choudhary, will lead the session, covering topics such as structuring content, engaging the audience, using visual aids effectively, and overcoming public speaking anxiety. The webinar will also include interactive breakout sessions for practical application and feedback. The event will be held online, and all interested participants are encouraged to register online with the following link [<https://forms.gle/D7RDzMLt6hVmUej69>] by 9 Dec, 2020. Upon registration, you will receive a confirmation email with further details and the access link.

Don't miss this opportunity to improve your presentation skills and boost your confidence!

  
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## Report on Webinar on Effective Presentation Skill conducted by Vivek P.G. College, Kalwar

Date: 11.12.2020

Organizing Department: Department of Zoology

Resource Person: Dr. Saroj Choudhary

Coordinator Name: Dr. Sunita Bedwal

### Objectives:

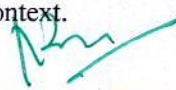
- To Enhance Presentation Skills: Equip participants with techniques to improve their ability to deliver effective presentations.
- To Increase Confidence: Build confidence in speaking and presenting to diverse audiences.
- To Provide Practical Tools: Offer practical tools and strategies for organizing content, engaging the audience, and using visual aids effectively.

### Brief Report:

The webinar began with a welcome address by the Principal of Vivek P.G. College, who emphasized the importance of effective presentation skills in academic and professional settings. The main session featured a presentation by Dr. Saroj Choudhary, who covered various aspects of effective presentation, including techniques for organizing content logically and coherently, strategies for capturing and maintaining audience attention, best practices for using slides and other visual aids to enhance the presentation and tips for overcoming nervousness and delivering a confident performance. Following the presentation, an interactive Q&A session was held, where participants had the opportunity to ask questions and seek clarification on specific topics related to presentation skills. The webinar concluded with a summary of key points discussed and closing remarks by the speaker. Participants were thanked for their active participation and were provided with additional resources and reading materials for further learning.

### Outcomes:

- Participants would develop a clearer and more confident speaking style, leading to better articulation of their ideas and messages.
- Attendees would learn to use various presentation tools and techniques effectively, such as visual aids (slides, charts), body language, and voice modulation.
- By practicing and receiving feedback, participants would build greater confidence in their public speaking and presentation abilities.
- Time Management: Participants would become better at managing presentation time, ensuring they cover all important points without exceeding their allotted time.
- Through practice sessions and mock presentations, participants would gain hands-on experience, allowing them to apply the skills learned in a real-world context.

  
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Fig: Screenshot of Google meet on Effective Presentation Skill

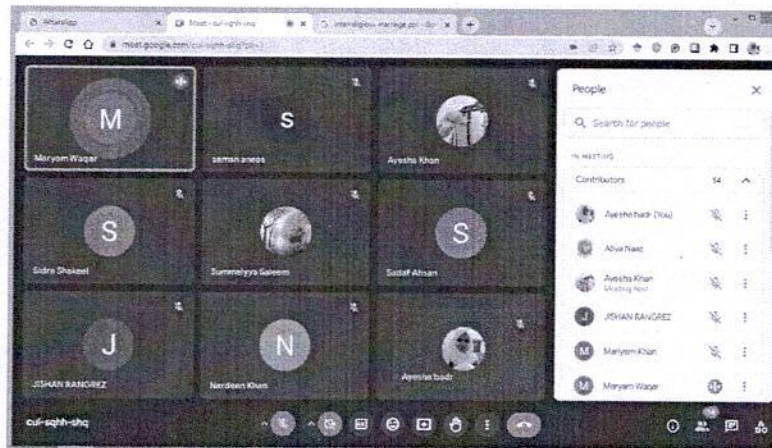


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## Notice

Date: 12.06.21

Dear faculty members and students,

Our college, is pleased to announce an important **Webinar** titled "**Mental Health during COVID-19 Pandemic**," scheduled for 15.06.21. This webinar aims to address the mental health challenges exacerbated by the COVID-19 pandemic and provide participants with practical strategies for managing stress and anxiety. Dr. Sunita Bedwal, will lead the session, offering valuable insights into coping mechanisms, resources, and support available. The event will include interactive Q&A sessions and practical workshops to enhance participants' mental well-being. All students, faculty, and community members are encouraged to join this informative session. For online registration and further details, please response the link [<https://forms.gle/D7EDzMLt6hVmUej65>] given in mail. Don't miss this opportunity to gain essential knowledge and support for mental health during these challenging times.

  
Principal

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## Report on Webinar on Mental Health during Covid-19 Pandemic carried out by Vivek P.G. College, Kalwar

Date: 15.06.21

Organizing Department: Department of Zoology

Resource Person: Dr. Sunita Bedwal

Coordinator Name: Dr. N.R. Bhakar

### Objectives:

- To Raise Awareness: Increase awareness about the impact of the COVID-19 pandemic on mental health.
- To Provide Support: Offer practical strategies and resources for managing mental health challenges.
- To Encourage Open Dialogue: Facilitate open discussions about mental health and reduce stigma associated with seeking help.

### Brief Report:

The webinar began with a welcome address by Principal who highlighted the importance of mental health and the purpose of the webinar in providing support during the pandemic. Dr. Sunita Bedwal addressed several key topics, including impact of COVID-19 on Mental Health discussing how the pandemic has affected mental health, including increased levels of stress, anxiety, and depression. Guest lecture offered practical tips for managing stress, maintaining mental well-being, and building resilience. An interactive Q&A session allowed participants to ask questions and seek advice on specific mental health concerns. The webinar concluded with a summary of key takeaways and closing remarks. Participants were encouraged to seek help if needed and to utilize the resources provided during the session.

### Outcomes:

- Increased Awareness in participants
- Enhanced Knowledge of Resources
- Reduced Stigma associated with mental health issues
- Better Self-Care Practices
- Increased Empathy and Support
- Enhanced Communication Skills of attendees

  
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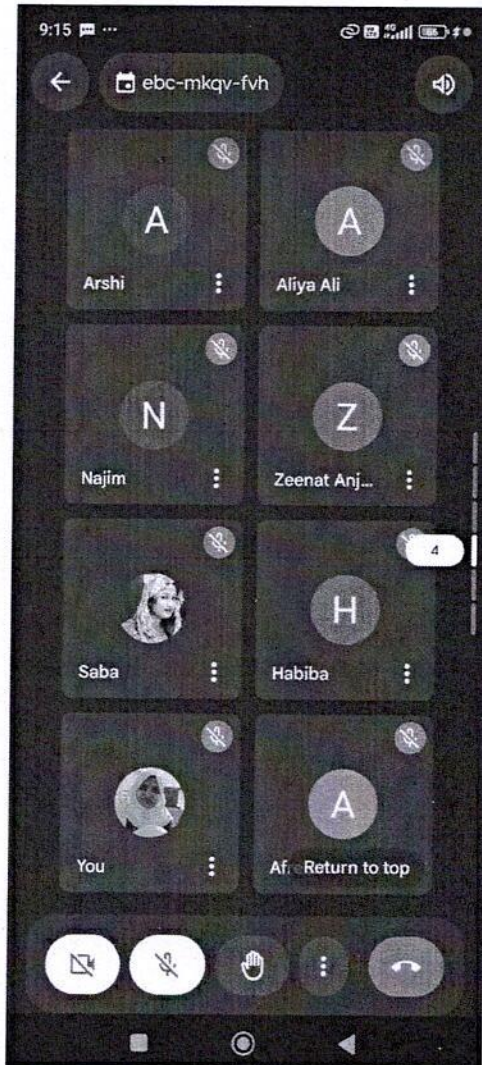


Fig: Screenshot of list of attendees of Webinar

  
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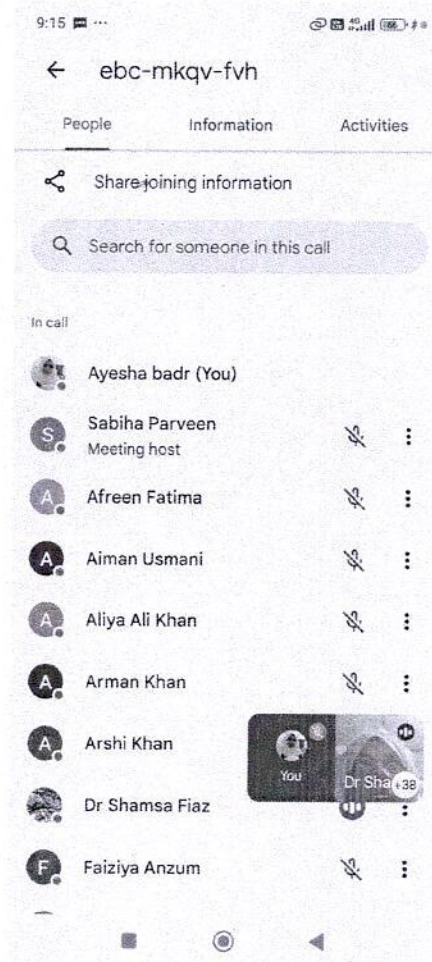


Fig: Screenshot of Webinar during question and answer session

  
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