BEST PRACTICE 01

OFFICE OF THE PRINCIPAL,
GOVT. MAULANA AZAD MEMORIAL COLLEGE,
(A CONSTITUENT COLLEGE OF CLUSTER UNIVERSITY OF JAMMU)
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No. MAM/Coll/20/298
Dated:03/06/2020

Press Release

Department of Computer Sciences, Government MAM P G College, Jammu in wake of Pandemic Covid-19 and in the interest of academics organized a 03 Days Faculty Development Programme webinar on "**E-learning: Tools for Teaching and Learning**"w.e.f 01st June-03rd June 2020 under the supervision of Prof. PS Thakur (HoD Computer Sciences) and Dr. Namita Singh, Organizing Secretary under the guidance of Principal Prof. G.S Rakwal.Principal Prof. G.S Rakwal welcomed all the participants through online mode and urged all the participants to adopt the new e-learning technologies and utilize them to impart quality education to the students. He also termed online webinars as a new platform for online studies and stressed that the teachers should be well equipped with the new online teaching technologies.Prof. Chanda Jain, Assistant Professor, ITS Ghaziabad,Dr. Tariq Hussain, GDC Poonch and Dr. Bhavna Arora,Assistant Professor, Deptt of Computer Sciences, Central University Jammu were the Resource Persons for the 03 Days Faculty Development Programme Webinar. Lectures were delivered online using Google meet and the participants were educated about the various e-learning tools like Google Classroom, Screencastify, WebEx and were given hands on training on creating Google forms, quizzes, assignments and were also given detailed training on sharing e-content from Google drives using different techniques. The participants were also awarded about the ethical standards that must be adhered while creating e-content. A total of 350 participants registered for the programme attended the webinar. The proceedings of the event were conducted by Dr. Namita Singh, Organizing Secretary.
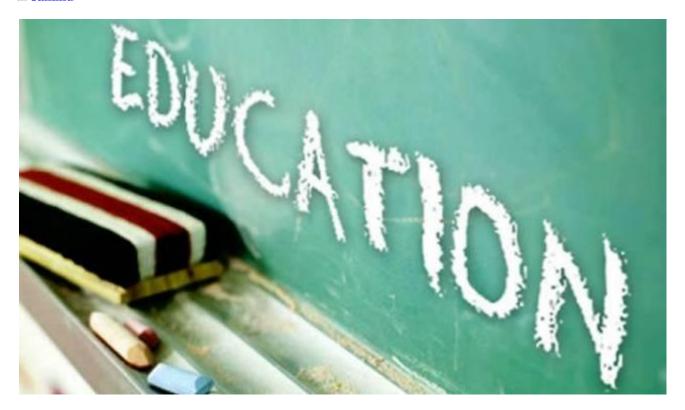
Principal

Website linkhttps://mamcollegejammu.in/newsdet.aspx?id=31

3-day long faculty develop programme on e-learning organized at MAM College Jammu

by **K H News Service**

June 4, 2020

in **Jammu**

Jammu: Department of Computer Sciences, Government MAM P G College, Jammu in wake of Pandemic Covid-19 and in the interest of academics organized a 3 day long Faculty Development Program webinar on "E-learning: Tools for Teaching and Learning" June 1, 2020 under the supervision of Prof. P.S. Thakur (Head of Department Computer Sciences) and Dr. Namita Singh, Organizing Secretary under the guidance of Principal Prof. G.S Rakwal. Addressing the participants through online mode on the concluding day of the program, the Principal of the College urged all the participants to adopt the new e-learning technologies and utilize them to impart quality education to the students. He also termed online webinars as a new platform for online studies and stressed that the teachers should be well equipped with the new online teaching technologies.
Assistant Professor, ITS Ghaziabad, Prof. Chanda Jain, Assistant Professor, GDC

Poonch Dr. Tariq Hussain and Assistant Professor, Department of Computer Sciences, Central University Jammu Dr. Bhavna Arora, were the resource persons for the 3 day long Faculty Development Program Webinar. The resources persons delivered lectures online using Google meet and the participants were educated about the various e-learning tools like Google Classroom, Screencastify, WebEx and were given hands on training on creating Google forms, quizzes, assignments and were also given detailed training on sharing e-content from Google drives using different techniques. The participants were also sensitized about the ethical standards that must be adhered while creating e-content.
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3-day long Faculty Development Programme on E-learning organized at MAM College

Jammu Links News

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A total of 350 participants registered for the programme attended the webinar.

Website link https://mamcollegejammu.in/newsdet.aspx?id=31

BEST PRACTICE 02

1.Name of the activity- **Webinar on "Stress management and Resilience Building"**
2.Time and date: 30th June,2020 from 12 noon to 1 p.m. on Google meet
3. Resource Person : Dr. Dimpy Mahanta, Founding Head Department of Psychology, Cotton University Guwahati Assam
4. Objectives of the program:
1) To help participants embrace certain mentalities, become more self-aware, and develop skills to manage and bounce back from adversity.
2) Understand the relationship between pressure, performance, stress and resilience.
3).Identify the signs and symptoms of too much pressure on one's personality.
4). Assessing personal resilience against pillars of resilience along with Understanding the importance of purpose and use this to maintain resolve.
5).Emotional intelligence and the importance of reaching out to a range of support both socially and professionally to build emotional resilience.
6).Set healthy boundaries and practices around one's energy and how you use it.
5.Outcome :
The webinar was a successful event benefitting the participants for stress management and building resilience for staying physically and mentally healthy. The Resource Person delivered an impressive lecture, conducted an online test of resilience for students and explain ed in detail the sources, ways of coping and resilience building. It was an interactive session.
6.Name of participants
 1)Avantika Rabgotra
 2) Mannu Sharma
3) Kamani Sharma
 4) Deepka Charak
5) Shaheen Akhter

STRESS MANAGEMENT & RESILIENCE BUILDING

By
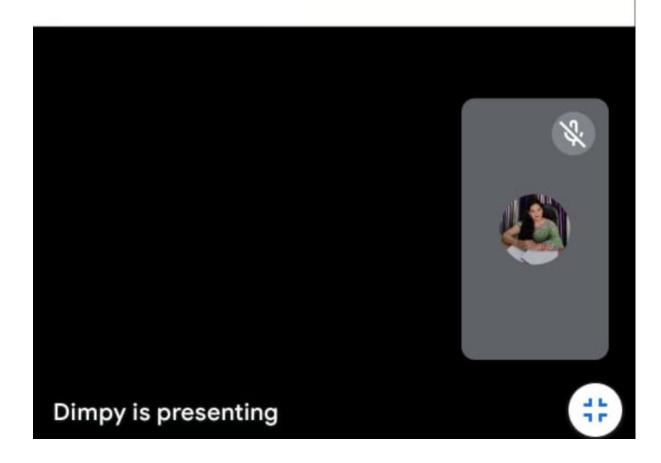
DR. DIMPY MAHANTA

STRESS MANAGEMENT EXPERT I LIFE COACH I PSYCHOLOGIST

FOUNDING HEAD
DEPARTMENT OF PSYCHOLOGY
COTTON UNIVERSITY, GUWAHATI, ASSAM
&
ELECTED MEMBER AT THE AMERICAN PSYCHOLOGICAL
ASSOCIATION (APA)

Dimpy is presenting

KEY FACTS

- Half of all mental health conditions start by 14 years of age but most cases are undetected and untreated.

- Globally, depression is one of the leading causes of illness and disability among adolescents and young adults.

- Suicide is the third leading cause of death in 15-19-year-olds.

- The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

Dimpy is presenting

DR. DIMPY

Kamani

You

Richa   45 others