



# Pradeep Memorial

COMPREHENSIVE COLLEGE OF EDUCATION

Affiliated to G.G.S.I.P. University

Pratap Vihar, Kirari Extn., Nangloi, Delhi-110086



7290037803, 7290037804, Email- pmc\_coll@yahoo.com

## Student's Personality Development Activities

| Activities       |   | Date   |
|------------------|---|--|
| Mock Interview   | 1. Personality Development  | 28/11/2023   |
| Role Play        | 1. Nukkad Natak based on theme of Swachhta Pakhwara<br>2. Street Play based on the theme of Voting Awareness  | 4/10/2023<br>30/10/2023  |
| Group Discussion | 1. Group discussion on use of Mobile Phones   | 2/11/2023  |
| Workshop         | 1 . Workshop on Guidance & Counselling<br>2 . Workshop on Emotional Well being<br>3. Workshop on Drug Awareness Programme<br>4. Workshop on Theater & Art Education<br>5 . One Week CTET Workshop<br>6 . Yoga Day | 3/11/2023<br>5/2/2024<br>29/02/2024<br>20/3/2024<br>18 <sup>th</sup> to 22 <sup>th</sup> March 2024<br>21/6/2024 |
| Competition      | 1. Quiz on “Cybersecurity”.<br>2. Rangoli Competition<br>3. Food Fest<br>4. The Poem Recitation Competition   | 07/10/2023<br>09/11/2023<br>2/2/2024<br>15/3/2024  |

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## Report on Mock Interview on Personality Development

A Mock Interview held on 28/11/2023 in Pradeep Memorial Comprehensive College of Education Dr. Sunil Keshwani was the resource person of this workshop. The workshop was attended by B.Ed students. Resource person said that personality development refers to the process of enhancing and improving one's personal and professional traits, such as communication skills, confidence, leadership, time management, and emotional intelligence. A well-developed personality can help individuals build better relationships, make positive impressions, and achieve success in their careers. He said the most important objectives of the workshop were: Improved communication: Developing effective communication skills can help individuals express their ideas and thoughts clearly and confidently, which is essential for building relationships and advancing in their careers. Enhanced confidence: A well-developed personality can help individuals feel more confident in their abilities, leading to better performance in their careers. Leadership skills: Developing leadership skills can help individuals manage teams, motivate employees, and make strategic decisions in their careers. Time management: Improving time management skills can help individuals prioritize tasks, meet deadlines, and achieve their goals in their careers. During the workshop, some activities that he engaged the students with were: Icebreakers: She started the workshop with icebreaker activities to help participants get to know each other and feel more comfortable including introductions, group games, and team-building exercises. Self-assessment: Gave personality tests, skill assessments, and goal-setting exercises to participants to complete a self-assessment to identify their strengths and weaknesses. Role-playing: Used role-playing exercises to help participants practice effective communication and interpersonal skills. Group discussions were also done by students. Students took participation enthusiastically in this discussion. Feedback also given by Resource person at last.. It was a fruitful session for us.

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|   |                  |                             |    |
|---|------------------|-----------------------------|----|
| <b>Name of the Activity:</b>  | Street Play      |                             |    |
| <b>Theme of the Activity:</b>   | Voting Awareness |                             |    |
| <b>Activity Date(s):</b>  | 30/10/2023       | <b>No. of Participants:</b> | 13 |
| <b>Brief Description of the Activity:</b>   |                  |                             |    |
| <p>Street play was conducted in the near by street of the college. The play was based on the theme of Voting Awareness. Slogans and acts of students were very effective in transmitting the message to the public. The community people appreciated the street play and very much influenced by it.</p> <p>Students who participated in the street play empathized the role and reflected a true picture of the Indian society. Play was enjoyed and appreciated by the observants of the community.</p> <p>Faculty members were also participated actively. The event was successfully carried out.</p> |                  |                             |    |





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### Report on Swachhta Pakhwada

‘Swachhta Pakhwada ‘ was organized by Pradeep Memorial Comprehensive College of Education on 4<sup>th</sup> Oct, 2023, to spread the message of cleanliness, not only among the students but also in surrounding areas. All B.Ed students, Principal, teachers and college workers also participated in this Pakhwada.

On this occasion students made Poster and wrote slogans on ‘Swachhta ‘. The aim of the contest is to generate impactful message regarding cleanliness of self and surroundings. After this, Our Principal Ma’am gave a speech on it and encourage students to spread cleanliness. She also praised for students’ efforts.

After this, students and teachers went to nearest park for the cleanliness drive with a focus on picking up trash, especially plastic bottles, packets and plastic stuffs. Our teachers also took part in this drive. Swachtha Pledge was also taken by teachers as well as students. In this pledge we promise our self to not only clean our home; but also our surroundings too. Besides all these, we talked about cleanliness to the people present in the park and spread awareness about the importance of it.

At the end the fortnight long Swachhta Pakhwada was concluded with a message that “We all want to see a clean India; we all want to be proud of our country. However, keeping the surrounding clean was never only the municipality's job. It should be a community effort”



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## Report on Debate competition on “Use of mobile phone has more demerits than merits”.

|   |   |                             |    |
|---|---|-----------------------------|----|
| <b>Name of the Activity:</b>  | Debate competition                                  |                             |    |
| <b>Theme of the Activity:</b>   | Use of Mobile phones has more demerits than merits. |                             |    |
| <b>Activity Date(s):</b>  | 2/11/2023   | <b>No. of Participants:</b> | 12 |
| <b>Brief Description of the Activity:</b>   |   |                             |    |
| <b>Debate Competition</b> was organised in the college's Multipurpose Hall. Before starting the event rules of the debate competition was made clear to the students. Students in a pair spoke for the motion and against the motion. The event began at 11:30 am. The theme of the debate was “ <i>Use of Mobile phones has more demerits than merits</i> ”. |   |                             |    |
| <b>Brief Description of Participants</b> (like industry experts, students, faculty, etc):   |   |                             |    |



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Students participated actively in the debate. They shared their thoughts and vision about the demerits and merits of mobile phone. Their session was judged by the faculty members.

Feedback and suggestions was given by the Principal Dr. Bharti Dimri and other faculty members.

First and Second Prizes were distributed to the winners and certificates were given to all the participants.



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### **Report on Workshop based on Guidance and Counselling**

On 3<sup>rd</sup> November 2023 a workshop on “Guidance and Counselling and its types” was organized by Pradeep Memorial Comprehensive College of Education in the Seminar hall. For the said workshop Ms. Manisha Jethwani was the Resource person. Welcome speech was given by Dr. Bharti Dimri. She delivered an lecture on the importance of Guidance in a student’s life after that Ms. Manisha started her session by explaining the Guidance and counseling in detail, explaining its types by showing ppt to the students.

**After the session students asked various questions and clear their doubt. The session was full of Knowledge**





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## Report on Workshop on Emotional Well being

On 5<sup>th</sup> February, 2024, a workshop was held at PMCCE College focused on exploring emerging trends in emotional well being of the students. The event aimed to provide participations with valuable insight into the latest developments in the field, with Dr. Sangeet Sharma serving as the esteemed guest speaker.

The workshop commenced with an opening session, setting the tone for the day's discussions. Participants from diverse background and expertise gathered to develop their concepts.

Dr. Sangeet Sharma, a renowned expert in the field, delivered a captivating keynote address. Her presentation covered key advancements, current challenges and future prospects on the emotional well being of the students. Attendees gained valuable perspectives on the subject. The workshop featured interactive sessions where participants actively engaged with Dr. Sharma, asking questions and sharing their insights. These sessions fostered a dynamic exchange of ideas and provided a platform for networking among attendees.

The workshop concluded with closing remarks, expressing gratitude to the guest for her valuable contributions and thanking the participation was distributed to acknowledge the attendees commitment.

The workshop successfully facilitated knowledge. Exchange, collaboration and networking among professionals were seen to gain experience.

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## Report on Drug Awareness Programme

A drug awareness program was conducted in PMC College of Education with collaboration of Indian Red Cross Society (Delhi Branch) on 29 Feb., 2024 in multipurpose hall. The program started at 2:00 pm. Dr. Sunil Kumar Pandey, assistant professor welcomed Ms. Meenu (drug deaction counselor) and Mr. Sachin (lecturer of first aid and disaster management). Ms. Meenu emphasized personal responsibility and harmful effects of drug abuse. She also encouraged the students to prevent alcohol and drug related incidents through a PPT and video. She explained about different types of drugs and harmful impacts of all drugs with this video. She stressed the importance of awareness, campaigns and drug abuse among students. The Principal of the college Dr. Bharti Dimri shared her views on drug addiction and danger hidden therein. The program ended at 3:30 pm with the question answer round, distribution of prizes and vote of thanks. Dr. Ritu Malhotra, associate professor, thanked the College management, principal, coordinator, resource person, all staff members and students who helped in organising it successfully.

### Effects of Drug Abuse over a 6 year span



1 AGE: 33



2 AGE: 37



3 AGE: 39

36

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**INDIAN RED CROSS SOCIETY,  
(DELHI BRANCH)**

**AWARENESS  
&  
PREVENTION OF DRUG ABUSE**

In Collaboration with

**PRAGATI POWER CORPORATION LIMITED  
GOVT. OF NCT OF DELHI UNDERTAKING  
(Supported under CSR)**

**NATIONAL INSTITUTE OF SOCIAL DEFENCE  
Ministry of Social Justice & Empowerment**

&

**NARCOTICS CONTROL BUREAU  
GOVT. OF INDIA**

Dr.Swati Kashyap,  
Consultant Addiction Psychiatrist, IRCS, Delhi.



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## Report on Workshop on Theater & Art Education

On, 20<sup>th</sup> March 2024, Pradeep Memorial Comprehensive college of Education organized a workshop on “Theatre and Art Education”. Art education has become an integral part of the college curriculum. These workshops provide students with a creative outlet to explore their artistic talent and develop their craft skills. The setting of the art and craft workshop is an essential aspect of the learning process. The instructor's approach to teaching plays a crucial role in the success of the workshop. The instructor should be knowledgeable and experienced in the art and craft field, and they should be able to demonstrate different techniques to the students. The instructor Ms.Asha should also provide hands-on guidance to the students, ensuring they understand the techniques and can apply them to their art pieces. This approach helps students develop their skills and improve their confidence in their abilities. The workshop should be designed to encourage creativity and exploration, allowing students to express themselves freely. The final products created by the students are a reflection of their creativity and the skills they have developed through the workshop.



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In conclusion, an art and craft workshop provides students with an opportunity to develop their artistic skills and explore their creativity. The setting of the workshop, the instructor's approach to teaching, and the students' experience in the workshop are all essential components of the learning process. A successful art and craft workshop can inspire students to pursue their passion for art and craft and develop their skills further.



  
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## Report on CTET Workshop

### CTET Workshop from 18<sup>th</sup> March to 22<sup>th</sup> March 2024

One week Workshop from 18-03-2024 to 22-03-2024 was organized by PMCCE for B.Ed 2<sup>nd</sup> year students by Kala Kendra Academy





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## Report on International Yoga Day on 21<sup>st</sup> June 2024

Pradeep Memorial Comprehensive College of Education celebrated the International Yoga Day, in its college premises, in a grand way. The college believes that education does not mean mere imparting of knowledge or facts but it encompasses an all round development of an individual. The college has been taking all initiatives to accomplish this. The celebration of International Yoga Day as declared by United Nations was highly an exuberant event with the buoyant and enthusiastic participation of the large number of students. The heavy rains that lashed the city did not dampen the spirit of the students. The college organized a plethora of activities for students of all ages ranging from asanas, pranayam to Suryanamaskar. The students stretched their arms, bent their legs, rolled their neck and twisted every sinew in their body with greater dexterity, in a spectacular synchronicity with English and Hindi instructions. Vrikshasana, Parvatasana, Padmasana, Vajrasana were the asanas, to name a few, performed on the occasion. The main attraction of the day was the performance of Suryanamaskar in which co ordination of body and mind is very important. The college had also arranged for a slide-show highlighting the importance of yoga in a student's life. Mr. Rakesh Kumar, the Yoga teacher shares, "Yoga nurtures the healthy mind in every student. The role of yoga in college therefore, becomes significantly important." The Principal, Dr. Bharti Dimri, in her inaugural address opined, "Yoga, an ancient Art and Science of health and harmony have vast potential for physical, mental, emotional, social and spiritual health of every human being. The college being convergent centers can play a path breaking role in the growth and development of the nation. Realizing this, the college, has already included yoga in its curriculum for all classes and the students have been encouraged to do asanas every day. "The students felt that yoga and meditation help them in not only coordinating their body and mind but also in enhancing their concentration power. The school once again witnessed unprecedented support from the parents for this event too. The day came to conclusion with the recitation of Shantimantra and the students and teachers carrying home the message that, "Yoga is not for only one – it's for everyone, Yoga is not for a day- it's for everyday.

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### Report on Rangoli Competition

The student of PMCCE, participated enthusiastically in the Rangoli Competition organised on the occasion of Diwali on November 09, 2023. The theme of the competition was 'Celebrating the Festival of Happienies'. Rangoli is an ancient art and timeless tradition that is followed all over India. The word 'Rangoli' is said to have been derived from the words 'rang' and 'aavalli' which refers to a row of colours. The Principal, Dr.Bharti Dimri, organising such competitions, to introduced students to our Indian culture. At the same time, skills of aesthetics, creativity and innovation can be developed amongst them.



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## Report on Food Fest

|  |                  |                             |    |
|--|------------------|-----------------------------|----|
| <b>Name of the Activity:</b>   | <b>Food Fest</b> |                             |    |
| <b>Theme of the Activity:</b>  | <b>Food Fest</b> |                             |    |
| <b>Activity Date(s):</b>   | 02/02/2024       | <b>No. of Participants:</b> | 13 |
| <b>Brief Description of the Activity:</b>  |                  |                             |    |
| The Food Festival Competition was organised in the college's Multipurpose Hall. Before starting the event detailed description of the rules of the food fest competition was made clear to the students. The event began at 11 am. Five countries food items were there, namely-America, Brazil, China, India, and Italy. Students made it and brought it in the college. All the food items were displayed beautifully by the participants.   |                  |                             |    |
| Students were enthusiastic and showed a zeal while participating. They served the food items to the Principal Dr. Bharti Dimri, Chief Guest, Prof. I.S.Suri and other faculties. Feedback was given to the participants by the Chief guest. He appreciated the efforts of students and shared his reflection on how this kind of activities facilitates their success. Efforts of students were appreciated by the principal and all the faculty members. The food items were delicious and yummy. Everyone enjoyed the food festival. |                  |                             |    |



  
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|   |                 |                      |   |
|---|-----------------|----------------------|---|
| Name of the Activity:   | Poem Recitation |                      |   |
| Theme of the Activity:  | Viksit Bharat   |                      |   |
| Activity Date(s):   | 15/03/2024      | No. of Participants: | 4 |
| <b>Brief Description of the Activity:</b>   |                 |                      |   |
| <p>The Poem Recitation Competition was organised in the college's Multipurpose Hall. Before starting the event rules of the poem Recitation competition was made clear to the students. The event began at 11:00 am. The theme of the Poem was on Viksit Bharat</p> <p>Students were showing interest while participating. The poem with the relevant gestures and expressions. The criteria of the Judgement was relevancy, Fluency, Rhythm, pronunciation and gestures. Judgement was done by the Principal Dr. Bharti Dimri and faculty Dr. Poonam Kumari. After the completion of the event feedback was given by the available faculty members.</p> <p>Certificates were given to all the participants. The event was successfully launched.</p> |                 |                      |   |



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