

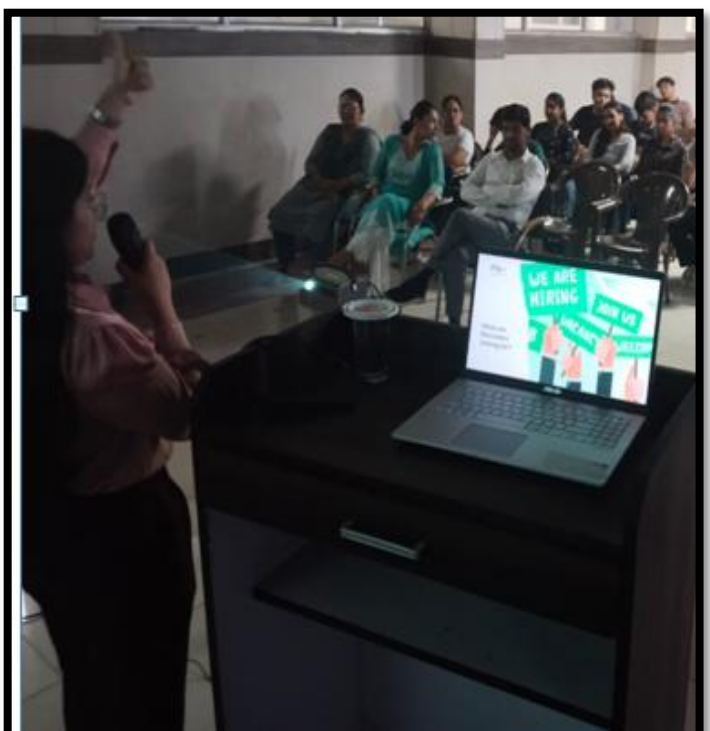
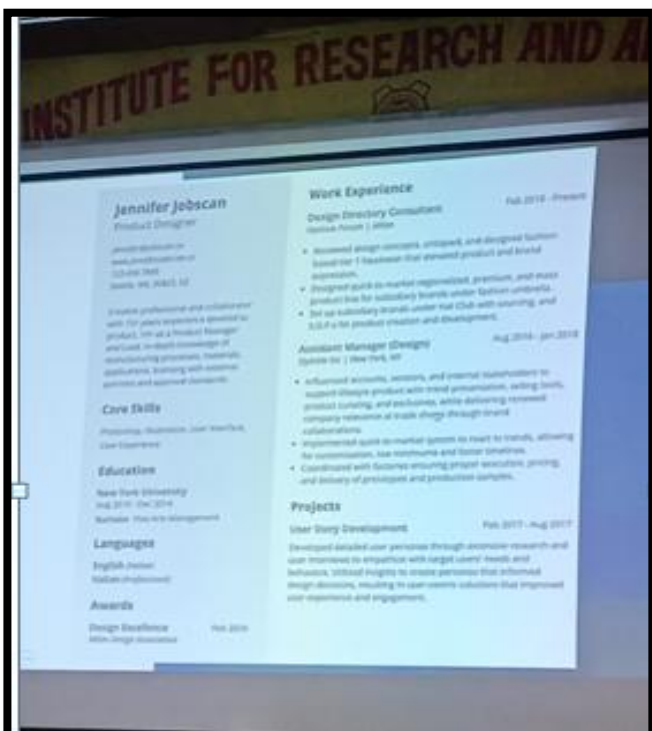
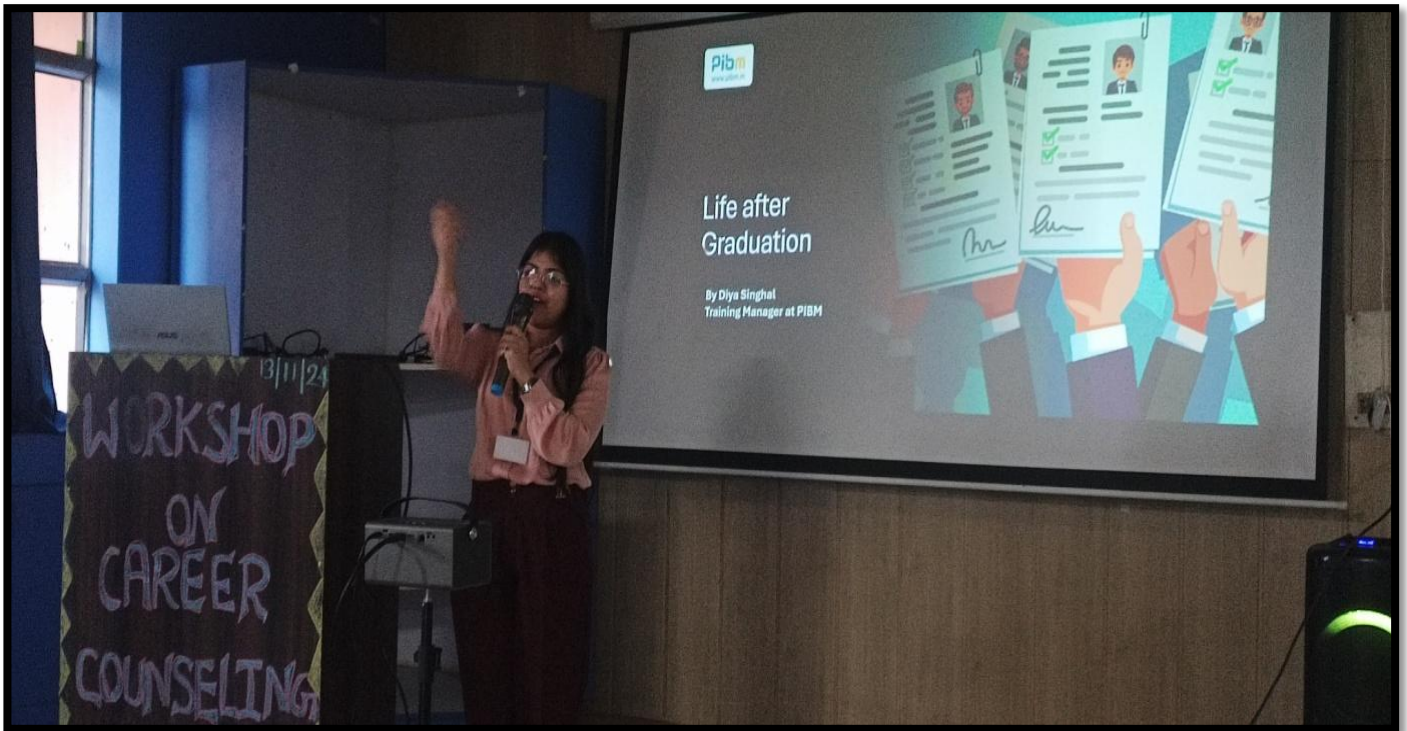
Workshop on Mindfulness (24/09/2024)

The Stress-Free Mindfulness Seminar, held on 24th September 2024 at KIRAS, focused on the importance of mindfulness and meditation in reducing stress and achieving inner calm. Dr. S. Ranjan, the keynote speaker, shared insights on mindfulness, the concepts of success and well-being, and the integration of meditation into daily life. He also emphasized the significance of self-awareness, using examples from ancient texts like the Bhagavad Gita and Ikigai. The session included meditation exercises aimed at helping participants experience deeper mental and physical well-being. The event concluded with a practical meditation session, encouraging holistic development through mindfulness.



Workshop on “Career Counseling-Life after Graduation” (13/11/2024)

On November 13, 2024, our college organized a workshop titled “Career Counseling - Life after Graduation,” aimed at preparing students, particularly final-year ones, for the professional world. Conducted by career experts Ms. Diya and Mr. Bharat, the session covered essential topics like resume building, job applications, interview preparation, and career readiness. Key points included optimizing resumes for ATS (Applicant Tracking System), choosing the right resume layout, and highlighting relevant skills and achievements. The workshop also focused on matching skills with job descriptions and provided practical interview tips. The interactive session concluded with a Q&A, offering personalized advice to students, helping them confidently navigate the job market after graduation.

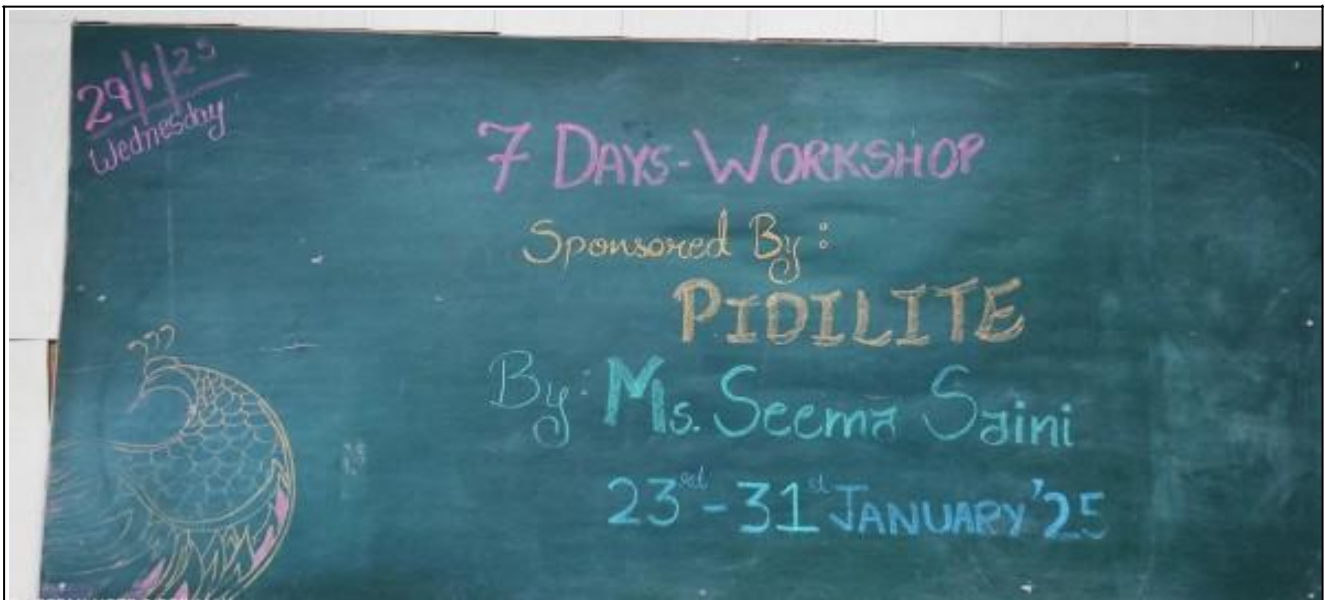


Pidilite Workshop (23-30/01/2025)

Pidilite Industries Limited, founded in 1959 by Balvant Parekh, is an Indian multinational company headquartered in Mumbai. It is renowned for manufacturing adhesives, sealants, and construction chemicals, serving both consumer and industrial markets. Fevicryl is a well-known brand under Pidilite Industries Limited, specializing in a range of art and craft products. It is widely used by artists, hobbyists, and professionals for fabric painting, acrylic painting, and other creative applications. Kalka Institute for Research and Advanced Studies (KIRAS) organized a seven-day workshop sponsored by Pidilite, which is now named in the field of art and craft materials. Representing Pidilite, Ms. Saini is a highly skilled professional with significant expertise in art and craft. Throughout the workshop, she shared her in-depth knowledge and practical skills, enabling students to explore their creativity and enhance their understanding of artifact creation. Her hands-on approach and engaging teaching style provided participants with valuable insights into the process of making high-quality, innovative artifacts.



Ms. Seema Saini (Resource Person)





Seema ma'am showing samples of Tie and Dye



Seema ma'am teaching how to make Fridge magnet and Photo frames





Students made Madhubani paintings



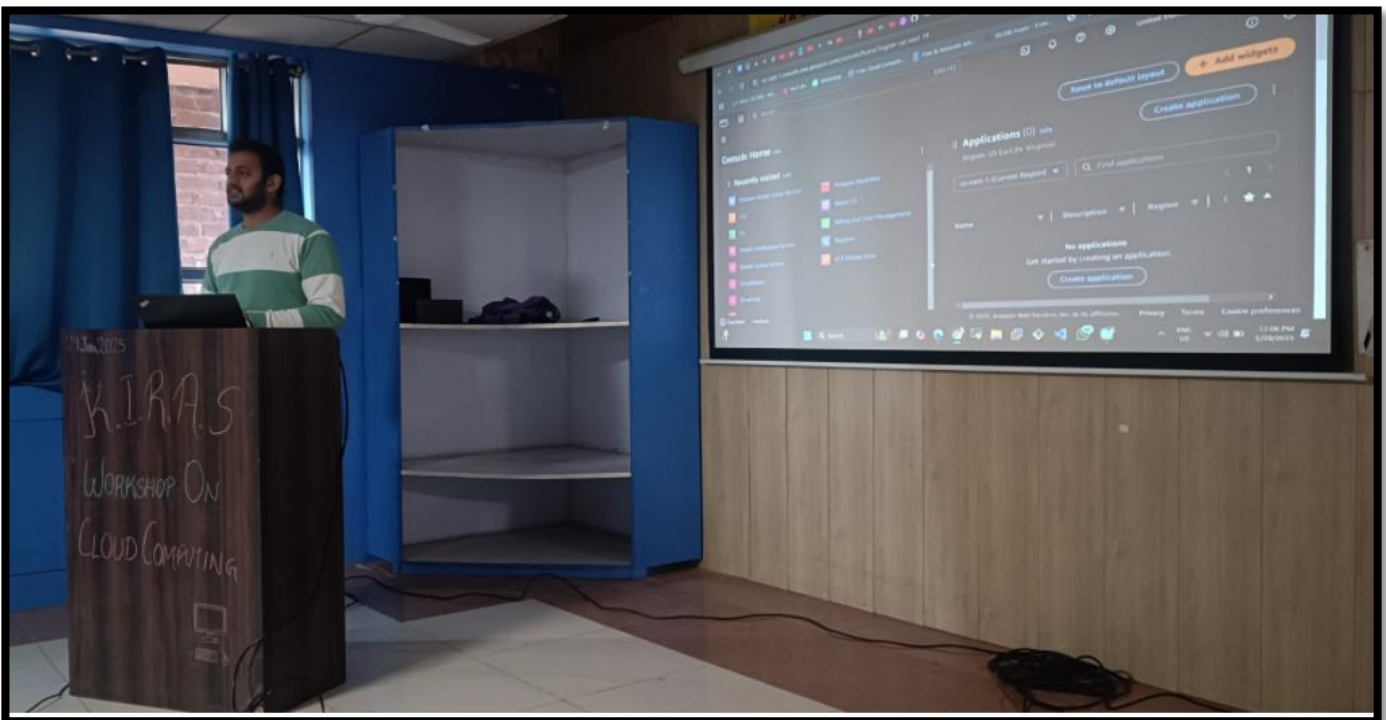
Students working on making the Irish fold Cushion Cover



Students are showcasing their artwork with the help of instructions given by the mentor

One Day Workshop on "Cloud Computing" (29/01/2025)

A one-day workshop on Cloud Computing, organized by Ducat, Noida, was held at our college on January 29, 2025. The session focused on hands-on knowledge of cloud technologies, particularly Amazon Web Services (AWS), and was conducted by technical experts Mr. Naman Mittal and Mr. Utkarsh Upadhyay. The workshop covered key topics such as AWS EC2, setting up network components like internet gateways and route tables, and configuring security groups. Participants also learned about IP addresses, server states, and troubleshooting techniques. Additionally, they were introduced to hosting websites on AWS and explored other AWS services like DynamoDB, AWS Lambda, and SQS. The event provided valuable insights and practical experience in cloud computing, benefiting all participants. At the end, 31 students and staff members were awarded certificates for their successful participation.



WORKSHOP ON YOUTH MENTAL HEALTH FIRST AID (06-07/02/2025)

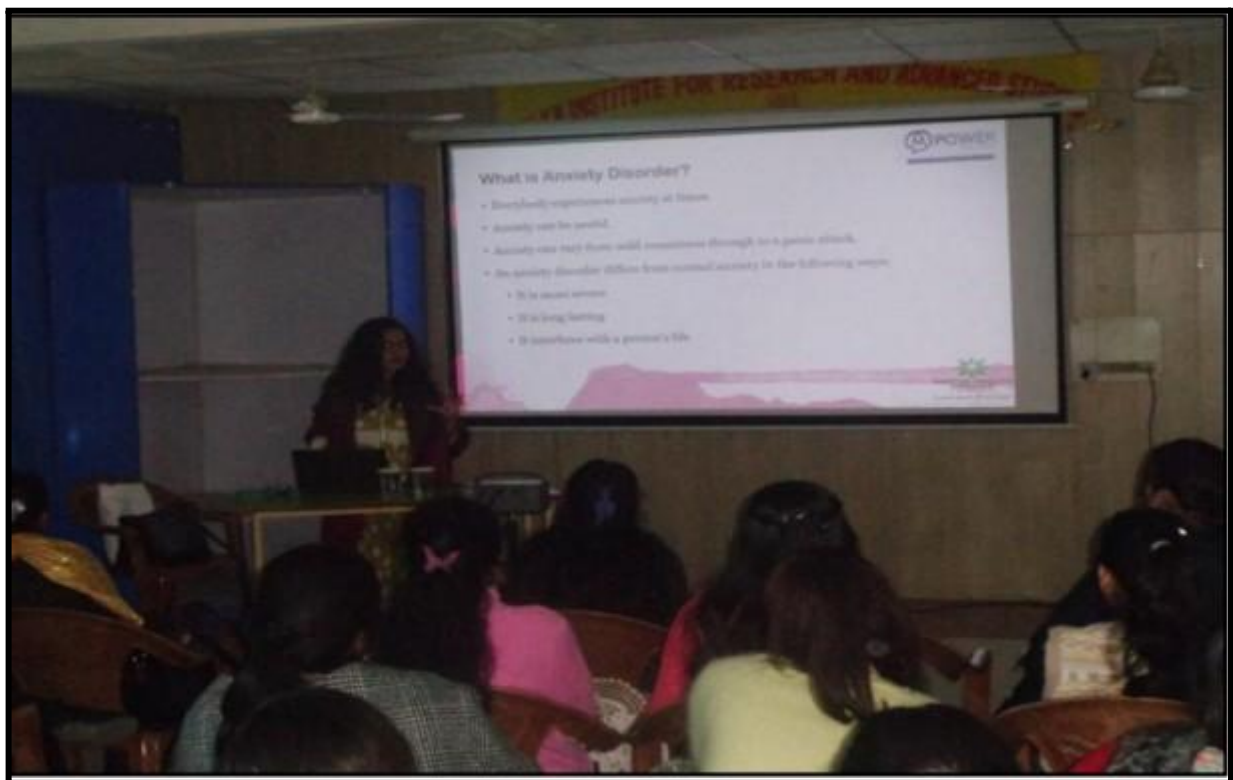
Kalka Institute for Research and Advanced Studies conducted a two-day workshop on February 6th and 7th, 2025, focusing on mental health awareness. The workshop was led by the resource person Ms. Madhura More, a psychologist with over two years of experience in the field. She specializes in conducting empathetic and evidence-based training sessions that equip participants with practical skills and foster a deeper understanding of mental health issues. The Mental Health First Aid workshop for B.Ed. students proved to be an enriching and informative experience that provided deep insights into recognizing, understanding, and addressing mental health issues. The workshop aimed to equip participants with essential skills to identify symptoms, analyse their root causes, and effectively respond to mental health challenges.

Glimpses of Day - 1





Glimpses of Day - 2







WORKSHOP on MICROSOFT WORD - A KEY TO SMART DOCUMENTATION (11/02/2025)

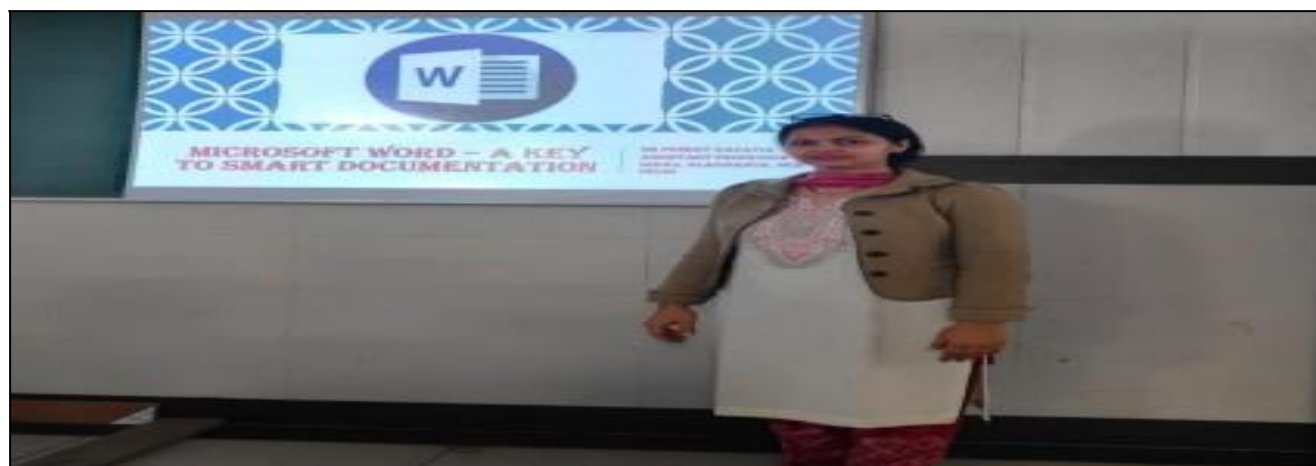
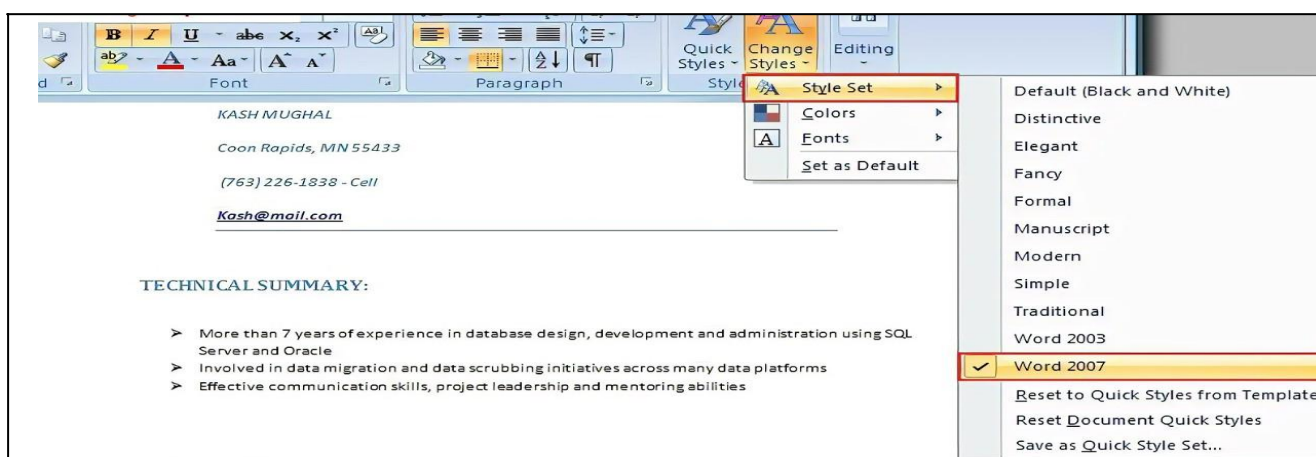
Kalka Institute for Research and Advanced Studies, Alaknanda organized a workshop on Microsoft Word- A Key to smart documentation on 11th February, 2025 for the second year students of B.Ed. department with the objective of enhancing proficiency of students in document creation, formatting and advanced features of MS Word. The workshop aimed to equip students with essential digital literacy skills, ensuring their efficiency in academic writing, assignments, research papers and official documents. As aspiring teachers, students must be well- versed in tools to prepare study materials, maintain academic records and conduct research. The objective of the workshop is to familiarize students with both basic and advanced features of MS Word, including text formatting, tables, templates, citations and collaboration tools. Additionally, it focused on improving productivity through time saving techniques such as keyboard shortcuts, automations and creations of documents. By the end of the session, students were expected to confidently use Microsoft Word to create professional documents, streamline their workflow and integrate technology effectively into their teaching practices.



Students participating in the Workshop

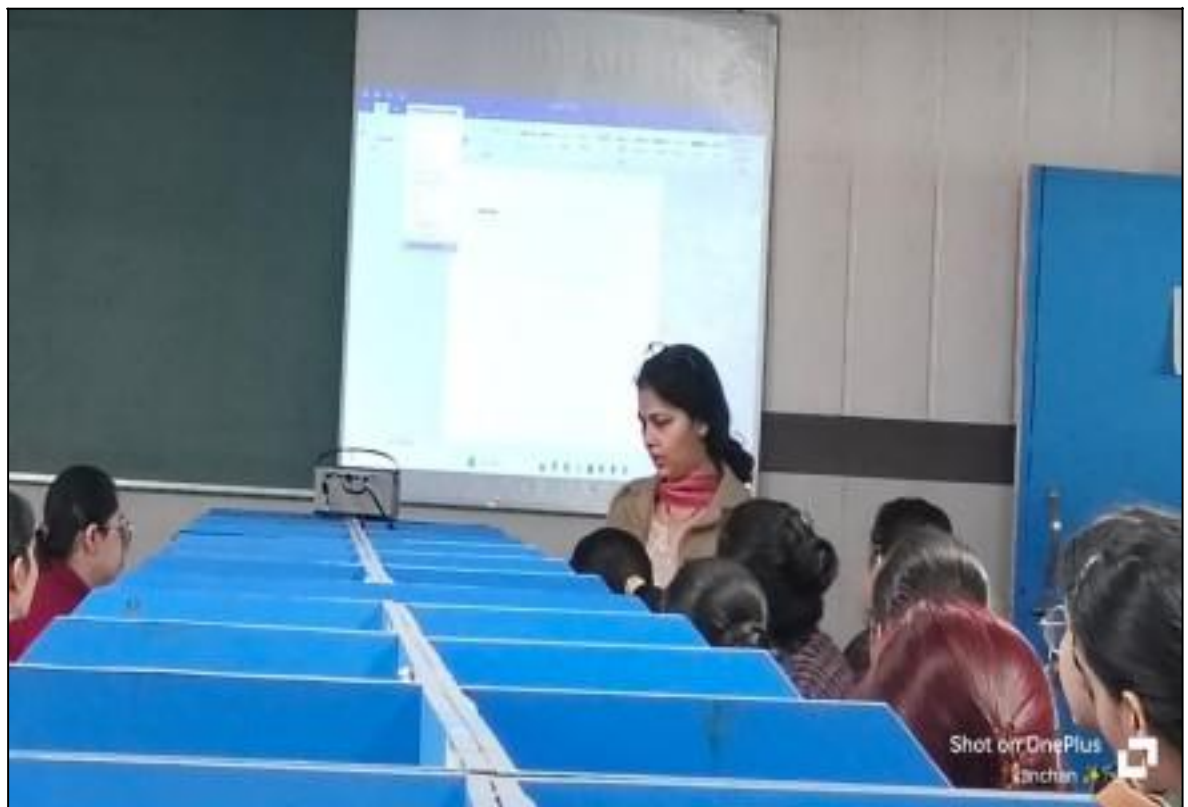


Hands-on experience at the Workshop



Session led by: Dr. Puneet Kapatia

Some Glimpses of the Workshop:



Workshop on "Data Science and Machine Learning" (28/02/2025)

A one-day workshop on Data Science and Machine Learning was held on February 28, 2025, led by Dr. Deepika Sharma, an expert with over 16 years of experience in academia and industry. Dr. Sharma, a Ph.D. holder in Computer Science, is renowned for her work in AI, Machine Learning, and Cloud Computing, having trained professionals from top companies like TCS and Accenture. The workshop covered various topics, including AI applications in social media, data science in fields like healthcare and fraud detection, weather prediction, and generative AI. Dr. Sharma also discussed the real-world relevance of skills, with Mr. Vikas from her team providing insights on market trends and resume building. The session concluded with e-certificates for 29 participants. It was a valuable learning experience, offering deep insights into Data Science and Machine Learning.

