

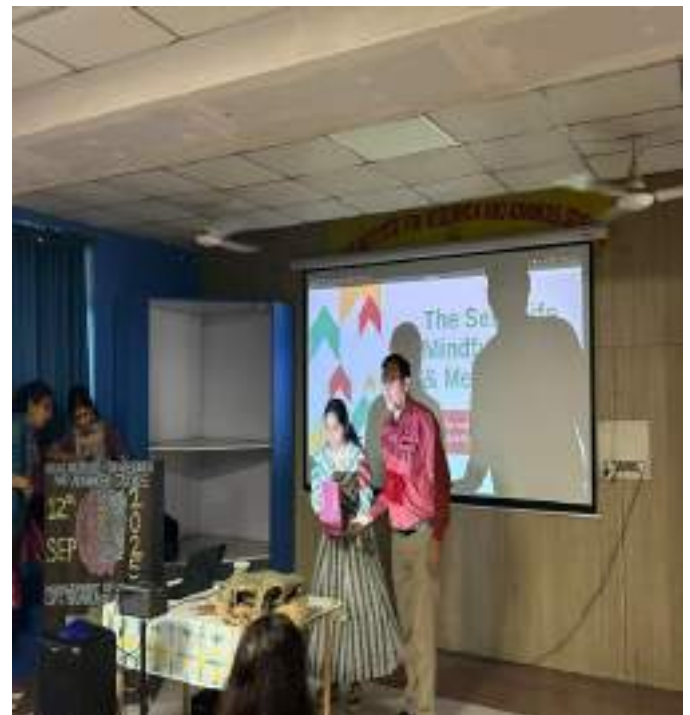
Workshop on “A significant event or experience in life” (29/08/2025)

On August 29, 2025, our college organized a workshop on the theme “**Significant Event or Experiences in Life**” for the B.Ed. students as per their curriculum. The objective of the workshop was to provide an opportunity for students to reflect upon and share meaningful experiences from their personal lives that have influenced their growth, values, and outlook. The reflective session allowed participants to express the lessons learned from their experiences. Students highlighted values such as patience, empathy, perseverance, and confidence.



Workshop on Mindfulness (12/09/2025)

A workshop on *Mindfulness* was conducted in our institution on 12/09/2025 with the objective of enhancing awareness, concentration, and emotional well-being among students/teachers. The primary objective of the workshop was to help participants understand the importance of being present in the moment, managing stress, and developing a positive mind set for personal and academic growth.



Workshop on Understanding Working in Groups (16/09/2025)

On September 16, 2025, the Department of Education conducted a workshop under the theme “Understanding the Self,” with a focus on the topic “Working in Groups.” The main objective of the workshop was to help participants understand the importance of teamwork, develop effective communication skills, build cooperation, and learn strategies for resolving conflicts while working in groups. It also aimed to make them aware of different roles in a team and how collaborative efforts lead to better outcomes.





Workshop on Language Development (8/04/2026)

A Language Development Program (LDP) titled “LINGO LEAP” was organized with the objective of enhancing students’ critical thinking, confidence, communication skills, creativity, and overall language proficiency. The resource Persons were MED Scholars .The LINGO LEAP began with a story writing activity highlighting the importance of imagination, collaboration, and structured expression in language development. Nine groups of five students each were formed. Each group was provided with an A-3 size sheet and the beginning of a story. Students enthusiastically completed the stories on their own, showcasing remarkable creativity and teamwork. Everyone performed very well, with some groups creating truly amazing, original, and engaging narratives. The groups then presented their completed stories in front of the entire audience, which further boosted their confidence and public-speaking abilities.





Workshop on Drama & Art (9/04/2026-14/04/2026)

A workshop on Drama and Art was organized to encourage creativity and self-expression among the pupil teachers. The workshop aimed to introduce participants to the educational significance of drama and art in teaching-learning. It provided an opportunity for students to explore various forms of creative and performing arts. The workshop also highlighted how drama and art can make classroom learning more engaging and experiential. Various interactive activities and practical exercises were conducted during the session. The workshop was facilitated by the resource person, **Ms. Seema Saini**, who guided the participants through different creative techniques. The session proved to be an enriching and meaningful experience for the pupil teachers, inspiring them to integrate art and drama into their teaching practices.



Terracotta Painting



Lippon Art





Blue Bird Pendent



Workshop on “Food Day” (7/04/2026)

World Health Day was organized with great enthusiasm and awareness at our institution on 7th April 2026. The main objective of the workshop was to promote awareness about the importance of good health, balanced nutrition, and physical fitness among students. One of the major highlights of the day was the Nutritious Food Exhibition. Students, divided into different houses/groups, prepared and displayed a variety of healthy food items. Each group presented charts explaining the nutritional value and health benefits of their dishes





Workshop on “Yoga Session” (8/04/2026)

On the Occasion of World Health Day the Yoga Session was organized on 8/04/2026. Students participated enthusiastically in performing different yoga asanas and physical exercises. The session emphasized the role of yoga in maintaining mental peace, flexibility, and overall well-being. The main objective of the celebration was to promote awareness about the importance of good health, balanced nutrition, and physical fitness among students. The event concluded with a message encouraging everyone to adopt healthy eating habits and include regular exercise in their daily routine. Overall, the event was informative, engaging, and successful in promoting health consciousness among students.

