

2. A workshop on Gender sensitization:

A Report of Workshop on Gender Sensitization, 20th May, 2022

Organized by: Department of Chemistry,

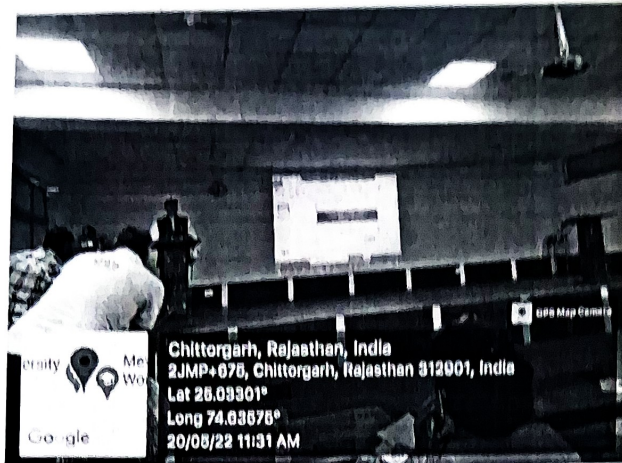
Mewar University

A Workshop on "Gender Sensitization" was conducted by Department of Chemistry, Mewar University on 20th May, 2022 (Friday) at Mewar University Campus. This programme was organized for the students & Faculty members of the HEI's to increase the awareness on gender equity between the society. The keynote speaker for the workshop was Shri Anandvardhan Shukla Sir, Pro-Vice Chancellor, Mewar University, Gangrar, Chittorgarh, Rajasthan, India.

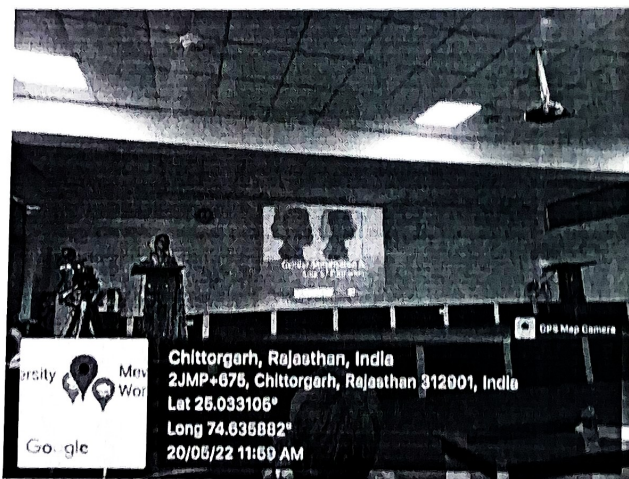


In his presentation he briefed us about the gender equity at the workplace. He informed about how to deal with sexual harassment, sexual harassment defined in law, how to avoid sexual harassment at workplace.

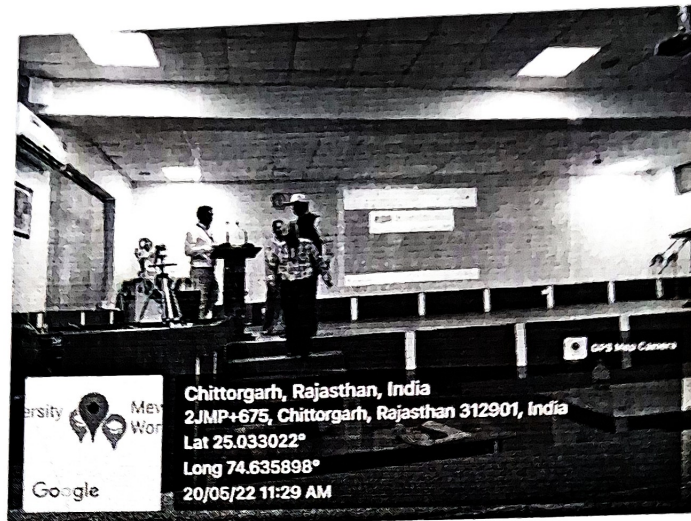
He explains about the modification in behaviour by raising awareness of gender equality concerns. He provides the information about the vishakha guidelines by Hon'ble Supreme Court.



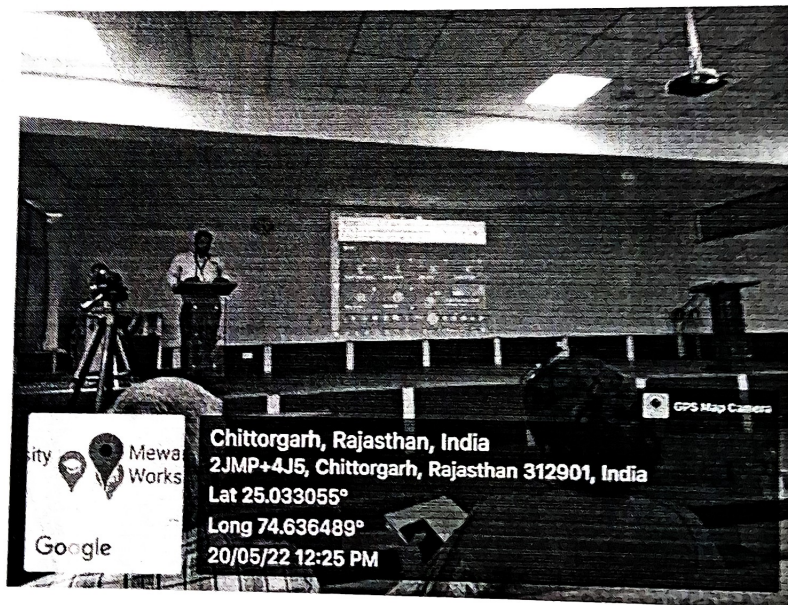
The invited speaker **Dr. Sonla Singla**, Head Department of Economics, Mewar University, explain about the topic gender sensitization and role of education in her lecture.



The welcome address was given by **Mr. Hemraj Singh**.



The program ended with vote of thanks by Dr. Mohammad Ashid. He enlightened about the program and gave a brief overview on the topic, speaker and the participants.





Counselling on Education & Career by JC Chaudhary, Chairman of Aakash Coaching Institute, to Students at Mewar University.

In the fast-paced world of education and career choices, students often find themselves at a crossroads, unsure of which path to take. Recognizing this challenge, Mewar University has partnered with JC Chaudhary, the esteemed Chairman of Aakash Coaching Institute, to provide expert counselling on education and career opportunities to its students on 17 Dec 2022.

JC Chaudhary: A Visionary Leader

JC Chaudhary, a stalwart in the field of education, is renowned for his visionary leadership and commitment to empowering students to achieve their academic and career aspirations. As the Chairman of Aakash Coaching Institute, he brings a wealth of experience and expertise in guiding students towards excellence.





राजस्थान दर्शन
उदयपुर संभाग

शिक्षण के साथ विद्यार्थियों को प्रेरित करने शिक्षक को बनाता है सम्पूर्ण: डॉ. जे.सी. चौधरी

आकाश इन्स्टीट्यूट के चेयरमैन डॉ. जे.सी. चौधरी मेवाड़ विश्वविद्यालय में

राजस्थान दर्शन

चित्तौड़गढ़ कक्ष के सभ-सभ विद्यार्थियों को प्रेरित करने के लिए सम्पूर्ण शिक्षक को बनाता है। शिक्षक विद्यार्थियों में न केवल शिक्षण प्रदान करता है बल्कि उन्हें एक महान प्रेरित करने की प्रेरणा भी प्रदान करता है। इस तरह से शिक्षक एक समृद्ध राष्ट्र का निर्माण करने में महत्वपूर्ण भूमिका अदा करता है। एक शिक्षक को बनाने के लिए विश्वविद्यालय में आयोजित सम्मेलनों में आकाश इन्स्टीट्यूट के अध्यक्ष प्रो. जे.सी. चौधरी ने विशेष बोल दिया।

ने कहा कि किसी का बुरा सोचें बर्दाश्त करने की भावना नहीं होनी चाहिए। अपने जीवन के अनुभवों को छात्रों को सही ढंग से प्रदान करने का शिक्षक का काम है।

अबको आकाश इन्स्टीट्यूट के चेयरमैन डॉ. जे.सी. चौधरी ने राजस्थान दर्शन कार्यक्रम में भाग लिया। उन्होंने शिक्षक को बनाने के लिए विश्वविद्यालय में आयोजित सम्मेलनों में आकाश इन्स्टीट्यूट के अध्यक्ष प्रो. जे.सी. चौधरी ने विशेष बोल दिया।

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Tailored Counselling Sessions

Under the collaboration between Mewar University and Aakash Coaching Institute, students have access to tailored counselling sessions conducted by JC Chaudhary himself. These sessions delve into various aspects of education and career planning, providing invaluable insights and guidance to help students make informed decisions about their academic and professional journey.

Exploring Educational Opportunities

One of the key focuses of JC Chaudhary's counselling sessions is to help students explore a wide range of educational opportunities available to them. Whether it's choosing the right course of study, selecting a specialization, or exploring alternative educational paths, JC Chaudhary provides students with comprehensive guidance to navigate through the myriad of options available.

Career Path Planning

Beyond education, JC Chaudhary also offers invaluable advice on career path planning. From identifying one's strengths and interests to exploring potential career avenues, students receive personalized guidance to align their academic pursuits with their long-term career goals. JC Chaudhary's insights into emerging career trends and market demands equip students with the knowledge they need to make informed career choices.

Preparation for Competitive Exams

With the increasing competitiveness in various fields, preparing for entrance exams has become a crucial aspect of the educational journey. JC Chaudhary's counselling sessions provide students with strategic tips and resources to excel in competitive exams, be it for admission to top universities or for securing coveted job opportunities.

Holistic Development

In addition to academic and career guidance, JC Chaudhary emphasizes the importance of holistic development. He encourages students to cultivate essential skills such as critical thinking, communication, and problem-solving, which are invaluable assets in today's dynamic job market. Through his mentorship, students are inspired to become well-rounded individuals equipped to thrive in both their personal and professional lives.

Inspiring Success Stories

JC Chaudhary's counselling sessions are not just about imparting knowledge; they are also about inspiring students through real-life success stories. Drawing from his vast experience in the education sector, JC Chaudhary shares anecdotes and examples of individuals who have overcome challenges and achieved remarkable success in their chosen fields. These stories serve as a source of motivation and encouragement for students to pursue their dreams relentlessly.

Continuous Support

The collaboration between Mewar University and Aakash Coaching Institute ensures that students receive ongoing support throughout their academic journey. Whether it's through follow-up sessions, access to resources, or mentorship opportunities, students can rely on JC Chaudhary and his team to provide guidance and assistance whenever needed.

In conclusion, the counselling on education and career by JC Chaudhary, Chairman of Aakash Coaching Institute, brings invaluable insights and guidance to students at Mewar University. Through personalized sessions, strategic advice, and continuous support, JC Chaudhary empowers students to make informed decisions and pursue their academic and career aspirations with confidence. His mentorship not only shapes students' educational journey but also inspires them to strive for excellence and success in all aspects of their lives.



Counselling on Mental Health by Dr. Harshwardhan at Mewar University on March 1, 2023.

On March 1, 2023, Mewar University had the privilege of hosting a special counselling session on mental health led by renowned psychologist Dr. Harshwardhan. This event marked a significant milestone in the university's commitment to promoting mental well-being among its faculty and students. Dr. Harshwardhan's expertise and insights provided invaluable guidance to attendees, empowering them with the knowledge and tools to navigate the complexities of mental health effectively.

Objective and Approach:

The primary objective of the counselling session was to create awareness about mental health issues and provide practical strategies for managing them. Dr. Harshwardhan adopted a holistic approach, addressing the psychological, emotional, and social aspects of mental well-being. Through a combination of informative presentations, interactive discussions, and experiential exercises, attendees gained a deeper understanding of mental health and learned effective coping mechanisms to enhance their resilience and well-being.

Key Takeaways:

During the session, Dr. Harshwardhan emphasized the importance of self-awareness and self-care in maintaining good mental health. He highlighted common stressors and triggers faced by both teachers and students in academic environments and offered evidence-based strategies for managing stress, anxiety, and other mental health challenges. Attendees learned practical techniques such as mindfulness, deep breathing, and cognitive restructuring to effectively cope with negative emotions and promote a sense of calm and balance in their lives.



Impact and Feedback:

The counselling session by Dr. Harshwardhan had a profound impact on the attendees, sparking meaningful conversations and reflections on mental health. Participants expressed gratitude for the opportunity to learn from an expert in the field and praised the session for its informative content and engaging delivery. Many noted that they felt more equipped to recognize and address mental health issues in themselves and others, leading to a more supportive and empathetic campus community.

Continued Support:

Following the counselling session, Mewar University remained committed to providing ongoing support and resources for mental health. The university expanded its counselling services, offering additional individual and group therapy sessions for those in need. Faculty members received further training on mental health awareness and support, enabling them to better assist students facing psychological distress.

Additionally, Mewar University continued to promote a culture of openness and acceptance surrounding mental health, encouraging individuals to seek help without fear of stigma or judgment.

Conclusion:

The counselling session on mental health by Dr. Harshwardhan on March 1, 2023, was a resounding success, leaving a lasting impact on the Mewar University community. Through his expertise and guidance, attendees gained valuable insights into mental health and acquired practical tools for self-care and resilience. As Mewar University continues its journey towards prioritizing mental well-being, the lessons learned from this session will serve as a foundation for creating a supportive and inclusive campus environment where individuals can thrive both personally and academically.