

SSJCOE-N-05 (i) -2021

Dated: 13-10-2021

## Shah Satnam JI College of Education, Sirsa.

### Notice

It is informed to all the staff and students of college that college is going to organize an activity for academic counseling of students on 14-10-2021. A motivational video on stress management by Dr. Ravinder Puri will be shown to the students and discussions will be held on it. It is mandatory for all the students to attend this activity.

Venue-Multipurpose Hall

Principal *[Signature]*  
13/10/2021

# Shah Satnam Ji College of Education, Sirsa

Session 2021-22


Activity Name: Academic Counselling

Occasion: \_\_\_\_\_

Date: 14/10/2021

Attendance Sheet

| Sr. No. | Name of Pupil Teacher | College Roll No. | Class         | Signature      |
|---------|-----------------------|------------------|---------------|----------------|
| 1.      | Divya                 | 5605             | B.Ed. T1nd    | Divya          |
| 2.      | Anju                  | 5610             | B.Ed. T1nd    | Anju           |
| 3.      | Naamlet               | 5616             | B.Ed. T1nd    | Naamlets       |
| 4.      | Manju                 | 5625             | B.Ed. T1nd    | Manju          |
| 5.      | Rupa                  | 5629             | B.Ed. T1nd    | Rupa           |
| 6.      | Veerpal               | 5635             | B.Ed. T1nd    | Veerpal        |
| 7.      | Komal                 | 5638             | B.Ed. T1nd    | Komal          |
| 8.      | Anju                  | 5639             | B.Ed. T1nd    | Anju           |
| 9.      | Rajni                 | 5642             | B.Ed. T1nd    | Rajni          |
| 10.     | Ravi                  | 5644             | B.Ed. T1nd    | Ravi           |
| 11.     | Sharmida              | 5685             | B.Ed. T1nd    | Sharmida       |
| 12.     | Ramjot                | 5693             | B.Ed. T1nd    | Ramjot         |
| 13.     | Sandeep Kaur          | 5699             | B.Ed. T1nd    | Sandeep Kaur   |
| 14.     | Ulfat                 | 1702             | D.El.Ed. T1st | Ulfat          |
| 15.     | Ajay Singh            | 1705             | D.El.Ed. T1st | Ajay           |
| 16.     | Priya                 | 1710             | D.El.Ed. T1st | Priya          |
| 17.     | Ammandeep Kaur        | 1711             | D.El.Ed. T1st | Aman           |
| 18.     | Pooja Devi            | 1712             | D.El.Ed. T1st | Pooja Devi     |
| 19.     | Madhu                 | 1713             | D.El.Ed. T1st | Madhu          |
| 20.     | Dimple Sharma         | 1715             | D.El.Ed. T1st | Dimple         |
| 21.     | Supriya               | 1716             | D.El.Ed. T1st | Supriya        |
| 22.     | Mukesh                | 1603             | D.El.Ed. T1nd | Mukesh         |
| 23.     | Poonam                | 1605             | D.El.Ed. T1nd | Poonam         |
| 24.     | Kirampal Kaur         | 1608             | D.El.Ed. T1nd | Kirpal Kaur    |
| 25.     | Veerpal Kaur          | 1612             | D.El.Ed. T1nd | Veerpal        |
| 26.     | Sumita                | 5805             | B.Ed. T1st    | Sumita         |
| 27.     | Monika                | 5859             | B.Ed. T1st    | Monika         |
| 28.     | Kiran                 | 5897             | B.Ed. T1st    | Kiran          |
| 29.     | Divya                 | 5806             | B.Ed. T1st    | Divya          |
| 30.     | Sonam                 | 5822             | B.Ed. T1st    | Sonam          |
| 31.     | Swati                 | 5833             | B.Ed. T1st    | Swati          |
| 32.     | Jyoti                 | 5837             | B.Ed. T1st    | Jyoti          |
| 33.     | Sami                  | 5864             | B.Ed. T1st    | Sami           |
| 34.     | Sakshi                | 5876             | B.Ed. T1st    | Sakshi         |
| 35.     | Rekha Rani            | 5878             | B.Ed. T1st    | Rekha Rani     |
| 36.     | Gagandeep Kaur        | 5887             | B.Ed. T1st    | Gagandeep Kaur |
| 37.     | Nisha Devi            | 5875             | B.Ed. T1st    | Nisha Devi     |

  
 Principal  
 Shah Satnam Ji College  
 of Education, Sirsa-125055  
 16/10/21

## Shah Satnam Ji College of Education, Sirsa

### Staff Circulation

It is informed to all the members of the staff that college is going to organize an activity for academic counseling of students on 13-10-2021. A motivational video on stress management by Dr. Ravinder Puri will be shown to the students and discussion will be held on it. Some duties are assigned to all, kindly note it.

|                       |   |
|-----------------------|---|
| Technical Arrangement | Dr. Prem Kumar Verma, Mrs. Karinderpal Kaur |
| Seating Arrangement   | Dr. Meenakshi                               |
| Discussion            | Dr. Charanpreet Kaur, Mr. Sandeep Singh     |
| Photography           | Dr. Prem Kumar Verma                        |
| Report Writing        | Ms. Anju Rani                               |

Principal  
13/10/2021  
Dr. Rajni Bala

## **Activity: Academic Counseling**

**Date: 13/10/2021**

Academic and Cultural Activity Cell, of Shah Satnam Ji College of Education, Sirsa organized an activity for academic counseling of students. A video on stress management by Dr Ravinder Puri was shown to the students. In this video Dr Ravinder Puri threw light on systematic desensitization for behavioral therapy. He gave various examples related to behavioral therapy. Students of D.El.Ed, B.Ed and M.Ed. were present at this activity. After the video a discussion session was organized by Mr. Sandeep Singh. This session was very interactive and fruitful.

  
Principal  
Shah Satnam Ji (PG) College  
of Education, Sirsa-125055

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