



REPORT

FDP ON GUIDANCE, COUNSELLING AND MENTORING

**Date: 20 to 24 September 2021,
Department of English and OEL,
Dr. Harisingh Gour Vishwavidyalaya (A Central University), Sagar M.P.**

SPONSORED BY: AICTE TRAINING AND LEARNING ACADEMY.

FDP ON GUIDANCE, COUNSELLING AND MENTORING

(20 to 24 September 2021)

FDP ON GUIDANCE, COUNSELLING AND MENTORING: 5-Days AICTE ATAL sponsored faculty development workshop was conducted from **20 to 24 September 2021**, in which around 130 participants from across the country participated.

The speakers for the 5-day workshop on “FDP ON GUIDANCE, COUNSELLING AND MENTORING” were:

Prof. N. K. Chaddha, Former Prof and Head, Department of Psychology, Delhi University and President, ICCA, USA	
	Prof. Dr. N.K. Chadha, one of the leading psychometrician of India, is a former Professor and Dean, International Relations and Chairperson (Council for Doctoral Program) at Manav Rachna International University. He is the former Professor and Head, Department of Psychology, University of Delhi; former Director and Head, Department of Adult, Continuing Education and Extension; and Chairman, Board of Research Studies in Humanities and Social Sciences, University of Delhi, Delhi, India. For five consecutive years, he was the Panel of Judge for PM's Trophy for the Steel industry and the Task force member of Performance management division of Cabinet Secretariat, Government of India. He was the senior consultant to UNDP on career development. He has been conducting many ongoing research projects with foreign universities and has carried out a number of major interdisciplinary and collaborative projects. He has published more than 120 articles in various scientific National and International journals which are often quoted by other researchers. He is on the management bodies of many institutes in India and abroad. He was invited by the UN to attend expert's group meeting held in UN head quarter on family issues. He has travelled extensively and lectured in UK, USA, Spain, Hungary, Sweden, Malta, Germany, France, Canada, New Zealand, Hong Kong, Australia, Singapore, Taipei, Japan, UAE, China, Columbia, South Africa, Philippines and Vietnam. He is involved in development of standardized psychological tests for many Multinational companies and Public sector companies for the purpose of recruitment and selection of middle and higher management levels. Recently Prof Chadha has been awarded the National Career Development Association, USA presidential award on the 28th June, 2017 at Orlando, USA and “Global Practitioner of the year -2015” on the June 30th, 2015 during the annual conference held at Denver, USA. He was awarded Life time achievement award by the Asia Pacific Career Development Association during its annual meeting held 22nd May, 2019 at Vietnam. Presently working as chief Psychometrician, Mindler India and Advisor cum chief Psychometrician, Welln.
Dr. Santosh Sohgaora, Registrar, Dr. Harisingh Gour Central University, Sagar M.P.	
	Shri Santosh Sohgaora, Registrar (I/c) of Dr. Harisingh Gour Vishwavidyalaya, Sagar (MP) under Ministry of Education, Govt. of India is a Senior Administrative Officer of the University. Prior to this, he has served as Deputy Director in All India Institute of Medical Sciences (AIIMS), Bhopal & AIIMS, Telangana, an Institute of National Importance under the Ministry of Health and Family Welfare, Government of India. Prior to serving at Dr. Harisingh Gour Vishwavidyalaya, he was appointed as Public Relations Officer at NIPER-Mohali, Chandigarh, An Institute of National Importance established by the Govt. of India in the field of Pharmaceutical Sciences. During his tenure at NIPER, Shri Sohgaora successfully conducted Institute visit program of a number of diplomats, scientists, and academic delegations from across the country and abroad, including Prince Charles of England, Prime Minister of the Country, Governors and Chief Ministers. Significantly, Shri Sohgaora has worked as a Broadcaster in All India Radio for 10 years. He served as the editor-in-chief and member of the board of editors of several journals, research journals, and e-newsletters published in the field of higher education. He was closely affiliated with the United Nations Population Fund and DFID, U.K. while working as an Officer in Government-run public welfare projects of Madhya Pradesh Government. Shri Sohgaora was given the award for the promotion of the Official Language by the Union Ministry of Home Affairs and Ministry of Fertilizers and Chemicals. Apart from this, the Punjab Government and the Chief Information Commissioner of the Country also awarded Shri Sohgaora for his outstanding contribution in the field of public relations.

Dr. Ajay Choubey, Directorate of Education, New Delhi



Ajay Kumar Choubey is principal at senior secondary school of the government of Delhi, India. He has completed his doctoral thesis at National Institute of Educational Planning and Administration (NIEPA), New Delhi. His PhD work unravels the dynamics of exclusion in schools and community in some villages of Bihar through multi-village critical ethnography in schools and community. He also taught in the B Ed course at the Department of Education (CIE), Delhi University for three academic sessions and in B El Ed courses at some undergraduate colleges such as Miranda House College, S.P.M College and LSR College for two academic sessions. He also worked as under-secretary / Research officer in the National Council of Teacher Education (NCTE), New Delhi – an autonomous regulatory agency of the Teacher Education in India.

Dr. Prabhashankar Dwivedi, Assistant Professor, IIT Tirupati



Areas of Interest: Indian Aesthetics and Poetics, Indian Theory of Theatre and Performance, Comparative Poetics, Indian Philosophy of Language, Indian Culture and Religion.

Education

Ph. D., Dr. H. S. Gour Central University, Sagar, Madhya Pradesh, India

M. Phil., Dr. H. S. Gour Central University, Sagar, Madhya Pradesh, India

M. A., Banaras Hindu University, Varanasi, Uttar Pradesh, India

B. A. (Hons. in English), Banaras Hindu University, Varanasi, Uttar Pradesh, India

He has published many Articles and delivered lectures in many National and International Seminars and Conferences.

Dr. Prakash Joshi



Dr. Prakash Joshi presently teaches at the Department of English, Dr. Harisingh Gour Vishwavidyalaya, Sagar. He carries a long teaching experience of around 30 years, which include his teaching years at Banasthali Vidyapith and at a Government Funded college in Rajasthan. He has also taught at the City University of New York, USA, as a Fulbright Visiting Professor.

He has lectured as an expert extensively at a number of places, including USA and Mauritius. He has his publications in the fields of American and British and Canadian Literatures, ELT, Literary Theory, Indigenous Cultures, Gandhian Thought, Theology, Environmentalism, and others. These are also his areas of research interest.

Dr. Gynesh Kumar Tiwari



Dr. Gyanesh Kumar Tiwari is Assistant Professor at the Department of Psychology, School of Humanities & Social Sciences, Doctor Harisingh Gour Vishwavidyalaya (University), Sagar, 470003, M. P. He has got 17 years of rich teaching and research experience with 45 Research Articles, 02 Book Chapters, 01 Book published till date. His Google scholar citations are 495 with total H-index: 13 Total i-10 index: 17. He has served in various capacities like i. Coordinator of a Global Initiatives of Academic Networks (GIAN) programme 25-30 August, 2017, ii. Coordinator, Short-Term Course on 'Gender Sensitization', HRDC, Dr. H.S. Gour University, Sagar, M. P. iii. Convener, International Webinar on "Mental health well-being and COVID-19: Challenges & solutions" organized during June 4-5, 2020 iv. Member, Admission Cell, Dr. H.S. Gour University, Sagar, M. P., v. Member, Board of Studies and School Board, Dr. H.S. Gour University, Sagar, M. P., Member, Board of Studies (BoS) of Raja Chhatrasal University, Chhatarpur, M. P. and Atak Bihari Bajpai Hindi Vishwavidyalaya, Bhopal, M. P., vi. Coordinator, University Examination (twice), Dr. H.S. Gour University, Sagar, M. P., vii. Departmental coordinator, IQAC, Dr. H.S. Gour University, Sagar, M. P.

Ms. Bandana Rai, Founder and Chief Mentor, Ananya TEC Training Education and Consulting Services.



Ms. Bandana Rai is an expert trainer with diverse work experience. She has worked for many organizations including Green People, COO, November 2016 - Present (3 years 11 months)
Amity University, Assistant Professor, July 2006 - June 2012
IIMTOBU, Assistant Professor & Industry engagement Lead August 2012 - April 2014 (1 year 9 months)
With 22 plus years of exposure to service and allied sector now her skill sets primarily include Identifying and Practicing Innovative Learning Solutions aligned with Organizational Strategic Talent Management guidelines for all related stakeholders.
She has published many Articles and delivered lectures in many National and International Seminars, Conferences and Training Programmes.

Dr. Sanjay Kumar, Dr. Harisingh Gour Vishwavidyalaya (A Central University), Sagar, MP



Education: Ph.D. Banaras Hindu University (BHU) 2014 Health Psychology, M. A. University of Allahabad 2008 Psychology, Diploma in Clinical Psychology RTOU Allahabad 2020 Clinical Psychology
Specialization/Research Areas: Health Psychology, Clinical Psychology, Applied Counselling
Project: Awareness and Attitude towards Globalization and its impact on Person and Social Identity among India Youth by ICSSR.
He has published many Articles and delivered lectures in many National and International Seminars and Conferences.

Dr. Vandana Rajoriya, Assistant Professor, Dr. Harisingh Gour Vishwavidyalaya (A Central University), Sagar, MP



ICFAI Trained Soft Skills Trainer, Member, Board of Editors, Rockpebbles, Research Journal of English Literature from Naranpur, Orissa and Member, Board of Editors as Reviewer in the Literary Perspectives. A Journal of Language and Literature from Lucknow, U.P. India. She has also worked as Lecturer; English in Government Polytechnic College Khurai, Sagar, M.P (was selected for this position through MPPSC). A first class post graduate in English Literature, a P.D. Tiwari Gold medalist in graduation she has got thirteen years of rich teaching and research experience with two reference books entitled 'D.H. Lawrence and Psychoanalysis' and 'Transformation of poetic discourse in rasa and post-structuralist poetics', two books of poems entitled: 'Serious Timings Beautiful Rhymings' and 'Tiny Droplets', eleven Chapters in books and anthologies, twenty one research papers in refereed Journals and seven poems in Anthologies published till date.

Mr. Satish Kumar



Shri Satish Kumar is presently working as Deputy Registrar in Dr. Harisingh Gour Vishwavidyalaya Sagar. He joined as Assistant Registrar in this Vishwavidyalaya in September 2010 and Deputy Registrar in July 2016. Before it, he was working as a Review Officer in the High Court of Judicature at Allahabad. He did his Master's Degree in Public Administration from the University of Lucknow in 1995 and LLB Degree from the University of Allahabad in the year 2004. He has vast experience in legal Establishment, Recruitment, Academics, and Faculty Affairs. He has been instrumental in drafting ordinances, regulations statutes, and Recruitment Rules of Dr. Harisingh Gour VV Sagar. He has been the Member of the Subordinate Legislation Committees for the Central University of Gujarat, Purnea University Bihar, and has been instrumental in finalizing the Reservation Roster of Teaching Positions in Dr. Harisingh Gour VV Sagar, Central University of Punjab, and the Central University of Orissa. He has also been the Member of the Committees on Non-Teaching Staff in Dr. Hemvati Nandan Bahuguna Central University Shrinagar and Purnea University Bihar. He has been a resource person for UGC HRDC Sagar, Govt of MP, Institute of Distance Education Sagar, TLC Sagar, and Rajbhasha Vibhag in various workshops and training programs.

Dr. V. Vamshi Krishna Reddy



Dr. Vamshi Teaches at the Centre for Comparative Literature, University of Hyderabad. He has MA, MPhil and PhD from University of Hyderabad. Right after PhD, Dr. Vamshi Joined National Institute of Technology Rourkela (NIT Rourkela) and worked for 3 years and subsequently joined Indian Institute of Technology Tirupati (IIT Tirupati) and worked for 3 and half years. He recently joined University of Hyderabad. He teaches courses such as Communicative English, Public Speaking, and Indian Literature His research areas are Cultural Studies and Film Studies.

FDP ON GUIDANCE, COUNSELLING AND MENTORING (20 to 24 September 2021)

The schedule of the workshop was as follows-

Dates	11:00 AM to 12:00 PM	12:00 PM to 01:00 PM	01:00 PM to 03:00 PM	03:00 PM To 04:00 PM	04:00 PM to 06:00 PM	08:00 PM to 09:00 PM
20/09/2021	Inaugural Ceremony and Introduction to the Faculty Development Programme	Break	Session 1 Tools and Techniques of Mentoring: Mentoring in the Classrooms and in the Virtual Environment. Ms. Bandana Rai Founder and Chief Mentor At Ananya TEC Services	Break	Session 2 The Essence of Personality Development and Soft Skills: Lecture + Activity Shri Santosh Sohgaure Registrar (DHSGVV)	Inaugural Lecture Emotional Intelligence and Success Prof. N.K. Chada President, ICCA USA
Dates	10:00 AM to 12:00 PM	12:00 PM to 01:00 PM	01:00 PM to 03:00 PM	03:00 PM To 04:00 PM	04:00 PM to 06:00 PM	06:00 PM to 06:15 PM
21/09/2021	Session 4 Guidance, Counselling and Mentoring: The Role of Teachers /Lecture Dr. Vandana Rajoriya Dept. of English and OEL (DHSGVV)	Break	Session 5 Emotional Intelligence and Conflict Handling / Lecture Dr. Sanjay Kumar Dept. of Psychology (DHSGVV)	Break	Session 6 Role of Positive Psychology in Guidance, Counselling and Mentoring Dr. G.K. Tiwari Dept. of Psychology (DHSGVV)	Discussions or Activity
22/09/2021	Session 7 Mentoring Young Writers: Academic Writing Dr. Vandana Rajoriya Dept. of English and OEL (DHSGVV)	Break	Session 8 Leadership and Mentoring /Lecture Dr. V. Vamshi Krishna Reddy Centre for Comparative Literature, University of Hyderabad	Break	Session 9 Ethical Guidelines for Teachers while Guiding, Counselling and Mentoring Ms. Bandana Rai Founder and Chief Mentor At Ananya TEC Services	Discussions or Activity
23/09/2021	Session 10 Modes and Means of Academic Writing / Lecture Dr. Prabhashankar Dwivedi Assistant Professor, IIT Tirupati	Break	Session 11 Mentoring Scholars: Philosophy of Research and Scientific Conduct /Lecture Dr. Prakash Joshi Fullbright Fellow (DHSGVV)	Break	Session 12 Evaluating the Mentoring Process /Lecture Dr. Ajay Choubey Principal, DOE, New Delhi	Discussions or Activity
24/09/2021	Session 13 Guiding the Mentors: Career Advancement Scheme of UGC Shri Satish Kumar Deputy Registrar (DHSGVV)	Break	Session 14 Stress Management and Work life Balance / Lecture Dr. Vandana Rajoriya Assistant Professor Dept. of English and OEL (DHSGVV)	Break	Examination and Feedback Session (04:00 PM to 05:00 PM)	Valedictory Function (05:00 PM to 06:00 PM)

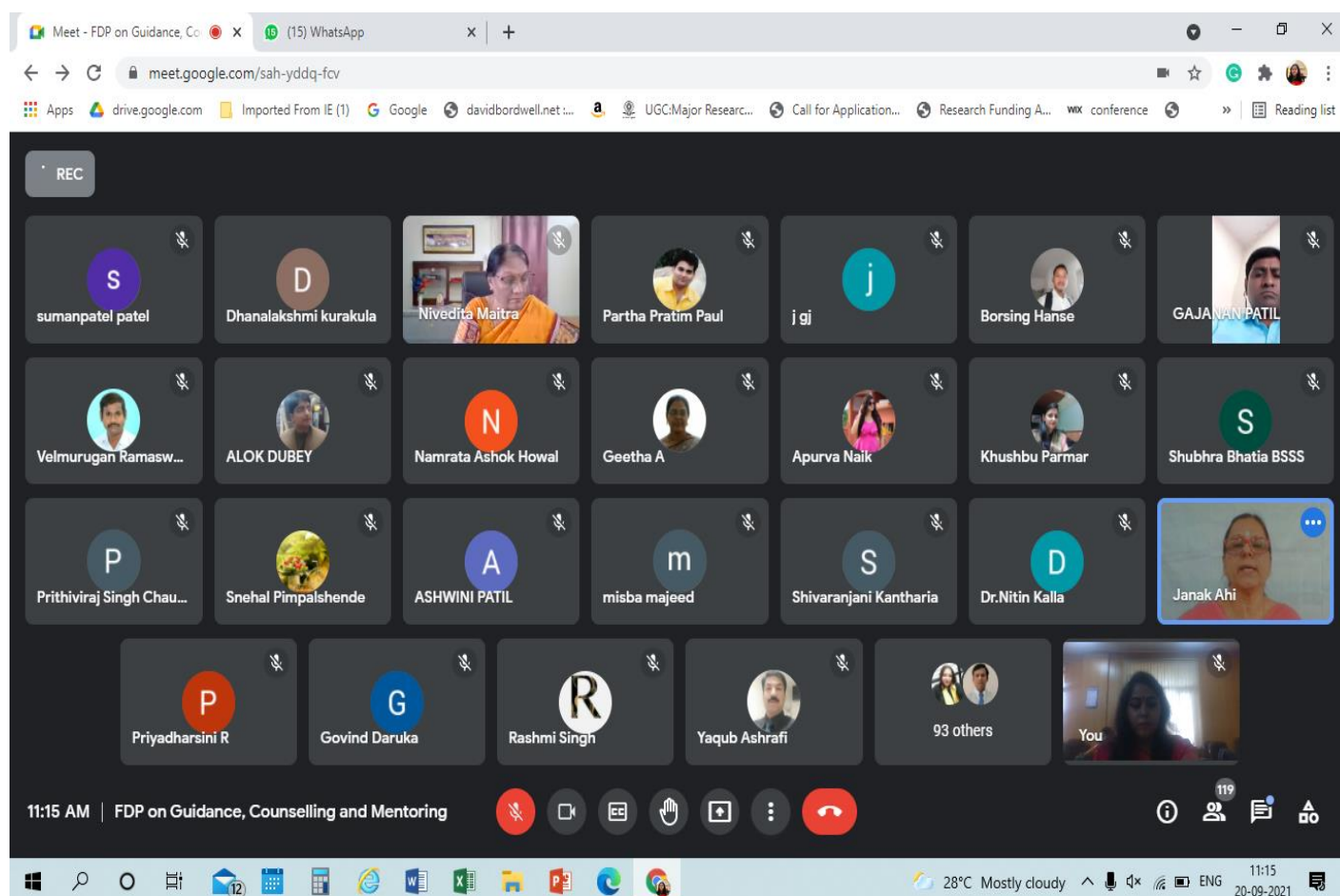
FDP ON GUIDANCE, COUNSELLING AND MENTORING EFFECTIVENESS

(20 to 24 September 2021)

The inaugural ceremony was held on 20th October 2020 online at 11:00 am. Chief Guest of the program was Prof. Janak Dulari Ahi, Vice-Chancellor, Dr. H. S. Gour Vishwavidyalaya(A Central University), Sagar, MP, Mr. Santosh Sohagaura, Registrar, Dr. H. S. Gour Vishwavidyalaya(A Central University), Sagar, MP, and Prof. A.D. Sharma, Director Academic Affairs, Dr. H. S. Gour Vishwavidyalaya(A Central University), Sagar, MP were the guests of honour . Prof. J. D. Ahi, Mr. Santosh Sohagaura, Prof. Nivedita Maitra, Head, Department of English and Dr. Vandana Rajoriya, ATAL Coordinator chaired the function. Also, Directors of different academies, and Professors, Research Scholars, from the Department, Head of the Departments and Teachers from the University and Colleges of Sagar and PG Students of the Department joined the inaugural.

In her welcome address Prof. J. D. Ahi highlighted the fact that the idea of the mentor was as old as the art of storytelling itself. She asserted that the need for the Mentors was never felt as pressing; as it is felt today after the implementation of the New Education Policy 2020 and pointed out how the research studies have revealed that emotionally intelligent persons with positive attitudes excel in their professional, social as well as personal life and also the fact that the students need guidance and motivation for the development of desirable attitudes and positive thinking. She wished the workshop to be to be a success.

Some screenshots of the inaugural function are as below.



Inaugural Ceremony

WHAT IS EMOTIONAL INTELLIGENCE?

- ✓ Emotional intelligence is intelligent use of emotions.
- ✓ Emotional Intelligence is about being —heart smart, not just look smart.
- ✓ Emotional Intelligence is not about being nice all the time –It’s about being honest.
- ✓ Emotional Intelligence is not about being “touchy-feely”. –It’s about being aware of your feelings, and those of others.
- ✓ Emotional Intelligence is not about being emotional - It’s about being smart with your emotions.

Rohit Ahirwar has left the meeting

8:24 PM | FDP on Guidance, Counselling and Ment...

In-call messages

Deepika Khanna 9:15 PM
Reading is very important

pathivada revathi 9:17 PM
Thank you so much sir. Really interesting

N.K. Chadha 9:17 PM
material send to vandana ji

Govind Daruka 9:17 PM
Thank you very much Sir for an enlightening talk.

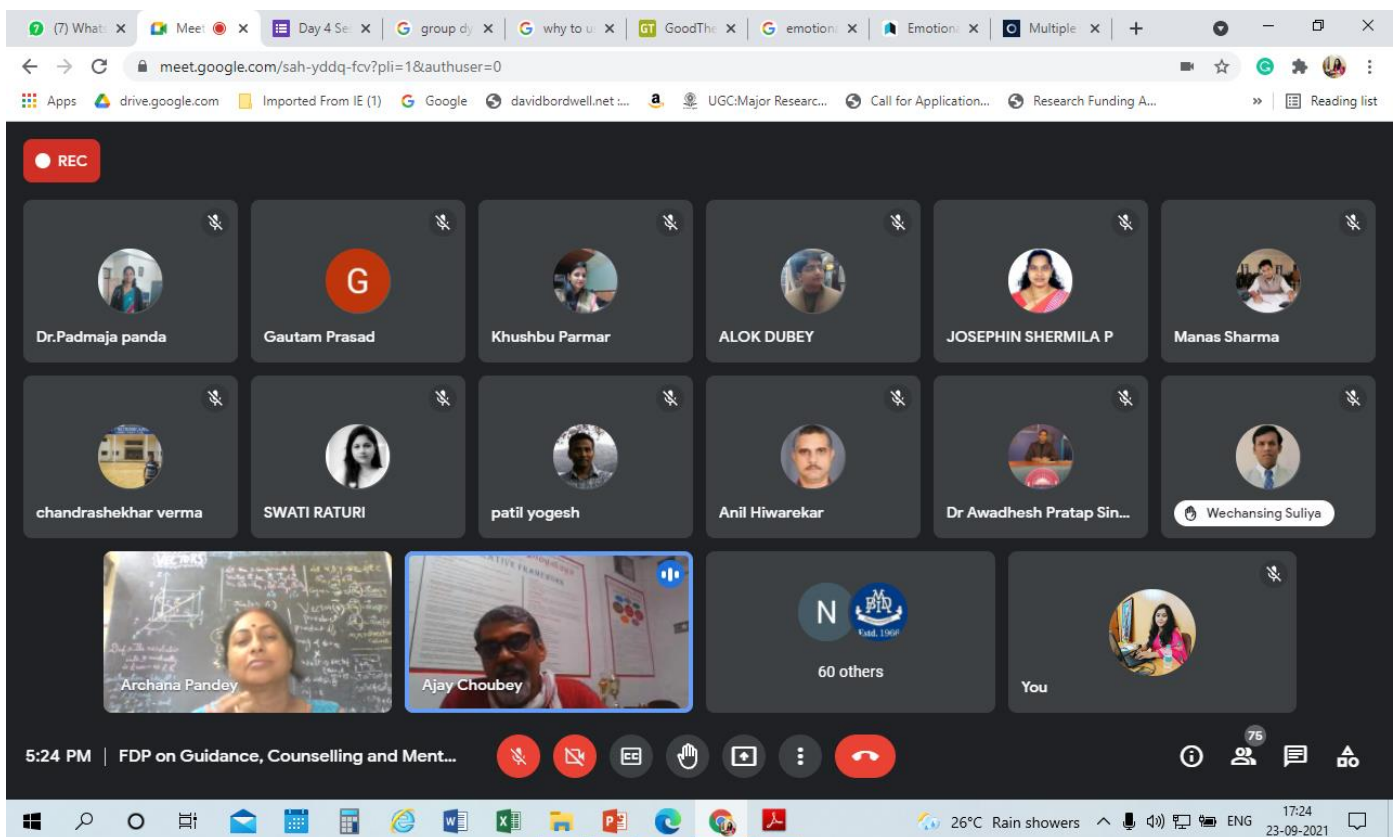
Harpreet Kaur 9:21 PM
Thank you N.K. Sir... Appreciate organisers efforts too...an extremely fruitful session forcing us to introspect and reform

9:21 PM | FDP on Guidance, Counselling and Mento...

Inaugural Lecture



All the lectures of the workshop were well received and appreciated by the Participants.



Photos - Screenshot (627).png

See all photos + Add to

meet.google.com/sah-yddq-fcv?pli=1&authuser=0

REC Prabha Shankar Dwivedi is presenting

Rhetorical Modes: Narrative Mode

- The four basic components to all narratives are plot, character, conflict, and theme.
- The use of sensory details is crucial to emotionally engaging the reader.
- A strong introduction is important to hook the reader. A strong conclusion should add resolution to the conflict and evoke the narrative's theme.
 - Examples: Anecdote (a short tale narrating an interesting or amusing biographical incident), Autobiography/Memoir/Biography/Novel/Oral histories/Short stories

11:04 AM | FDP on Guidance, Counselling and Men...

27°C Light rain

11:04 23-09-2021

36°C Partly sunny

13:32 19-03-2022

Photos - Screenshot (617).png

See all photos + Add to

meet.google.com/sah-yddq-fcv?pli=1&authuser=0

REC Dr. Sanjay Kumar is presenting

Cognitive Distortions that Add to Anxiety, Worry, and Stress

Looking at things in black-or-white categories, with no middle ground ("If I fail short of perfection, I'm a total failure.")

Generalizing from a single negative experience, expecting it to hold true forever ("I didn't get hired for the job. I'll never get any job.")

Focusing on the negatives while filtering out all the positives. Noticing the one thing that went wrong, rather than all the things that went right.

Coming up with reasons why positive events don't count ("I did well on the presentation, but that was just dumb luck.")

Making negative interpretations without actual evidence. You act like a mind reader ("I can tell she secretly hates me.") or a fortune teller ("I just know something terrible is going to happen.")

Expecting the worst-case scenario to happen ("The pilot said we're in for some turbulence. The plane's going to crash!")

Believing that the way you feel reflects reality ("I feel frightened right now. That must mean I'm in real physical danger.")

Holding yourself to a strict list of what you should and shouldn't do and beating yourself up if you break any of the rules

Labeling yourself based on mistakes and perceived shortcomings ("I'm a failure; an idiot; a loser.")

Assuming responsibility for things that are outside your control ("It's my fault my son got in an accident. I should have warned him to drive carefully in the rain.")

14:22 | FDP on Guidance, Counselling and Mentoring

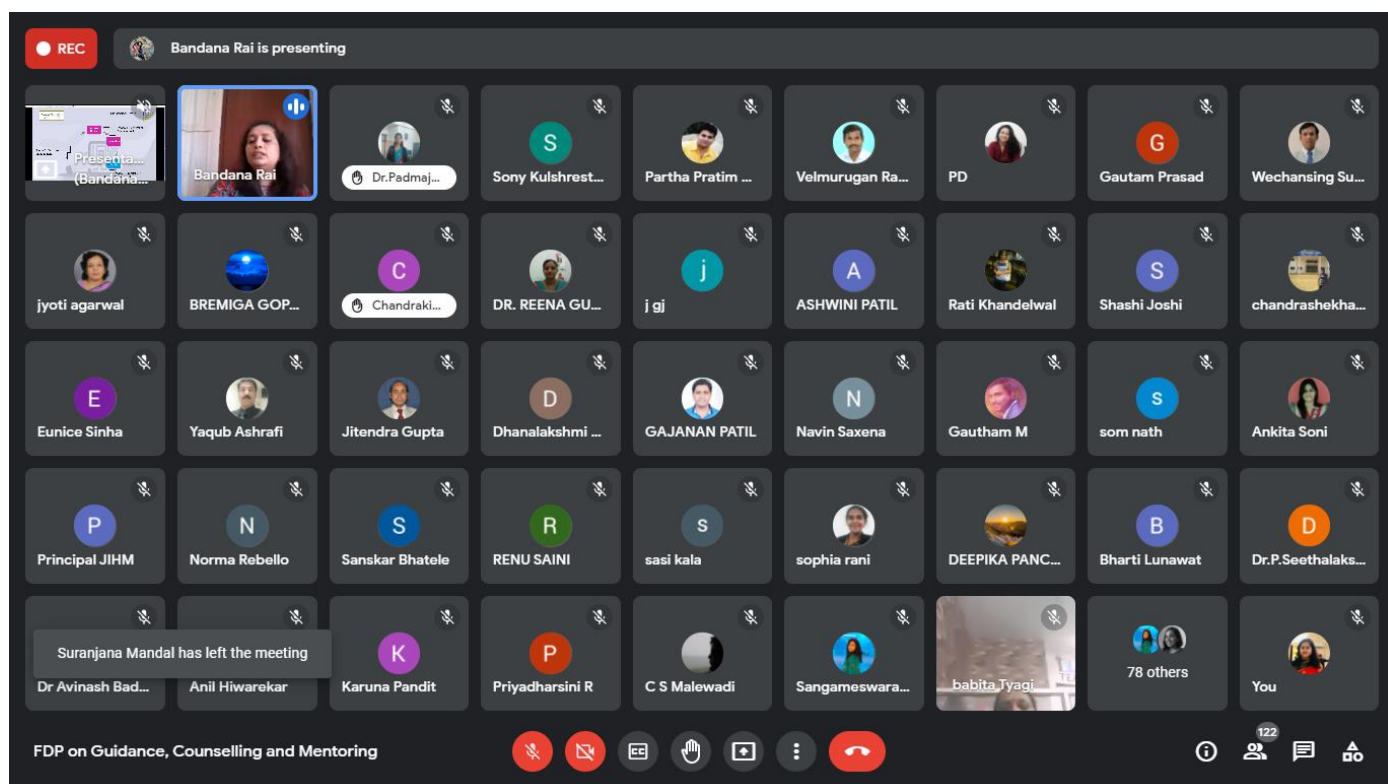
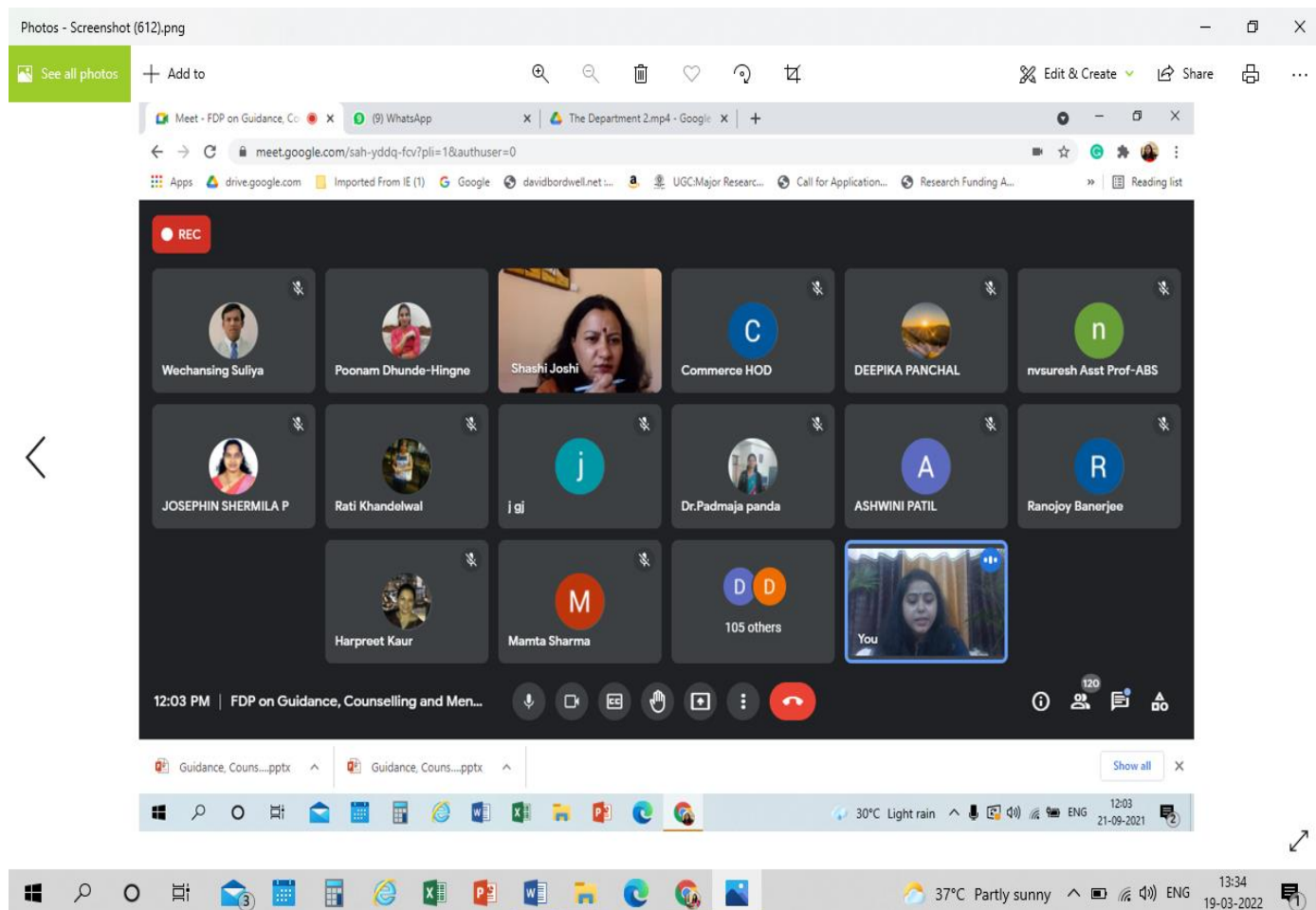
31°C

14:22 21-09-2021

37°C Partly sunny

13:33 19-03-2022

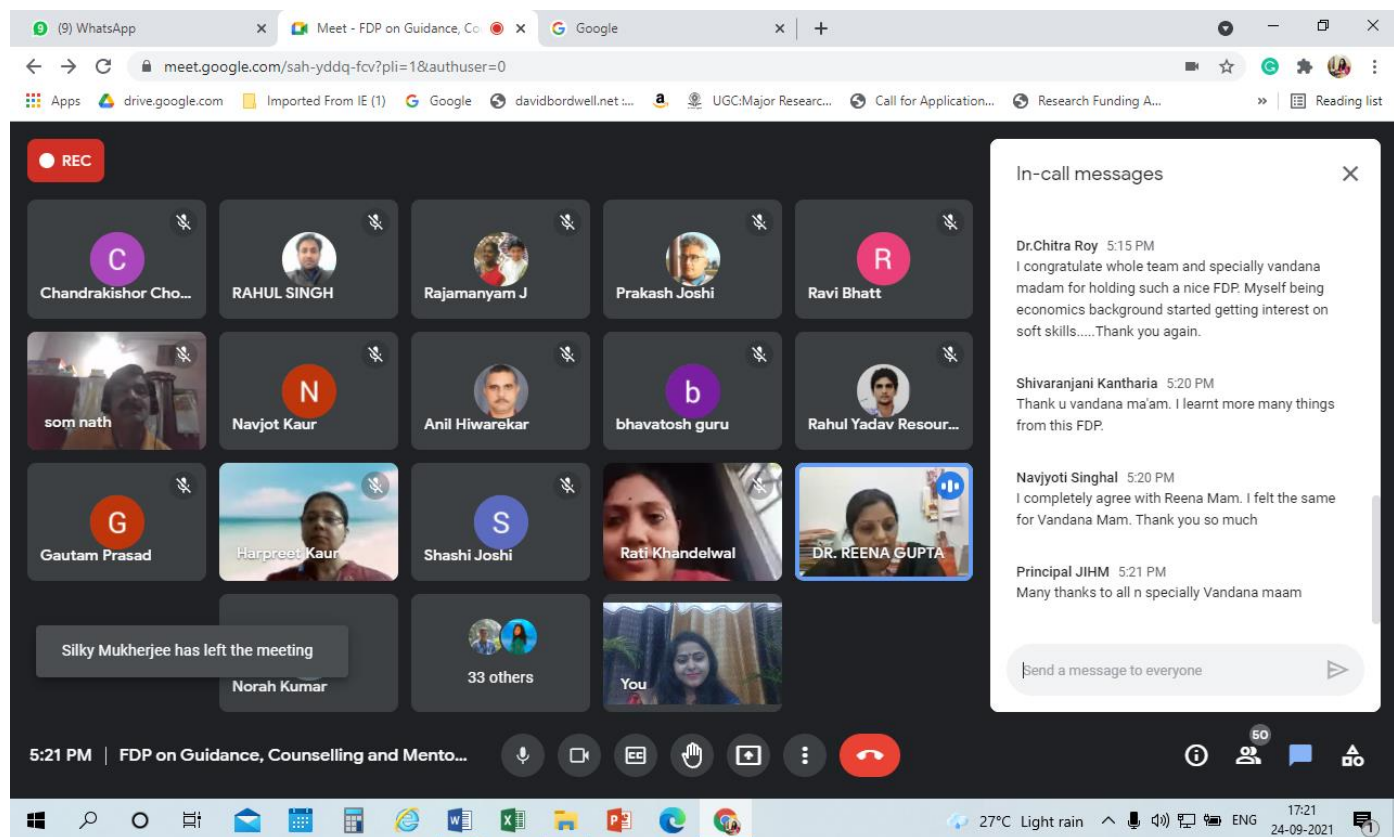
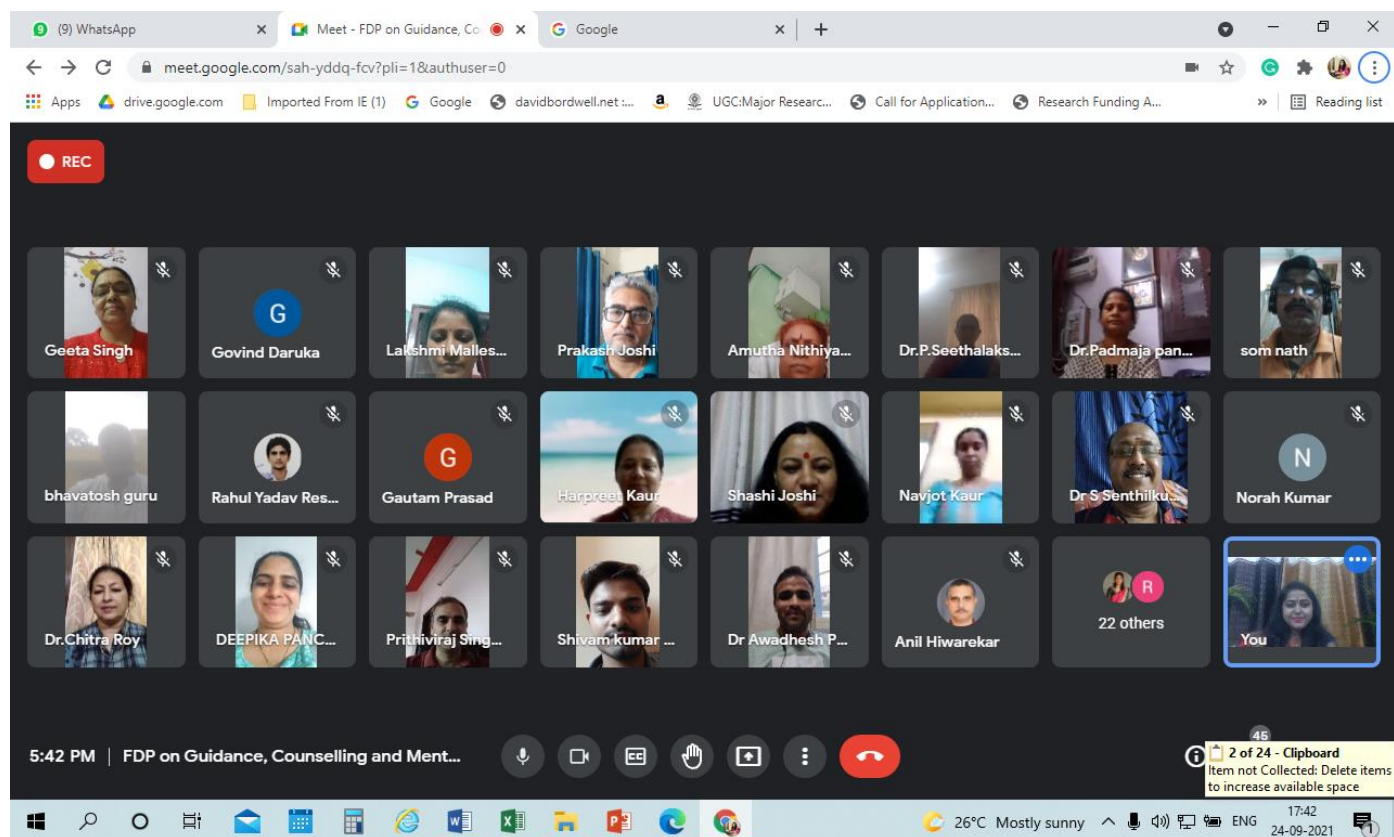
ATAL Workshop on Guidance, Counseling and Mentoring (20 to 24 September 2021)



ATAL Workshop on Guidance, Counseling and Mentoring (20 to 24 September 2021)

The Valedictory function of the workshop was held on 24/09/2021 at 05:00 PM. Dean, School of Languages, Head Department of English, Teachers from the department of English and all the participants were present.

The photographs of the function are as below:



ATAL FIVE DAY WORKSHO ON GUIDANCE, COUNSELLING AND MENTORING

**UNDER THE SCHEME OF AICTE TRAINING AND LEARNING (ATAL) ACADEMY PROGRAMME
20TH SEPTEMBER TO 24TH SEPTEMBER**

DEPARTMENT OF ENGLISH AND OTHER EUROPEAN LANGUAGES
DR HARISINGH GOUR VISHWAVIDYALAYA, (A CENTRAL UNIVERSITY) SAGAR (M.P.) 470003

LIST OF PARTICIPANTS WHO SUCCESSFULLY COMPLETED THE WORKSHOP

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The screenshots of some of the feedbacks received for the workshop are as below:

00:10:01.026,00:10:04.026
Vidhu Gupta: Thanks a ton to the Organisers especially Dr. Vandana for this enlightening workshop. Content of the workshop was really need of the hour and reflective in nature. Sessions opened new horizons and I am definitely going to apply various tools and methods in my mentorship for the betterment of my students...
Thanks a lot🙏🙏🙏

00:12:16.997,00:12:19.997
SUNIT KUMAR: Attendance link for third session pls

00:13:34.822,00:13:37.822
Dr.Chitra Roy: I congratulate whole team and specially vandana madam for holding such a nice FDP. Myself being economics background started getting interest on soft skills.....Thank you again.

00:18:44.199,00:18:47.199
Shivaranjani Kantharia: Thank u vandana ma'am. I learnt more many things from this FDP.

00:18:50.156,00:18:53.156
Navjyoti Singhal: I completely agree with Reena Mam. I felt the same for Vandana Mam. Thank you so much

00:18:55.742,00:18:58.742
Principal JIHM: Many thanks to all n specially Vandana maam

00:22:51.099,00:22:54.099
Navjot Kaur: Heartiest Congratulations to all the organizers.

00:23:24.337,00:23:27.337
Navjot Kaur: Thanks a lot for making us the part of this erudite session

00:23:47.698,00:23:50.698
Poonam Dhunde-Hingne: Heartiest Congratulations to Vandana Mam and the entire team for conducting wonderful FDP. Nice presentations, excellent speakers... Got to learn many things and it was definitely knowledge oriented FDP.

00:24:14.677,00:24:17.677
Deepika Khanna: EQ Best part

00:24:22.379,00:24:25.379
Navivoti Singhal: Fantastically organised FDP. I have attended till now. All credit goes to the organizers and especially Vandana Mam.

00:24:22.379,00:24:25.379
Navjyoti Singhal: Fantastically organised FDP, I have attended till now. All credit goes to the organizers and especially Vandana Mam.

00:24:39.778,00:24:42.778
Navjot Kaur: Stress management was also presented so well

00:25:59.761,00:26:02.761
Wechansing Suliya: I will talk for one minute please give me turn

00:26:02.174,00:26:05.174
Navjyoti Singhal: In fact, I had taken EQ test of my Mother in Law and husband too.. Both were Hghh EQ.

00:27:24.475,00:27:27.475
nvsuresh Asst Prof-ABS: It was really nice and wonderful session mam.. Good work mam keep it up mam.

00:28:50.664,00:28:53.664
Vandana Rajoriya: Yes ma'am

00:30:06.162,00:30:09.162
Harpreet Kaur: I totally agree with Norah Ma'am

00:33:41.230,00:33:44.230
Govind Daruka: It was an excellently planned and executed FDP. Thanks to AICTE-ATAL, Dr. Harisingh Gour Vishwavidyalaya, and specifically the FDP coordinator Smt. Vandana Rajoria and her whole team. I am grateful to all the resource persons. I see this FDP as just the beginning and churning experience to bloom further.

00:33:59.483,00:34:02.483
Harpreet Kaur: THANKYOU MA'AM

00:41:26.157,00:41:29.157
GAJANAN PATIL: Great efforts taken by the organizing team. Many congratulations to you all and also to the participant friends, also especially to Vandana Mam for arranging things very superbly. Being Co-ordinator and also a participant, hats off to your efforts for managing everything so fantastically... GREAT

It was a great Initiative by ATAL Academy. I am thankful to AICTE for giving me this opportunity to conduct online FDP for faculty members of Higher Education and the technical institutes of India free of cost. There was huge response for registration in the workshop and the participants were full of appreciation for the entire event.