### CAREER COUNSELING & PLACEMENT CELL VGC MANDI Session -2023-24

### Activities :

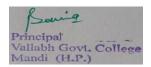
### 1. Guest lecture on Chanderyan on 29 -8-23

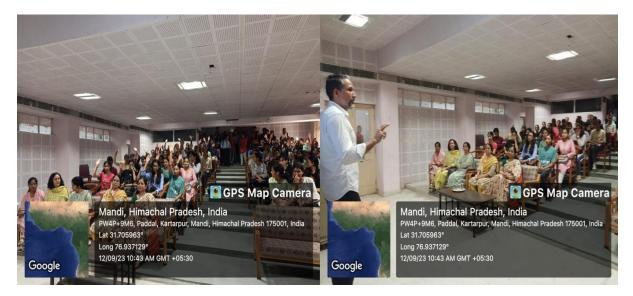
A lecture on the Chanderyan mission was organised in the hall under Career counseling and placement cell. ISRO Scientist Mr. Prashuman delivered the lecture on the topic and interacted with students on 29 August 23.



2. Career counseling workshop on 12-9-23

On 12 September a workshop on career options for students of all streams was organised in the college. Worthy Principal ms. Surina Sharma presided the event . Dr. Sanjay Thakur showed the presentations invoking the students to open up and interact in friendly way. Dr. Monika Panchani presented the vote of thanks. Members of the committee Prof. Shikha Kapoor, Dr. Ritesh Verma, Prof. Vandana Dr. Monika and Prof Premlata were present in the event.

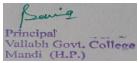




#### 3. Workshop on stress management on 16-9-23

One day workshop on stress management was organised on 16th September 2023 in the college for the students. Dr. Pawneesh Sharma District Programme Officer, Zonal Hospital Mandi was the resource person. bout 150 students participated and interacted in the workshop.







### 4. Seminar Report on "Career Guidance for Civil Services and Govt. Jobs" held on 6<sup>th</sup> Oct, 2023

A seminar was organized by the Career Counseling and Placement Cell of Vallabh Government College, Mandi on "Career Guidance for Civil Services and Govt. Jobs" on 6<sup>th</sup> Oct, 2023 in the Library Conference Hall of VGC Mandi. Resources persons were invited from NIMBUS Academy, Chandigarh to guide the students on various aspects of civil services and other government sector jobs.

सिविल सर्विसेज में जाने वाले विद्यार्थियों को दिए महत्वपूर्ण टिप्स

• खबरनामा ब्यूरों। मंडी वल्लभ राजकीय महाविद्यालय मंडी में करियर काउंसलिंग सेल द्वारा एकदिवसीय कार्यशाला का आयोजन किया गया। कार्यशाला की अध्यक्षता महाविद्यालय की प्राचार्य प्रोफेसर सुरीना शर्मा ने की। प्राचार्या ने कहा कि प्रशासनिक सेवाओं को ज्वाइन करने के लिए दृढ़ निश्चय, मेहनत व समय प्रबंधन की महत्वपूर्ण भूमिका हैं। करियर काउंसलिंग एवं प्लेसमेंट सैल की समन्वयक डॉ मोनिका

पंचानी ने कहा कि प्रशासनिक सेवाओं में उज्जवल भविष्य विषय पर कार्यशाला का आयोजन किया गया। कार्यशाला में निंबस अकादमी चंडीगढ़ के रिसोर्स पर्सन ने सिविल सर्विसेज में भविष्य बनाने वाले इच्छुक विद्यार्थियों को महत्वपूर्ण टिप्स दिए। इस अवसर पर प्लेसमेंट सेल के सदस्य डॉ संजय ठाकुर, डॉ रोजिला, डॉ मनोज ठाकुर, प्रोफेसर प्रेमलता व प्रोफेसर दीप्ति विशेष रूप से उपस्थित रहे।

## 5. Mountaineering and Rock-Climbing: Techniques, Scopes and Career Perspectives'' on 26/10/2023.

The Career Counseling and Placement Cell of Vallabh Govt. College Mandi hosted a seminar on "Mountaineering and Rock-Climbing: Techniques, Scopes and Career Perspectives" on 26/10/2023. Mr. Inder, a distinguished trainer and instructor from Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports (ABVIMAS) in Manali was the resource person. Mr.

Inder's impactful sessions offered deep insights into the physical, mental, and emotional aspects of mountaineering, shaping a new generation of aspirants. Principal VGC Mandi in her address motivated the students to develop interest in such adventures activities. Dr. Arwind conducted the programme . Dr. Monika presented vote of thanks. About 70 students participated and 7 teachers attended.



### 6 .Seminar on job oppurtunities in defense sector on 7 <sup>th</sup>November 2023

A seminar on career oppurtunities to graduate students in Indian army was organized on 7 Nov. 2023in the Conference hall at 1:30 pm. . Col.D.S. Samant Director recruiting in ARO Mandi was the resource person. He gave a motivational talk on the topic to NCC/NSS/ Rovers &Rangers and students of different stream . About 100 students attended and 5 teachers were present.

# 7. Seminar on higher education opportunities and prospective in collaboration with Chitkara University .

A seminar on higher education opportunities and prospective was orgnaised on 29<sup>th</sup> Feb 2024 in collaboration with Chitkara University . Dr Kiran Kupwade from Chitkara University was the resource person for the seminar. He provided a detailed insight on the interview skills to the students. He was accompanied by Dr. I. D. Sharma, Retd Principal who also taught students about the importance of moral values and positivity in life and career.



### 8. "Career Design, Opportunity and Preparation for Government Competitive Exams in collaboration with (SITE) Sarswati Institute for Training in Exams, Mandi.

A seminar on "Career Design, Opportunity and Preparation for Government Competitive Exams" was organized on 7<sup>th</sup> March 2024 in collaboration with (SITE) Sarswati Institute for Training in Exams, Mandi. Director cum Head Ms. Supreet Kaur of the SITE -Sarswati Institute for Training in Exams Mandi, briefed about the preparation of various government services, interacted with the students of the college in the conference hall. In this brief interaction session, she firstly talked about the carrier design that how a student can choose a bright carrier in different fields. Also, information about the preparation of government competitive exams were discussed in detail with the students.



Convener Dr. Monika

