



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

IQAC INITIATIVES ACTIVITIES FOR THE YEAR 2024-25



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ACTIVITIES

Sl. No.	Activities	Date	Link
1	A Session on Breast Cancer Awareness	3 rd October 2024	View
2	A Session on How to Teach Children Effectively	17 th August 2024	View
3	A Session on Executive Communication to Empower Future Educators	10 th February 2025	View
4	A Session on Cyber Crime Awareness Program	12 th February 2025	View
5	A Session on Awareness About Cervical Cancer	15 th February 2025	View
6	A Session on Making a Difference to Your Thoughts	21 st March 2025	View



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REPORT

Title of the Programme	: A Session on Breast Cancer Awareness
Organizing Cell	: IQAC of D.B.M.S. College of Education
Date	: October 3, 2024
Venue	: College Auditorium
Resource person	: Dr. Sujata Mitra
No. of Participants	: 77

CONTEXT

As part of the global Pink October campaign, a breast cancer awareness session was organized at D.B.M.S. College of Education on October 3, 2024. The initiative aimed to spread awareness about early detection, prevention, and treatment of breast cancer, especially among women, students, and educators.

OBJECTIVES

- To educate participants about the symptoms, risk factors, and early detection methods of breast cancer.
- To promote a healthy lifestyle and emotional support for those affected, and to dispel common myths around the disease.

PROCESS

- The session was conducted by Dr. Sujata Mitra from Meherbai Tata Memorial Hospital.



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- She delivered an interactive presentation focusing on self-examination techniques, the importance of regular screenings, and the psychological aspects of breast cancer.
- Visual aids and open discussions were used to engage the audience and clarify misconceptions.
- Participants were encouraged to register for free mammography screenings and take proactive steps in health monitoring.

OUTCOME

Attendees gained increased awareness and practical knowledge about breast cancer prevention and early detection. The session successfully empowered participants to take preventive action and support awareness initiatives in their communities.

CONCLUSION

The awareness session marked a meaningful contribution to the Pink October movement, reinforcing the importance of early detection and informed action. It encouraged participants to become advocates of health and well-being in society.



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PHOTOGRAPHS OF THE SESSION





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PIC 3 – DR. SUJATA EXPLAINING ABOUT MAMMOGRAPHY



PIC 4 - DR. SUJATA ENCOURAGING FOR FREE BREAST CANCER SCREENING



D.B.M.S. College of Education

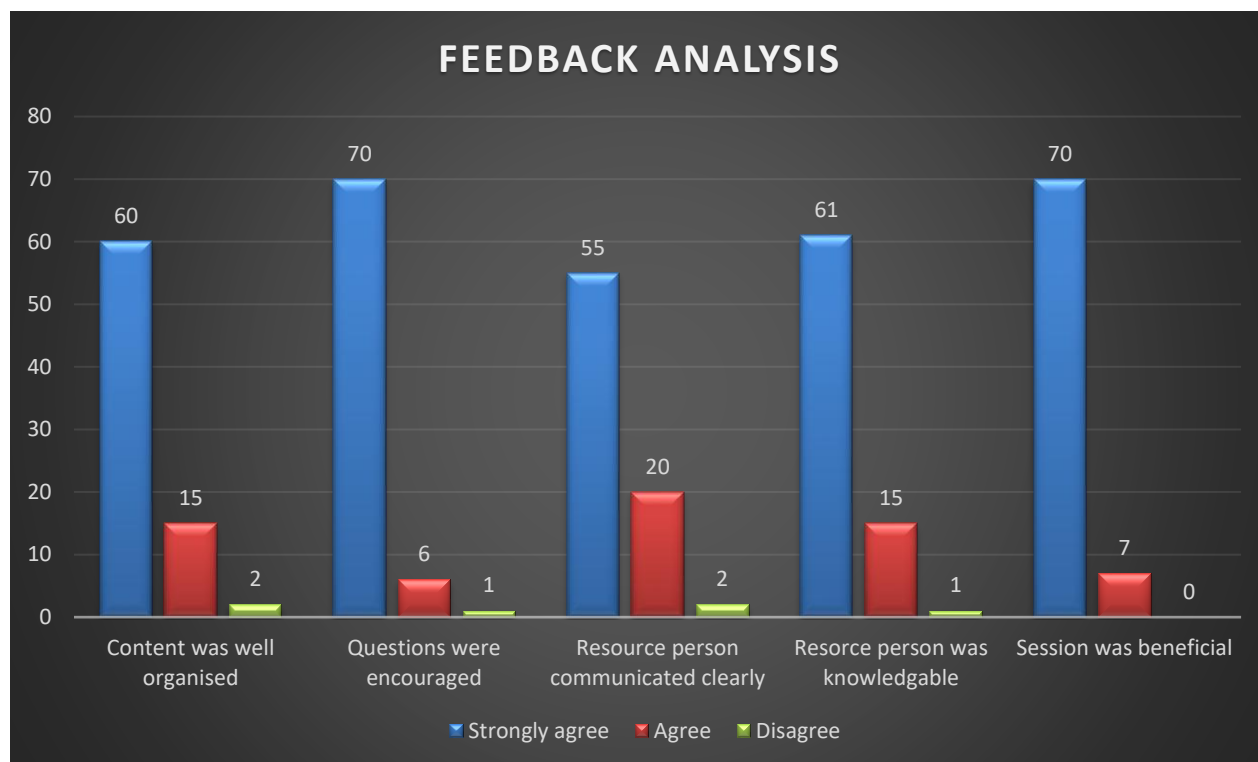
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FEEDBACK ANALYSIS





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REPORT

Title of the Programme	: A Session on How to Teach Children Effectively
Organizing Cell	: IQAC of D.B.M.S. College of Education
Date	: 17th August 2024
Venue	: College Auditorium
Resource person	: Mr. Himanshu Seth
No. of Participants	: 80

CONTEXT

In light of the need to equip future educators with practical teaching strategies, a session titled "How to Teach Children Effectively" was organized at D.B.M.S. College of Education. The session was conducted by Mr. Himanshu Seth on 17th August 2024 at 9:00 AM, specifically for pupil teachers of the B.Ed. program.

OBJECTIVES

- To familiarize pupil teachers with diverse learning styles among children.
- To introduce innovative, engaging, and inclusive teaching techniques.
- To emphasize the importance of creating a safe and motivating classroom environment.
- To encourage the use of technology and online tools in modern pedagogy.



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PROCESS

Mr. Himanshu Seth began by stressing the importance of recognizing individual learning styles and tailoring teaching methods accordingly. He advocated for a positive and interactive classroom atmosphere where children are motivated to learn. The session included:

- Tips on using interactive activities, visual aids, and storytelling.
- Emphasis on active student participation through discussions and hands-on learning.
- Use of educational apps and online resources to complement traditional teaching methods.

A Q&A session followed, during which Mr. Seth addressed queries from the participants, deepening their understanding of effective teaching practices.

OUTCOME

The session successfully provided pupil teachers with actionable teaching strategies. Participants left with a refreshed perspective on engaging children in the learning process and were inspired to apply the shared techniques in real classrooms. The session was well-received and appreciated by all attendees.

CONCLUSION

The session proved to be both insightful and practical, offering significant guidance to aspiring educators. It contributed meaningfully to their professional development by enhancing their teaching effectiveness and confidence in dealing with diverse classroom situations.



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PROPOSAL LETTER FOR CONDUCTING SESSION FOR STUDENTS

6/27/25, 1:49 PM

Gmail - Proposal for conducting sessions for your students



DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Proposal for conducting sessions for your students

3 messages

Himanshu Sheth <hasheth@gmail.com>

Tue, Jan 24, 2023 at 2:05 PM

Reply-To: ha_sheth@yahoo.com

To: "dbms.edu23@gmail.com" <dbms.edu23@gmail.com>

Dear Dr. Juhi Samarpita,

Madam, I thank you for your valuable time and for the courtesy extended to me during my visit to your office, this morning. As suggested by you, I am listing out some of the topics for my ppt based presentations. The sessions can be planned for a duration of 90 minutes.

LIST OF TOPICS:

- PERSONALITY DEVELOPMENT
- THINKING OUT OF THE BOX
- COMMUNICATION SKILLS
- TEAM BUILDING
- LEADERSHIP
- PRESENCE OF MIND
- CREATIVITY & INNOVATION
- FACING AN INTERVIEW

With regards and good wishes,

Himanshu Sheth

H.A.Sheth,

Jamshedpur, India

Cell : ++ 9334810884 / 8789002418

2nd e mail : ha_sheth@yahoo.com

Save forests - save Earth. Green is not just a color - it's a state of mind.

Himanshu Sheth <hasheth@gmail.com>

Sat, Jan 28, 2023 at 4:57 PM

Reply-To: ha_sheth@yahoo.com

To: "joohisamarpita1@gmail.com" <joohisamarpita1@gmail.com>, dbms.edu23@gmail.com

----- Forwarded message -----

From: Himanshu Sheth <hasheth@gmail.com>

Date: Tue, Jan 24, 2023 at 2:05 PM

Subject: Proposal for conducting sessions for your students

To: dbms.edu23@gmail.com <dbms.edu23@gmail.com>

Dear Dr. Joohi Samarpita,

Madam, I thank you for your valuable time and for the courtesy extended to me during my visit to your office, this morning. As suggested by you, I am listing out some of the topics for my ppt based

<https://mail.google.com/mail/u/1/?ik=b6c62963d7&view=pt&search=all&permthid=thread-f:1755892224314371535&simpl=msg-f:1755892224314...> 1/2



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6/27/25, 1:49 PM

Gmail - Proposal for conducting sessions for your students

presentations. The sessions can be planned for a duration of 90 minutes. My profile is attached along with this email.

[Quoted text hidden]



HAS Profile Oct 2022.docx
238K

Joohi Samarpita <joothisamarpita1@gmail.com>

Sat, Jan 28, 2023 at 5:08 PM

To: DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

[Quoted text hidden]



HAS Profile Oct 2022.docx
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PHOTOGRAPHS OF THE SESSION



**PIC 1- MR. HIMANSHU SETH THE
RESOURCE PERSON**



PIC 2 GROUP PIC



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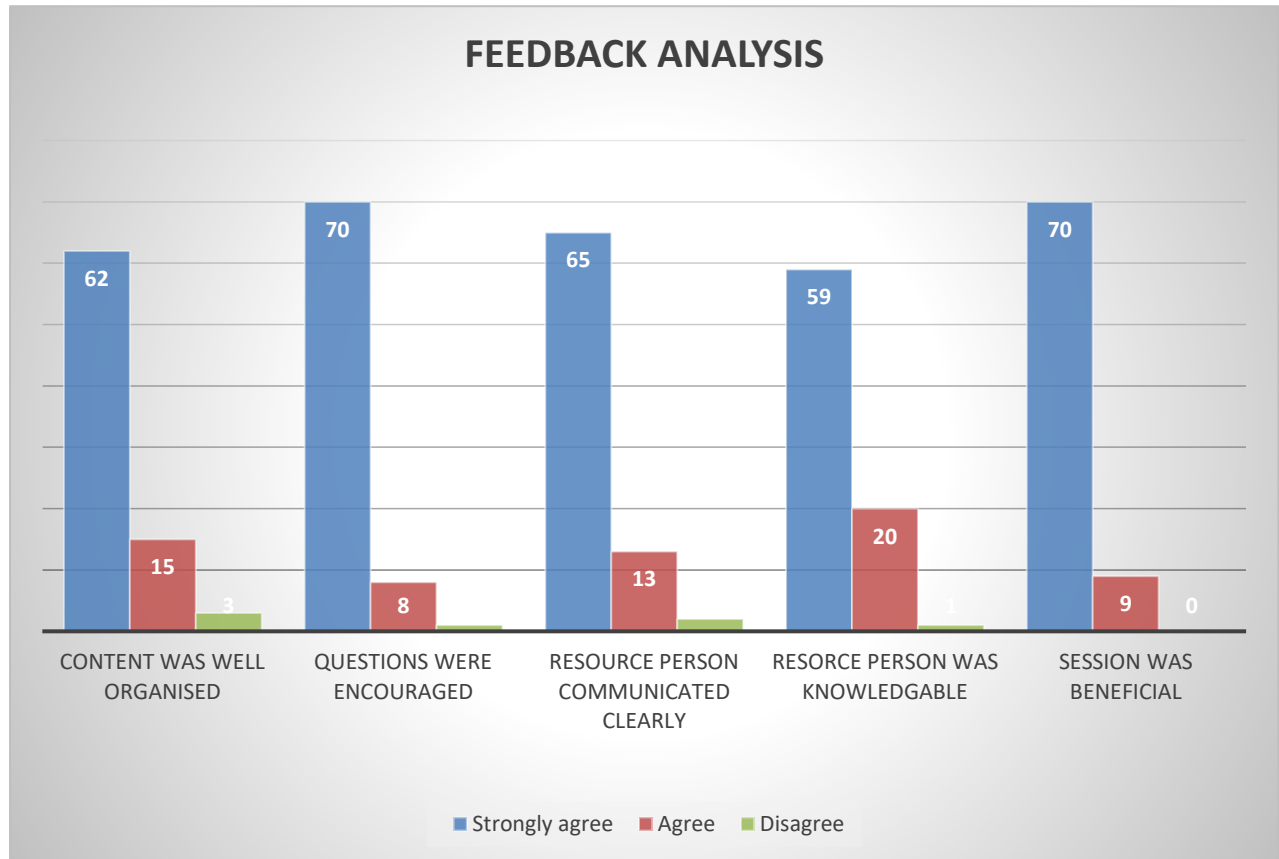
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REPORT

Title of the Programme	: A Session on Executive Communication to Empower Future Educators.
Organizing Cell	: IQAC of D.B.M.S. College of Education
Date	: 10th February 2025
Venue	: College Auditorium
Resource person	: Mr. Sujay Jayant Karnad
No. of Participants	: 85

CONTEXT

D.B.M.S. College of Education organized a talk session on Executive Communication to help students improve their communication skills. The session aimed to teach important strategies for clear and confident speaking, which is becoming more important in both professional and educational settings today. Mr. Sujay Jayant Karnad was invited as the speaker for the session.

OBJECTIVES

- To develop effective, assertive communication skills.
- To build confidence, clarity, and persuasive speaking abilities.
- To prepare educators for leadership and dynamic classroom management.



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PROCESS

The talk session primarily aimed to equip future educators with practical communication techniques that combine clarity, confidence, and a persuasive speaking style. The speaker, Mr. Sujay Jayant Karnad, emphasized that the ability to express ideas clearly is not only essential in academic environments but also plays a crucial role in effective leadership and managing diverse classroom situations.

The program included a variety of interactive modules such as role-playing activities, group discussions, and live demonstrations. These sessions enabled participants to actively practice assertive communication, focusing on both verbal and non-verbal cues. “Our objective is to ensure that students are equipped with a strong set of communication tools to succeed in any professional setting,” Mr. Sujay noted. He added, “Communication serves as the bridge between ideas and action.” He also addressed common challenges like overcoming hesitation, speaking clearly under pressure, and practicing active listening—key elements in developing a confident and professional presence.

Participants appreciated the session's hands-on approach. One student shared, “The practical exercises made the concepts easy to grasp and apply. I now feel more confident in using assertive communication in both academic and future professional situations.”

OUTCOME

Students expressed increased confidence and readiness to communicate effectively in academic and professional settings. The session initiated



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a broader conversation on communication's role in educational leadership.

CONCLUSION

The session was a key step toward grooming articulate and empowered educators. It reinforced D.B.M.S. College's commitment to equipping teachers for modern challenges through professional development.



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PHOTOGRAPHS OF THE SESSION





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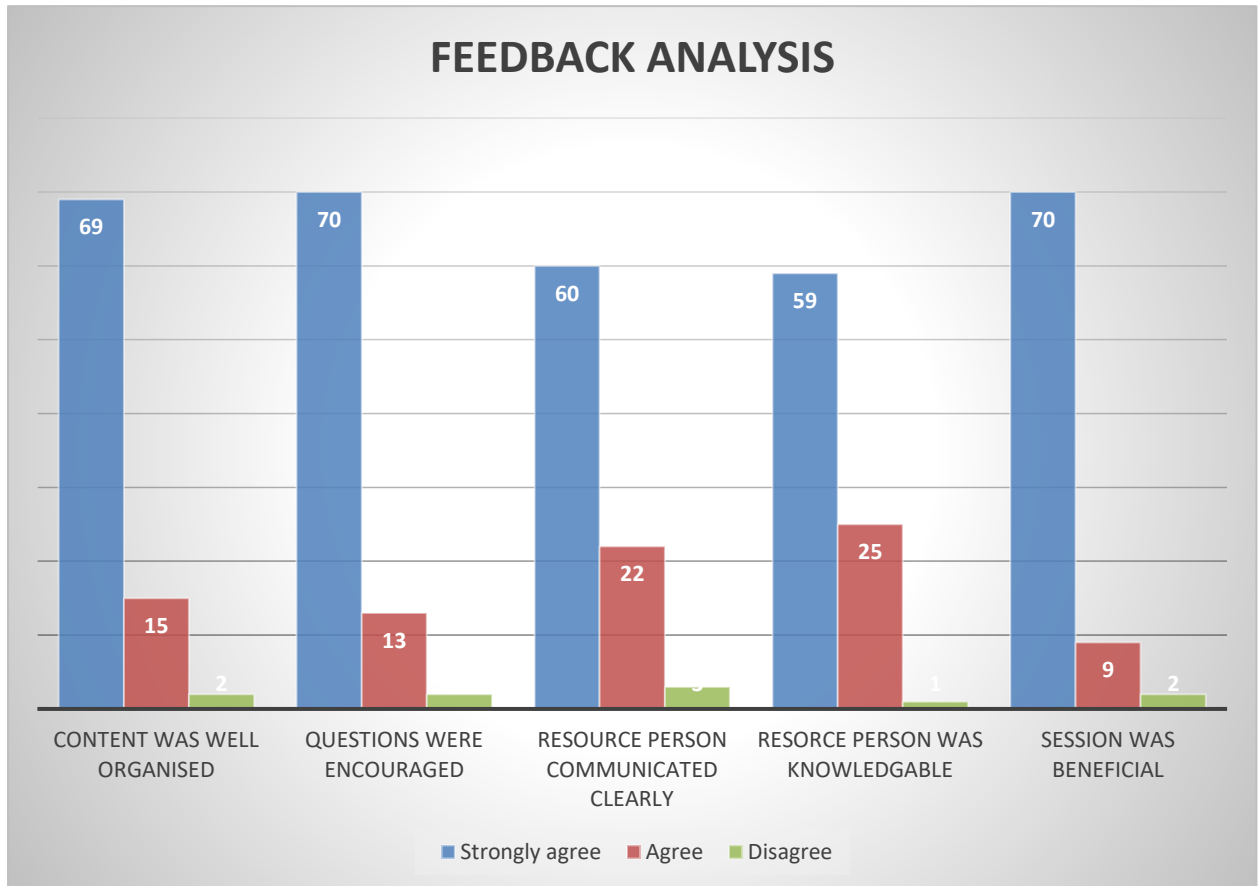
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REPORT

Title of the Programme : A Session on Cyber Crime Awareness Program
Organizing Cell : IQAC of D.B.M.S. College of Education
Date : 12th February 2025
Venue : College Auditorium

CONTEXT

With the growing use of digital platforms, cybercrime has become a significant concern. To address this issue and promote cyber safety, D.B.M.S. College of Education organized a Cyber Crime Awareness Program on 12th February 2025 at 9:00 AM. The session was led by experts from Cyber Peace and the Cyber Cell, highlighting key aspects of cyber threats, cyber arrests, and preventive measures. Ms. Namita Prasad, representing Cyber Peace Corps, an NGO operating in Jharkhand emphasized the importance of cyber awareness and online safety.

ABOUT CYBER PEACE COPS

Cyber Peace Corps is an initiative by the Cyber Peace Foundation (CPF), which is a non-profit organization based in India. It aims to promote cybersecurity awareness, online safety, and responsible digital citizenship among individuals, especially the youth.

OBJECTIVES

- To educate students on the various forms of cybercrimes.
- To raise awareness about cyber hygiene and online safety.



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- To provide preventive strategies and legal recourses in case of cyber threats.
- To encourage responsible behaviour during digital arrest.

PROCESS

The session featured expert speakers from Cyber Cell and Cyber Peace Corps, including Mr. Manoj Thakur (DSP Cyber Cell), Mr. Tarak Das (State Coordinator, Cyber Peace), Ms. Namita Prasad (Speaker), and Mr. Srinivas (INSP Cyber Cell) and Mr. Kunal Raja (INSP Cyber Cell). A Cyber Crime Awareness Program was conducted at DBMS College of Education on 12/02/2025 to educate students on the growing threats in cyberspace and how to safeguard themselves from cybercrimes. The following points were discussed.

1. Understanding Cybercrime – The experts explained different types of cybercrimes, including phishing, hacking, identity theft, financial fraud, and cyberbullying.

2. Cyber Arrests & Law Enforcement Actions – Inspectors Srinivas and Kunal Raja shared real-life cases where the Cyber Cell acted against cybercriminals. They highlighted how digital footprints can lead to the identification of offenders.

3. Importance of Data Protection – Ms. Namita Prasad focused on how personal data is exploited for financial and malicious purposes. She explained the significance of strong passwords, two-factor authentication, and avoiding suspicious links.

4. Role of Cyber Peace & Cyber Peace Cops – The NGO is dedicated to spreading awareness about online security and educating people about cyber hygiene worldwide.



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5. Inspector Srinivas clarified that the term "cyber arrest" is a misleading concept created by cyber fraudsters to instil fear and manipulate victims into paying them. He reassured everyone that law enforcement follows legal procedures, and any legitimate action comes through proper authorities, not anonymous callers or threats.

6. Inspector Srinivas shared an inspiring case where he successfully helped a victim recover 100% of the stolen money from a cyber theft. He emphasized that quick action, reporting incidents immediately, and cooperating with the cyber cell can increase the chances of reclaiming lost money.

7. Never share OTPs, passwords, or personal details with unknown callers or websites. Verify suspicious messages or calls claiming to be from banks, government agencies, or police. Report cybercrimes immediately through the National Cyber Crime Reporting Portal or helpline (1930) Website- <https://cybercrime.gov.in>

OUTCOME

The program heightened student's awareness of cyber threats and preventive actions. It inspired a sense of digital responsibility and highlighted the role of law enforcement and NGOs in cyber safety.

CONCLUSION

The session was highly informative and interactive, helping students understand the risks associated with digital platforms. The speakers stressed that awareness and responsible online behaviour are the best defences against cyber threats. This program successfully instilled a sense of digital responsibility among the attendees.



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LINK OF THE MASTER TRAINING SESSION SEND BY CYBER PEACE CORPS IN MAIL

6/27/25, 2:15 PM

Gmail - Details and Link of the Master Training Session



DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Details and Link of the Master Training Session

2 messages

Cyber Peace Corps <cpc@cyberpeace.net>

Wed, Feb 19, 2025 at 3:07 PM

To: "dbms.edu23@gmail.com" <dbms.edu23@gmail.com>

Cc: CPF Secretariat <secretariat@cyberpeace.net>, preeti.singh@cyberpeace.net, swati.arora@cyberpeace.net, tarak.das@cyberpeace.net

To,
Dr. Joohi Samarpita
Principal
DBMS College of Education

Dear Ma'am,

Greetings for the Day!

As per your discussion with Mr. Tarak Das, I am pleased to share the link for the upcoming Master Trainer Session with D.B.M.S College of Education, which will take place from **03rd March to 08th March 2025**. The sessions are scheduled daily from **03:30 PM to 05:00 PM**.

Join Zoom Meeting

<https://us02web.zoom.us/j/89815068222>

Meeting ID: 898 1506 8222

Passcode: 234349

We kindly request that registration is mandatory for each participant. Upon successful completion of the 10-hour Master Training session, the assessment will be available on the dashboard. Certificates will be issued after the assessment has been completed.

Registration link is given below:

<https://cyberpeace.global/>

Please let me know if you need any further details or assistance. Looking forward to the session!

With regards,

CyberPeace Corps

First Floor| L-29| Shankar Market| Block L|
Connaught Place| New Delhi - 110001
+91 8235058865
www.cyberpeace.org |Email:cpc@cyberpeace.net



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DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Thu, Feb 20, 2025 at 10:12 AM

To: Cyber Peace Corps <cpc@cyberpeace.net>

Cc: CPF Secretariat <secretariat@cyberpeace.net>, preeti.singh@cyberpeace.net, swati.arora@cyberpeace.net, tarak.das@cyberpeace.net

<https://mail.google.com/mail/u/1/?ik=b6c62963d7&view=pt&search=all&permthid=thread-f.1824478065711922789&simpl=msg-f.18244780657119...> 1/2



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PHOTOGRAPHS OF THE SESSION



**PIC 1- MRS. NAMITA PRASAD
ADDRESSING THE GATHERING**



**PIC 2 – GROUP PIC WITH THE
GUESTS**



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REPORT

Title of the Programme	: A Session on Awareness About Cervical Cancer
Organizing Cell	: IQAC of D.B.M.S. College of Education
Date	: 15th February 2025
Venue	: College Auditorium
Resource person	: Dr. Sujata Mitra HOD MTMH
No. of Participants	: 77

CONTEXT

With the increasing health risks associated with cervical cancer, especially among young women, D.B.M.S. College of Education organized an awareness program to educate students and parents about prevention, early detection, and the importance of the HPV vaccination. For the awareness session we had Dr Sujata Mitra HOD MTMH.

OBJECTIVES

- To raise awareness about cervical cancer, its causes, symptoms, and preventive measures.
- To educate students and parents on the importance of HPV vaccination for long-term protection.
- To facilitate affordable vaccination by providing doses at a discounted price within the college campus.



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PROCESS

An informative Cervical Cancer Awareness Program was conducted on 15th February 2025 at 9 AM at DBMS College of Education, led by Dr. Sujata Mitra. The session aimed to educate students and parents about the causes, symptoms, and preventive measures associated with cervical cancer. Dr. Mitra emphasized the critical role of the HPV vaccine in reducing the risk of infection. To promote vaccination, a center will set up on the college premises, offering doses at a subsidized rate of ₹500—made possible through generous support from the Rotaract Club and our esteemed Chairperson, Mr. B. Chandrashekhar. Dr. Mitra patiently addressed concerns from parents regarding the vaccine's effects on the menstrual cycle, pregnancy, suitable age for administration, and potential side effects. Consent forms were distributed to interested students, and a vaccination drive will be scheduled based on responses.

OUTCOME

The program saw enthusiastic participation from both students and parents. Many availed of the discounted vaccination, reflecting increased awareness and acceptance of preventive healthcare practices. The session successfully raised awareness and promoted preventive healthcare among the college community.

CONCLUSION

The initiative was a step forward in promoting women's health and disease prevention. The college expressed gratitude to Dr. Sujata Mitra for her valuable contribution. The program successfully created a well-informed and health-conscious student community.



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MAIL FOR CERVICAL CANCER VACCINATION

6/27/25, 1:11 PM

Gmail - Cervical cancer vaccination write up



DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Cervical cancer vaccination write up

2 messages

Dr Sujata Mitra <sujata.mitra@mtmh.co.in>

Tue, Jan 14, 2025 at 4:26 PM

To: DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Dear Sir/Ma'am,

Following can be part of the information sharing with parents for HPV vaccination of girls.

'Cervical cancer is one of the most common cancers in women in India. Repeated infection with Human Papilloma Virus (HPV) can lead to cervical cancer.

HPV vaccination protects against HPV infection, and therefore, prevents cervical cancer. It provides safe, effective, and long-lasting protection. The risk of cervical cancer reduces by almost 95% after HPV vaccination.

The best age to give HPV vaccine is during early adolescence; it is recommended to give two doses six months apart for girls between 12-14 years.

For older girls and young women (15 years onwards), 3 doses are recommended at 0, 2 and 6 months.

However, the efficacy of the vaccine decreases if the woman is sexually active and exposed to the infection before vaccination.'

I have rechecked the recommendation- for 2 doses, it is 0 and 6 months, for 3 doses, it is 0, 2 and 6 months. We may need to work out our schedule accordingly.

With regards,

Dr Sujata Mitra
Advisor to Chairman,MTMH

Meherbai Tata Memorial Hospital
Jamshedpur 831 001
Tel. 260 | Mobile : +7763807483
sujata.mitra@mtmh.co.in | <http://www.mtmh.co.in>

DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Thu, Jan 16, 2025 at 11:33 AM

To: DBMS Office <office@dbms.edu.in>, DBMS KADMA HIGH SCHOOL <dbmskhs@yahoo.co.in>

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PHOTOGRAPHS OF THE SESSION



PIC 1 - GROUP PIC



PIC 2 - DR. MITRA ADDRESSING THE GATHERING



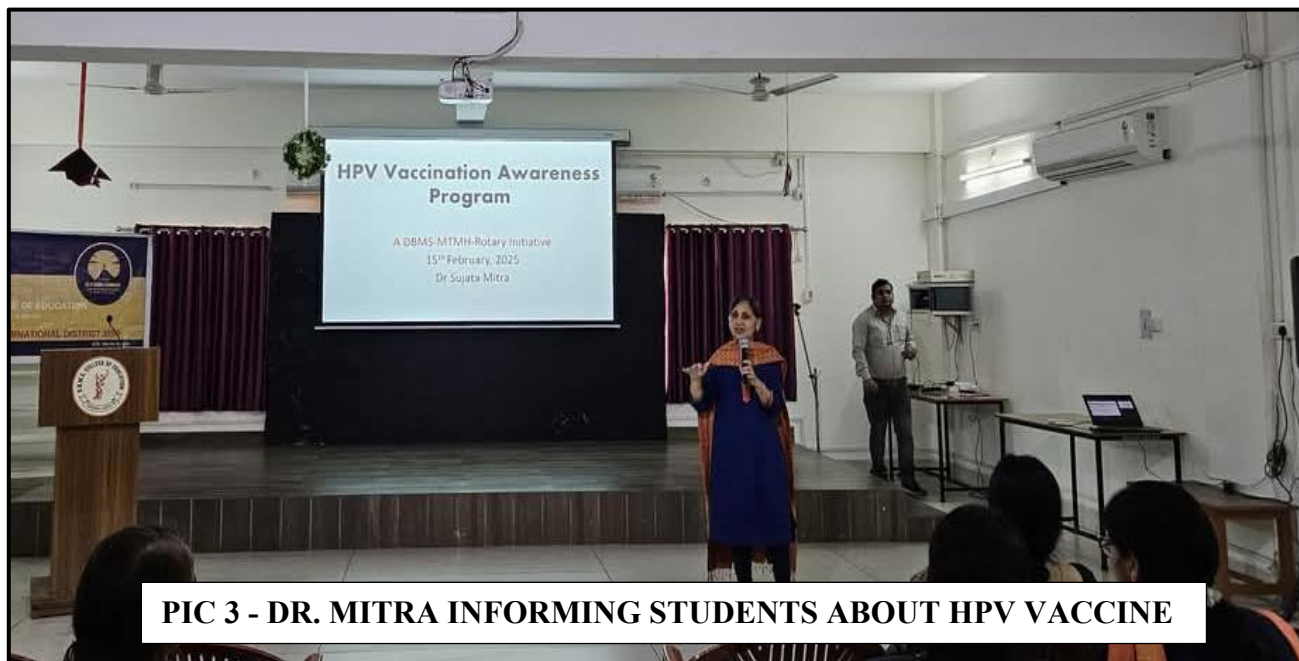
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PIC 3 - DR. MITRA INFORMING STUDENTS ABOUT HPV VACCINE



PIC 4 - DR. MITRA CLEARING DOUBTS OF PARENTS



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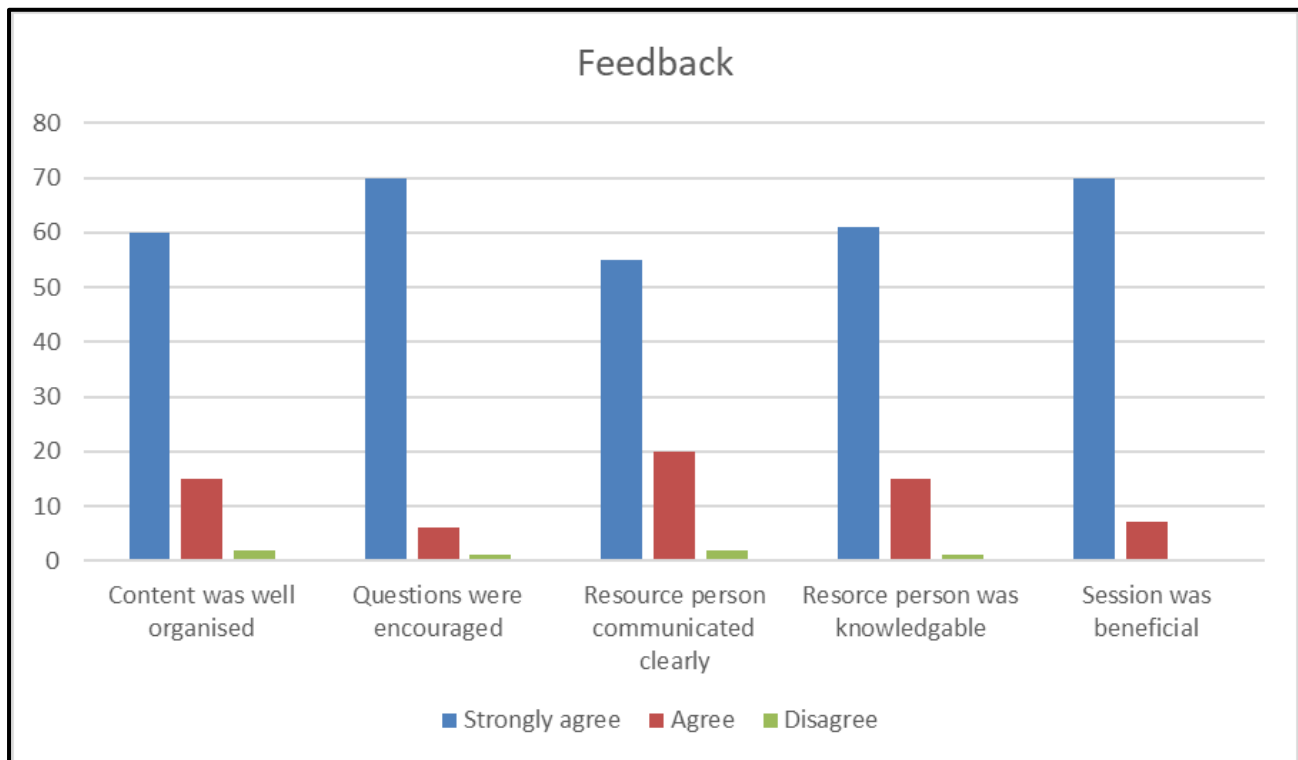
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FEEDBACK ANALYSIS





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REPORT

Title of the Programme	: A Session on Making a Difference to Your Thoughts
Organizing Cell	: IQAC of D.B.M.S. College of Education
Date	: 21st March 2025
Venue	: College Auditorium
Resource person	: Dr Sunil Nandwani, General Physician, Mercy Hospital

CONTEXT

On 21st March 2025, DBMS College of Education hosted an interactive session titled “*Making a Difference to Your Thoughts with Yogic Happiness*” by Dr. Sunil Nandwani. The objective was to help participants develop a positive mindset through yoga, meditation, and mindfulness.

OBJECTIVE

To help participants cultivate a positive mindset and emotional well-being by integrating yoga, breathing techniques, and mindfulness into their daily lives, thereby promoting inner peace, self-awareness, and resilience against stress.

PROCESS

Dr. Sunil Nandwani conducted an insightful session focused on cultivating a positive mindset through yoga and meditation. He guided participants through breathing exercises and mindfulness techniques, emphasizing their importance in achieving emotional balance, reducing



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stress and finding inner peace. Drawing inspiration from mythology, Dr. Nandwani cited the example of Arjun from the Mahabharata, explaining how inner turmoil can be resolved through clarity of thought and self-awareness. He encouraged participants to silence external chaos and focus inward, using yogic principles to align their thoughts with happiness. The session left attendees feeling calm, centered, and inspired to pursue a more mindful life.

OUTCOME

- Participants gained practical tools for managing stress and emotions through yoga-based mindfulness and breathing exercises, promoting mental clarity and emotional resilience.
- The session inspired attendees to adopt a more positive and reflective outlook on life, encouraging them to integrate yogic practices into their daily routines for sustained inner peace and well-being.

CONCLUSION

The session was engaging and reflective, encouraging participants to transform negative thoughts into positive ones. It concluded with attendees feeling rejuvenated and motivated to embrace a more mindful life.



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PHOTOGRAPHS OF THE SESSION



PIC 1 - DR. NANDWANI ADDRESSING THE GATHERING



PIC 2 - DR. NANDWANI SHARING HIS VIEWS ON YOGIC HAPPINESS



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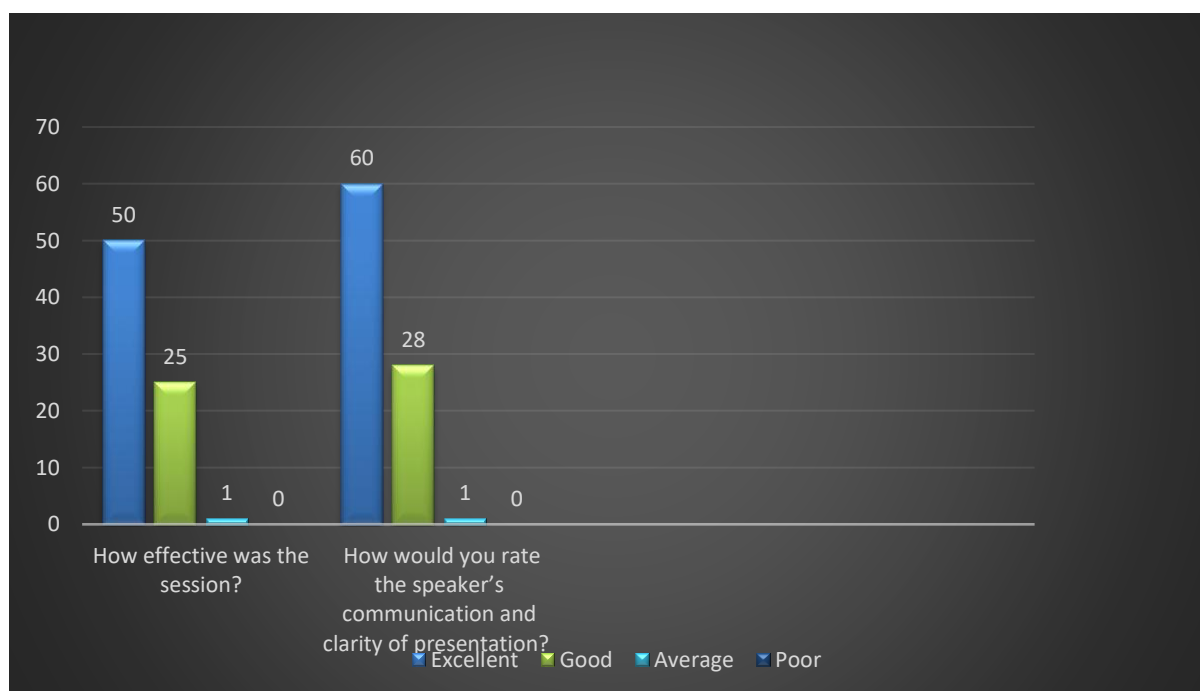
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PIC 3– INTERACTIVE SESSION WITH STUDENTS



FEEDBACK ANALYSIS



MEDIA COVERAGE

योगिक हैप्पीनेस पर सत्र आयोजित



जमशेदपुर : डीबीएमएस कॉलेज में डॉक्टर सुनील नंदवानी ने 'योगिक हैप्पीनेस' पर बीएड छात्रों और शिक्षकों के लिए एक सत्र लिया. उन्होंने कहा कि हम अक्सर खुशी के पीछे दौड़ते रहते हैं. हर बार हमारे सामने खुशी का गाजर लटका दिया जाता है, जिसे पाने के लिए हम सारी जिंददगी दौड़ते रहते हैं. कहा कि दरअसल सच्ची खुशी हमारे अंदर ही है. उन्होंने कहा कि हम अक्सर यह गलती करते हैं कि बड़ा घर, बांग्ला, मोटर कार , टी.वी, फ्रिज से खुशी मिलेगी, लेकिन यह सब क्षणिक खुशी है. आज के इस विशेष सत्र में डीबीएमएस ट्रस्ट के चेयरपर्सन बी चंद्रशेखर, सचिव श्रीप्रिया धर्मराजन, प्राचार्या डॉ जूही समर्पिता और सभी शिक्षक उपस्थित थे. उप प्राचार्य डॉ मोनिका उप्पल ने अतिथियों का स्वागत किया तो धन्यवाद ज्ञापन बी .एड की छात्रा शोमिनी ने किया.

**LOCAL NEWSPAPER
COVERAGE ON 22-03-2025**