



# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)



## SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Website: [www.podarcollege.com](http://www.podarcollege.com)

**Financial and other support services to the development of the  
Institution by Alumni**

Satyendra Singh  
Digitally signed  
by Satyendra  
Singh  
Date: 2022.11.19  
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Rambilas Podar Road, Nawalgarh Dist: Jhunjhunu - 333042

Phone No: 01594- 222030, 225892 Fax No: 01594-223198

Web Site: [www.podarcollege.com](http://www.podarcollege.com) E-Mail: [principal@podarcollege.com](mailto:principal@podarcollege.com)



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Podar Educational Campus, Nawalgarh - 333042 (Raj.)

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1. Donation of Books by Shri Naresh
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5. Extension Lecture on Human Rights by Alumni Shri. Sawai Singh Jagguka
6. A Webinar on Mental Health by Alumni Dr. Shiv Gautam

**Donation of Books by Shri Naresh Goenka (Alumni)**

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Singh  
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Podar Educational Campus, Nawalgarh - 333042 (Raj.)



## SETH G.B. PODAR COLLEGE NAWALGARH

सेवामें,

Shri Nagesh Goenka,  
C/O Shri Sajjan Goenka,  
S/O Shri Madanlal Goenka,  
Native Nawalgarh Overseas  
Gurugram (Haryana)-122002

महोदय,

सादर निवेदन है, कि दिनांक 30.06.2022 को आपने 127 पाठ्यपुस्तक उपहार स्वरूप पुस्तकालय में सप्रेम भेंट की। इन पाठ्यपुस्तकों को पुस्तकालय के स्टूडेंट बुक बैंक रजिस्टर (SBB) के अनुक्रमांक नंबर 2197 से 2323 तक में दर्ज किया गया है।

इनका विवरण अधोलिखित है।

S.No	Accession No	AUTHOR	Title of Book
1	2197	Scott fetzer co.	The world book encyclopedia
2	2198	Scott fetzer co.	The world book encyclopedia
3	2199	Scott fetzer co.	The world book encyclopedia
4	2200	Scott fetzer co.	The world book encyclopedia
5	2201	Scott fetzer co.	The world book encyclopedia
6	2202	Scott fetzer co.	The world book encyclopedia
7	2203	Scott fetzer co.	The world book encyclopedia
8	2204	Scott fetzer co.	The world book encyclopedia
9	2205	Scott fetzer co.	The world book encyclopedia
10	2206	Scott fetzer co.	The world book encyclopedia
11	2207	Scott fetzer co.	The world book encyclopedia
12	2208	Scott fetzer co.	The world book encyclopedia
13	2209	Scott fetzer co.	The world book encyclopedia
14	2210	Scott fetzer co.	The world book encyclopedia
15	2211	Scott fetzer co.	The world book encyclopedia
16	2212	Scott fetzer co.	The world book encyclopedia
17	2213	Scott fetzer co.	The world book encyclopedia
18	2214	Scott fetzer co.	The world book encyclopedia
19	2215	Scott fetzer co.	The world book encyclopedia
20	2216	Scott fetzer co.	The world book encyclopedia
21	2217	Scott fetzer co.	The world book encyclopedia
22	2218	Scott fetzer co.	The world book encyclopedia

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# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

	2219	Scott fetzer co.	The world book dictionary
23	2220	Scott fetzer co.	The world book dictionary
24	2221	Scott fetzer co.	Mathematics with astylf-2
26	2222	Singh,Khuswant	Women Man in My Life
27	2223	Tagore,Ravidranath	Selected Poems
28	2224	Birla,R.L.	India Student Pilots Licence Manual
29	2225	Lal, K.	Easy Hand Reading
30	2226	David	Charles DECKEN DAVID Copperfield
31	2227	DEVIL,Defeated	Barbara cartland
32	2228	DEVIL,Defeated	Barbara cartland
33	2229	DEVIL,Defeated	Barbara cartland
34	2230	DEVIL,Defeated	Barbara cartland
35	2231	DEVIL,Defeated	Barbara cartland
36	2232	DEVIL,Defeated	Barbara cartland
37	2233	DEVIL,Defeated	Barbara cartland
38	2234	DEVIL,Defeated	Barbara cartland
39	2235	Alim,Salim	Common Birds
40	2236	Robert, Priest	Anxiety and Depression
41	2237	Marcia, Wilkinson	Migraine and Headaches
42	2238	Rebort,Windeler	Burt Lancaster
43	2239	Eric,Schmidt	How Google Works
44	2240	John, Keay	India Discovered
45	2241	Khera,Shiv	You Can Win
46	2242	Choa Kok Sui	Pranic Healing
47	2243	ADITYESWAR,KOSHIK	Dinman Sanskrit-hindi kos
48	2244	Hardev Bahari	HINDI,ENGLISH SHABD KOS
49	2245	Laurence ,Urdand	Oxford Desk Dictionary
50	2246	Patrick,Hanks	Collins Dictionary of the English
51	2247	Suresh, Awasthi	Chambers English-hindi Dictionary
52	2248	Pengum	Write better Speak better
53	2249	Pengums	Instant Fact
54	2250	Jack Canfield	Chickn Soup for the Soul
55	2251	Jack Canfield	Chickn Soup for the Soul
56	2252	Jack Canfield	TOLES OF THEAMBER SEA
57	2253	Shree Sharn	Hindi MUHAVRA KOS
58	2254	"	Inner Growth
59	2255	Arkady Leokam	TELL ME WHY
60	2256	Sechdeva ,S.K.	General Knowledge
61	2257	Sechdeva ,S.K.	Seychelles in taska Seychellas
62	2258	Sechdeva ,S.K.	GERMAN P.B. Dictionary
63	2259	Sechdeva ,S.K.	INTERNET
64	2260	Sechdeva ,S.K.	Limca Book of Records
65	2261	Gandhi,Sonia	Quotes of Rajiv Gandhi
66	2262	Louise Lhay	Heai Your Body
67	2263	SINGH,KHUSWANT	JOKE BOOK
68	2264	Francis Gay	The friendship book
69	2265	Clark, Andrew	Pocket Guide to Minerals
70	2266	MIRZA,HADI	UMRAV JAN ADDA
71	2267	Yosuji Kirimuura	Fundamentals of budhism
72	2268	M.Khatkar	Dial your birth number
73	2269	Soka ,Gakkai	SGI Newsletter (m)-1994
74	2270	W.B.Encyclopedia	Book of nations

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75	2271	W.B. Encyclopedia	Tables and formulas
76	2272	Ambani, D.H.	Rags to Riches
77	2273	P.H. Colling	Easy English Dictionary
78	2274	JGM TRUST	TOWARDS NEW BEGINNINGS
79	2275	Akaberalli H. Jetha	Reflections
80	2276	Maneka, Gandhi	HINDU NAMES
81	2277	Robert, Guddon	Mahatma Gandhi
82	2278	J.A. Gudden	Ghost Stories
83	2279	A. PARTI	Vedanta Treatise
84	2280	K.A. ABASHI	Indira Gandhi Last Post
85	2281	World Book Inc.	Test Skills Volume
86	2282	World Book Inc.	Test Skills Volume
87	2283	World Book Inc.	Test Skills Volume
88	2284	World Book Inc.	Test Skills Volume
89	2285	World Book Inc.	Test Skills Volume
90	2286	World Book Inc.	Test Skills Volume
91	2287	World Book Inc.	Test Skills Volume
92	2288	World Book Inc.	Test Skills Volume
93	2289	C.M. Shree Vastav	Bhagat Sanhita
94	2290	Ann Jackman	How to get things done
95	2291	Salman Rushdie	Fury
96	2291	PETER, DEVISE	Success with words
97	2293	Arkady Leokom	Tell me why
98	2294	K.M. MODI	Health Farming
99	2295	Jenny Thorne	What Katy Did
100	2296	David, Raju	Wildlife of central India
101	2297	David, Raju	Stronger stories Amazing facts
102	2298	Harold, E.	The Hamlyn all - colour
103	2299	Naveen, Patnalk	The Garden of life
104	2300	Antrca Banarni	Tell me the answer
105	2301	Robert A. , Baron	Behavior in Organization
106	2302	Devendra, Khanna	Mother and Son
107	2303	Devendra, Khanna	Incredible Earth
108	2304	A LON WOOLLEY	Illustrated Encyclopedia
109	2305	A LON WOOLLEY	Children's Encyclopedia
110	2306	World, Bookhc	The world book Encyclopedia
111	2307	World, Bookhc	The world book Encyclopedia
112	2308	Rolands, Sabrina	Mirror of India
113	2309	k. sing	A Gold Flake Presentation
114	2310	Brian, Master	Maharana-Udaipur
115	2311	Raghav, R. Menen	The world of Amjed Ali Khan
116	2312	Chopra, Tarun	LA INDIA MAJESTUOSA
117	2313	Pierre, Toutain	RAJASTHAN - PHOTOGRAPHS
118	2314	Pierre, Toutain	RAJASTHAN - PHOTOGRAPHS
119	2315	ADITYA, PATANKAR	RAJASTHAN - PHOTOGRAPHS
120	2316	ANTHONY	RAJASTHAN - PHOTOGRAPHS
121	2317	Ramesh, J. Chouhan	Limca Book of Records
122	2318	Chris, Scarre	Timelines of the Ancient World
123	2319	Chris, Scarre	JAIPUR - PHOTOGRAPHS
124	2320	Chris, Scarre	The GREAT National Parks
125	2321	DAVID, R. Godline	Krishna the divine lover
126	2322	Andrew, Robinson	Maharaja
127	2323	Sonia Gandhi	RAJIV

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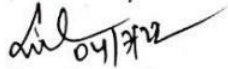
# SETH GYANIRAM BANSIDHAR PODAR COLLEGE


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आपको पुस्तकालय एवं पोदार महाविद्यालय परिवार की तरफ से बहुत - बहुत आभार एवं धन्यवाद।

आदर सहित।

श्री बाबूलाल तंवर  
( पुस्तकालयध्यक्ष )

  
डॉ. सत्येन्द्र सिंह  
( प्राचार्य )

  
Librarian  
Seth G.B. Podar College  
Nawalgarh 333042

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Singh  
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# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

## Donation of Books by Shri Sawai Singh Jagguka(Alumni)



SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042

Email: gbp.lib@gmail.com

GBPC/ No.2020-21/Lib./ 36

दिनांक 12.07.2022

पुस्तकालय

सेवामें,

सवाई सिंह जी जग्गुका

पोदार एलुमनी [ALUMNI] सदस्य

नवलगढ़

महोदय जी,

सादर निवेदन है, कि दिनांक 12.07.2021 को आपने 40 पाठ्यपुस्तक उपहार स्वरूप पुस्तकालय में सप्रेम भेंट की। इन पाठ्य पुस्तकों को पुस्तकालय के स्टूडेंट बुक बैंक रजिस्टर (SBB) के अनुक्रमांक नंबर 2364 से 2403 तक दर्ज किया गया है। इनका विवरण अद्योलिखित है।

स्टूडेंट बुक बैंक रजिस्टर में पाठ्यपुस्तकें

S.No	Accession No	AUTHOR	Title of Book
1	2364 to 2383	JAGGUKA SWAI SINGH	RAJASTHAN RAJNITIK AVM PRSHASNIK VYVASTHA
2	2384 to 2403	JAGGUKA SWAI SINGH	RAJASTHAN JILA DARSHAN

आपको पुस्तकालय एवं पोदार महाविद्यालय परिवार की तरफ से बहुत-बहुत आभार एवं धन्यवाद।

आदर सहित।

श्री बाबू साहू  
Principal  
Seth G.B. Podar College  
Nawalgarh - 333042

डॉ. सत्येन्द्र सिंह  
Principal  
Seth G.B. Podar College  
Nawalgarh - 333042

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# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

**Donation of INR 11,000 by Shri Sawai Singh Jagguka (Alumni)**

Book No. 14 Receipt No.

**Seth G.B. Podar College, Nawalgarh**

Received From: Sawai Singh Jagguka

1. Ex-Student	.....	
2. University Examination	.....	
3. Forwarding	.....	
4. Miscellaneous	.....	
5. University Sports Fund	.....	
6. University Development Fund	.....	
7. Collection Charges	.....	
8. Any other	<u>Alumini सहयोग</u>	11000/-
online payment By UPI		-
UTR-NO =		
Less : 1. ....		
Date = 10.07.22		
2. ....		
3. ....		
NET TOTAL		11000/-
Rupees <u>Eleven Thousand only</u>		
Date : .....		
<u>Cashier</u>		

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Singh  
Date: 2022.11.19  
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# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

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**Motivation Session by Shri Swai Singh Jagguka to register for Competition classes in Jagguka Online Classes, Jaipur**



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**विशेष ऑफर** **3 JANUARY 2022 TO 15 JANUARY 2022**

<b>II<sup>nd</sup> Grade शिक्षक</b> <b>प्रथम पेपर</b> ₹5000/- ₹2500/-	<b>II<sup>nd</sup> Grade शिक्षक</b> <b>SST-2<sup>nd</sup> Paper</b> ₹10000/- ₹4000/-	<b>II<sup>nd</sup> Grade शिक्षक</b> <b>1<sup>st</sup> Paper+SST</b> ₹15000/- ₹6000/-
<b>स्कूल व्याख्याता</b> <b>प्रथम पेपर+Psychology</b> ₹10000/- ₹3500/-	<b>College Asst. Professor</b> ₹5000/- ₹3000/-	<b>RAS</b> ₹10000/- ₹4500/-
<b>COMPLETE GK</b> <b>World, India, Raj.+Current</b> ₹5000/- ₹3500/-	<b>India GK &amp; Current Affairs</b> <b>All Competitive Exams</b> ₹5000/- ₹2500/-	<b>Rajasthan GK</b> ₹2500/-

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JAGGUKA EDUCATION +91 9214269991/92

**189, श्री गोपाल नगर**  
**60 फीट रोड**  
**महेश नगर, जयपुर**

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# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

List of Students registered for Online free coaching from M/S Jagguka Classes, Jaipur

## Podar College, Nawalgarh

जगुका शिक्षण संस्थान द्वारा प्रतियोगिता परीक्षा में तैयारी हेतु मुफ्त में प्राप्त करने वाले विद्यार्थी -

S.No.	Students Name	Father's Name	Class	Mobile No.	APP
1	Sonu kanwar	Jagdish singh	M. Sc final	8239711254	Reet
2	Anchal sharma	Rajkumar sharma	M.sc. final physics	9929989025	Ras
3	DEEPAK REWAR	RAJENDRA REWAR	BSC PART 3	9079645297	RAS
4	Ankit	Babulal	B.com 2	9460046331	RAS
5	Ravikant	sohan lal	M.sc 1st year	7014795011	RAS
6	Muskan shekh	Mo.saddiq maniyar	Bsc. 2nd year	7340543655	RAS and India gk & current affairs.
7	Deepika jangir	Subhash jangir	Msc final chemistry	6377763631	RAS
8	Khushbu jangir	Ramesh jangir	Msc-f Physics	8005753281	RAS
9	Laxmi jagrat	Ganesh jagrat	B.sc. 1st year	9521722651	1st grade teacher
10	Vivek Kumar Jain	Rajendra Kumar Jain	M.Sc. Physics	9413635180	RPSC 1st grade
11	Parasraj	Madan lal	B.Sc.3rd Year	9166702526	2nd grad
12	Amit Kumar	Nagar mal	Msc final chemistry	8619924228	College asst. Professor
13	Preeti kumawat	Sitaram kumawat	Bsc 2nd year	8619262250	Professor
14	Ashish jangir	Gokul chand jangir	Constable Rajasthan police	7728902554	Rajasthan police
15	LOKESH SAINI	HEERALAL SAINI	B.a.2 second year	7374037098	Rajasthan police
16	Deepika jangir	Subhash jangir	Msc final chemistry	6377763631	RAS
17	Manoj kumar	dharam pal	1 st year	7240230126	Rajasthan police

### Jagguka Classes Student enrollment

For REET

Name	Father's Name	Class	What's app	Gmail	Address	Preparin	Name of Exam
Pinki Rewad	Subhash Chandra Rewad	Obc	7062407647	pinki.rewar@gmail.com	Village Post Chun Aitgarh, Jhunjhunu, Rajasthan, 333701	Yes	REET Maths
Sonu kanwar	Jagdish singh	M. Sc final	8239711254	Deependerrajput06@gmail.com	Kuloth khurd	Yes	Reet
Yugant choudhary	Ramswaroop	B a part 2nd	9511567937	Yugantchoudhary111@gmail.com	Birol	Yes	Civil services

For SSC and Bank

Name	Father's Name	Class	What's app	Gmail	Address	Preparin	Name of Exam
Jagrat Vishalkumar	Bansilal	B. Com part 3	8421129848	vishalkumarjagrat2002@gmail.com	Ward no 22, birol road, nawalgarh	Yes	Ssc cgl and
Ravi Prakash	Rajendra Prasad	Bsc final	7568716019	Raviprakash75687@gmail.com	Nawalgarh	Yes	Ssc or upssc
Mahendra Gunar	Nandlal	BSC 1st year	7877860236	maahigunjar166@gmail.com	Parasrampura	Yes	SSC CGL
Jacky	Raveev kumar	B. Sc 2 nd	7300091189	jmanth2010@gmail.com	Ward no 04 Kan Nawalgarh	Yes	Ssc cgl
Ankit	Babulal	B com. 2	9460046331	ankitsaini51706@gmail.com	Chelasi	Yes	SSC
Chandrakant	Bhagirath mal	B. Sc. Complete	7791827382	Chandrakantkumawat30@gmail.com	Parasrampura	Yes	SSC CGL
Himanshu Kumar	Manna Lal saini	BSC 2nd year	7014657090	hs149500@gmail.com	Ward no 35, Birol road Nawalgarh	Yes	SSC and bank
nandita	Vijay verma	Bcom final year	7689800545	...	Behind power house, mandawa	Yes	Ssc cgl
Ajay Kumar Sharma	Vishwanath sharma	B sc final	9057771961	sharmaajay3212@gmail.com	Basawa Nawalgarh	Yes	SSC
Pramveer singh	Shripal singh	B sc.2nd maths	7877341437	Pramveersingh326@gmail.com	Kari	Yes	Ssc cgl
JYOTI	SHISHPAL ji	B sc.3rd Year	8529340951	jiyotisaini474@gmail.com	Podaro ka kua, nawaln	Yes	SSC cgl
Sardar Singh	Vinod kumar	Bcom 3rd year	8905919140	00000singhsaab@gmail.com	Manak Ram ki dhani Saini nagar	Yes	Banking

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# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

## For UPSC & RAS

Name	Father's Name	Class	What's app	Gmail	Address	Preparin	Name of Exam
shakib ali	ayub ali	bsc final passed	9649204106	khanshakibkayamkhan@gmail.com	vill.-churimiyan sikar	Yes	upsc cds
Anu kumari	Ramkaran Singh Bhariya	M.A previous	8209314346	anubharya1@gmail.com	Churi miyan, Laxmangarh	Yes	UPSC
Yugant choudhary	Ramswaroop	B.a part 2nd	9511567937	Yugantchoudhary111@gmail.com	Birol	Yes	Civil services
Anchal sharma	Rajkumar sharma	M.sc. final physics	99299 89025	Jammyanchal@gmail.com	Ramsinghpura,birodi bdi	Yes	Ras
Piyush sharma	Sant kumar sharma	B.sc. 3rd year	9667496660	ps2424765@gmail.com	Ganeshpura, nawalgarh, Jhunjhunu, rajasthan	Yes	Ras
Mohammed sohail	Khan Mohammed Khan	BSC PART III	9529780753	sohilkhan058@gmail.com	Vill Beswa Teh fatehpur sikar raj	Yes	RAS
Uttam kumar jangir	Hiralal jangir	B.sc graduated	9610347044	uttamjangir123456789@gmail.com	Village - palri , sikar , rajasthan	Yes	RAS
Nisha	Sumer singh	Msc	9521403039	Nishakhichar4@gmail.com	Nawalgarh	Yes	RAS
DEEPAK REWAR	RAJENDRA REWAR	BSC PART 3	9079645297	REWARDEEPAK47@GMAIL.COM	Ward no 4 churi ajithgarh Jhunjhunu	Yes	RAS
Ankit	Babulal	B.com 2	9460046331	ankitsaini51706@gmail.com	Chelasi	Yes	RAS
Ravikant	sohan lal	M.sc 1st year	7014795011	ravikantsaini8696@gmail.com	Sikar	Yes	RAS
Alok kumar	Sahiram	M. Sc. Final physics	7877215273	Akumarkar2001@gmail.com	Vill. Kari, teh. Nawalgarh, dist. Jhunjhuna (raj.)	Yes	Ras
Muskan shekh	Mo.saddiq maniyar	Bsc. 2nd year	7340543655	Sameershekh9999@gmail.com	Naya bazar kothi road, Nawalgarh.	Yes	RAS and India gk & current affairs.
Raveena	Mr. Surendra bhukar	Msc final physics	8875771578	raveenabhukar2000@gmail.com	Village_ kalyanpura ,sikar , Rajasthan.	Yes	Ras
Deepika jangir	Subhash jangir	Msc final chemistry	6377763631	deepikajangir866@gmail.com	Jaguka wali dhani Nawalgarh raj.	Yes	RAS
Khushbu jangir	Ramesh jangir	Msc-f Physics	8005753281	Khushbujangir39@gmail.com	Mukundgarh	Yes	RAS

## For RPSC 1 grade

Name	Father's Name	Class	What's app	Gmail	Address	Preparin	Name of Exam
Jyoti sain	Ratan lal sain	B.Ed 2nd year	7878410379	jsain5530@gmail.com	Mandi gate neta gali word number 6	Yes	1st grade gk paper (general paper)
Shyama didwania	Mr. Bhagwati Prasad didwania	Assistant professor	7023183019	Shyamadidwania1991@gmail.com	Near Govt. School, Ganeshpura, Nawalgarh	Yes	First grade
Suresh Kumar	Jhabar mal	BA 2	7339970173	skchanu726@gmail.com	Khirod	Yes	Teacher first grade
Laxmi jagrat	Ganesh jagrat	B.sc.1st year	9521722651	Laxmi jagrat 11	Ambedkar park, Nawalgarh	Yes	1st grade teacher
Vivek Kumar Jain	Rajendra Kumar Jain	M.Sc. Physics	9413635180	Vivek.jain129@gmail.com	Podar College Nawalgarh	Yes	RPSC 1st grade
Poonam	Suwalal	Msc final chemistry	9694185808	dhannidevi808@gmail.com	Podar gate Nawalgarh	Yes	Rpsc school lecturer
Ambesh Kumar	Dharmveer Bhandari	M.Sc Final	7737948521	ambeshbhandari007@gmail.com	Vpo- Kasimpura Via Bagar Dist- Jhunjhunu	Yes	1st grade

## For RPSC 2 grade

Name	Father's Name	Class	What's app	Gmail	Address	Preparin	Name of Exam
Sanju kumari	Sukhaveer singh	B.ed	8058384823	choudharysanju240@gmail.com	V.p.o doomra teh nawalgarh , district jin	Yes	2nd grade teacher science
Parasraj	Madan lal	B.Sc.3rd Year	9166702526	Parasraj154@gmail.com	Kheri Radan	Yes	2nd grad
Seema sharma	Purnmal sharma	Nawalgarh	9001518615	Seema1994@gmail.com	Basawa Nawalgarh	Yes	2 nd grade

## For College Lecturer

Name	Father's Name	Class	What's app	Gmail	Address	Preparin	Name of Exam
Chanchal	Nathu ram jalandra	Msc.previous	9929474995	chanchalktr2000@gmail.com	Khetri	Yes	College assistant professor
Anupriya	Hariram	B. Sc. 2nd year	7742553430	Saritachoudhary6491@gmail.com	Nawalgarh	Yes	Complete gk
Romik	Mr. Yogesh Kumar	B.Sc.II(Biology)	8824140070	romik810422@gmail.com	Ajilpura,Kaseru,Jhunjhunu,333705	No	Gk
Ronak Mahala	Virendra singh	Msc previous (chemistry )	8209083220	ronakmahala18@gmail.com	Mukundgarh mandhi	Yes	Rajasthan gk
Amit Kumar	Nagar mal	Msc final chemistry	8619924228	amitkumarkharbas@gmail.com	New housings board sikar	Yes	College asst. Professor
Preeti kumawat	Sitaram kumawat	Bsc 2nd year	8619262250	minaxi20191983@gmail.com	Mukundgarh	Yes	Professor

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# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Extension Lecture on Human Rights by Alumni Shri. Sawai Singh Jagguka



## PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)



### SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

क्रमांक / जी.बी.पी.सी. / 2021-22 / 2110

दिनांक:- 08/12/2021

प्रतिष्ठा में,

श्रीमान् सवाई सिंह जगुका,

RAS

ऐलुमिनि, पोदार कॉलेज, नवलगढ़

महोदय,

सादर निवेदन है, कि पोदार कॉलेज, नवलगढ़ में दिनांक 10.12.2021 को "मानवाधिकार दिवस" पर मानवाधिकार एवं गाँधी दर्शन पर श्री कान्तिकुमार आर. पोदार स्मृति व्याख्यान का आयोजन किया जा रहा है जिसमें "मुख्य वक्ता" के रूप में आप सादर आमन्त्रित हैं।

समय:- प्रातः 11:30 बजे

सधन्यवाद!

(डॉ. विनोद कुमार सैनी)

उप-प्राचार्य/संयोजक

9314604321

(डॉ. सत्येन्द्र सिंह)

Principal

Seth G.B. Podar College  
Nawalgarh - 333042

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## पोदार कॉलेज, नवलगढ़ में “श्री कान्तिकुमार आर. पोदार स्मृति व्याख्यान” का आयोजन

नवलगढ़, आज दिनांक 10.12.2021 को पोदार कॉलेज, नवलगढ़ के राजनीति विज्ञान विभाग एवं पोदार कॉलेज एलुमिनी एसोसिएशन द्वारा श्री कान्तिकुमार आर. पोदार स्मृति व्याख्यान के तहत “मानवाधिकार एवं गाँधी दर्शन” पर व्याख्यान का आयोजन किया गया।

कार्यक्रम के मुख्य अतिथि सुश्री सुमन सोनल उपजिला कलक्टर, नवलगढ़ तथा मुख्य वक्ता श्री सवाई सिंह जगुका RAS व पोदार कॉलेज एलुमिनी थे।

कार्यक्रम का शुभारम्भ अतिथियों द्वारा स्व. श्री कान्तिकुमार आर. पोदार की तस्वीर के सामने दीप प्रज्वलित कर किया गया।

कॉलेज उप-प्राचार्य कार्यक्रम संयोजक डॉ. विनोद सैनी ने कार्यक्रम के प्रारम्भ में श्रद्धेय कान्तिकुमार आर. पोदार को याद किया तथा उनके जीवन से शिक्षा लेने की प्रेरणा प्रदान की डॉ. सैनी ने इस अवसर पर गाँधी दर्शन की विस्तृत विवेचना करते हुए विद्यार्थियों को मजबूती का नाम महात्मा गाँधी बताया एवं मंच पर उपस्थित सभी अतिथियों का स्वागत किया।

कार्यक्रम के मुख्य अतिथि श्रीमती सुमन सोनल ने इस अवसर पर कहा कि “जीवन का अधिकार प्रत्येक व्यक्ति का जन्मसिद्ध अधिकार है तथा यह विश्वव्यापी है। मानव अधिकारों प्रत्येक व्यक्ति के व्यक्तित्व के विकास के लिए आवश्यक है।”

आयोजन के मुख्य वक्ता श्री सवाई सिंह जगुका ने गाँधी दर्शन की प्रासंगिकता के माध्यम से मानवाधिकारों का विस्तृत विवेचन किया उन्होंने गाँधी जी की सत्य, अहिंसा, बुनियादी शिक्षा, ग्राम स्वराज्य आदि को व्यावहारिक प्रसंगों के माध्यम से विद्यार्थियों को गाँधी दर्शन को आत्मसात करने की प्रेरणा दी।

अकादमिक निदेशक डॉ. के. बी. शर्मा ने इस अवसर पर मानवाधिकार का विस्तृत विवेचन करते हुए कहा कि मानवाधिकार की बुनियाद गाँधी दर्शन में निहित है।

प्राचार्य डॉ. सत्येन्द्र सिंह ने सभी अतिथियों का आभार व्यक्त करते हुए विद्यार्थियों को मानवाधिकार के प्रति जागरूक होने तथा गाँधी जी के जीवन से प्रेरणा लेकर भविष्य निर्माण की सीख दी।

अधिशाषी निदेशक एम्.डी. शानभाग ने व्याख्यान माला के सार्थक संदेशों को आत्मसात करने की प्रेरणा प्रदान की।

इस अवसर पर पोदार कॉलेज नवलगढ़ तथा जगुका शिक्षण संस्थान, जयपुर के बीच एम. ओ. यू. (MOU) हुआ जिसके तहत जगुका शिक्षण संस्थान, पोदार कॉलेज के विद्यार्थियों को प्रतियोगी परीक्षा के लिए मुफ्त में अपना मोबाइल APP उपलब्ध करवायेगा तथा विद्यार्थियों का प्रतियोगिता परीक्षा के लिए मार्गदर्शन करेगा।

दी आनन्दीलाल पोदार ट्रस्ट के उपाध्यक्ष माननीय राजीव के. पोदार एवं ट्रस्टी सुश्री वेदिका पोदार ने मानवाधिकार एवं गाँधी दर्शन पर आयोजित व्याख्यान माला को वर्तमान परिप्रेक्ष्य में प्रासंगिक बताया और विद्यार्थियों के उज्ज्वल भविष्य की कामना की।

इस अवसर पर राष्ट्रीय सेवा योजना के अधिकारी शान्तिलाल जोशी तथा सुमन सैनी एवं अन्य व्याख्याता उपस्थित थे। कार्यक्रम का संचालन डॉ. अनिल शर्मा ने किया।

*Sat*  
10/12/2021

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# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)



## PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

### SHRI KANTIKUMAR R. PODAR MEMORIAL LECTURE

#### "HUMAN RIGHTS AND GANDHI PHILOSOPHY"

**Human Rights Day is celebrated annually around the world on 10 December every year.**

The date was chosen to honor the United Nations General Assembly's adoption and proclamation, on 10 December 1948, of the Universal Declaration of Human Rights (UDHR), the first global enunciation of human rights and one of the first major achievements of the new United Nations. The formal establishment of Human Rights Day occurred at the 317th Plenary Meeting of the General Assembly on 4 December 1950, when the General Assembly declared resolution 423(V), inviting all member states and any other interested organizations to celebrate the day as they saw fit. The day is normally marked both by high-level political conferences and meetings and by cultural events and exhibitions dealing with human rights issues. Besides, it is traditionally on 10 December that the five-yearly United Nations Prize in the Field of Human Rights and Nobel Peace Prize are awarded. Many governmental and non-governmental organizations active in the human rights field also schedule special events to commemorate the day, as do many civil and social-cause organisations.

Podar College Alumni Association by Shri Kantikumar R. Lecture on "Human Rights and Gandhi Philosophy" was organized under Podar Memorial Lecture. The chief guest of the program was Ms. Suman Sonal, SDM, Nawalgarh and the keynote speaker was Mr. Sawai Singh Jaguka RAS and Podar College alumni. The program was inaugurated by the guests. Mr. Kantikumar R. The lamp was lit in front of Podar's

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## PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

picture. Dr. Vinod Saini Vice-Principal Program Coordinator, at the beginning of the program, revered Kantikumar R. Recalling Podar and inspired him to learn from his life, Dr. Saini, while discussing Gandhi's philosophy in detail, told the students the name of strength as Mahatma Gandhi and welcomed all the guests present on the stage. SDM Nawalgarh, Suman Sonal, the chief guest of the program said on this occasion that "right to life is the birth right of every person and it is universal. Human rights are essential for the development of the personality of every individual.

The keynote speaker of the event, Mr. Sawai Singh Jaguka, gave a detailed discussion of human rights through the relevance of Gandhi's philosophy. Executive Director M.D. Shanbhag gave inspiration to imbibe the meaningful messages of the lecture series. On this occasion M.O.U. between Podar College, Nawalgarh and Jaguka Educational Institute, Jaipur was held under which Jaguka Educational Institute will provide free mobile APP to the students of Podar College for competitive examination and will guide the students for competitive examination. The Vice Chairman of The Anandilal Podar Trust, Hon'ble Rajiv K. Podar and Trustee Ms. Vedika Podar described the series of lectures organized on Human Rights and Gandhi Philosophy as relevant in the present context and wished the students for bright future.

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## PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Mr. Sawai Singh Jaguka RAS (Podar College alumni) give lecture on Human Rights Day



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## PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

SDM Nawalgarh, Suman Sonal, (Chief Guest) give lecture on Human Rights Day



Lecture deliver by Podar college staff and students

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Singh

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## PODAR COLLEGE, NAWALGARH

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## ‘मानवाधिकार एवं गांधी दर्शन’ पर व्याख्यान आयोजित

न्यूज सर्विस/नवज्योति, नवलगढ़। कस्बे के पोदार कॉलेज नवलगढ़ के राजनीति विज्ञान विभाग एवं पोदार कॉलेज एलुमिनी एसोसिएशन द्वारा कान्तिकुमार आर. पोदार स्मृति व्याख्यान के तहत ‘मानवाधिकार एवं गांधी दर्शन’ पर व्याख्यान का आयोजन किया गया। कार्यक्रम के मुख्य अतिथि सुमन सोनल उपजिला कलक्टर नवलगढ़ तथा मुख्य वक्ता सवाई सिंह जगुका आरएएस व पोदार कॉलेज एलुमिनी थे।

कार्यक्रम का शुभारम्भ अतिथियों द्वारा स्व. कान्तिकुमार आर. पोदार की तस्वीर के सामने दीप प्रज्ज्वलित कर किया गया। कॉलेज उप-प्राचार्य कार्यक्रम संयोजक डॉ. विनोद सैनी



ने कार्यक्रम के प्रारम्भ में श्रद्धेय कान्तिकुमार आर. पोदार को याद किया तथा उनके जीवन से शिक्षा लेने की प्रेरणा प्रदान की। डॉ. सैनी ने इस अवसर पर गांधी दर्शन की विस्तृत विवेचना करते हुए विद्यार्थियों को मजबूती का नाम महात्मा गांधी बताया एवं मंच पर उपस्थित सभी अतिथियों का स्वागत किया। कार्यक्रम के मुख्य अतिथि श्रीमती सुमन सोनल ने इस अवसर पर कहा कि गजीवन

का अधिकार प्रत्येक व्यक्ति का जन्मसिद्ध अधिकार है तथा यह विश्वव्यापी है। मानव अधिकारों प्रत्येक व्यक्ति के व्यक्तित्व के विकास के लिए आवश्यक है। आयोजन के मुख्य वक्ता सवाई सिंह जगुका ने गांधी दर्शन की प्रासंगिकता के माध्यम से मानवाधिकारों का विस्तृत विवेचन किया उन्होंने गांधी जी की सत्य, अहिंसा, बुनियादी शिक्षा, ग्राम स्वराज्य आदि को व्यावहारिक प्रसंगों के माध्यम से विद्यार्थियों को गांधी दर्शन को आत्मसात करने की प्रेरणा दी। इस अवसर पर राष्ट्रीय सेवा योजना के अधिकारी शान्तिलाल जोशी तथा सुमन सैनी एवं अन्य व्याख्याता उपस्थित थे। संचालन डॉ. अनिल शर्मा ने किया।





# **PODAR COLLEGE, NAWALGARH**

**Podar Educational Campus, Nawalgarh - 333042 (Raj.)**

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## **PODAR COLLEGE ALUMNI ASSOCIATION**

The Institute has a registered Alumni Association for building strong bond between alumni and present students. The alumni give support to the students through interaction, financial funding, guidance and placement. The Alumni Association of the Institute is called as **SETH GYANIRAM BANSIDHAR PODAR COLLEGE ALUMNI ASSOCIATION NAWALGARH**. This was registered under The Rajasthan Societies Registration Act, 1958 (Rajasthan Act Number 28, 1958) Reg. No. COOP2021JHUNJHUNU200404 dated 11 August 2021. The mission of the Alumni Association is to foster a mutually beneficial relationship between the College and its alumni.

### **Objectives of the Alumni association:**

- To encourage and promote close relations between the Institution and its alumni and among the alumni themselves.
- To promote and encourage friendly relations between all members of the alumni body, an interest in the affairs and well-being of the Institution.
- To initiate and develop programs for the benefit of the alumni.
- To assist and supporting the efforts of the Institution in obtaining funds for development.
- To serve as a forum through which alumni may support and advance the pursuit of academic excellence at the Institution.
- To guide and assist alumni who have recently completed their courses to obtain employment and engage in productive pursuits useful to society.





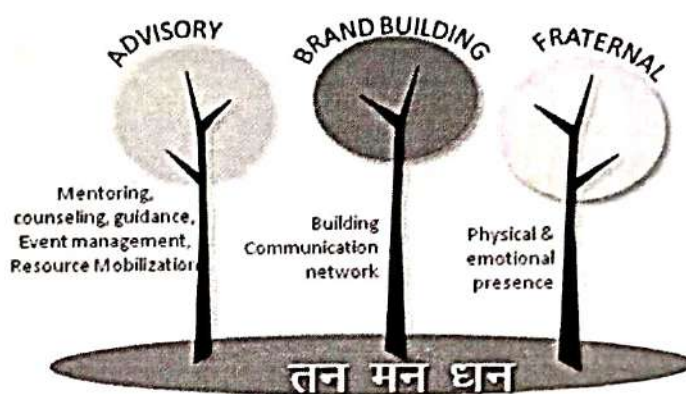
# PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

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## Activities and Contributions:

- Alumni have facilitated to Merit students of the Institution.
- Alumni are included as members in the Board of studies of all departments. They are invited for meetings at the college and they interact with their teachers and express their suggestions on curriculum revision.
- Few Alumni gave Guest lecturers to the existing students on mental health, career guiding focuses for comparative examination with providing free teaching App.



Seth G. B Podar College, Nawalgarh organizes Alumni Meet every year. Connect is a formal function which consists of inauguration, alumni interaction with students by present batch of students followed by dinner. During the program alumni gives insights of various specializations and industry to the existing batch of students. Alumni share their corporate experiences, guide current batch of management students and assures the students to be in continuous communication with them. Alumni association provides continuous support to students for carrier guidance and placement assistance.

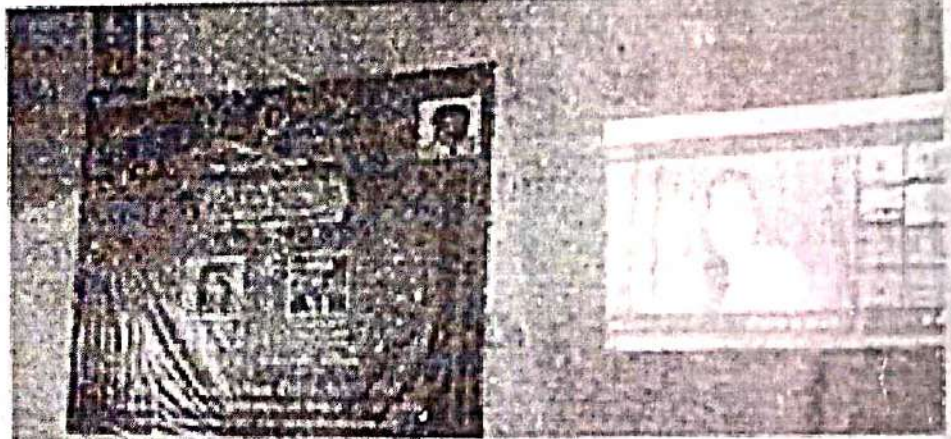


जयपुर, शनिवार, 9 अक्टूबर, 2021

## दैनिक नवज्योति

# 'मानसिक स्वास्थ्य कोविड महामारी' पर वेबिनार का आयोजन

न्यूज सर्विस/नवज्योति, नवलगढ़। वैश्विक महामारी को भयावह स्थिति में गमित एवं प्रभावित लोगों का न केवल शारीरिक बल्कि मानसिक स्वास्थ्य भी प्रभावित हुआ है। इसी समस्या को ध्यान में रखते हुए दी आनन्दीलाल पौदार ट्रस्ट की ट्रस्टी वैदिका पौदार की भावना के अनुरूप, आनन्दीलाल पौदार ट्रस्ट, नवलगढ़ द्वारा वेबिनार का आयोजन सैठ जी.पी. पौदार कॉलेज ऐलुमिनि एसोसिएशन द्वारा को किया गया। जिसमें दी आनन्दीलाल पौदार ट्रस्ट की विभिन्न शैक्षिक संस्थाओं के समस्त शैक्षिक, सह-शैक्षिक एवं गैर शैक्षिक कर्मचारियों तथा पौदार महाविद्यालय के पूर्व प्रिन्स एवं नगर के प्रतिष्ठित लोगों ने भाग लिया। कार्यक्रम में कुल 250 श्रोताओं, जिज्ञासुओं ने फिजिकली य यर्चुअली भाग लिया। मुख्य वक्ता डॉ. शिव गौतम, विश्व विख्यात मनोरोग विशेषज्ञ तथा ऐलुमिनाई, पौदार कॉलेज एवं माननीय ट्रस्टी वैदिका पौदार, फाउंडर कंगारु माइन्ड्स, मेंटल हेल्थ एडवोकेट एण्ड



एडवेंसड थे। ट्रस्टी वैदिका पौदार ने इस अवसर पर कहा कि, 'मानसिक विकारों के सम्बन्ध में जागरूकता की कमी, सामाजिक भ्रांतियां एक बड़ी चुनौती है। ऐसे में आवश्यक है कि इससे निपटने के लिए व्यापक स्तर पर जागरूकता अभियान चलाया जाना चाहिए। मानसिक स्वास्थ्य से संबंधित विभिन्न उत्सुकताओं को प्रश्नों के माध्यम से विशेषज्ञों के समक्ष प्रस्तुत किया गया, जिस पर विशेषज्ञों द्वारा सारगर्भित एवं सुस्पष्ट समाधान प्रस्तुत किए गए, जो कि इस महामारी के समय में आमजन एवं महामारी से ग्रसित लोगों के मानसिक स्वास्थ्य

में सुधार एवं मानसिक स्वास्थ्य को यथायत बनाए रखने के लिए अति उपयोगी सिद्ध होंगे। कार्यक्रम का संचालन प्रेमलता टाईनी टोडर विद्यालय की प्रधानाध्यापिका ने किया। कार्यक्रम संचालक एवं सैठ जी.पी. पौदार कॉलेज ऐलुमिनाई एसोसिएशन के सचिव डॉ. विनोद सेनी ने वक्ताओं, श्रोताओं व अतिथियों का धन्यवाद ज्ञापित किया। इस अवसर पर ऐलुमिनि एसोसिएशन के अध्यक्ष रवीन्द्र पुरोहित, सुशील मील, निदेशक सुबोध स्कूल एवं पौदार ऐलुमिनि, गजानन्द सेनी पौदार ऐलुमिनि आदि पूर्व ऐलुमिनि सदस्य उपस्थित रहे।



## बुझनु आस-पास

# पोदार कॉलेज नवलगाढ़ एलुमिनी एसोसिएशन द्वारा मानसिक स्वास्थ्य कोविड-19 महामारी के संदर्भ में वेबीनार

नवलगाढ़। वैश्विक महामारी को भयावह स्थिति से ग्रसित एवं प्रभावित लोगों का न केवल शारीरिक अपितु मानसिक स्वास्थ्य भी प्रभावित हुआ है। इसी समस्या को ध्यान में रखते हुए दो आनंदोलाल पोदार ट्रस्ट को ट्रस्टी वैदिका पोदार को भावना के अनुरूप, आनंदोलाल पोदार ट्रस्ट नवलगाढ़ द्वारा मॉडल हेल्थ इन द कोविड-19 वैश्विक विषय पर एक वेबीनार का आयोजन सेंट जॉनो पोदार कॉलेज एलुमिनी एसोसिएशन द्वारा बुधवार को किया गया। जिसमें टी आनंदोलाल पोदार ट्रस्ट की विभिन्न वीरिड संस्थाओं के समस्त शिक्षक, छात्र-शिक्षक एवं गैर शिक्षक कार्यकर्ताओं तथा पोदार महाविद्यालय के पूर्व छात्र एवं नगर के प्रतिष्ठित लोगों ने भाग लिया। कार्यक्रम में कुल 250 छात्रों-विद्यार्थियों ने हिस्सा ले कर पूरा ही भाग लिया। मुख्य अतिथि पोदार कॉलेज एलुमिनी एसोसिएशन के अध्यक्ष डॉ. विनोद सीनो पोदार हेल्थ इन द कोविड-19 विषय पर मॉडल हेल्थ इन द कोविड-19 विषय पर एक वेबीनार का आयोजन



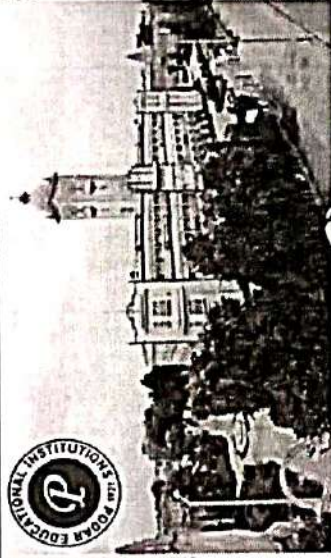
एवं ट्रस्टी वैदिका पोदार श्री। ट्रस्टी वैदिका पोदार ने इस अवसर पर कहा कि मानसिक विकारों के संबंध में जागरूकता को कमो, सामाजिक भावित्या एक बड़ी चुनौती है। ऐसे में आवश्यक है कि इससे निपटने के लिए व्यापक स्तर पर जागरूकता अभियान चलाया जाना चाहिए। मानसिक स्वास्थ्य से संबंधित विभिन्न उत्सुकताओं को प्रश्नों के माध्यम से विशेषज्ञों के समक्ष प्रस्तुत किया गया। जिस पर विशेषज्ञों द्वारा सारगर्भित एवं सुस्पष्ट समाधान प्रस्तुत किए गए। जो कि इस महामारी के समय में आमजन एवं

सचिव डॉ. विनोद सीनो ने कहाओं, श्रोताओं तथा सभी सम्मानित अतिथियों का धन्यवाद ज्ञापित किया। इस अवसर पर एलुमिनी एसोसिएशन के अध्यक्ष रवींद्र पुरोहित, सुशील मील, निदेशक सुबोध स्कूल एवं पोदार एलुमिनी, गजानंद सीनो पोदार एलुमिनी आदि पूर्व एलुमिनी सदस्य उपस्थित रहे। पोदार ट्रस्ट के चेयरमैन कांतिकुमार आर. पोदार ने मानसिक स्वास्थ्य पर आयोजित वेबीनार को वर्तमान में युवा पीढ़ी के लिए लाभदायक बताया एवं सभी एलुमिनी सदस्यों को बधाई प्रेषित की।



# PODAR EDUCATIONAL INSTITUTIONS, NAWALGARH

The Anandilal Podar Trust, Nawalgarh



Our Distinguished  
Speaker



## Ms. Vedica Podar

Founder, Kangaroo Minds  
Diana Award Recipient - 2019  
Trustee, The Anandilal Podar Trust  
Mental Health Advocate & Ambassador  
Youth & Adult Mental Health First Aider  
Suicide Gatekeeper & Active Listener  
Millennial & Gen-Z Life Coach

Organizing a Webinar  
on  
Mental Health in the COVID-19 Pandemic  
For Faculty, Alumni & Students



## Dr. Shiv Goutam

Alumni, Podar College  
MBBS, MD (PSYCH), MNAMS, FIPS, MAPA(USA) FAMS  
Director Professor  
Gautam Institute of Behavioral Sciences & Alternative Medicine  
Advisor CCPD- Ministry of Social Justice & Empowerment  
Government of India (2018 - )  
Member Advisory Board on Health National Human Rights  
Commission, New Delhi.  
Advisor Rajasthan State Human Rights Commission  
President, Mental Health Foundation, Jaipur

Date : 6-10-2021

Time : 3:20 - 4:30 pm

Platform :



Google Meet

Link to join :-

SETH G.B. PODAR COLLEGE ALUMNI ASSOCIATION, NAWALGARH

Contact us : 6376173950, 8949130850, 8619868884, 01594-222030 ■ Website : [www.podarcollege.com](http://www.podarcollege.com) Email : [principal@podarcollege.com](mailto:principal@podarcollege.com)



# PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)



## THE ANANDILAL PODAR TRUST, NAWALGARH

दिनांक - 06.10.2021

**"पोदार कॉलेज, नवलगढ़ ऐलुमिनि एसोसिएशन द्वारा मानसिक स्वास्थ्य कोविड-19 महामारी के संदर्भ में आयोजित।"**

नवलगढ़। वैश्विक महामारी की भयावह स्थिति से ग्रसित एवं प्रभावित लोगों का न केवल शारीरिक अपितु मानसिक स्वास्थ्य भी प्रभावित हुआ है। इसी समस्या को ध्यान में रखते हुए टी आनन्दीलाल पोदार ट्रस्ट की माननीया ट्रस्टी सुश्री वैदिका पोदार जी की भावना के अनुरूप, आनन्दीलाल पोदार ट्रस्ट, नवलगढ़ द्वारा "Mental Health in the COVID-19 Pandemic" विषय पर एक वेबीनार का आयोजन सेठ जी.बी. पोदार कॉलेज ऐलुमिनि एसोसिएशन द्वारा दिनांक - 06.10.2021 को किया गया। जिसमें टी आनन्दीलाल पोदार ट्रस्ट की विभिन्न शैक्षिक संस्थाओं के समस्त शैक्षिक, सह-शैक्षिक एवं गैर शैक्षिक कर्मचारियों तथा पोदार महाविद्यालय के पूर्व छात्र एवं नगर के प्रतिष्ठित लोगों ने भाग लिया। कार्यक्रम में कुल 250 श्रोताओं/जिह्वासुओं ने फिजिकली व वर्चुअली भाग लिया।

मुख्य वक्ता डॉ. शिव गौतम, विश्व विख्यात मनोरोग विशेषज्ञ तथा ऐलुमिनाई, पोदार कॉलेज एवं माननीया ट्रस्टी सुश्री वैदिका पोदार, फाउंडर कंगारू माइन्ड्स, मेंटल हेल्थ एडवोकेट एण्ड एक्सेसडर थे। माननीया ट्रस्टी सुश्री वैदिका पोदार ने इस अवसर पर कहा कि, "मानसिक विकास के सन्वन्ध में जागरूकता की कमी, सामाजिक भांतियों एक बड़ी चुनौती है। ऐसे में आवश्यक है कि इससे निपटने के लिए ध्यानक स्तर पर जागरूकता अभियान चलाया जाना चाहिए।"

मानसिक स्वास्थ्य से संबंधित विभिन्न उत्कृष्टताओं को प्रश्नों के माध्यम से विशेषज्ञों के समक्ष प्रस्तुत किया गया, जिस पर विशेषज्ञों द्वारा सारगर्भित एवं सुस्पष्ट समाधान प्रस्तुत किए गए, जो कि इस महामारी के समय में आमजन एवं महामारी से ग्रसित लोगों के मानसिक स्वास्थ्य में सुधार एवं मानसिक स्वास्थ्य को मजबूत बनाए रखने के लिए अति उपयोगी सिद्ध होंगे।

कार्यक्रम की विधिवत शुरुआत सरस्वती पंढरा से की गई। पोदार महाविद्यालय के प्राचार्य डॉ. सत्येन्द्र सिंह ने श्रोताओं को विशेषज्ञों का परिचय दिया एवं उनका स्वागत किया। कार्यक्रम का संचालन सुश्री प्रेमलता टाईनी टोडर विद्यालय की प्रवक्ताव्यापिका ने किया।

अन्त में कार्यक्रम संयोजक एवं सेठ जी.बी. पोदार कॉलेज ऐलुमिनाई एसोसिएशन के सचिव डॉ. विनोद सैनी ने वक्ताओं, श्रोताओं तथा सभी सम्मानित अतिथियों का धन्यवाद ज्ञापित किया।





# PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

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## THE ANANDILAL PODAR TRUST, NAWALGARH

हस अवसर पर ऐलुमिनि एसोसिएशन के अध्यक्ष रवीन्द्र पुरोहित, सुशील मील, निदेशक सुबोध स्कूल एवं पोदार ऐलुमिनि, गजानन्द सैनी पोदार ऐलुमिनि आदि पूर्व ऐलुमिनि सदस्य उपस्थित रहे।

पोदार ट्रस्ट के चेयरमैन श्री कान्तिकुमार आर. पोदार ने मानसिक स्वास्थ्य पर आयोजित वेबिनार को वर्तमान में युवा पीढ़ी के लिये लाभदायक बताया एवं सभी ऐलुमिनि सदस्यों को बधाई प्रेषित थी।





# PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)



Hon'ble Trustee Ms. Vedika Podar and Podar Alumni Dr. Shiv Gotam, Jaipur addressing the webinar on Mental Health Covid pandemic





# PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

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Alumni of Seth GB Podar College and school staff and APT Trust employees deliver the lecture on mental health covid epidemic.



# **PODAR COLLEGE, NAWALGARH**

**Podar Educational Campus, Nawalgarh - 333042 (Raj.)**

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The COVID-19 pandemic may have brought many changes to how you live your life, and with it, at times, uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last, whether your job will be affected and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do. During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen. Surveys show a major increase in the number of India adults who report symptoms of stress, anxiety, depression and insomnia during the pandemic, compared with surveys before the pandemic. Some people have increased their use of alcohol or drugs, thinking that can help them cope with their fears about the pandemic. In reality, using these substances can worsen anxiety and depression. People with substance use disorders, notably those addicted to tobacco or opioids, are likely to have worse outcomes if they get COVID-19. That's because these addictions can harm lung function and weaken the immune system, causing chronic conditions such as heart disease and lung disease, which increase the risk of serious complications from COVID-19. For all of these reasons, it's important to learn self-care strategies and get the care you need to help you cope.

## **Self-care strategies**

Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.

### **Take care of your body**

**Be mindful about your physical health:**





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**Get enough sleep.** Go to bed and get up at the same times each day. Stick close to your typical sleep-wake schedule, even if you're staying at home.

**Participate in regular physical activity.** Regular physical activity and exercise can help reduce anxiety and improve mood. Find an activity that includes movement, such as dance or exercise apps. Get outside, such as a nature trail or your own backyard.

**Eat healthy.** Choose a well-balanced diet. Avoid loading up on junk food and refined sugar. Limit caffeine as it can aggravate stress, anxiety and sleep problems.

**Avoid tobacco, alcohol and drugs.** If you smoke tobacco or if you vape, you're already at higher risk of lung disease. Because COVID-19 affects the lungs, your risk increases even more. Using alcohol to try to cope can make matters worse and reduce your coping skills. Avoid taking drugs to cope, unless your doctor prescribed medications for you.

**Limit screen time.** Turn off electronic devices for some time each day, including 30 to 60 minutes before bedtime. Make a conscious effort to spend less time in front of a screen — television, tablet, computer and phone.

**Relax and recharge.** Set aside time for yourself. Even a few minutes of quiet time can be refreshing and help to settle your mind and reduce anxiety. Many people benefit from practices such as deep breathing, tai chi, yoga, mindfulness or meditation. Soak in a bubble bath, listen to music, or read or listen to a book — whatever helps you relax. Select a technique that works for you and practice it regularly.

## **Take care of your mind**

### **Reduce stress triggers:**

**Keep your regular routine.** Maintaining a regular daily schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times



# PODAR COLLEGE, NAWALGARH

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for meals, bathing and getting dressed, work or study schedules, and exercise. Also set aside time for activities you enjoy. This predictability can make you feel more in control.

**Limit exposure to news media.** Constant news about COVID-19 from all types of media can heighten fears about the disease. Limit social media that may expose you to rumors and false information. Also limit reading, hearing or watching other news, but keep up to date on national and local recommendations.

**Stay busy.** Healthy distractions can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies that you can do at home, such as reading a book, writing in a journal, making a craft, playing games or cooking a new meal. Or identify a new project or clean out that closet you promised you'd get to. Doing something positive to manage anxiety is a healthy coping strategy.

**Focus on positive thoughts.** Choose to focus on the positive things in your life, instead of dwelling on how bad you feel. Consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective. Use your moral compass or spiritual life for support. If you draw strength from a belief system, it can bring you comfort during difficult and uncertain times. Set priorities. Don't become overwhelmed by creating a life-changing list of things to achieve while you're home. Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. And recognize that some days will be better than others.

## **Connect with others**

### **Build support and strengthen relationships:**

**Make connections.** If you work remotely from home or you need to isolate yourself from others for a period of time due to COVID-19, avoid social isolation. Find time each day





# PODAR COLLEGE, NAWALGARH

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

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to make virtual connections by email, texts, phone or video chat. If you're working remotely from home, ask your co-workers how they're doing and share coping tips. Enjoy virtual socializing and talking to those in your home. If you're not fully vaccinated, be creative and safe when connecting with others in person, such as going for walks, chatting in the driveway and other outdoor activities, or wearing a mask for indoor activities. If you are fully vaccinated, you can more safely return to many indoor and outdoor activities you may not have been able to do because of the pandemic, such as gathering with friends and family. However, if you are in an area with a high number of new COVID-19 cases in the last week, the CDC recommends wearing a mask indoors in public or outdoors in crowded areas or in close contact with unvaccinated people. For unvaccinated people, outdoor activities that allow plenty of space between you and others pose a lower risk of spread of the COVID-19 virus than indoor activities do.

**Do something for others.** Find purpose in helping the people around you. Helping others is an excellent way to help ourselves. For example, email, text or call to check on your friends, family members and neighbors — especially those who are older. If you know someone who can't get out, ask if there's something needed, such as groceries or a prescription picked up.

**Support a family member or friend.** If a family member or friend needs to be quarantined at home or in the hospital due to COVID-19, come up with ways to stay in contact. This could be through electronic devices or the telephone or by sending a note to brighten the day, for example.

**Avoid stigma and discrimination.** Stigma can make people feel isolated and even abandoned. They may feel depressed, hurt and angry when friends and others in their community avoid them for fear of getting COVID-19. Stigma harms people's health and well-being in many ways. Stigmatized groups may often be deprived of the resources



# **PODAR COLLEGE, NAWALGARH**

**Podar Educational Campus, Nawalgarh - 333042 (Raj.)**

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they need to care for themselves and their families during a pandemic. And people who are worried about being stigmatized may be less likely to get medical care.

People who have experienced stigma related to COVID-19 include people of Asian descent, health care workers, people with COVID-19 and those released from quarantine. People who are stigmatized may be excluded or shunned, treated differently, denied job and educational opportunities, and be targets of verbal, emotional and physical abuse.

You can reduce stigma by: Getting the facts about COVID-19 from reputable sources such as the CDC and WHO. Speaking up if you hear or see inaccurate statements about COVID-19 and certain people or groups

- Reaching out to people who feel stigmatized
- Showing support for health care workers
- Recognize what's typical and what's not



**“मेन्टल हेल्थ एवं कोविड-19”**

वेबीनार /परिचर्चा

**कार्यक्रम रुपरेखा**

दिनांक:- 06/10/2021 (बुधवार)

समय:- 03:20-04:30 P.M.

प्रतिभागी:- सभी स्टाफ सदस्य पोदार शिक्षण संस्थान, नवलगढ़, विद्यार्थी एवं पूर्व विद्यार्थी।

प्लेट फॉर्म ऑफ़ प्रोग्राम- गूगल मीट (Link of programme will be sent to participants till 04.10.2021)

आयोजक – पोदार कॉलेज, नवलगढ़ ऐलुमिनाई एसोसिएशन

वक्ता/ विशेषज्ञ- सुश्री वेदिका जी पोदार,

माननीय ट्रस्टी दी आनन्दीलाल पोदार ट्रस्ट, नवलगढ़

मेन्टल हेल्थ एडवोकेट एवं फाउंडर कंगारू माइंड्स

कार्यक्रम संचालक :- सुश्री प्रेमलता, प्राचार्य एस. के.पी. टाइनी टोडलर

स्वागत एवं परिचय:- डॉ. सत्येन्द्र सिंह, प्राचार्य, पोदार कॉलेज, नवलगढ़ -02 मिनट

उद्बोधन:- डॉ. शिव गौतम जी -05 मिनट

उद्बोधन:- सुश्री वेदिका जी पोदार- 05 मिनट

प्रश्नोत्तर- सुश्री प्रेमलता, प्राचार्य एस. के.पी. टाइनी टोडलर

Question Answer series as serial wise

1. डॉ. शिव गौतम जी
2. सुश्री वेदिका जी पोदार
3. डॉ. शिव गौतम जी
4. सुश्री वेदिका जी पोदार
5. डॉ. शिव गौतम जी
6. सुश्री वेदिका जी पोदार
7. डॉ. शिव गौतम जी
8. सुश्री वेदिका जी पोदार

प्रश्नोत्तर- स्टाफ सदस्य / ऐलुमिनाई एसोसिएशन

धन्यवाद प्रस्ताव- डॉ. विनोद सैनी, उप-प्राचार्य – 02 मिनट

*Handwritten signature*  
02/10/21



# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

Ref.No./GBPC/2021-22/156

Date: - October 16, 2021

**Subject: - "Regarding to organise the monthly event "Webinar on Mental Health"**

**Respected Ma'am**

We had organized a meeting with institute Principals.

**Members present:-**

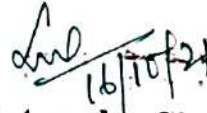
- |                        |  |
|------------------------|--|
| 1. Dr. Satyendra Singh | - Principal, Podar College                   |
| 2. Mr. Jeen C.K.       | - Principal, GPS                             |
| 3. Mrs. Pooja Sain     | - Principal, PBR Podar School (Hindi Medium) |
| 4. Dr. Durga Bhojak    | - Principal, B. Ed. College                  |
| 5. Mr. S.S. Bakshi     | - Principal, Podar ITI, Nawalgarh            |

**The folloing points were discussed:-**

1. The proposed date of monthly webinar on **Mental Health** is 20<sup>th</sup> November due to Deepawali vacation from 1<sup>st</sup> November to 7<sup>th</sup> November, 2021.
2. The timings of webinar will be according to your convience and proposed timings is 04:30 P.M. to 05:30 P.M.
3. Webinar will be held on Google meet platform.
4. The duration of webinar will be of 01:00 hour (60 minutes).
5. All the members of Podar Educational Institutions and students will be participated in this webinar.
6. E- banner of webinar for social media will be prepared till 20.10.2021 and sent to you for your kind approval.
7. The questions/ queries of participants will be sent to you till 25<sup>th</sup> October, 2021.

*Please provide your kind approval.*

**Thankyou Ma'am**

  
(Dr. Satyendra Singh)  
Principal

Rambilas Podar Road, Nawalgarh Dist: Jhunjhunu - 333042  
Phone No: 01594- 222030, 225892 Fax No: 01594-223198  
Web Site: [www.podarcollege.com](http://www.podarcollege.com) E-Mail: [principal@podarcollege.com](mailto:principal@podarcollege.com)





## Webinar on Mental Health during Covid-19 pandemic

### List of Probable Questions

To,

Hon'ble Ms. Vedica Baiji  
Trustee,  
The Anandilal Podar Trust,  
Nawalgarh

As a consequence of COVID-19 pandemic, mental health issues have emerged as a serious problem all over the world. Because of various social, financial, personal as well as other factors anxiety, stress and other related biological conditions have disturbed the people at large. Considering this scenerio, following question is to be asked by the faculty members in the webinar:-

1. How can we define mental health?
2. How can we convey the meaning of mental health to our students?
3. What are the important factors related to daily life which is affecting mental health of the people specially youth?
4. How can we correlate depression and mental health?
5. How do I get better is term of mental health?
6. Why there is an increase in mental health issue?
7. How do I check my mental health?
8. What actually causes depression?



# SETH GYANIRAM BANSIDHAR PODAR COLLEGE

Podar Educational Campus, Nawalgarh - 333042 (Raj.)

9. How can we overcome depression in daily life?
10. What are the first signs of going crazy?
11. What are the current issues in mental health?
12. Can a mental illness be cured?
13. How can we prevent mental health problem?
14. How can we boost our mental health?
15. What are the signs of bad mental health?
16. Why should mental health be a priority?
17. Does social media affect mental health?
18. Are happiness and mental fitness are synonyms?
19. What are the benefits of a good mental health?
20. How can I convey some one, one has mental health problem?
21. What to do is case of any emergency regarding a patient of mental health?
22. Is personality disorder is associated with mental health?
23. How can we support person suffering with mental health?
24. How can we start interaction on mental health with a friend?
25. Is doing exercise may treat or avoid mental health issue?

*Dr. Satyendra Singh*  
20/09/21  
(Dr. Satyendra Singh)  
Principal





# Seth Gyaniram Bansidhar Podar College Alumni Association

Rambilas Podar Road, Nawalgarh, Jhunjhunu (Rajasthan) – 333042

REG.NO. – COOP/2021/JHUNJHUNU/200404

Our Chairmen



Founder Chairman  
ANANDILAL PODAR



First Trustee chairman  
MAHATMA GANDHI  
(1922-30)



PANDIT MADAN MOHAN  
MALVIYA  
(1930-86)



KANTIKUMAR R PODAR  
(Since 1989)

दिनांक:- 10/09/2021

प्रतिष्ठा में,

माननीय डॉ. शिव गौतम जी,

जयपुर।

नमस्कार।


आशा है कि आप और आपके परिवार के सभी सम्मानित सदस्य स्वस्थ एवं कुशल हैं। पोदार कॉलेज ऐलुमिनाई एसोसिएशन के द्वारा महाविद्यालय के विद्यार्थियों एवं पूर्व विद्यार्थियों के लिए 'मेन्टल हेल्थ' पर वेबीनार का आयोजन करने जा रहे हैं।

आपसे दूरभाष पर स्वीकृति के आधार पर मुख्य वक्ता के रूप में स्वीकृति हेतु प्रार्थना पत्र आपको सादर प्रेषित है।


अतः स्वीकृति प्रदान कर हमें अनुगृहीत करने की कृपा करें।

सधन्यवाद!

प्रस्तावित दिनांक – 18.09.2021 के बाद आपकी सुविधानुसार सितम्बर माह में निर्धारित कर लेंगे।

  
(डॉ. विनोद सैनी) 10/9/21

उप प्राचार्य / सचिव  
ऐलुमिनाई एसोसिएशन

  
10/09/21  
(डॉ. सत्येन्द्र सिंह)  
प्राचार्य

Rambilas Podar Road, Nawalgarh Dist: Jhunjhunu – 333042

Phone No: 01594- 222030, 225892 Fax No: 01594-223198

Web Site: [www.podarcollage.com](http://www.podarcollage.com) E-Mail: [principal@podarcollage.com](mailto:principal@podarcollage.com), [alumni.podarcollage@gmail.com](mailto:alumni.podarcollage@gmail.com)

## “पोदार कॉलेज में मानसिक स्वास्थ्य पर वेबीनार/ परिचर्चा का आयोजन”

नवलगढ़, दिनांक 06.10.2021 को पोदार कॉलेज, नवलगढ़ ऐलुनिमाई एसोसिएशन द्वारा विद्यार्थियों तथा पूर्व विद्यार्थियों के लिए मानसिक स्वास्थ्य पर वेबीनार का आयोजन दी आनन्दीलाल पोदार ट्रस्ट के ट्रस्टी एवं मेन्टल हेल्थ एडवोकेट सुश्री वेदिका पोदार की प्रेरणा से किया जा रहा है।

कार्यक्रम (वेबीनार) के वक्ता डॉ. शिव गौतम, जयपुर विश्व विख्यात मनोरोग विशेषज्ञ एवं सुश्री वेदिका पोदार मेन्टल हेल्थ एडवोकेट, फाउंडर कंगारू माइंड रहेंगे।

कार्यक्रम का मुख्य उद्देश्य मानसिक स्वास्थ्य के बारे में विद्यार्थियों को जागरूक करना है। मानसिक स्वास्थ्य विकारों का सर्वाधिक प्रभाव युवाओं पर पड़ता है, मानसिक अस्वस्थता की स्थिति ने शारीरिक रोग के जोखिम को बढ़ाने, सामाजिक समस्याओं तथा रोग क्रियाशीलता के हास में नकारात्मक भूमिका निभाई है। वैश्विक महामारी कोविड-19 के कारण मानसिक अस्वस्थता की स्थिति ने विकराल रूप ले लिया है। अतः युवा पीढ़ी को मानसिक स्वास्थ्य के प्रति जागरूक कर उनको स्वस्थ एवं प्रसन्न रखने के लिए इस कार्यक्रम का आयोजन किया जा रहा है।

कार्यक्रम का आयोजन ऑनलाइन/ऑफलाइन किया जायेगा तथा सभी विद्यार्थियों एवं पूर्व विद्यार्थियों को इसका लिंक शेयर किया जायेगा ताकि ज्यादा से ज्यादा लोग इसका लाभ ले सकें।



# Mental Health webinar

"Vedica Podar" [vedica.apr@gmail.com]

Sent: 10/4/2021 2:32 PM

To: ""principal@podarcollege.com"" <principal@podarcollege.com>

Cc: ""Anandilal Podar"" <apt\_co@rediffmail.com>

Dr Singh,

I hope this email finds you well.

With regards to the designs for the posters & the event; below is the Headline (for under the photo), my brief bio for an introduction as well as the bullet points for the 2<sup>nd</sup> version of the poster.

## Headline:

Founder, Kangaroo Minds &  
Trustee, APT

## Brief Bio:

Vedica is a changemaker and social entrepreneur who is strongly driven by a desire to make a difference and to empower, motivate and cultivate a generation of young leaders. Her philanthropic efforts in this regard have been recognised with the prestigious Diana Award.

An Advocate and Ambassador for Mental Health and Wellbeing, she strongly believes and strives to help diminish the stigma which sadly still prevails around Mental Health so as to encourage help-seeking and support for those in distress. Besides being the Founder of Kangaroo Minds, Vedica has also trained in various roles, worked tirelessly over the years and aligned herself with various Mental Health initiatives to further this endeavour. Vedica is a qualified Adult & Youth Mental Health First Aider, Active Listener, Suicide Gatekeeper and soft-skills trainer. To further her research into this space, she has written a thesis on exploring the need, importance and ways in which schools can better promote student Mental Health and Wellbeing.

As an Educationist, Vedica has been involved in not only the running of the institutions under the aegis of the Anandilal Podar Trust but also in developing initiatives for community engagement to better the lives of those in rural Rajasthan. These community initiatives have focussed on several core issues such as girl child education, literacy promotion, environment conservation and wellbeing to name a few.

## Bullet Points:

- Founder, Kangaroo Minds
- Diana Award Recipient - 2019
- Trustee, The Anandilal Podar Trust
- Mental Health Advocate & Ambassador
- Youth & Adult Mental Health First Aider
- Suicide Gatekeeper & Active Listener
- Millennial & Gen-Z Life Coach

## Topic of Webinar:

Mental Health in the Covid-19 Pandemic

In case of any queries, do let me know.

With kind regards,



# SETH G.B. PODAR COLLEGE, NAWALGARH

(Alumni Association)

Webinar on

“Mental Health in the COVID-19 Pandemic”

Registration form

Name:

Ambesh Kumar

Father's Name:

Dharmveer Bhandari

Mobile No.

7 7 3 7 9 4 8 5 2 1

E-mail.

mail2ambeshkumar@gmail.com

Study in Podar

Class

B.Sc

Year

2008 to 2011

Address:-

VPO - Kasimpura

Via - Bagar

Dist - Jhunjhunu (Raj)

Designation/

Occupation

Asst. Prof. (Chemistry)

(Students/Faculty/Others)

Signature

Note :-

1. Please fill the feedback form on the back of this page.
2. Please follow the Covid guidelines & protocol properly.





# SETH G.B. PODAR COLLEGE, NAWALGARH

(Alumni Association)

Webinar on

“Mental Health in the COVID-19 Pandemic”

Feedback form

Date-6/10/2021

(Please tick any one for Question 1 to 5)

1. Was the session useful ?

(YES/ NO)

2. Did the session make you aware about the issue ?

(YES/ NO)

3. Are you satisfied with the duration of session ?

(YES/ NO)

4. Do you think such programs to be organized at regular intervals ?

(YES/ NO)

5. Performance of the organizers was

(Satisfactory/Good/ Excellent)

6. Your suggestions if any

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Signature



**SETH G.B. PODAR COLLEGE, NAWALGARH**  
(Alumni Association)  
**Webinar on**  
**“Mental Health in the COVID-19 Pandemic”**  
**Registration form**

Name:

Father's Name:

Mobile No. 

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E-mail:

Study in Podar 

Class	BSc. MSc (Chy)	Year	2005 2007
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Address:-

Designation/  
Occupation   
(Students/Faculty/Others)

  
Signature

Note :-  
1. Please fill the feedback form on the back of this page.  
2. Please follow the Covid guidelines & protocol properly.





# SETH G.B. PODAR COLLEGE, NAWALGARH

(Alumni Association)

Webinar on

“Mental Health in the COVID-19 Pandemic”

Feedback form

Date-6/10/2021

(Please tick any one for Question 1 to 5)

1. Was the session useful ?

☒ (YES/ NO)

2. Did the session make you aware about the issue ?

☒ (YES/ NO)

3. Are you satisfied with the duration of session ?

☐ (YES/ NO)

4. Do you think such programs to be organized at regular intervals ?

☒ (YES/ NO)

5. Performance of the organizers was

☒ (Satisfactory/Good/ Excellent)

6. Your suggestions if any

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Signature