

**REPORTS
WITH
PHOTOGRAPHS**

Career Planning and Guidance Cell

Karim City College, Jamshedpur

Report on Career Talk: Job Avenues in the IT Sector

1. **Name of the Programme:** Career Talk: Job Avenues in the IT Sector
2. **Date:** 2nd September 2019
3. **Venue:** Karim City College
4. **Organising Department/Cell:** Guidance and Counseling Cell
5. **Resource Person:** Dr. Nigar Alam, Professor, Department of Psychology, Aligarh Muslim University (AMU), Aligarh
6. **Number of Participants:** 55 students

Objectives:

- To provide students with a comprehensive understanding of the IT sector landscape and emerging job opportunities.
- To equip students with the knowledge and skills necessary to navigate the job market effectively.
- To inspire students and motivate them to pursue career paths in the IT sector.

Programme Highlights:

Expert Insights: Dr. Nigar Alam shared her extensive knowledge and insights on the current trends and future prospects of the IT industry.

Career Pathways: The talk covered various career paths within the IT sector, including software development, data analytics, cybersecurity, and cloud computing.

Skill Development: Dr. Alam emphasized the importance of acquiring essential skills such as programming, problem-solving, and communication for success in the IT sector.

Industry Trends: The talk shed light on the latest advancements and emerging technologies shaping the IT landscape.

Q&A Session: A dedicated Q&A session provided students with an opportunity to ask questions and clarify their doubts regarding career opportunities in the IT sector.

Evaluation:

Feedback Forms: Participants were provided with feedback forms to share their opinions and suggestions about the career talk.

Post-Talk Survey: A post-talk survey will be conducted to gauge the effectiveness of the event in terms of knowledge gained, career clarity, and motivation for pursuing IT careers.

Outcome:

The career talk on Job Avenues in the IT sector proved to be highly informative and beneficial for the participating students. They gained valuable insights into the IT industry and the diverse career paths available within it. The talk provided valuable guidance and inspiration, encouraging students to explore their potential in the rapidly evolving IT sector.

Future Plans:

Based on the positive response and feedback received, the Guidance and Counseling Cell plans to organize similar career talks in the future, covering various sectors and industries relevant to students' career aspirations.

Photographs:**Acknowledgements:**

The Guidance and Counseling Cell expresses its gratitude to Dr. Nigar Alam for her valuable time, expertise, and insights shared during the career talk. We also appreciate the participation and enthusiasm of all the students who attended the event.

Submitted by:

Zaki Akhtar 3/09/19

Dr. Zaki Akhtar

Coordinator, Guidance and Counselling Cell
Karim City College

Career Planning and Guidance Cell

Karim City College, Jamshedpur

Report on Workshop: Stress Management

Held on 10.08.2020

1. **Name of the Programme:** Workshop on Stress Management
2. **Date:** 10th August 2020
3. **Venue:** Karim City College, Jamshedpur
4. **Organising Department/Cell:** Career Planning and Guidance Cell
5. **Resource Person:** Dr. J.P. Mishra, Professor, Department of Psychology, Kolhan University
6. **Number of Participants:** 52 students

Objectives:

- To enhance communication skills,
- To develop stress management techniques,
- To improve time management skills, etc.

Programme Highlights:

Interactive Sessions: Dr. Mishra conducted interactive sessions using breathing exercises, reverse counting and imaginary to engage participants in learning and practice.

Practical Tips and Techniques: The workshop provided practical tips and techniques for mention specific skills covered, e.g., effective communication, stress reduction, time planning, etc.

Resource Materials: Participants received [mention any handouts, worksheets, or other materials provided] to support their learning and practice.

Q&A Session: A dedicated Q&A session allowed participants to ask questions and receive clarification on the topics covered.

Evaluation:

Feedback Forms: Participants completed feedback forms to share their thoughts and suggestions on the workshop.

Post-Workshop Survey: A post-workshop survey will be conducted to assess the impact of the workshop on participants' skills, knowledge, and overall well-being.

Outcome:

The workshop on **Stress Management** was a successful event that provided participants with valuable knowledge and skills in communication skills and emotional intelligence. The interactive and practical nature of the workshop facilitated effective learning and application of the concepts.

Future Plans:

Based on the positive feedback and learning outcomes, the Guidance and Counseling Cell plans to organize similar workshops in the future, focusing on mention any future plans or areas of interest for future workshops.

Photographs:



Acknowledgements:

The Guidance and Counseling Cell expresses its gratitude to **Dr. J.P. Mishra** for his valuable time, expertise, and engaging presentation. We also thank all the participants for their active engagement and enthusiastic participation.

Submitted by:

Zaki Akhtar
Dr. Zaki Akhtar 11/08/2020
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Karim City College, Jamshedpur

Report on the Counseling Camp Organized held on 5th May 2021

Date of Event: 5th May 2021

Event: Counseling Camp for Undergraduate Students

Location: Karim City College

Coordinator: Dr.Zaki Akhtar, Coordinator of Guidance and Counselling Cell

Resource Person: Dr.Sabha Yunus, Head PG Department of Psychology, Womens College, Jamshedpur.

Introduction:

On 5th May 2021, the Guidance and Counselling Cell of Karim City College successfully organized a Counseling Camp specifically designed for undergraduate students. This initiative aimed to address the academic, personal, and career-related concerns of our students, providing them with valuable support and resources during a crucial phase of their educational journey.

Objectives:

1. To offer personalized guidance and support to undergraduate students.
2. To address and alleviate academic and personal stressors.
3. To provide career counseling and future planning assistance.
4. To enhance students' overall well-being and mental health.

Program Highlights:

1. Inaugural Session:

The event commenced with a welcome address by the Coordinator of the Guidance and Counselling Cell, Dr.Zaki Akhtar, Coordinator of Guidance and Counselling Cell. The introduction emphasized the importance of mental health and the role of counseling in academic success and personal growth.

2. Individual Counseling Sessions: Students participated in one-on-one counseling sessions with professional counselors. These sessions focused on various aspects, including academic performance, career aspirations, and personal issues. Each student received tailored advice and strategies to address their specific concerns.

3. Group Workshops: Interactive workshops were conducted on topics such as stress management, study techniques, and effective communication skills.

These workshops provided students with practical tools and coping mechanisms to handle academic and personal challenges.

4. Career Counseling:

Career guidance sessions were held to help students explore potential career paths and set achievable goals.

Professionals from various fields shared insights and experiences, providing valuable information on career opportunities and industry trends.

5. Feedback and Evaluation:

At the end of the camp, students provided feedback on their experience through surveys and informal discussions.

The feedback was overwhelmingly positive, with many students expressing appreciation for the support and guidance received.

Outcomes:

Enhanced Awareness: Students gained a deeper understanding of their personal strengths and areas for improvement.

Improved Coping Strategies: The workshops and individual sessions equipped students with effective tools to manage stress and academic pressure.

Career Clarity: Many students reported increased clarity regarding their career goals and the steps needed to achieve them.

Increased Engagement: The camp fostered a greater sense of engagement and support within the student community.

Conclusion:

The Counseling Camp held on 05th May 2021 was a significant success in fulfilling the objectives of the Guidance and Counselling Cell. The positive feedback from students 54 students and the visible improvements in their approach to academic and personal challenges underscore the effectiveness of the camp.

We extend our gratitude to the professional counselors, workshop facilitators, and all staff members who contributed to the successful execution of this event. The Guidance and Counselling Cell remains committed to supporting our students and looks forward to organizing similar initiatives in the future.

Recommendations:

Follow-Up Sessions: Consider organizing follow-up sessions to track progress and provide ongoing support.

Regular Workshops: Schedule regular workshops on relevant topics to maintain continuous student engagement.

Expanded Outreach: Increase outreach efforts to ensure that more students benefit from these valuable resources.

Photograph:



Submitted by:

Zaki Akhtar
6/05/21

Dr. Zaki Akhtar

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Karim City College

Career Planning and Guidance Cell

Karim City College, Jamshedpur

Report on Personality Development Workshop

Held on 10.04.2022

1. **Name of the Programme:** Personality Development Workshop
2. **Date:** 10th April 2022
3. **Venue:** E-classroom 1
4. **Organising Department/Cell:** Career Planning and Guidance Cell
5. **Resource Person:** Dr. Shabana Azami, Assistant Professor, Department of Psychology, SKBU, Purulia
6. **Number of Participants:** 58 students
7. **Objectives:**

- To enhance self-awareness and understanding of individual personality traits.
- To provide practical strategies for personal growth and development.
- To equip participants with effective communication and interpersonal skills.
- To foster confidence and self-esteem among students.

Programme Highlights:

Interactive Session: Dr. Azami facilitated an interactive session using various activities and exercises to explore personality types, strengths, and weaknesses.

Practical Tips: The workshop provided practical tips and techniques for improving communication skills, managing stress, and enhancing self-confidence.

Group Discussions: Participants engaged in group discussions to share their experiences, perspectives, and challenges.

Q&A Session: A question-and-answer session provided an opportunity for students to clarify their doubts and seek further guidance.

Evaluation:

Feedback Forms: Participants were provided with feedback forms to express their opinions and suggestions regarding the workshop.

Post-Workshop Survey: A post-workshop survey will be conducted to assess the impact of the workshop on participants' self-perception, skills, and overall well-being.

Outcome:

The personality development workshop proved to be an enriching experience for the participants. Students gained valuable insights into their own personalities and learned practical strategies for personal growth. The workshop fostered a positive and supportive environment for self-discovery and development.

Future Plans:

Based on the success of this workshop, the Guidance and Counseling Cell plans to organize similar workshops in the future on various aspects of personal development, focusing on specific themes such as leadership, time management, and stress management.

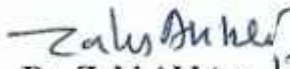
Photographs:



Acknowledgements:

The Guidance and Counseling Cell extends its gratitude to Dr. Shabana Azami for her valuable contribution and insightful guidance. We also thank all the participants for their active engagement and enthusiasm.

14. Contact Person:


Dr. Zaki Akhtar 12/04/2022
Senior Coordinator
Career Planning and Guidance Cell
Karim City College

Career Planning and Guidance Cell

Karim City College, Jamshedpur

Report on Workshop: Team Management and Collaboration

Held on 23.06.2023

1. **Name of the Programme:** Workshop on Team Management and Collaboration
2. **Date:** 23rd July 2023
3. **Venue:** Karim City Auditorium
4. **Organising Department/Cell:** Career Planning and Guidance Cell
5. **Resource Person:** Dr. Suhina Chatterjee, Assistant Professor, Department of Psychology, Amity University, Kolkata
6. **Number of Participants:** 51 students
7. **Objectives:**
 - To enhance understanding of the principles and practices of effective team management.
 - To equip participants with skills to foster collaboration and teamwork in various settings.
 - To develop strategies for resolving conflicts and promoting a positive and productive team environment.
 - To inspire students to embrace teamwork and leadership roles in their academic and future professional lives.

Programme Highlights:

Interactive Session: Dr. Chatterjee facilitated an engaging interactive session using group activities, case studies, and role-playing exercises to provide participants with hands-on experience in applying team management principles.

Practical Tools and Techniques: The workshop provided practical tools and techniques for effective team communication, conflict resolution, delegation, and leadership. Participants learned how to identify team dynamics, assess individual strengths and weaknesses, and leverage diverse perspectives for optimal performance.

Real-World Applications: Dr. Chatterjee emphasized the relevance of these skills in various contexts, including academic projects, student organizations, and future workplaces.

Q&A Session: A dedicated Q&A session allowed participants to seek clarification on specific aspects of team management and collaboration, fostering a dynamic learning environment.

Evaluation:

Feedback Forms: Participants completed feedback forms to provide valuable insights into the workshop's effectiveness, content, and delivery. The feedback was used to improve future workshops and ensure alignment with student needs.

Post-Workshop Survey: A post-workshop survey will be conducted to gauge the long-term impact of the workshop on participants' understanding of team dynamics, their ability to collaborate effectively, and their confidence in applying learned principles.

Outcome:

The workshop on Team Management and Collaboration was highly successful in achieving its objectives. Participants gained valuable insights into the dynamics of teamwork, learned practical tools for effective collaboration, and developed a deeper understanding of the importance of strong teamwork skills. The interactive approach and real-world examples fostered active engagement and ensured the knowledge gained was readily applicable in various settings.

Future Plans:

Based on the positive response and the valuable feedback received, the Career Planning and Guidance Cell plans to organize similar workshops in the future, focusing on various essential soft skills relevant to student success. These workshops will aim to equip students with the necessary skills for effective communication, leadership, and professional development.

Photographs:



Acknowledgements:

The Career Planning and Guidance Cell extends its gratitude to Dr. Suhina Chatterjee for her insightful presentation, valuable expertise, and engaging facilitation. We also appreciate the participation and enthusiasm of all the students who attended the event.

Submitted by:

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