



GOVERNMENT SCIENCE COLLEGE, JABALPUR

SOUTH CIVIL LINES, PACHPEDI, JABALPUR, M.P. 482001, INDIA
MODI & AL TOMUMOS N

College with potential for Excellence & Special Heritage Status (UGC),
Centre of Excellence for Science Education (M.P. Govt.), DST FIST supported

"A" Grade by NAAC in all the three cycles

Phone +91-761-2678737 Email- hegscjab@mp.gov.in
website-<http://www.sciencecollegejabalpur.org>

Date : 15-06-2021

NOTICE

State Level Program , M.P.Higher Education
Swami Vivekananda Employment Guidance and Placement Cell
Session 2021-22 Month June 2021

Psychological Councelling

Online on Google meet

Date: 22-06-2021 to 25-06-2021

Resource Person : Shri Dhieraj Jha

Jha Jha
In Charge 15.06.21,
Swami Vivekananda Employment
Guidance and Placement Cell

Jha
Principal
Govt. Science College
Jabalpur

पत्रिका plus - 25 जून 2021

ऑनलाइन परामर्श कार्यक्रम

ऑनलाइन परामर्श कार्यक्रम का हुआ आयोजन

जबलपुर ✦ गवर्नमेंट साइंस कॉलेज में कोविड काल में हुई परिस्थितियों के कारण मानसिक परेशानियों को दूर करने के लिए छात्रों के लिए एक दिवसीय ऑनलाइन परामर्श शिविर का आयोजन किया गया। परामर्शदाता धीरज झा ने विद्यार्थियों को बताया कि महामारी से जहां बड़ी संख्या में लोग प्रभावित हुए हैं, वही समाज संबंधियों ने भी अपनों को खोया है। प्राचार्य डॉ. एएल महोबिया के मार्गदर्शन में आयोजित कार्यक्रम में पोस्ट कोविड काल में अपनी समस्याओं का समाधान पाया। विवेकानंद कैरियर



गाइडेस प्रकोष्ठ प्रभारी डॉ. जया वाजपेयी, डॉ. मनीष शर्मा, डॉ. आरपीएस चंदेल, डॉ. निमिषा कौर भामरा का सहयोग रहा। संचालन डॉ. उषा मसराम का रहा।

City मास्कर - 24 जून 2021.

समस्याएँ सुनीं, बढ़ाया मनोबल

जबलपुर। विद्यार्थियों की मानसिक स्वास्थ्य समस्याओं के निराकरण एवं मनोबल बढ़ाने के लिए शासकीय विज्ञान महाविद्यालय में ऑनलाइन परामर्श कार्यक्रम हुआ। जहाँ परामर्शदाता धीरज झा ने छात्रों का मार्गदर्शन किया। प्राचार्य डॉ. ए. एल. महोबिया, विवेकानंद कैरियर प्रकोष्ठ प्रभारी डॉ. जया वाजपेई, डॉ. आरपीएस चंदेल, डॉ. निमिषा कौर भी कार्यक्रम से जुड़े। संचालन डॉ. उषा मसराम ने किया।



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Date: 23.06.21

Press Report

Government Science College Jabalpur (M.P.)

Psychological, Counselling To Cope With Challenges During 'COVID' Pandemic.

A three day online programme was conducted for the students, to provide psychological counseling and to discuss the problem faced by the students during the Covid-19 period.

The invited resource person and subject expert Dr. Dheeraj Jha, Shared his expertise a counselor and provided motivation to the students as to how they can extend their participation towards the good of the society and community at the Local State and National level. 'The heart breaking incident', of the death rates in general and at individual level is a cause of panic and fear but as youth the students must take proper care of self health and precautions and at the same time must impart the knowledge to the people around, "The above was stated by the counsellor".

The above online programme was successfully conducted under the able guidance of the Principal respected Dr. A.L. Mahobia, The students shared their problem's with the counsellor and received a satisfactory response.

The programme was organized as per the direction of Higher Education Bhopal, The programme was attended by Dr. Jaya Bajpai. "In charge of Vivekanand Career Guidance Cell", along with the active participation of Dr. Manish Sharma, Dr. R.P.S. Chandel, Dr. Nimisha Kaur Bhamra. The entire online event was well hosted by Dr. Usha Masram member of the committee.

Jaya Bajpai
23.06.21

Jaya Bajpai
Dr. Jaya Bajpai
In Charge S.V.C.G.P.C.
G.M.S.C. Jabalpur

[Signature]





स्वामी विवेकानन्द कैरियर मार्गदर्शन योजना,
शासकीय आदर्श विज्ञान स्वशासी
महाविद्यालय जबलपुर म.प्र. द्वारा त्रिदिवसीय
मनोवैज्ञानिक परामर्श कार्यक्रम का उद्घाटन
सत्र 22 जून 2021 से 25 जून 2021
समय- दोपहर 3:00 बजे



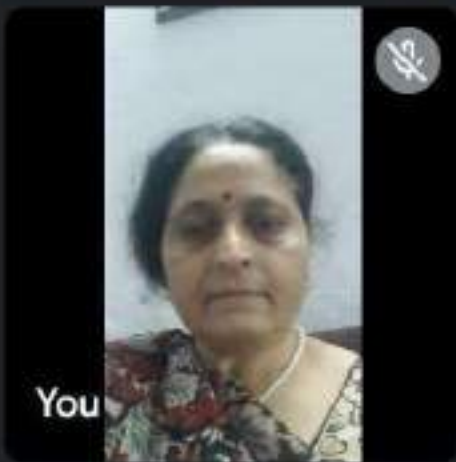
Dheeraj is presenting



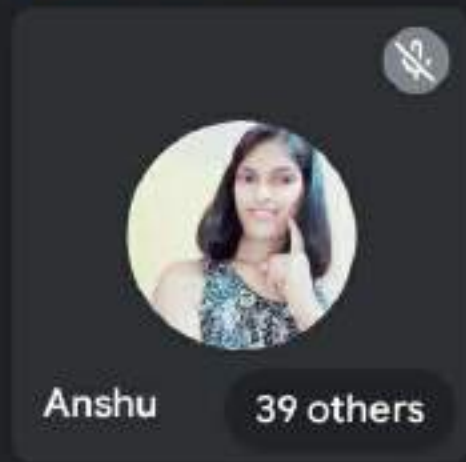
fengshui



Dheeraj



You



Anshu

39 others





डॉ. प्रो. अरुण शुक्ल (समाजीय समन्वयक स्वामी विवेकानन्द कैरियर मार्गदर्शन प्रकोष्ठ, उशिवि. म.प्र. शासन जबलपुर संभाग)

डॉ. जया बाजपेयी (प्रभारी स्वामी विवेकानन्द कैरियर मार्गदर्शन प्रकोष्ठ शासकीय आदर्श विज्ञान स्वशासी महाविद्यालय जबलपुर)

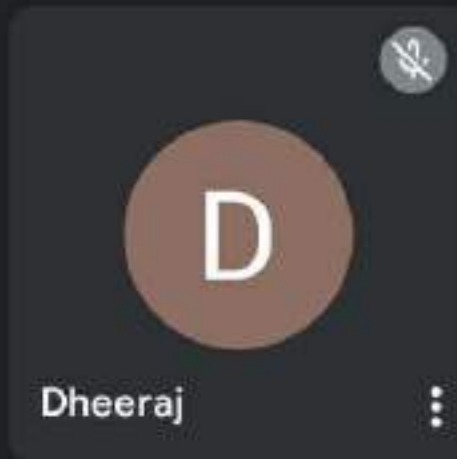
धीरज झा (मनोवैज्ञानिक एवं काउन्सलर)

🔍 📄 🗨️ 📺

Dheeraj is presenting



fengshui



Dheeraj



You



Anand

45 others



कोविड-19 के कारण बढ़ रही
मानसिक स्वास्थ्य संबंधी
समस्याएँ -

Dheeraj is presenting

fengshui

Dheeraj

You

Anand

50 others



संरक्षक

डॉ.लीला भलावी (अतिरिक्त संचालक उशिवि.म.प्र. शासन जबलपुर संभाग)

डॉ. ए. एल. महोविया (प्राचार्य शासकीय आदर्श विज्ञान स्व. महाविद्यालय जबलपुर)

Dheeraj is presenting



fengshui



Dheeraj



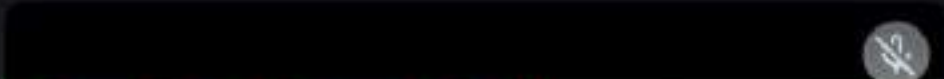
You



Anand

52 others





- 6. समस्या के प्रति ज्ञाने दृष्टिकोण को बदलें।
- 7. संगीत सुने एवं नाचकर आनंद लें। रचनात्मक कार्य करें। विड पीछे लगायें।
- 8. इंटरनेट का उचित उपयोग करें।
- 9. चैटिंग के अभाव पर फोन लगाकर बात करें।
- 10. मोबाइल फोन का उपयोग शिथिल संभव हो कम करें।
- 11. धैर्य रखना सीखें एवं जिम्मेदार बनें।
- 12. पीसटिक भोजन खाएं।
- 13. विचार एवं भावनाओं को अभिव्यक्ति अवश्य करें।
- 14. माता-पिता एवं गुरु से बढ़कर कोई डिग्री नहीं हमेशा अपने जीवन में उचित सम्मान एवं स्थान दें।
- 15. नानोवैज्ञानिक से परामर्श

Dheeraj is presenting




fengshui



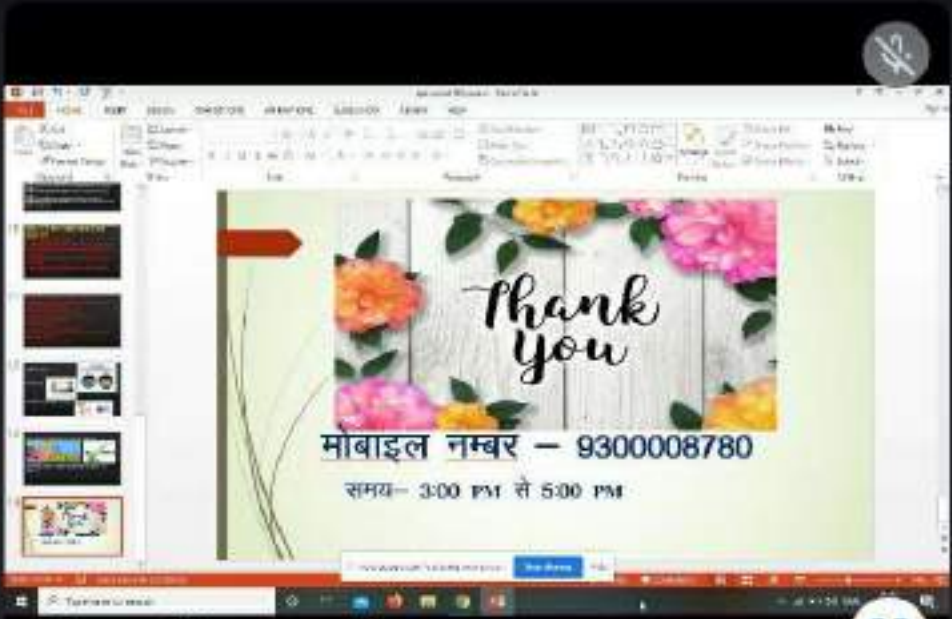
Sanjay



You



Dheeraj 40 others



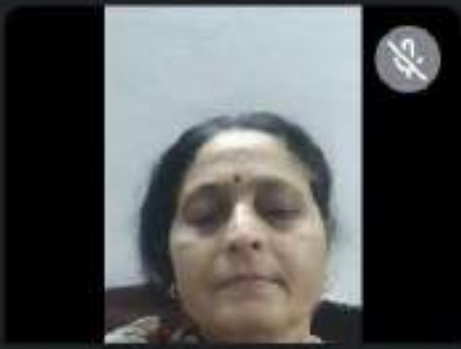
Dheeraj is presenting



fengshui



Sanjay



Khushi Sahu left





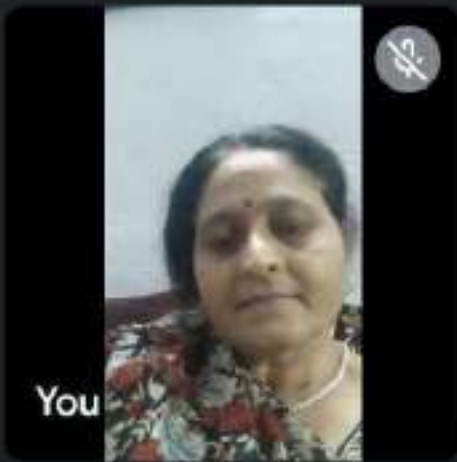
Dheeraj is presenting



fengshui



Anjali




You



nimisha

39 others





vicky



Shalini



rj-singh the



p




Sanjay



nimisha



Anjali Sahu
Thank you sir











































Pushpan 12 others


← About this call

People

Information














































IN CALL

-  **J** Jaya Bajpai (You)
-  **A** Aamil Khan  
-  Abhay singh Rajpoot  
-  Adarsh Patel  
-  Akanksha patel Patel  
-  Aman Nema  
-  **A** Amolshree Gaur  
-  **A** Anand Mahobia  
-  **A** Anjali Sahu  
-  Ankit Kewat  
-  Anshu Yadav  
-  **A** Aradhana Sahu  
-  **A** Arti Maravi  
-  Ashish Tembhre  

 About this call

People

Information














































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- | | | | |
|-------------------------------------------------------------------------------------|----------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | Ashwinee Kumar Palewar |  |  |
|  | Dheeraj Jha |  |  |
|  | Dheeraj Jha |  |  |
|  | Dheeraj Jha (Presentation) |  |  |
|  | fengshui fengshui |  |  |
|  | Himanshu Tiwari |  |  |
|  | JJ Lucky Mehra |  |  |
|  | Mansi Balmiki |  |  |
|  | Meenakshi Gautam |  |  |
|  | Mohit Dwivedi |  |  |
|  | Nikita Jhariya |  |  |
|  | nimisha kaur |  |  |
|  | Omkeshwar Singh |  |  |
|  | p music |  |  |
|  | Pushpanjali Rajak |  |  |




← About this call

Do not disturb turned on














































People Information


-  Pushpendra Singh  
-  Rachna Sancha  
-  rj-singh the socially helper  
-  Rohan Patel  
-  Rohit Pal  
-  sanjana Gupta  
-  Sanjay Jaiswal  
-  Sarthak Tiwari  
-  Shan Into  
-  Situ Gautam  
-  Sourabh Sahu  
-  Sweta Dutt  
-  Usha Masram  
-  vicky anmol  
-  Yonesh Vishwakarma  

 About this call

People












































Information


-
- | | | | |
|-------------------------------------------------------------------------------------|------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | RAJA PRASAD GUPTA |  |  |
|  | rj-singh the socially helper |  |  |
|  | Rohan Patel |  |  |
|  | Rohit Pal |  |  |
|  | sanjana Gupta |  |  |
|  | Sanjay Jaiswal |  |  |
|  | Sarthak Tiwari |  |  |
|  | Shan Into |  |  |
|  | Shubham Patel |  |  |
|  | Situ Gautam |  |  |
|  | Sourabh Sahu |  |  |
|  | Sweta Dutt |  |  |
|  | Usha Masram |  |  |
|  | vicky anmol |  |  |
|  | Yogesh Vishwakarma |  |  |

 About this call

People














































Information

-
-  Jaya Bajpai (You)
 -  Aamil Khan  
 -  Abhay singh Rajpoot  
 -  Adarsh Patel  
 -  Akanksha patel Patel  
 -  Akash Pandey  
 -  Aman Nema  
 -  Amolshree Gaur  
 -  Anand Mahobia  
 -  Anjali Sahu  
 -  Anshu Yadav  
 -  Aradhana Sahu  
 -  Arti Maravi  
 -  Ashish Tembhre  
 -  Ashwinee Kumar Palewar  


 About this call

People

Information














































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|-------------------------------------------------------------------------------------|----------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | Dheeraj Jha |  |  |
|  | Dheeraj Jha |  |  |
|  | Dheeraj Jha (Presentation) |  |  |
|  | fengshui fengshui |  |  |
|  | Himanshu Tiwari |  |  |
|  | Kapil Raj Prinze |  |  |
|  | Mansi Balmiki |  |  |
|  | Mansi Modhak |  |  |
|  | MAYANK UPADHYAY |  |  |
|  | Meenakshi Gautam |  |  |
|  | Mohit Dwivedi |  |  |
|  | Nikita Jhariya |  |  |
|  | NIKITA MEHRA |  |  |
|  | nimisha kaur |  |  |
|  | Omkeshwar Singh |  |  |



 About this call

People











































Information

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- | | | | |
|-------------------------------------------------------------------------------------|------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  | Omkeshwar Singh |  |  |
|  | p music |  |  |
|  | Pankaj singh Raj |  |  |
|  | Payal Soni |  |  |
|  | Prachi Agrawal |  |  |
|  | Prof Ankita Bohare |  |  |
|  | Pushpanjali Rajak |  |  |
|  | Pushpendra singh |  |  |
|  | Rachna Sancha |  |  |
|  | Rahul Gupta |  |  |
|  | Raj kumari Singh |  |  |
|  | RAJA PRASAD GUPTA |  |  |
|  | Ritika Gupta |  |  |
|  | rj-singh the socially helper |  |  |
|  | Rohit Pal |  |  |

← About this call

People

Information

-  Saket Jain  
-  Saket Kumar  
-  sanjana Gupta  
-  Sanjay Jaiswal  
-  Sarthak Tiwari  
-  Satish Gupta  
-  Seemant Mehra  
-  Shalini Tiwari  
-  Shan Into  
-  Shivam kumar  
-  shubhi soni  
-  Shuchi Pandey  
-  Situ Gautam  
-  Sourabh Sahu  

Shubham Patel left