

SUPPORTING DOCUMENT

6.5.3

CONFERENCES, SEMINARS, WORKSHOPS CONDUCTED ON QUALITY ISSUES



S.No	SEMINARS, CONFERENCES AND WORKSHOPS 2022-23
1.	NAAC SPONSORED ONE DAY WEBINAR ON "REVISED ACCREDITATION AND ASSESSMENT FRAMEWORK IN HIGHER EDUCATIONAL INSTITUTIONS"
2.	A DISCOURSE ON: WINNER'S EDGE
3.	AWARENESS TALK ON "MAKING A DIFFERENCE AS A <u>TEACHER"</u>
4.	HEALTH AND FITNESS WORKSHOP
5.	IPR AWARENESS PROGRAMME
6.	ONE-DAY TRAINING PROGRAM ON "REDUCE, REUSE, <u>RECYCLE"</u>
7.	WORKSHOP ON CAREER GUIDANCE AND COUNSELLING
8.	HEALTH AWARENESS PROGRAM ON "BREAST CANCER"
9.	MUSIC WORKSHOP ON "FOLK SONGS AND TRADITIONS OF HIMACHAL PRADESH"
10.	WORKSHOP ON THE MLA-STYLE SHEET
11.	HOW TO BUILD AN AMAZING RESUME/CV
12.	MAZBOOT LOKTANTRA- SABKI BHAAGIDARI
13.	BRAINSTORMING SESSION ON GST
14.	WORKSHOP ON "HOW TO CRACK BANK EXAMS"
15.	WEBINAR ON "ANTIMICROBIAL RESISTANCE"
16.	TWO-DAY NATIONAL CONFERENCE TITLED 'NOVEL PROGRESSIONS IN SCIENCE AND TECHNOLOGY-2022'
17.	SEMINAR ON "CAREER COUNSELING"
18.	STRESS MANAGEMENT WORKSHOP
19.	TWO-DAY PROGRAM ON "DISCOVERIES IN SCIENCE AND SUSTAINABLE DEVELOPMENT"
20.	WEBINAR ON ENTREPRENEURSHIP
21.	INTERNATIONAL SEMINAR ON "TRANSFORMATION OF INDIA@75"
22.	CAREER COUNSELLING SEMINAR
23.	NATIONAL SEMINAR ON "BUILDING A RESILIENT FUTURE: INTEGRATING ENVIRONMENT, ECONOMY AND TECHNOLOGY"
24.	WEBINAR ON "ROADMAP TO RBI GRADE B OFFICER"



NAAC SPONSORED ONE DAY WEBINAR ON REVISED ACCREDITATION AND ASSESSMENT FRAMEWORK IN HIGHER EDUCATIONAL INSTITUTIONS"

With the encouragement and support from the NAAC, Bengaluru, the IQAC of St. Bede's College, Shimla organised a webinar on "Revised Accreditation and Assessment Framework in Higher Educational Institutions" on 11th July 2022 to disseminate the knowledge on latest methods involved in accreditation process. Around 140 participants consisting of Principals, Professors, IQAC coordinators, assistant professors, associate professors from various universities and colleges across India Participated in the workshop through MS Teams.

Objectives:

The objective of the webinar was to create awareness on

- Role of IQAC in Initializing quality culture in HEI
- Preparation of SSR
- Data Validation and Verification
- Preparation of IIQA
- Student Feedback and Peer Team Visit

The webinar featured renowned speakers and experts in the field of education and leadership. Dr. Hemnath Rao Hanumankar, former director of the Development Management Institute, Patna, delivered a keynote address on the importance of leadership in educational institutions. Dr. Alok John, Dean of NICCS Patna Women's College, discussed the role of the Internal Quality Assurance Cell (IQAC) in institutionalizing a quality culture. Dr. Madhukar B.S., former Adviser & General Council Executive Committee Member NAAC, focused on the preparation of the Self-Study Report (SSR) and the data validation and verification process of the National Assessment and Accreditation Council (NAAC). Dr. Surya Rashmi Rawat, Deputy Director IQAC, Himachal Pradesh University, Shimla, spoke about the preparation of the Institutional Information for Quality Assessment (IIQA) and highlighted the core values of NAAC. The webinar also addressed the importance of student feedback and peer team visits, with Dr. Alok John providing insights on these topics. The Chief Guest, Prof. Arvind Kumar Bhatt, Dean of Planning and Teachers Matters at Himachal Pradesh University, emphasized the college's collaboration with stakeholders to maintain its status as a pioneering institute in India.

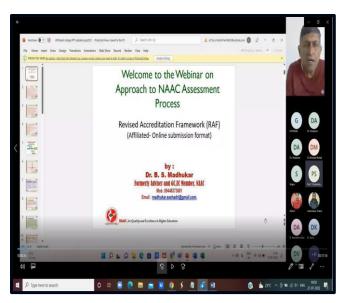
Outcome: Participants gained an increased awareness of the importance of effective leadership in shaping the future of educational institutes. They also acquired a better understanding of quality assurance processes, such as the role of IQAC and the NAAC accreditation process. The webinar enhanced participants' knowledge of assessment and accreditation procedures, and they learned strategies for student feedback and peer team visits. The emphasis on collaboration and stakeholder engagement highlighted the importance of building strong relationships with external partners.

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ON "REVISED ACCREDITATION AND ASSESSMENT FRAMEWORK IN HIGHER

ST. BEDE'S COLLEGE, SHIMLA (NAAC RE-ACCREDITED A+)

ON 11TH JULY 2022



Programme Schedule About the College Bede's College, Shimla, establishe a historical and educational land rthern India and is the only c

UGC-NAAC. In all its pursuits, t consciously strives to realize its

quality as a defining element fucation.

Objectives of the Webinar

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11.00-12.00 p.m. Technical Session -1 Role of IQAC in Institutionalizing quality HEI 12.00-1.00 p.m. Technical Session -11 Preparation of IQA

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A DISCOURSE ON: WINNER'S EDGE

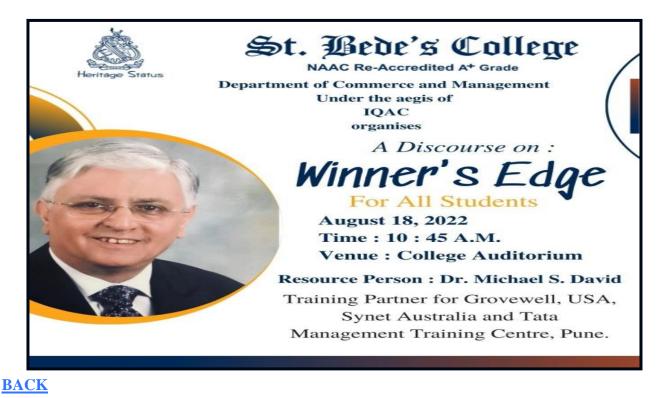
The Internal Quality Assurance Cell (IQAC) of St. Bede's College organized a discourse on "WINNER'S EDGE" on August 18, 2022, for the college students. Dr. Michael S. David served as the resource person for the discourse.

Objective- The objective of the discourse was to encourage students to discover their hidden potential and learn about the characteristics of an ideal profession.

The discourse began with a fun exercise where students were asked to write down their birth date and the day they expected to die. This activity encouraged students to think about their lives and their goals. Dr. David then delivered a thought-provoking discourse on the "WINNER'S EDGE." He discussed various reasons why people fail to succeed in life, such as blaming others, giving up too soon, and blaming oneself. Dr. David emphasized the importance of perseverance, hard work, and a positive attitude in achieving success.

The discourse also examined various aspects of career thinking, encouraging students to reflect on their career aspirations. Dr. David shared his personal experiences and insights about his journey to success, which helped students to relate to his message. He emphasized the importance of identifying one's strengths and weaknesses, developing a growth mindset, and learning from failures.

Outcome: The discourse was well-received by the students, who found it insightful and motivational. The session provided an excellent opportunity for students to discover their hidden potential and learn about the characteristics of an ideal profession. The students actively participated in the fun exercise and were engaged throughout the discourse. They appreciated the efforts of the college authorities in organizing such an event, and they expressed their desire for more such sessions.





AWARENESS TALK ON "MAKING A DIFFERENCE AS A TEACHER"

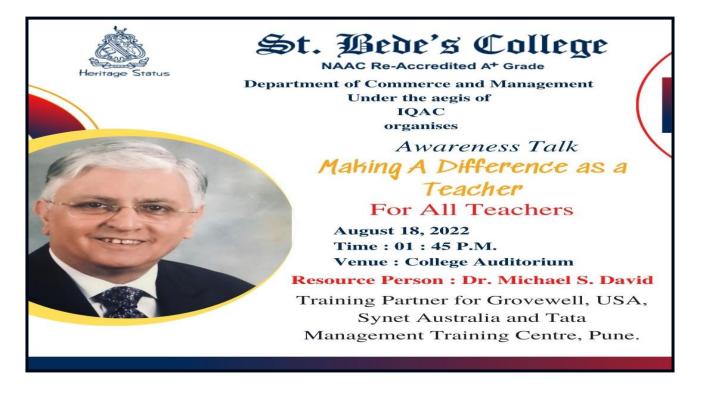
An awareness talk titled "Making a Difference as a Teacher" was organized by the Department of Commerce and Management at St. Bede's College in the college auditorium on August 18, 2022, under the auspices of IQAC.

Objective-The talk aimed to enlighten the faculty members about the importance of various pedagogical methods that can engage students in their studies.

Dr. Michael S. David was invited to share his expertise on the subject. He emphasized the significance of going beyond the traditional classroom teaching and imparting knowledge through personal experiences and successful teaching methods. Dr. David stressed the need for face-to-face communication with students and treating them as friends to bring positive changes to their lives.

Furthermore, he discussed the importance of establishing a strong bond with students and comprehending their individual learning styles. He encouraged the faculty members to adopt innovative teaching strategies that can be adapted to different situations and challenges. Dr. David also shared valuable insights on creating a classroom environment that is interactive, fosters creativity, and promotes collaboration.

Outcome- The faculty members found the awareness talk insightful and informative, and it provided them with an excellent opportunity to reflect on their teaching practices and explore innovative methods to engage their students. They appreciated the college authorities' efforts in organizing the event and expressed their desire for more such sessions.





HEALTH AND FITNESS WORKSHOP

The Departmental Club of Zoology, "Zoo Quest" organized a workshop on health and fitness on September 23, 2022. The event was aimed at promoting awareness among the students and the local community about the importance of maintaining good health and fitness.

Objectives:

- To educate participants about the importance of maintaining a healthy lifestyle and the benefits of regular physical activity.
- To provide participants with practical tools and strategies for improving their overall health and fitness.
- To inspire participants to adopt healthy habits and make positive changes in their lives.
- To create a supportive and encouraging environment in which participants can learn and grow.

The workshop featured two resource persons - Dr. R. K. Patial, MBBS, MD, PhD, Retired Professor and Head of Medicine at IGMC, Shimla, and Mr. Sharik, a skilled aerobics instructor. Dr. Patial discussed the benefits of a balanced diet and the importance of regular exercise in maintaining good health. He also provided tips on how to maintain a healthy lifestyle through proper nutrition and exercise.

Mr. Sharik conducted an aerobics and flexibility session to demonstrate the various ways in which physical activity can contribute to overall fitness and well-being. Participants of all ages, including local residents of Shimla, took part in the session and learned about the different exercises that can be done at home to improve their fitness levels.

The workshop proved to be an informative and engaging session, with participants gaining valuable insights on how to stay healthy and fit.

Outcomes:

- Increased knowledge and understanding of the importance of regular physical activity, healthy eating habits, and stress management techniques.
- Improved skills and techniques for exercising safely and effectively, such as proper form and breathing techniques.
- Increased motivation and confidence to adopt healthy habits and make positive changes in one's lifestyle.
- Enhanced awareness of one's own physical abilities and limitations, as well as the importance of self-care and injury prevention.
- Improved overall health and well-being, including increased energy, improved mood, and reduced risk of chronic diseases.











IPR AWARENESS PROGRAMME

On September 23, 2022, an online Intellectual Property Rights (IPR) awareness program was conducted by the Department of Biotechnology at St. Bede's College, in association with The Patent Office in Kolkata under the Department for Promotion of Industry & Internal Trade (DPIIT), Ministry of Commerce & Industry. The webinar was conducted by Shri Suman Sil, an Examiner of Patents & Designs (Gr. 'A' Gazetted) who engaged the students and faculty in an informative discussion about the importance of IPR and its various forms. The webinar was attended by students, faculty, and staff from the college, as well as from other colleges and institutions.

Objective- The objective of the session was:

• To introduce the students to the basics of intellectual property rights and patent filing. • To provide knowledge of different forms of intellectual property protection and their key differences and similarities.

• To raise awareness about filing applications for patents and other IPR.

During the webinar, Shri Suman Sil provided an overview of IPR and its importance in today's world. He elaborated on the various forms of IPR protection, including patents, trademarks, copyrights, and trade secrets, and explained their key differences and similarities.

He also emphasized the need for proper documentation, filing, and maintenance of IPR, and shared some examples of how IPR can be used to protect and commercialize innovations and creative works.

Moreover, he discussed the procedures and requirements for filing applications for patents and other forms of IPR, and provided valuable insights into the legal and regulatory aspects of IPR.

The webinar was interactive, with students and faculty asking questions and sharing their views on various aspects of IPR. Shri Suman Sil provided detailed answers and shared his knowledge and experience, making the session informative and engaging for everyone.

Outcome- The online IPR awareness program was well-received by the students and faculty. They found the program insightful and informative, and it provided them with a better understanding of IPR and its significance in different fields. The program also enabled the students and faculty to realize the importance of protecting their intellectual property and the potential benefits of obtaining patents for their inventions.









ONE-DAY TRAINING PROGRAM ON "REDUCE, REUSE, RECYCLE"

On September 24, 2022, the Department of Chemistry and the Paper Recycling Unit at St. Bede's College organized a one-day training program on "Reduce, Reuse, Recycle."

Objective: The main aim of the activity is to make the participant aware regarding the paper waste and its recycling process.

The training started with an introduction on how recycling paper benefits the environment, presented by Mr. Nishant Sharma. Afterwards, Mr. Sharma demonstrated the process of paper recycling to all the participants.

Outcomes: The training program had 15 participants, including students from the 2nd and 3rd year of the Chemistry program and members from the Rural Development Department of the Government of Himachal Pradesh. During the training, all the participants were involved in the recycling process of the waste paper and the recycled paper was prepared by them.





WORKSHOP ON CAREER GUIDANCE AND COUNSELLING

On September 28, 2022, the Placement and Career Guidance Cell of St. Bede's College, Shimla, organized a workshop on Career Guidance and Counseling. The workshop was attended by all the students from different courses of the college, and the resource persons for the day were Ms. Gursheen Kaur and Mr. Deepak Sisodia.

Objective- The workshop aimed to provide the students with insights into the various job opportunities offered by different companies to Pune Institute of Business Management.

The workshop started with a welcome note by the head of the Placement and Career Guidance Cell, followed by an introduction of the resource persons. Ms. Gursheen Kaur, the first speaker, began the session by giving a brief on career guidance and counseling. She emphasized the importance of making informed career choices based on one's interests, skills, and career goals.

Ms. Kaur then talked about the different job opportunities available in the industry and how to prepare oneself to get hired by the top companies. She also shared her experiences as a counseling specialist and regional manager at PIBM Chandigarh. She gave some practical advice on how to handle interview questions and shared some tips on improving communication skills.

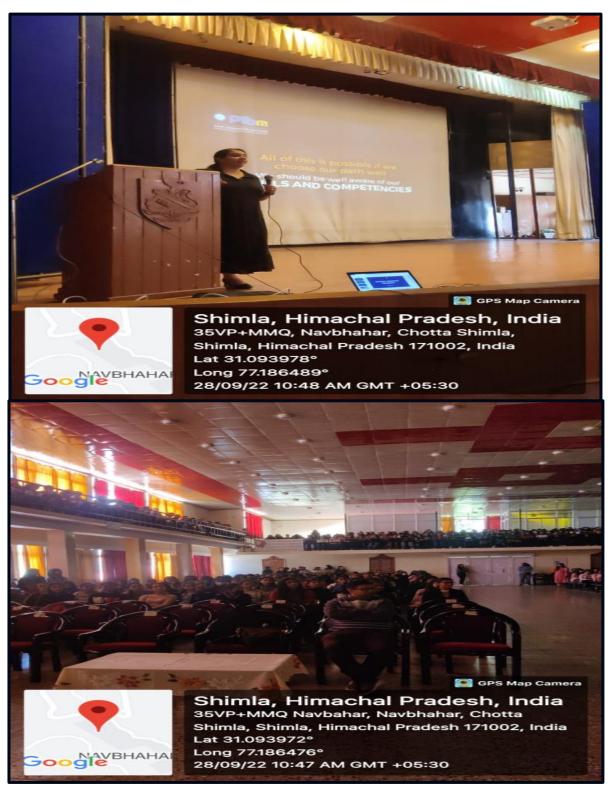
Mr. Deepak Sisodia, the second speaker, started his session by giving an overview of the current job market and the skills that are in high demand. He shared some examples of how certain skills such as data analysis, digital marketing, and project management can help students secure a good job.

He also talked about the importance of having a positive attitude, being adaptable, and having a growth mindset. He shared his personal experiences as a career counsellor and motivational speaker at PIBM, Chandigarh, and how he has helped students overcome their fears and anxieties related to job hunting.

Interactive Session: After the presentations, the session was opened up for an interactive discussion, where students were encouraged to ask questions and share their views. The students asked various questions related to career opportunities, job interviews, and the skills required for a successful career. The speakers answered the questions in detail and provided some valuable insights.

Outcome- Overall, the workshop was a great learning experience for the students, who gained valuable insights into the world of job opportunities and career guidance. The event was a great success and helped the students in making informed career choices.







HEALTH AWARENESS PROGRAM ON "BREAST CANCER"

The Health Awareness Program on "Breast Cancer" was organized on September 29, 2022, in the Auditorium of the college. The program was conducted in collaboration with the Ministry of Health and Family Welfare (H.P) and the Health Club of the college. More than 200 students attended the program, which aimed to provide them with valuable knowledge and understanding about breast cancer.

Objectives:

- 1. To raise awareness among college students about breast cancer.
- 2. To provide accurate information and facts about breast cancer.
- 3. To educate students about the importance of early detection and regular screenings.
- 4. To promote a proactive and healthy lifestyle to reduce the risk of breast cancer.
- 5. To encourage students to spread awareness and support individuals affected by breast cancer.

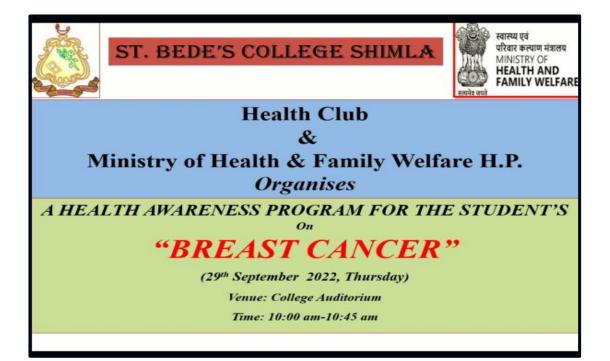
Dr. Pratima Thakur, a Cancer Specialist from Indira Gandhi Medical College and Hospital Shimla, was invited as the guest speaker for the program. She shared insightful information about breast cancer, including its causes, risk factors, symptoms, and preventive measures. Dr. Thakur emphasized the importance of early detection through regular self-examination and mammograms.

The program was presided over by Miss Vasundhra Saphia, the President of the Health Club, and felicitated by Dr. Sharmja Munjal, the Head of the Department of Botany. Miss Muskan Sharma, the Secretary of the Health Club, delivered the vote of thanks at the end of the program, expressing gratitude to Dr. Thakur for her valuable insights.

Outcome:

- 1. Increased awareness: The program successfully raised awareness among students about breast cancer, its risk factors, and the importance of early detection.
- 2. Knowledge dissemination: Students gained accurate information and facts about breast cancer, enabling them to make informed decisions and promote awareness among their peers and communities.
- 3. Empowered students: The program empowered students to take charge of their health by practicing regular self-examination and adopting a healthy lifestyle to reduce the risk of breast cancer.
- 4. Support and empathy: Students became more empathetic and understanding towards individuals affected by breast cancer, creating a supportive environment within the college community.
- 5. Awareness propagation: Students were encouraged to spread the knowledge gained from the program to their friends, family, and wider networks, contributing to the overall awareness and prevention of breast cancer.









MUSIC WORKSHOP ON "FOLK SONGS AND TRADITIONS OF HIMACHAL PRADESH"

On October 12, 2022, the Department of Music and Music Club in collaboration with the Cultural Society of St. Bede's College celebrated World Music Day by organizing a music workshop on the theme 'Folk Songs and Traditions of Himachal Pradesh" for the students of the college and Government School, Sanjauli. Sh. Anil Halta, District Language Officer, Department of Language, Art and Culture, Himachal Pradesh and Sh. Amit Sharma were the worthy speakers.

Objectives: The goal of the event was to enrich the students about the rich folk culture of Himachal Pradesh.

Sh. Ramesh Chand enlightened the audience with the dance forms, folk songs and rich culture of Himachal Pradesh. The programme was conducted in three phases which comprised of 'Lok Geet', Lok Naatya/*Karyala* and Lok Naati, performed by the local artists of the Language, Art and Culture Department, Himachal Pradesh. The President Awardee Smt. Roshni Justa also performed Naati on stage, which caught the eyes of the audience. *Mala Nritya*, a form of Naati was the highlight of the workshop.

Outcomes:

• Students got an opportunity to see rich and live events on folk music and tradition of culture of Himachal Pradesh.

• Students got a chance to imbibe the values and culture of Himachal Pradesh and a motivation to follow and spread awareness of this rich culture of the state.









WORKSHOP ON THE MLA-STYLE SHEET

On the 14th and 15th of October 2022, the Department of English at St. Bede's College, Shimla, organised a workshop for their M.A. students on the MLA style sheet.

Objective-The workshop aimed to help the students understand the format and citing sources according to the MLA Handbook (9th edition). The workshop was conducted by the faculty, Ms Annette James.

Session Overview: Ms Annette James started the session by introducing the MLA style sheet and its importance in academic writing. She explained how the MLA Handbook, released by the Modern Language Association, helps researchers present their work in a standard and understandable design while allowing researchers to indulge in their research flexibly.

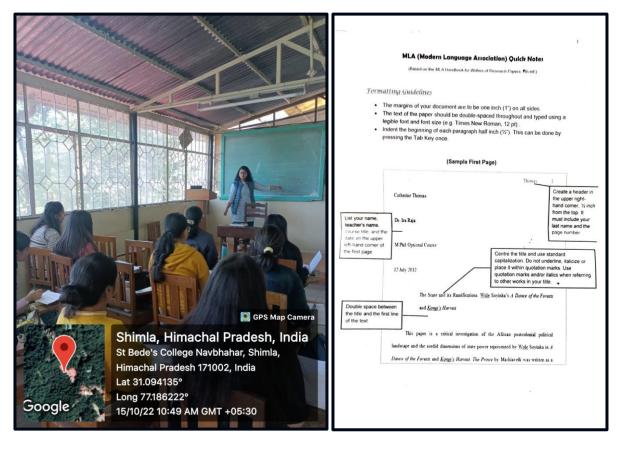
Ms James then focused on the format of academic writing and how to cite sources according to the MLA style sheet. She shared some examples of correct citations and how to make references to avoid plagiarism. She also explained the importance of acknowledging sources and the consequences of not doing so.

The students were given handouts with tips for following the style sheet and academic writing. They were then guided step-by-step to cite sources, make references, and format their academic assignments according to the MLA style sheet. The students were encouraged to adopt the format to write their assignments to prepare them well for research writing when pursuing further studies.

Interactive Session: After the presentation, the session was opened up for an interactive discussion, where students were encouraged to ask questions and share their views. The students asked various questions related to the MLA style sheet, citing sources, and the format of academic writing. Ms James answered the questions in detail and provided some valuable insights.

Outcome: The workshop was a great success, and the students benefited a lot from the insights shared by Ms James. The session was informative, interactive, and provided practical tips that students can use to improve their academic writing. Such workshops help students improve their academic writing skills and prepare them for research writing when pursuing further studies.







HOW TO BUILD AN AMAZING RESUME/CV

On October 19, 2022, the Department of English at St. Bede's College organised an online presentation on "How to Build an Amazing Resume/ CV". The presentation aimed to help the students understand how to create an effective Resume/ Curriculum Vitae for job applications. The presentation was conducted by Dr. Deepika Pant, Assistant Professor, Department of English Kumaun University, Nainital, Uttarakhand.

Session Overview: Dr. Deepika Pant started the session by introducing the importance of a Resume/ Curriculum Vitae in job applications. She explained the significance of presenting oneself effectively on paper and how a well-crafted Resume/ CV can make all the difference in getting shortlisted for a job interview.

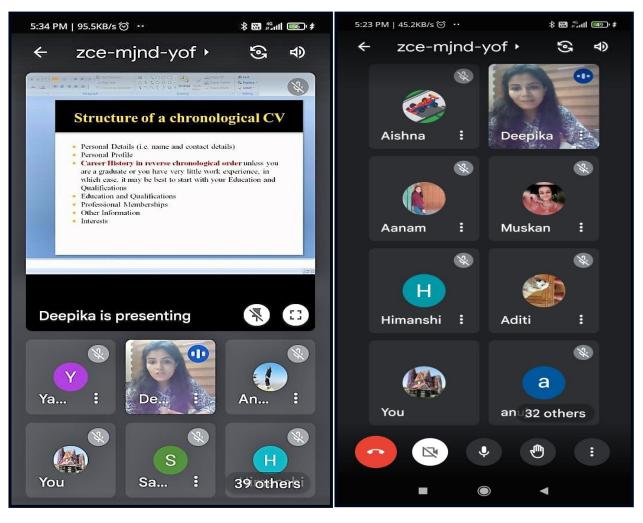
Dr. Pant then focused on the key elements of a Resume/ CV, such as personal details, educational qualifications, work experience, skills, achievements, and references. She shared some examples of effective Resumes/ CVs and explained how to customize them according to the requirements of different countries and job profiles.

The students were given practical tips on how to write their Resume/ CV, such as using simple language, highlighting their strengths, and tailoring their Resume/ CV to suit the job they are applying for. Dr. Pant also stressed the importance of being truthful while writing a Resume/ CV, as any false information can have serious consequences.

Interactive Session: After the presentation, the session was opened up for an interactive discussion, where students were encouraged to ask questions and share their views. The students asked various questions related to building an effective Resume/ CV. Dr. Pant answered the questions in detail and provided some valuable insights.

Outcome- The session was interactive, and provided practical tips that students can use to improve their Resume/ CV writing skills. The students gained a better understanding of the key elements of a Resume/ CV, such as personal details, educational qualifications, work experience, skills, achievements, and references. They are now aware of the importance of presenting themselves effectively on paper and how a well-crafted Resume/ CV can make all the difference in getting shortlisted for a job interview.







MAZBOOT LOKTANTRA- SABKI BHAAGIDARI

On November 03, 2022, the Electoral Literacy Club of St. Bede's College organized an electoral awareness session with the State Nodal Officers as chief speakers.

Objective: The objective of the session is pointed towards the youth's role in transforming the political system.

During the session, the Chief Nodal Officers engaged in a discussion with the students from the Department of Political Science, focusing on the youth's role in transforming the political system.

Outcome: The students actively participated in the discussion, shedding light on the negative impact of corruption, red-tapism, and horse trading in the country's political system. They also expressed their eagerness to exercise their voting rights in the upcoming legislative assembly elections. The nodal officers encouraged the students to raise awareness and motivate people to vote, emphasizing the importance of becoming active citizens of the country. The session was highly informative and ended with a pledge taken by all members to vote in the upcoming Assembly elections.





BRAINSTORMING SESSION ON GST

On November 4, 2022, the Department of Commerce and Management organized a brainstorming session on Goods and Service Tax (GST) for the students. The keynote speaker for the event was Dr. Punam Thakur, Assistant Commissioner of the State Taxes and Excise Department in Shimla. The event aimed to raise awareness and increase understanding among the students about the implications of GST.

Objectives: The primary objective of the event was to enhance students' comprehension of the impact of GST. Additionally, it aimed to promote understanding of GST and the challenges related to its execution.

The session started with Dr. Punam Thakur providing a basic understanding of GST, including its benefits, characteristics, and various tax slabs. She explained how GST replaced multiple taxes and how it has simplified the taxation system in India. The presentation was highly informative, and students gained a clear understanding of the concept of GST.

The session was highly interactive, and Dr. Thakur posed various questions to the students to evaluate their knowledge of GST. Students also got a chance to raise their questions and doubts, and the speaker was happy to clarify their doubts. The brainstorming session was highly engaging, and students actively participated in the discussion.

Outcomes:

Increased Understanding: The session helped to enhance the students' understanding of the implications of GST, its benefits, characteristics, and various tax slabs.

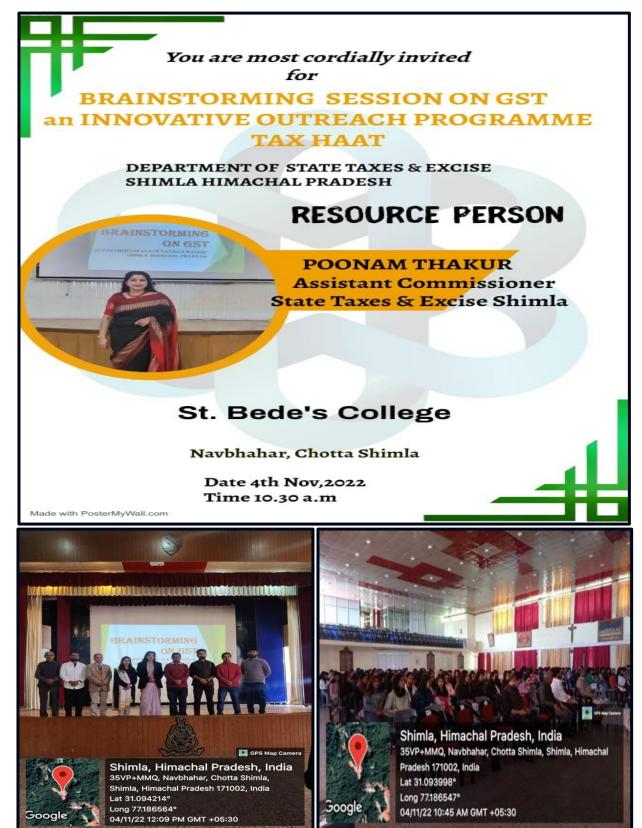
Awareness: The session increased awareness among the students regarding GST and the difficulties associated with its implementation.

Interactive Session: The session was highly interactive, with the speaker posing various questions to the students to evaluate their knowledge of GST. This helped the students to actively engage in the session and clarify any doubts they had regarding GST.

Improved Knowledge: The presentation delivered to the students highlighted all the critical points related to GST. This helped the students to gain a comprehensive understanding of the subject and improved their knowledge.

Career Prospects: The session provided the students with valuable insights into the field of taxation, which could help them to explore career prospects in the same field.







WORKSHOP ON "HOW TO CRACK BANK EXAMS"

On November 18, 2022, the Department of Commerce and Management at an undisclosed university organized a workshop for final-year students of B.Com and BBA titled "How to Crack the Banking Exam." The workshop featured two guest speakers: Ms. Kanik Kothiala, Deputy Manager (Ex-Bedian), and Mr. Rajender Singh, Messenger at SBI.

Objective- The objective of the "How to Crack the Banking Exam" workshop was to provide final-year students of B. Com and BBA with guidance and insights on how to approach and succeed in Bank Exams. The workshop aimed to motivate students and equip them with the necessary skills and knowledge to crack the banking exam.

Ms. Kanik Kothiala began the workshop with an inspirational talk, where she shared her personal journey of cracking the banking exam. She emphasized that the key to cracking the banking exam is perseverance, hard work, and dedication. She urged the students not to get demotivated by failure and instead use it as a learning experience to improve their performance.

Ms. Kothiala also provided students with valuable guidance on how to approach the banking exam. She advised the students to focus on the basics and strengthen their fundamentals. She highlighted the importance of time management and advised students to divide their time effectively between different sections of the exam. Ms. Kothiala also shared tips on how to tackle difficult questions and how to eliminate wrong answers to increase the chances of getting the correct answer.

After Ms. Kothiala's talk, Mr. Rajender Singh shared his experience of working as a Messenger at SBI. He gave the students insights into the work environment in a bank and the different career opportunities available in the banking sector. He emphasized the importance of having a positive attitude, being a team player, and having good communication skills to succeed in the banking industry.

The workshop ended with a Q&A session where students had the opportunity to clarify their doubts and seek guidance from the guest speakers. The students appreciated the workshop and found it informative and helpful. Many students expressed their gratitude towards Ms. Kanik Kothiala and Mr. Rajender Singh for sharing their valuable insights and experiences.

Outcome-

1. Motivation: The workshop featured an inspirational talk by Ms. Kanik Kothiala, which motivated the students to persevere and work hard towards their goals.

2. Guidance and Insights: The workshop provided the students with valuable guidance and insights on how to approach the banking exam. Ms. Kanik Kothiala shared tips on time management, tackling difficult questions, and eliminating wrong answers. Mr. Rajender Singh provided the students



with insights into the work environment in a bank and the different career opportunities available in the banking sector.

3. Appreciation: The students appreciated the efforts of the organizers and the guest speakers. They found the workshop informative and helpful in preparing them for the banking exam.





WEBINAR ON "ANTIMICROBIAL RESISTANCE"

On November 24, 2022, the NSS Unit of an undisclosed college organized an online webinar on 'Antimicrobial Resistance Awareness' for students of Microbiology. The webinar was conducted in association with PGI, Chandigarh, and students from various universities in India and Nigeria attended the session.

Objective: The objective of the online webinar on 'Antimicrobial Resistance Awareness' was to raise awareness among students of Microbiology about the growing threat of antibiotic resistance and the need to control and prevent its spread.

The webinar began with an introduction by the organizers, highlighting the growing threat of antimicrobial resistance and the need to raise awareness about it. The keynote speakers, Dr. V. Kumar from India and Dr. F. Okonkwo from Nigeria, then addressed the attendees and emphasized the significance of controlling antibiotic resistance.

Dr. V. Kumar shared his insights on the current scenario of antimicrobial resistance in India and the measures taken by the government and healthcare professionals to control it. He discussed the importance of rational use of antibiotics and the need to follow proper guidelines while prescribing antibiotics to patients. He also highlighted the role of patients in preventing the spread of antimicrobial resistance by completing their antibiotic courses and not sharing antibiotics with others.

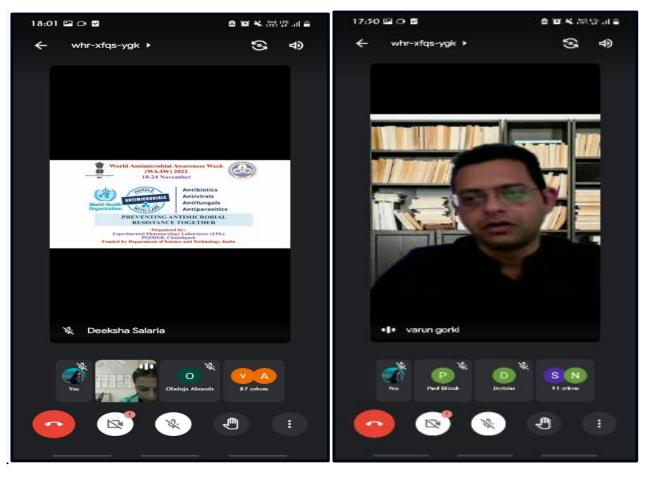
Dr. F. Okonkwo discussed the challenges faced by Nigeria in controlling antimicrobial resistance and the measures taken by the Nigerian government to tackle the issue. She emphasized the need for a multi-sectoral approach to address antimicrobial resistance and the importance of involving stakeholders from different fields in the fight against antimicrobial resistance.

The webinar was followed by a Q&A session where students had the opportunity to clarify their doubts and seek guidance from the speakers. The attendees actively participated in the discussion, sharing their views and experiences on the issue.

The webinar was a productive and informative session, raising awareness of the growing threat of antibiotic resistance and the importance of addressing it. The attendees appreciated the efforts of the organizers and the speakers in conducting such a session and providing valuable insights on the issue.

Outcome: The webinar was a productive and informative session, providing valuable insights on the issue of antimicrobial resistance. The speakers from India and Nigeria emphasized the significance of controlling antibiotic resistance and discussed various measures to address it. The attendees actively participated in the discussion and appreciated the efforts of the organizers and the speakers in conducting such a session. The webinar achieved its objective of raising awareness about the growing threat of antibiotic resistance and the importance of addressing it







TWO-DAY NATIONAL CONFERENCE TITLED 'NOVEL PROGRESSIONS IN SCIENCE AND TECHNOLOGY-2022'

On November 28th and 29th, 2022, the science department of St. Bede's College held a two-day National Conference titled 'Novel Progressions in Science and Technology-2022'. The aim of the conference was to facilitate the exchange of new ideas, research experiences and applications, and foster global partnerships for future collaborations. The event was attended by students and faculty members from the department of biotechnology, among others. The conference was inaugurated by Dr. Shashikant Sharma, member of the HP Private Institutions Regulatory Commission, who also released the abstract book along with the organizing committee of the conference.



The conference had a total of five technical sessions, where five eminent speakers delivered their talks on their areas of expertise. The speakers for the sessions were Dr. Lakhveer Singh, Prof. Ashish Arora, Prof. Pradeep Kumar, Dr. Manoj Kumar Sharma, and Dr. Tarun Sharma. Each session was chaired by a different person, namely Dr. Sandeep Chauhan, Dr. Kanu Mehta, Prof. Sunil Thakur, Dr. Sunil Kumar, and Dr. Balvir Patiyal.

Furthermore, the conference featured an oral presentation and a poster presentation session, where two winners were chosen from each session based on their performance.

The winners for the oral presentation were Mr. Bhagwati Prashad Sharma (first place) and Ms. Shivani Chauhan (second place). The winners for the poster presentation were Mr. Mohammad Parvez (first place) and Miss Astha Dhawan (second place).



SEMINAR ON "CAREER COUNSELING"

On February 20, 2023, Mr. Kiran Kurwade, the Director Professor of Strategic Initiatives in Chitkara University, conducted a seminar in the auditorium of St. Bede's College, Shimla. The seminar was attended by over 200 students from various courses, including B.COM, BBA, BCA, and B.A.

Objective-The objective of the seminar was to provide valuable insights and guidance to students on how to become successful in life and how to crack interviews. The seminar aimed to engage the audience actively and to provide practical tips that could help students in their future endeavours.

The seminar started with Mr. Kiran introducing himself and explaining the importance of the event to the students. He emphasized that the seminar was not a one-way process but a two-way communication where students could also participate actively. Mr. Kiran engaged the audience by conducting various activities and games and rewarding them with chocolates.

Mr. Kiran shared various techniques to become successful in life, highlighting the importance of having a purpose, passion, and money (3P's) to move towards achieving goals. He suggested the students to make their SWOT analysis based on their future goals to identify their strengths, weaknesses, opportunities, and threats. Mr. Kiran also provided tips on how to crack interviews. He advised the students to research the company they were applying for and to prepare for the most commonly asked questions. He also suggested the students to practice mock interviews with friends or family members and to work on their body language and communication skills.

The seminar was informative and engaging, and the students gained valuable insights and guidance from Mr. Kiran. The event was well-received by the audience, who actively participated in the activities and games conducted by Mr. Kiran.

Outcome- The students gained valuable insights and guidance from Mr. Kiran, and the seminar helped them to understand the importance of having a purpose, passion, and money (3P's) to move towards achieving goals. The seminar helped the students to develop essential skills such as communication, research, and self-analysis, which could assist them in their future careers.





BACK



STRESS MANAGEMENT WORKSHOP

On February 24, 2023, an insightful stress management session was conducted, featuring Mrs. Namrita Kaushal from LPU as the esteemed guest speaker. The session aimed to equip students with effective strategies to manage stress and anxiety, both during exam periods and in various life situations. Mrs. Kaushal, drawing from her extensive travel experiences, shared valuable insights into the challenges and positive aspects of her journeys, emphasizing the importance of maintaining mental well-being.

Objectives:

- 1. To provide students with a comprehensive understanding of stress and anxiety, their definitions, and their potential impact on daily life and academic performance.
- 2. To introduce students to practical techniques and exercises for managing stress, helping them develop skills to keep their minds calm and composed.
- 3. To explore the influence of one's environment and past experiences on behavior and stress levels, specifically in relation to exam preparation.
- 4. To promote self-love and empower students with a renewed sense of confidence and self-assurance.
- 5. To facilitate an interactive question-and-answer session, allowing students to seek clarifications and gain further insights from the expertise of Mrs. Namrita Kaushal.

The stress management session commenced with Mrs. Kaushal providing a comprehensive explanation of stress and anxiety, highlighting their distinctive characteristics and how they can act as potential roadblocks. Through relatable examples from everyday life, she illustrated that stress encompasses anything one knows, while anxiety involves the emotional aspects one feels, such as frustration, helplessness, disappointment, or irritation.

To deepen students' understanding of how the brain functions, Mrs. Kaushal engaged them in various exercises. These activities aimed to help students recognize their brain's responses to stress and equipped them with practical techniques to maintain a calm state of mind in challenging situations.

Moreover, Mrs. Kaushal encouraged students to reflect on their past experiences by visualizing both positive and negative memories. This exercise highlighted the influence of environmental factors and personal history on behaviour and stress levels, particularly during exams. By fostering awareness of these influences, students gained valuable insights into their own thought patterns and developed strategies to mitigate stress associated with academic pressures.

The session culminated with a powerful moment as Mrs. Kaushal led the students in taking an oath of self-love. This empowering declaration left a profound impact, instilling a sense of self-confidence and self-assuredness within each participant.

Outcome: The stress management session proved to be highly impactful, with students reporting increased confidence and a better understanding of stress and anxiety management techniques. By participating actively in the exercises and experiments conducted by Mrs. Kaushal, students gained practical tools to keep their minds calm and composed during exams and other stressful situations.



The exploration of the influence of environment and past experiences on stress levels provided valuable insights into personal triggers and avenues for growth. Students were empowered to adopt healthier coping mechanisms, enhancing their overall well-being.

Furthermore, the interactive question-and-answer session allowed students to seek clarification on their queries and receive expert guidance from Mrs. Kaushal. This open dialogue fostered a deeper understanding of stress management strategies and addressed individual concerns, ensuring that students left the session with a comprehensive grasp of the discussed topics.





TWO-DAY PROGRAM ON "DISCOVERIES IN SCIENCE AND SUSTAINABLE DEVELOPMENT"

The Science Departments of St. Bede's College Shimla, in collaboration with Physics Teachers (IAPT) and Indian Science Congress Association, Shimla Chapter (ISCA), organized a two-day program called "Discoveries in Science and Sustainable Development" on the 28th of February and 1st of March 2023.

Objective-The aim of the program was to raise awareness and promote scientific thinking among students and the general public in celebration of National Science Day.

The theme for the event was "Global Science for Global Well Being." The program was attended by students from various colleges in Himachal Pradesh. The event included talks by renowned speakers on various science-related topics, a film screening on cyclotron, demonstration sessions, sky watching, an inter-college science quiz competition, and an exhibition by science students.

The program started with the inauguration ceremony, where the chief guest, Dr. R. K. Dhiman, Director of the Institute of Himalayan Bioresource Technology, gave a speech on the importance of science and sustainable development. This was followed by the screening of the film on cyclotron and the demonstration sessions, where students got hands-on experience with various science experiments.

The highlight of the program was the inter-college science quiz competition, which saw the participation of six teams. The competition was conducted in three rounds, with the final round being a rapid-fire round. The winning team was awarded a trophy, and all participants were given certificates of participation.

The program also included a sky-watching session, where participants got to observe various celestial objects through telescopes. This was followed by an exhibition by science students, where they showcased their research projects and models related to sustainable development.

One of the speakers, Professor S. S. Kanwar, delivered a talk on the topic "Microplastics: Omnipresent Pollutant and Health Issue." His lecture focused on the growing concerns of microplastic pollution and its potential health impacts on humans and wildlife. He also discussed initiatives to reduce plastic waste and promote sustainable production and consumption patterns.

Outcome- The program was highly successful in achieving its objective of raising awareness and promoting scientific thinking among students and the general public. The participants gained valuable insights and knowledge about science and sustainable development through various activities and talks







WEBINAR ON ENTREPRENEURSHIP

On March 2, 2023, the Department of Zoology at St. Bede's College organized a webinar on entrepreneurship skills in insect farming and livestock management.

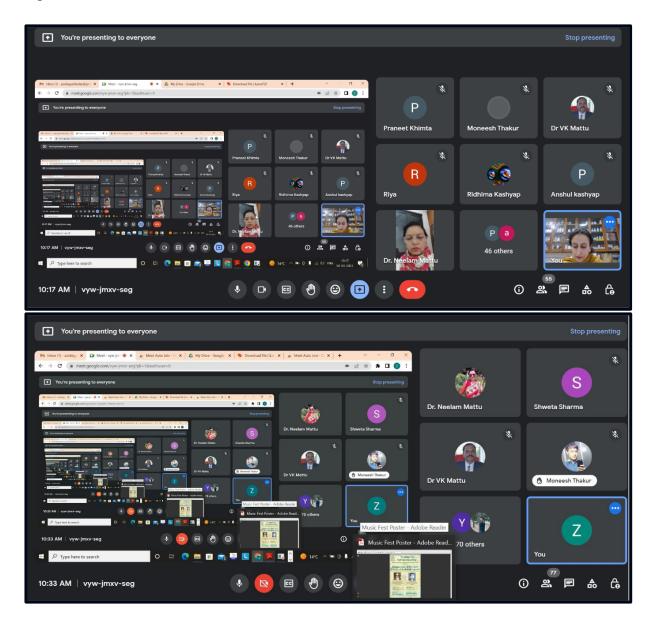
Objective- The objective of the webinar was to create a sustainable and profitable business that utilizes insects as a source of animal feed and food. The webinar aimed to provide an in-depth understanding of the opportunities and challenges associated with entrepreneurship in insect farming and livestock management. To achieve this objective, entrepreneurs need to develop innovative products, build a sustainable supply chain, ensure compliance with regulations, create a positive public perception, and develop a profitable business model.

The webinar was attended by approximately 80 participants, including students from various colleges and farmers. Two distinguished resource persons, Prof. V.K. Mattu (Emeritus) from Himachal Pradesh University and Dr. Moneesh Thakur, Veterinary Officer at Veterinary Hospital Harchakian Kangra, Himachal Pradesh, were the speakers at the event.





The webinar focused on the various prospects in beekeeping and livestock entrepreneurship as a cottage industry. Prof. V.K. Mattu spoke about beekeeping and entrepreneurship in the era of digitalization, while Dr. Moneesh shared insights on livestock entrepreneurship management. The panelists shared their experiences and insights on the best practices, techniques, and strategies that can be adopted to succeed in this field.

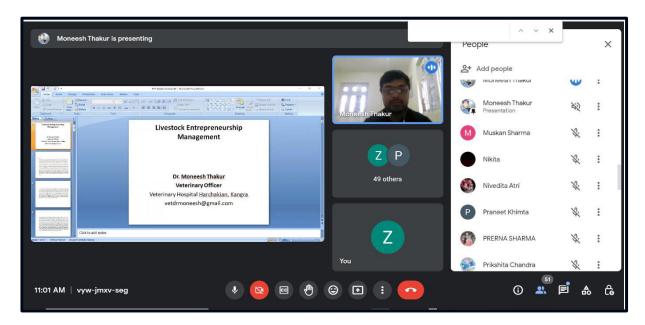


The webinar helped the participants with a comprehensive understanding of insect farming and livestock management and the potential benefits of integrating insects into animal feed and food production. Participants learned about the different types of insects used in farming, such as crickets, mealworms, and black soldier flies, and their respective nutritional profiles. They also learned about the production and processing of insects, including the techniques used to rear, harvest, and process insects for use as animal feed and food. Additionally, participants learned about the market potential of insect

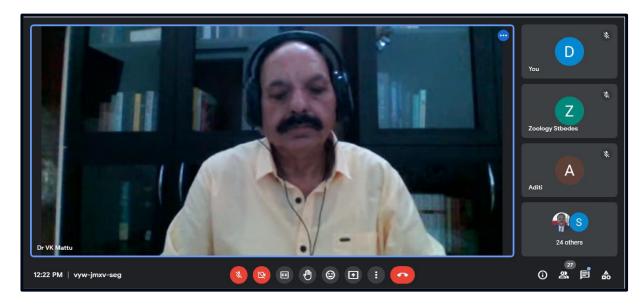


farming, the role of insect farming in sustainable agriculture, and the regulatory barriers and public perception challenges associated with insect farming.

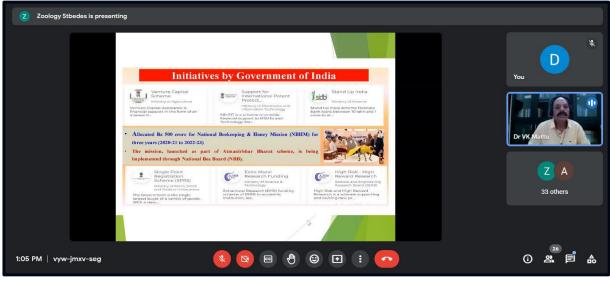
Outcome- The webinar successfully provided participants with a deeper understanding of entrepreneurship in insect farming and livestock management and the potential opportunities and challenges associated with it. It highlighted the importance of developing sustainable and profitable businesses that can contribute to a more sustainable food system while meeting the needs and preferences of consumers.



Talk on Livestock Entrepreneurship management by Dr. Moneesh Thakur, Veterinary Officer







Talk on Beekeeping and Entrepreneurship in the Era of Digitalisation by Prof. V.K. Mattu



Interactive Session with Farmers

Some recommendations and discussions on developing entrepreneurship skills in insect farming and livestock management are:

1. Gain industry knowledge: Entrepreneurs should have a thorough understanding of the beekeeping and livestock management industry, including market trends, regulations, competition, and customer demand to identify potential opportunities.



2. Develop a business plan: Entrepreneurs should create a solid business plan that outlines their goals, strategies, marketing plans, and financial projections. A well-constructed business plan serves as a roadmap that helps entrepreneurs achieve their objectives.

3. Build a strong network: Entrepreneurs should connect with other beekeepers, livestock farmers, suppliers, customers, and industry experts to gain insights, share ideas, and build partnerships. Having a strong network can help entrepreneurs find new customers, suppliers, and investors.



4. Focus on quality: Entrepreneurs should invest in the right equipment, techniques, and practices to ensure their beekeeping and livestock farming operations are efficient, effective, and sustainable. Producing high-quality products that meet customer demand and exceed their expectations is crucial.

5. Market your products: Entrepreneurs should develop a marketing plan to reach potential customers and promote their products through social media, word of mouth, farmers' markets, and other channels to reach the target market.

6. Stay updated with industry developments: Entrepreneurs should attend workshops, seminars, and industry events to continuously improve their skills and knowledge. Staying updated with the latest trends, techniques, and best practices in beekeeping and livestock management is vital for success. **BACK**



INTERNATIONAL SEMINAR ON "TRANSFORMATION OF INDIA@75"

The Department of Economics, Commerce, and Management at St. Bede's College, Shimla, organized an International Seminar on "Transformation of India @ 75" on 3rd and 4th March 2023. The seminar aimed to bring together scholars, researchers, and experts from various fields to discuss and deliberate on critical issues related to India's transformation as it approached its 75th year of independence. The event was sponsored by the Indian Council of Social Science Research (ICSSR) under the Azadi Ka Amrut Mahotsav.

Objectives:

- 1. To provide a platform for scholars, researchers, and experts to exchange ideas, insights, and perspectives on India's transformation.
- 2. To generate new ideas and perspectives that can inform policies and initiatives aimed at transforming India into a more prosperous, equitable, and sustainable society.
- 3. To promote interdisciplinary research and collaboration among participants to contribute to the national discourse on India's future.
- 4. To foster collaborations and partnerships between academia, industry, and government to address the challenges and opportunities facing India.

The International Seminar on "Transformation of India @ 75" commenced with an inaugural session, graced by the Hon'ble Education Minister, Sh. Rohit Thakur, who praised the college for hosting the seminar and encouraged participants to engage in thought-provoking conversations and constructive exchanges of ideas. Dr. Anupama Tandon Tomar, the convener of the seminar, highlighted the importance of the conference in accelerating sectoral development and resolving inter-sector issues.

Keynote speakers, Professor Aoulad Hosen and Professor Anoop Saxena, delivered talks on various topics related to India's transformation, including the role of innovation and entrepreneurship, sustainable development, and the challenges faced by developing countries in achieving economic growth. A panel discussion with esteemed panellists further enriched the seminar with insights on sub-themes.

The technical sessions comprised presentations and discussions on topics such as the impact of technology on job creation, the role of education in driving transformation, and challenges faced by small and medium enterprises in India. Distinguished researchers, academicians, policymakers, and research scholars from across the globe actively participated in these sessions.

Outcome:

- 1. Enhanced understanding: The seminar provided a valuable platform for researchers, scholars, and experts to engage in meaningful academic discourse on critical issues related to India's transformation, leading to an enhanced understanding of the challenges and opportunities.
- 2. Knowledge dissemination: Participants shared their research findings, ideas, and perspectives, contributing to the national discourse on India's future and disseminating knowledge to a wider audience.
- 3. Collaborations and partnerships: The seminar facilitated collaborations and partnerships between academia, industry, and government, fostering a multidisciplinary approach to address the challenges and opportunities facing India.
- 4. Policy insights: The discussions and recommendations generated during the seminar can inform future research and policy initiatives aimed at supporting India's transformational journey.



5. Networking and exchange of ideas: Participants had the opportunity to network and exchange ideas, fostering a community of practitioners and experts committed to working towards a better and brighter future for India.

The seminar on "Transformation of India @ 75" successfully achieved its objectives of providing a platform for knowledge exchange, generating new insights, and fostering collaborations to support India's transformation. The seminar's outcomes contribute to the ongoing discourse on India's future and can inform policies and initiatives for sustainable and inclusive development.





CAREER COUNSELLING SEMINAR

On March 13, 2023, St. Bede's College in Shimla organized a highly anticipated Career Guidance seminar in collaboration with ICA Education Pvt. Ltd. from Chandigarh. With the guidance and supervision of Prof. Sr. Molly Abraham, the college principal, and Mr. Manu Mahajan, the Convener of the Career Guidance and Counselling cell, the event aimed to equip students with valuable insights into the importance of practical knowledge and the multitude of platforms available for acquiring it. The seminar also focused on exploring various career options in the field of commerce, enabling students to make informed decisions about their future paths.

Objectives: The seminar held at St. Bede's College had a clear set of objectives to achieve. These objectives were designed to provide the participating students with a meaningful and beneficial experience. They included:

- Emphasizing the significance of practical knowledge: The seminar aimed to highlight the value of practical knowledge and its relevance in today's professional world. Students were made aware of the growing demand for practical skills and the positive impact they have on career prospects.
- Guiding students on acquiring practical knowledge: The session focused on equipping students with information about the various platforms and resources available for acquiring practical knowledge. The objective was to empower students with the necessary tools and guidance to explore and pursue practical learning opportunities effectively.
- Exploring career options in commerce: Recognizing the importance of career planning, the seminar aimed to introduce students to a wide range of career opportunities in the field of commerce. The objective was to broaden their understanding of potential career paths, allowing them to make well-informed decisions based on their interests and aptitudes.

The seminar was a well-structured and interactive session. The event commenced under the supervision and guidance of Prof. Sr. Molly Abraham, the college principal, and Mr. Manu Mahajan, the Convener of the Career Guidance and Counselling cell.

During the seminar, the speaker from ICA Education Pvt. Ltd. engaged the students through various presentations, discussions, and interactive activities. They emphasized the importance of practical knowledge in today's competitive job market and shared valuable insights on how students could acquire it through available platforms. The speaker also provided an in-depth overview of the diverse career options available in the field of commerce, shedding light on the skills and qualifications required for each path.

The session encouraged active participation from the students, enabling them to ask questions, seek clarifications, and engage in discussions. Additionally, the students were provided with relevant resources and references to further explore and delve into the topics covered during the seminar.

Outcomes: The seminar provided students with a comprehensive understanding of the various career opportunities available in the field of commerce. By exploring different career paths, students gained valuable insights into the skills and qualifications required for their future endeavours. It highlighted the significance of practical knowledge and its relevance in the professional world. Students gained a deeper understanding of how practical skills can enhance their employability and contribute to their career success.



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TWO-DAY NATIONAL SEMINAR ON "BUILDING A RESILIENT FUTURE: INTEGRATING ENVIRONMENT, ECONOMY, AND TECHNOLOGY"

St. Bede's College, Shimla organized a two-day national seminar on "Building a Resilient Future: Integrating Environment, Economy, and Technology" on March 24-25, 2023. The seminar aimed to bring together experts from different fields to discuss the latest developments in environmental protection and sustainable development. The event featured the Chief Guest, Shri Harish Janartha, Honourable Member of the Legislative Assembly Shimla Urban, and two keynote speakers: Dr. Sanjeev Sharma and Dr. Amrita Bajaj, who presented on mountain environmental sustainability and sustainable smart cities, respectively. The seminar included technical sessions, where researchers and students presented their research on various themes related to sustainable development.

Objective: To combine the three pillars of sustainable development - Economy, Environment, and Society (Technology). The seminar brought together experts from various fields to discuss the latest developments in environmental protection and sustainable development. Its purpose was to provide a forum for researchers and stakeholders to exchange ideas and insights on this highly relevant theme.

Outcomes: The seminar resulted in a heightened awareness of the interconnectedness between urban development and environmental sustainability, leading to increased efforts to incorporate sustainability into urban planning and policy. Participants acknowledged the importance of promoting sustainable transportation modes, such as public transportation, cycling, and walking, to reduce emissions and increase cities' resilience to environmental and social challenges. The importance of green infrastructure, including parks, green roofs, and urban forests, was also discussed as a means of improving air quality, enhancing the resilience of cities to extreme weather events, and providing recreational spaces.







National Seminar

on

"Building a Resilient Future: Integrating Environment, Economy and Technology"

March 24 - 25, 2023



Sh. Harish Janartha Hon'ble Member Legislative Assembly, Shimla Urban

Keynote Speakers



Dr. Sanjeev Sharma Associate Professor Dr. Ambedkar International Centre aistry of Social Justice and Empowerment GOI, New Delhi



Dr. Amrita Bajaj Associate Professor Shaheed Bhagat Singh College University of Delhi

Organised by

Department of Geography St. Bede's College Shimla

NAAC Re-Accredited A+ Grade



Amrit Mahotsav

Prof. Mary Tahir Department of Geography Jamia Millia Islamia University of New Delhi





WEBINAR ON "ROADMAP TO RBI GRADE B OFFICER"

On 25 March 2023, the Vedanta Institute organized a webinar titled "Roadmap to RBI Grade B" to provide information and education to students about one of the yearly examinations held by the Reserve Bank of India for the managerial level post by the name RBI Grade B. The spokesperson for the webinar was Mr. Ankit Dev, who gave valuable insights about the exam pattern and syllabus, eligibility and age criteria, and other government exams that are covered under the same syllabus.

Objectives:

• To provide a comprehensive understanding of the exam pattern and syllabus for both preliminary and mains exams.

• To educate participants on the dos and don'ts of exam preparation, including study strategies, time management, and effective notetaking.

• To equip participants with the skills needed to improve their answer writing abilities, including effective writing techniques and strategies for answering essays and multiple-choice questions.

• To highlight the importance of current affairs and reading newspapers in exam preparation and provide guidance on how to stay up to date with the latest news.

• To prepare participants for the interview process, including strategies for effective communication, presentation, and addressing questions.

• To emphasize the importance of time management in the exam and provide guidance on how to optimize time during the exam.

During the webinar, Mr. Dev explained the significance of preparing for the RBI Grade B exam and the career progression opportunities for the candidates. The webinar covered a variety of topics, including how to start preparation, reference books, time management, and the importance of newspapers and current affairs.

The speaker elaborated on the eligibility and age criteria for the RBI Grade B exam, emphasizing the importance of ensuring that candidates meet the criteria before applying for the examination. He further explained the pattern and syllabus of the exam, giving an overview of the different sections and their weightage in the examination.

Mr. Dev also discussed the other government exams that are covered under the same syllabus as the RBI Grade B exam and how students can prepare for them simultaneously. He emphasized the importance of time management and encouraged the participants to allocate their time efficiently to each section to maximize their performance.

Additionally, the webinar highlighted the importance of staying up to date with current affairs and reading newspapers to score well in the examination. Mr. Dev shared tips and tricks on how to improve answer writing skills and how to prepare notes.



Outcomes:

1. Increased awareness: The webinar provided information about the RBI Grade B exam, eligibility criteria, pattern and syllabus, and career progression. This increased awareness among the participants about the exam, and they gained a better understanding of the requirements and opportunities available in the field.

2. Clarity on preparation: The webinar provided guidance on how to start the preparation for the exam, the reference books to refer, and the importance of newspapers and current affairs in preparation. The participants gained clarity on how to prepare for the exam and the resources they can refer to.

3. Time management skills: The webinar also covered the importance of time management while preparing for the exam. The participants learned about how to manage their time effectively and create a schedule that works best for them.

4. Improved career prospects: The webinar provided insight into the career progression of an RBI Grade B officer. This knowledge helped the participants in making an informed decision about their career prospects and motivated them to prepare well for the exam.

5. Better understanding of related exams: The webinar also provided information on other government exams that cover similar syllabus as the RBI Grade B exam. This helped participants to explore other career opportunities and made them aware of the other exams they can prepare for.



