



Pradeep Memorial

COMPREHENSIVE COLLEGE OF EDUCATION

Affiliated to G.G.S.I.P. University

Pratap Vihar, Kirari Extn., Nangloi, Delhi-110086

7290037803, 7290037804, Email- pmc_coll@yahoo.com

Workshops Organised by the College

Sr.No	Name of the Activity	Date
1	Workshop on Yoga	20 th June 2025
2	Workshop on Smart Investor Programme	21 st January 2025
3	Workshop on Personality Development	20 th January 2025
4	Workshop on CTET	18 th to 22 th November 2024
5	Workshop on Drug Awareness Programme	22 nd October 2024
6	Workshop on Theater & Art Education	07 th October 2024
7	Ek Pad Maa Ke Naam	28 th August 2024

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Report On Yoga Workshop

A Yoga Workshop was successfully conducted at Pradeep Memorial Comprehensive College of Education on Tuesday, 20th June 2025, in the college premises. The event aimed to promote physical well-being, mental clarity, and stress management among students through the ancient practice of yoga. All students were informed in advance about the event and were instructed to bring their yoga mats and wear comfortable clothing. They were also advised to have a light breakfast before attending the session. Attendance was made mandatory to encourage maximum participation. The workshop began in the morning with an introduction to the importance and benefits of yoga in daily life. A trained yoga instructor Mr. Rakesh guide the students through a series of asanas (postures), pranayama (breathing exercises), and short meditation sessions. The atmosphere was calm and focused, allowing students to fully engage with the practices. Students actively participated in the session and reported feeling refreshed, energized, and relaxed after the workshop. The faculty also took part in the session, setting a positive example for the students. The workshop concluded with a short feedback session where students expressed their appreciation for the initiative and suggested having such sessions more frequently.

Overall, the yoga workshop was a great success, fostering awareness about health and mindfulness among students and staff alike.

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A Report on Smart Investors Program



Report on Smart Investors Program

Workshop titled “Smart Investors Program” was conduct on 21st January 2025 at PMCCE, Pratap Vihar, Delhi , for students in financial assistance and handling by SEBI related companies.

This SEBI related workshop was conducted by Dr. Bharti Dimri, principal of PMC College. The event was also coordinated by teachers and staff members of PMC College.

The objective of the session was to educate the students about the safe investment that eventually help them to become a smart investors in future.

The session was began at **11 a.m. on 21st Jan. 2025** and the students participated in this workshop with a good strength.

The session speaker **Ms. Himani Sharma** guided how to become a smart investor and along with that she explained that how SEBI works to provide security to the investors.

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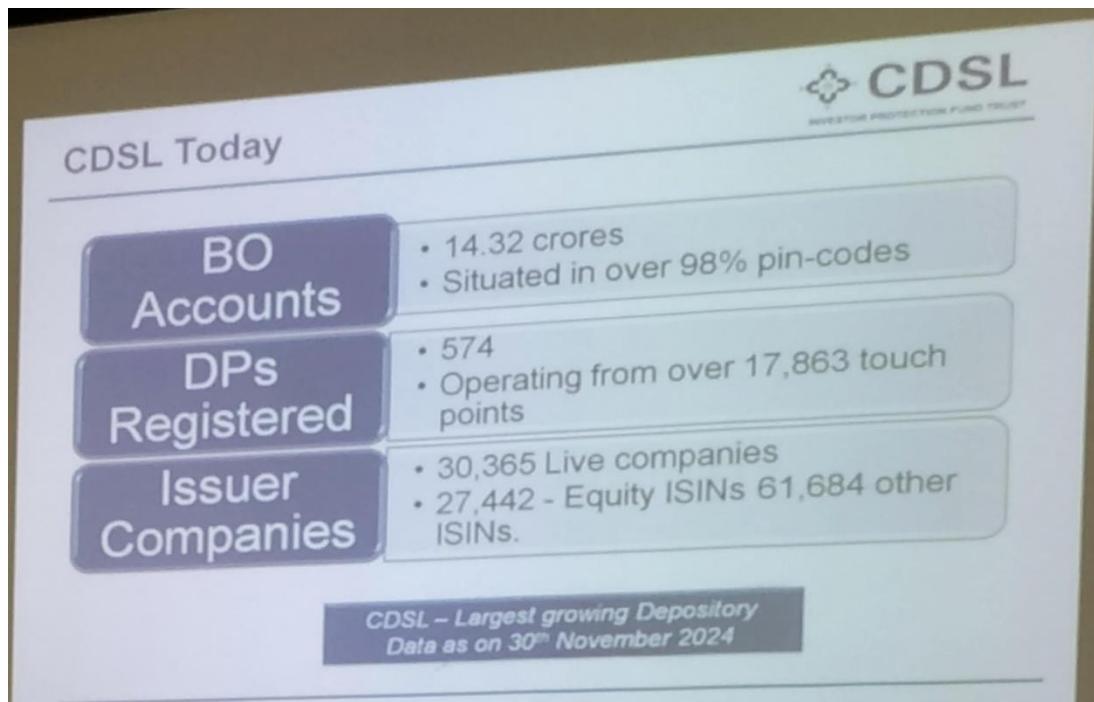
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Major Highlights of The Workshop:-

- List out your investment goal?
- Explore investment alternatives.
- What are the pre-requisites to invest?
- Overview of SEBI.
- How SEBI help the investor?

In the end of the session, the speaker took the queries of the students . It was really informative and interactive session, where student participated with full enthusiasm.



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Report on Personality Development

A one day workshop was organized by Procter and Gamble company at Pradeep Memorial Comprehensive College of Education on 20/01/2025. As it's a joint venture of Whisper company and Venus collaboration for workshops and professional development programmes.

The workshop aimed to provide students with insights into the production process and raise awareness about the importance of personal hygiene and healthy habits among students. This main objective of this workshop is to provide practical knowledge on managing personal care and address misconceptions surrounding hygiene practices.

In this workshop the guest speaker was Professor I.S . Suri sir.(Visiting professor in university of science and technology, previous work as a principal of CES college of I.P.U,secretary of SCERT) .Sir gave deep insights and experience on physical, mental, emotional, spiritual health of students.

Our principal Professor Dr. Bharti Dimri ma'am, talk about personal hygiene and physical stamina. She talk about postpartum depression which occurs after childbirth. It is a serious medical condition that can affect a woman's mood, energy, sleep and appetite.

From the P&G company miss Deepakshi Sehrawat (trainer of youth well being expert) talk about menstruation hygiene and also explain the process of enrolling students to get the goody bag. Through Google lens every student got enrollment and got a goody bag which is called BYOB (Be your own Boss).





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Report on CTET Workshop

CTET Workshop from 18th November to 22th November 2024

One week Workshop from 18-11-2024 to 22-11-2024 was organized by PMCCE for B.Ed 2nd year students by Kala Kendra Academy



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Report on Drug Awareness Programme

A drug awareness program was conducted in PMC College of Education with collaboration of Indian Red Cross Society (Delhi Branch) on 22nd October., 2024 in multipurpose hall. The program started at 2:00 pm. Dr. Alka Narula, assistant professor welcomed Ms. Meenu (drug deaction counselor) and Mr. Sachin (lecturer of first aid and disaster management). Ms. Meenu emphasized personal responsibility and harmful effects of drug abuse. She also encouraged the students to prevent alcohol and drug related incidents through a PPT and video. She explained about different types of drugs and harmful impacts of all drugs with this video. She stressed the importance of awareness, campaigns and drug abuse among students. The Principal of the college Dr. Bharti Dimri shared her views on drug addiction and danger hidden therein. The program ended at 3:30 pm with the question answer round, distribution of prizes and vote of thanks. Dr. Ritu Malhotra, associate professor, thanked the College management, principal, coordinator, resource person, all staff members and students who helped in organising it successfully.

Effects of Drug Abuse over a 6 year span



1 AGE: 33



2 AGE: 37



3 AGE: 39

36

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INDIAN RED CROSS SOCIETY, (DELHI BRANCH)

AWARENESS

&

PREVENTION OF DRUG ABUSE

In Collaboration with

PRAGATI POWER CORPORATION LIMITED

GOVT. OF NCT OF DELHI UNDERTAKING

(Supported under CSR)



NATIONAL INSTITUTE OF SOCIAL DEFENCE

Ministry of Social Justice & Empowerment

&

NARCOTICS CONTROL BUREAU

GOVT. OF INDIA

Dr. Swati Kashyap,

Consultant Addiction Psychiatrist, IRCS, Delhi.

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Report on Workshop on Theater & Art Education

On, 07th October 2024, Pradeep Memorial Comprehensive college of Education organized a workshop on “Theatre and Art Education”. Art education has become an integral part of the college curriculum. These workshops provide students with a creative outlet to explore their artistic talent and develop their craft skills. The setting of the art and craft workshop is an essential aspect of the learning process.

The instructor's approach to teaching plays a crucial role in the success of the workshop. The instructor should be knowledgeable and experienced in the art and craft field, and they should be able to demonstrate different techniques to the students. The instructor Ms.Asha should also provide hands-on guidance to the students, ensuring they understand the techniques and can apply them to their art pieces. This approach helps students develop their skills and improve their confidence in their abilities. The workshop should be designed to encourage creativity and exploration, allowing students to express themselves freely. The final products created by the students are a reflection of their creativity and the skills they have developed through the workshop.

In conclusion, an art and craft workshop provides students with an opportunity to develop their artistic skills and explore their creativity. The setting of the workshop, the instructor's approach to teaching, and the students' experience in the workshop are all essential components of the learning process. A successful art and craft workshop can inspire students to pursue their passion for art and craft and develop their skills further.



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Report on “Ek Pad Maa Ke Naam” Held on 28 August 2024

Pradeep Memorial Comprehensive College of Education, Pratap Vihar, Delhi, organized a Campaign on “Ek Pad Maa ke Naam” on 28th August 2024 from 11:00 A.M. to 1:00 P.M. The Objective of this Campaign was to promote environmental awareness of afforestation by dedicating trees to mother, recognising their nurturing nature and emphasizing the importance of trees in our ecosystem. All members including available student-teachers of B.Ed. from the Batch 2024-26, faculty members participated in this campaign. Dr. Bharti Dimri, Principal PMCCE, started the campaign by planting tree which was followed by each staff member planting tree in PMCCE.

Glimpse of Events:-



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Learning Outcomes:-

“Ek Pad Maa ke Naam” is a commendable initiative that intertwines environmental conservation with cultural values. Total 30 trees are planted in this campaign. By participating in this campaign, we all play a part in protecting our environment and expressing our gratitude towards our mothers.