



ARMY INSTITUTE OF EDUCATION



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'Institute under the aegis of Army Welfare Education Society (AWES)'

Plot M-1, P-5, Sector- Chi, Gr. NOIDA | Ph. : 0120-2343741/ 42 | e-Mail: aie@awesindia.edu.in | www.aie.ac.in

Academic Audit 9-D (Workshops)

S.No.	Name of the Event	National /International	Date
1.	Workshop on the " Story Telling Method"	National	16 Sep 2023
2.	Workshop on "EBSCO databases"	National	04 Nov 2023
3.	Workshop on "Raising awareness about blood cancer and related diseases"	National	04 Dec 2023
4.	Workshop on "Employability Skills"	National	18 to 23 Dec 2023
5.	Workshop on "Resume Writing"	National	05 Jan 2024
6.	Art Workshop on "Folk Paintings of India"	National	06 Jan 2024
7.	Workshop on "Women Hygiene"	National	22 Feb 2024
8.	Workshop on "Sahaj Yoga"	National	22 Feb 2024
9.	Employability Skill Development Workshop by Mahindra Pride Classes	National	16 to 23 Feb 2024
10.	Workshop on the topic "Thalassemia"	National	17 May 2024
11.	Workshop on "Women's Hygiene"	National	29 July 2024





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Organizing

Workshop on : " Story Telling Method ”



by

Ms Aneeta Sharma

Member of the Council for Global Education
Women's Indian Chamber of Commerce & Industry (WICCI)

Date : 16 Sep 2023

Principal
Dr. Abhilasha Gautam



Workshop Report: Story Telling Method

Date: September 16, 2023

Introduction

The Literary Club AIE organized a highly engaging and informative workshop on the "Story Telling Method" On September 16, 2023. The workshop aimed to cultivate the art of storytelling, a skill essential for effective communication and literary expression. This report summarizes the key highlights and activities of the workshop.

Workshop Highlights

1. Opening Ceremony

The workshop commenced with an opening ceremony where Ms. Anita Sharma, a renowned storyteller and author, was the guest of honour. He delivered an inspiring speech on the significance of storytelling in today's world and its role in preserving cultural heritage.

2. Keynote Address

Following the opening ceremony, Ms. Anita Sharma, an expert in storytelling techniques, delivered a captivating keynote address. She emphasized the power of storytelling to connect with people on an emotional level and shared her personal journey as a storyteller.

3. Workshops and Interactive Sessions

The main segment of the workshop consisted of several workshops and interactive sessions led by experts in the field. These sessions covered various aspects of storytelling:



- **The Art of Character Development:** Participants learned how to create compelling and relatable characters in their stories.
- **Plot Construction:** This session focused on crafting engaging and well-structured storylines.
- **Narrative Voice and Style:** Participants explored different narrative voices and styles to suit various genres.
- **Storytelling for Different Mediums:** The workshop addressed storytelling in various forms, including written, oral, and digital storytelling.

4. Hands-on Activities: Participants had the opportunity to engage in hands-on activities, such as group storytelling exercises and peer feedback sessions. These activities encouraged participants to apply the techniques they learned during the workshop.

5. Panel Discussion

A panel of experts in literature and storytelling convened for a lively discussion on the evolving trends in storytelling. They discussed the impact of technology, the role of diversity in narratives, and the future of storytelling in the digital age.

6. Networking and Collaboration

The workshop provided a platform for participants to connect with fellow literature enthusiasts and potential collaborators. This networking opportunity allowed attendees to share ideas and explore joint storytelling projects.

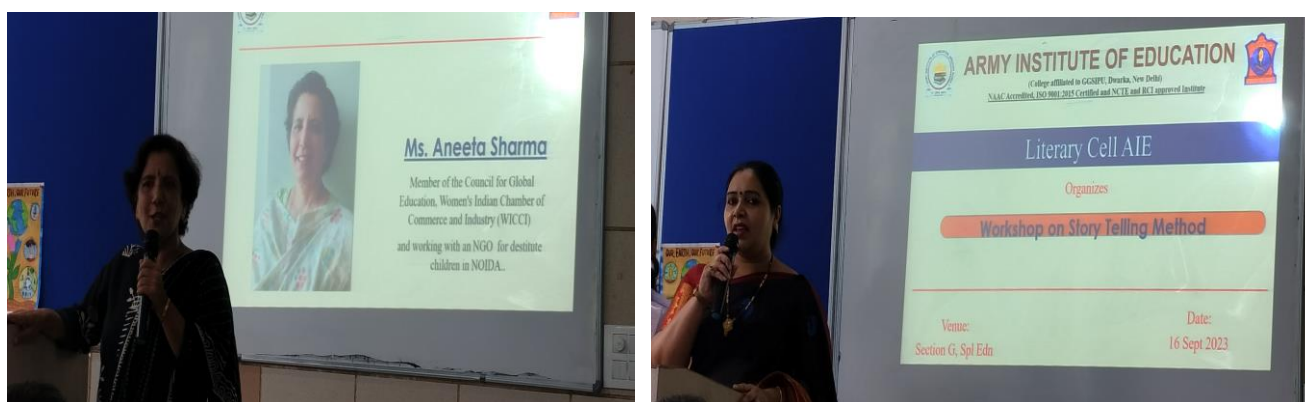
7. Closing Ceremony

The workshop concluded with a closing ceremony, during which certificates of participation were distributed to all attendees. The event ended on a high note with a storytelling performance by Ms. Anita Sharma, leaving everyone inspired and motivated.

Conclusion

The "Storytelling Method" workshop organized by Literary Cell AIE on September 16, 2023, was a resounding success. It provided a platform for participants to enhance their storytelling skills, connect with experts in the field, and foster a deeper appreciation for the art of storytelling. The knowledge gained from this workshop will undoubtedly contribute to the literary growth of all participants and further enrich the literary culture of our institution.

We extend our gratitude to all the participants, guest speakers, and organizers who made this event possible.



Glimpses of the workshop on the "Story Telling Method" On September 16, 2023



Abhilasha Gautam
 Dr. Abhilasha Gautam
 Principal, AIE



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Organizing

Workshop on : " EBSCO databases "



Date : 04 Nov 2023

by

Mr. Abhinash Chodhary

Training Manager
EBSCO, Information Service

Principal
Dr. Abhilasha Gautam



One Day Workshop on "EBSCO" Held on - 04 Nov 2023

AIE organised One day Workshop on "EBSCO databases" on 04 Nov 2023. Objectives of this workshop was to get the knowledge regarding EBSCO databases. 111 student-teachers of B.Ed and B.Ed (Special Education) from the batch 2022-24 and 2023-25 and Faculty members participated in this Workshop. Ms. Kajal Jadaun was the Event Coordinator for this workshop. The Resource person was Mr. Abhinash Choudhary, Training Manager, EBSCO Information service.

Dr Abhilasha Gautam, Principal AIE, felicitated the distinguished guest, who took out time from her busy schedule to interact with the student-teachers of AIE. In this session Mr. Abhinash Choudhary covered this topic during the session.

Agenda covered during the session.

- EBSCOhost & database Introduction
- Basic & advanced search techniques
- To create Personalized Account Log in & navigation from (AIE library)
- Various Filters & Expanders - Publication, Full text. Download, Alerts, Print, Email, Cite, Export PDF files Export in Various Bibliographic form
- EBSCO Mobile App - Full download & installed
- Quiz



Topics covered during the session are mentioned below.

- Access points and how to access the database (Sources)
- EBSCOhost Service
- EBSCO- Remote access
- EBSCO Mobile App (Article reading) Navigating through search results and printing/emailing/saving/exporting articles
- Exporting Bibliographic records and quick citations
- Publication (interface for locating journals from EBSCO database collection)
- Keeping up to date using alerts Creating, Managing and Sharing Personal Folders
- Question and Answers

Request your candid feedback through the mentioned link for our training session.

- <https://tinyurl.com/stakeh>

All the attendees got the E-certificate.

Learning Outcomes:

- All the student-teachers and faculty members of AIE became aware about the importance and usage of EBSCO Databases.

Glimpse of the activities



Abhilasha Gautam
Dr. Abhilasha Gautam
Principal, AIE



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Organizing

Workshop on " Raising awareness about Blood Cancer and related diseases" : 04 Dec 2023

by



Ms. Anjali

Senior Associate) at the donor recruitment
DKMS-BMST Foundation India

Convener
Dr. Azkia Khan

Principal
Dr. Abhilasha Gautam



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Workshop on "AWARENESS SESSION ON BLOOD STEM CELL DONATION"

held on 4th December, 2023

AIE organized a Workshop on " Awareness Session on Blood Stem Cell Donation " on 4th December, 2023, from 2:00 to 4:00 PM. Objective of this workshop was to create awareness regarding Blood Cancer and other blood related diseases and how to defeat Blood Cancer by registering as a potential blood stem cell donor. 63 student-teachers of B.Ed. and B.Ed. (Special Education) from the batch 2023-25 and 10 Faculty members participated in this workshop. The Resource person for this workshop was Ms. Anjali (Senior Associate) at the donor recruitment, DKMS-BMST Foundation India. Dr. Azkia Khan was the convener of this workshop. This program was anchored by Shyamali Kumari from B.Ed. Spl Ed Batch 2023-25. The student volunteers for this program were Prashant, Anjali, Priyanka, and Deepika, from B.Ed Batch 2023-25.

The program started with the welcoming of Ms. Anjali by Dr. Abhilasha Gautam and she thanked Ms. Anjali for her initiative. Further Ms. Anjali, showed the data of the people whose lives were saved by their help and effectively conveyed information and raised awareness about the significance, importance, and necessity of being a "life saviour" for individuals afflicted with blood cancer disease.

Ms. Anjali provided detailed explanations of the eligibility criteria & registration process, debunking common myths and providing factual information about blood stem donation, and facilitated on-the-spot registrations through offline method.



This involved participant filling out forms and providing samples for the purpose of testing & database registration records, all in the pursuit of a noble cause. She also shared a comprehensive list of renowned hospitals and medical institutions affiliated with their organization, including Rajiv Gandhi Cancer Institute in New Delhi and TATA Medical Centre in Kolkata. She further explained the eligibility criterion and the steps that are followed for the registration and the Myths and facts about blood stem donation. She also shared the link for Registration dkms-bmst.org.

Glimpse of the Awareness Program-



Learning outcome: At the end of the program, around 39 students including faculty members registered themselves for such a noble cause and provided the organization with their stem cell samples with the aim that they too can save lives it's in their blood. Everybody enjoyed the awareness program as it provided very informative knowledge about blood cancer and its treatments.



Abhilasha Gautam

Dr. Abhilasha Gautam
Principal, AIE



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Workshop on " Employability Skills" : 18-23 Dec 2023

Organised by

*Training & Placement Cell of AIE in Collaboration with Mahindra
Pride Classroom of Naandhi*

Eminent Speaker

**Mr. Preetam Nayak and Mr. Rahul Malhotra
from Mahindra Pride Classroom**

Principal

Dr. Abhilasha Gautam



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Report on Employability Skills Workshop powered by Mahindra Pride Classroom from 18 - 23 December 2023

To equip student teachers with vital employability skills necessary for successful careers in the education sector, Training and Placement Cell, AIE has organized one-week workshop on Employability Skill powered by Mahindra Pride Classroom from 18-23 December 2023.

The workshop covered a wide range of essential skills, including:

Communication Skills: Effective written and verbal communication, presentation skills, conflict resolution, and active listening.

Professionalism and Ethics: Workplace etiquette, dress code, punctuality, time management, and adherence to professional ethics.

Digital Literacy: Utilizing technology for teaching and learning, understanding basic software applications, and online safety practices.

Curriculum Development and Delivery: Lesson planning, instructional strategies, assessment techniques, and incorporating technology into classroom activities.

Classroom Management: Maintaining discipline, creating a positive learning environment, and fostering student engagement.

Personal Branding and Job Search Skills: Resume writing, cover letter preparation, interview techniques, and networking strategies.

Expert Trainers: Experienced professionals Preetam Nayak and Rahul Malhotra from Mahindra Pride Classroom delivered the sessions, ensuring valuable insights and practical guidance.



Interactive Learning: The workshop employed a variety of engaging methodologies, including lectures, group discussions, role-playing activities, case studies, and hands-on practice sessions.

Assessment and Feedback: Pre- and post-workshop assessments were conducted to gauge the effectiveness of the training and provide individual feedback to participants. Students got certificate after completion of the training.

Learning Outcomes:

Student teachers demonstrated significant improvement in their communication, presentation, and technology skills.

They gained a deeper understanding of professional ethics and effective classroom management strategies.

They received personalized feedback on their resumes and interview skills, enhancing their job preparedness.

The workshop fostered a sense of confidence and self-awareness among the participants, boosting their employability potential.

Dr. Jyoti Tiwari, convener TPC has conveyed vote of thanks to both the trainers for their valuable time and extensive training.

Dr. Abhilasha Gautam, Principal Army Institute of Education handover the certificates to all the participants and trophies to the best performers.



Students getting Certificates and Trophies for the completion of the workshop



Students showing Certificates after completion of the workshop



Abhilasha Gautam

Dr. Abhilasha Gautam
Principal



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Organizing

Workshop on : " Resume Writing"



by

Mr. Parth Shukla

Microsoft Certified Trainer

Date : 05 Jan 2024

Principal
Dr. Abhilasha Gautam



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Report On Resume Writing Workshop: January 5, 2024

Event Overview: The Training & Placement Cell at the Army Institute of Education successfully organized a Resume Writing Workshop on January 5, 2024. The workshop was conducted by Mr. Parth Shukla, a distinguished Microsoft Certified Trainer, and aimed to equip students with essential skills to enhance their resume writing capabilities.

Objective: The primary objective of the workshop was to provide students with insights into crafting effective resumes, tailored to industry standards. Mr. Parth Shukla, with his expertise, aimed to guide participants on showcasing their skills and experiences in a compelling manner.

Speaker Profile: Mr. Parth Shukla, a Microsoft Certified Trainer, brought a wealth of knowledge and experience to the workshop. His credentials ensured a high level of proficiency in conveying industry-relevant information to the participants.

Key Highlights:

- Interactive Sessions:** The workshop fostered an interactive learning environment, allowing participants to actively engage with Mr. Shukla. This approach encouraged questions, discussions, and personalized guidance.
- Guidance on Industry Standards:** Mr. Shukla provided valuable insights into current industry standards for resume writing. Participants gained a deeper understanding of the elements that make a resume stand out to potential employers.



3. **Practical Tips and Techniques:** The workshop included practical tips and techniques for effective resume writing. From formatting guidelines to the strategic placement of key information, participants received hands-on guidance.

4. **Individual Feedback:** Participants had the opportunity to receive individual feedback on their existing resumes. This personalized approach allowed for targeted improvements based on specific strengths and areas for development.

Participant Feedback: Feedback from participants was overwhelmingly positive. Many expressed gratitude for the practical advice and insights gained during the workshop. The interactive nature of the sessions and the personalized feedback were particularly highlighted as valuable aspects.

The Resume Writing Workshop conducted by Mr. Parth Shukla was a resounding success. The event not only met its objectives of enhancing resume writing skills but also provided a platform for meaningful interaction between students and an industry expert. The Training & Placement Cell at the Army Institute of Education remains committed to organizing such valuable workshops to empower students for their future professional endeavours



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Dr Abhilasha Gautam
Principal, AIE



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REPORT

ART WORKSHOP - FOLK PAINTINGS OF INDIA

January 6, 2024






Art Workshop

Folk Paintings of India

6 JAN 2024










MR. ALOK KUMAR

ARTIST & TGT SOCIAL SCIENCE

NAVY CHILDREN SCHOOL, CHANAKYAPURI,
DELHI

AIE ALUMNUS



Flyers of the Workshop



REPORT

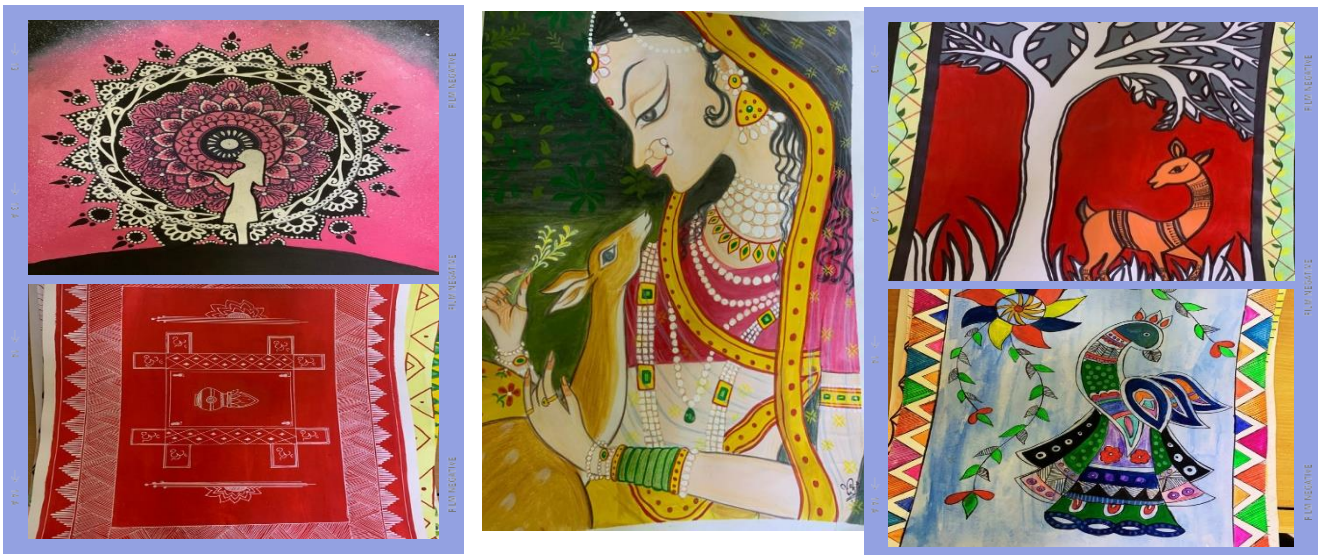
ARTWORKSHOP- FOLKPAINTINGSOFINDIA

January 6, 2024

The students showcased remarkable enthusiasm and creativity throughout the workshop, bringing the Folk Paintings of India to life through their unique interpretations. The event concluded with the submission of their paintings to Mr. Chintan Kapoor, Assistant Professor at the Army Institute, who served as the event coordinator.

The Army Institute of Education extends its gratitude to Mr. Alok Kumar for his valuable contributions and commitment to making the workshop a memorable and educational experience for the students.

This Art Workshop not only provided a platform for artistic expression but also fostered a deeper understanding and appreciation for the rich cultural heritage of India. The success of this event reflects the commitment of the Army Institute of Education to providing holistic education experiences for its students.



Paintings Prepared by Students during the Workshop



Abhilasha Gautam

Dr. Abhilasha Gautam
Principal



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Organizing

Workshop on : " Women Hygiene"



by

Dr. Namrata Yeole

Gynecologist
Yatharth Hospital, Greater NOIDA

Date : 22 Feb 2024

Principal
Dr. Abhilasha Gautam



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Workshop on "Women Hygiene" Held on 22nd February 2024

Army Institute of Education organized a Workshop on "Women Hygiene" on 22nd February 2022 from 11:30 AM to 1:00 PM. Objective of this workshop was to provide crucial insights into women health issues, particularly cervical cancer, AIDS, STD etc and to create awareness regarding Women hygiene with special focus on menstrual hygiene. 150 student-teachers of B.Ed. and B.Ed. (Special Education) from the batch 2022-24 and 2023-25 and 10 Faculty members participated in this workshop. The Resource person for this workshop was Dr.Namrata Yeole , working as a Gynecologist from Yatharth Hospital, Greater Noida. Dr. Azkia Khan (Assistant Professor, AIE) was the convenor of this workshop. This program was anchored by Priti Bera student of B.Ed. Batch 2023-25. The program started with the welcome address and felicitation of guest by Dr. Abhilasha Gautam, Principal, AIE. Dr. Namrata Yeole commenced her session with the introduction of menstrual hygiene. She suggested usage of organic pads and menstrual cups and informed that 1 menstrual cup can be used for 10 years. She also suggested not to use V- Wash as it disturbed the pH value. She also shed light on cervical cancer and underscored the importance of vaccination, emphasizing its affordability and accessibility in India. Through informative presentations and engaging discussions, participants gained insights into potential health challenges and proactive measures for prevention. In the end was the interactive segment, where participants actively engaged with Dr. Namrata Yeole, posed their queries for clarifications. Dr. Yeole addressed each question with precision and empathy, fostering a supportive environment conducive to learning and awareness. In the end vote of thanks was given by Dr. Azkia Khan (Assistant Professor,AIE).



Glimpse of the Event-



Learning Outcomes

At the end of the program, students were aware about normal menstrual cycle i.e 3-7 days and method of proper disposal of sanitary napkins, awareness was created regarding various myths and taboos and also awareness was created regarding vaccination for cervical cancer.



Abhilasha Gautam
Dr. Abhilasha Gautam
Principal



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Organize

Workshop on " Sahaj Yoga " : 22 Feb 2024



by

Col. O.P. Singh (Retd.)
Expert in Sahajyog Meditation

Principal
Dr. Abhilasha Gautam



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REPORT ON "SAHAJYOG" WORKSHOP

Date: 22nd February 2024

The Sahajyog workshop conducted at the Army Institute of Education on 22nd February 2024 was a remarkable event aimed at promoting holistic well-being and stress management among the faculty and students. The workshop focused on the principles of Sahajyog, a form of meditation that emphasizes self-realization and inner peace.

The workshop commenced with a warm welcome by the Dr. Abhilasha Gautam, Principal AIE, delivered an inaugural address emphasizing the importance of mental health and stress reduction, especially in the challenging environment faced by the military community.

The keynote speaker for the workshop was Col. O.P. Singh (Retd.) a renowned expert in Sahajyog meditation. Col. O.P. Singh (Retd.) enlightened the audience about the origins and principles of Sahajyog, highlighting its potential benefits for individuals in high-stress professions. The interactive session allowed participants to ask questions and gain a deeper understanding of the meditation techniques.

The heart of the workshop comprised practical sessions where participants actively engaged in Sahajyog meditation. Facilitators guided attendees through various breathing exercises, postures, and mindfulness techniques. Participants expressed their appreciation for the simplicity and effectiveness of these practices in promoting relaxation and mental clarity.



Workshop Themes:

Stress Management: Participants learned practical tools to manage stress, enabling them to maintain focus and resilience in challenging situations.

Mind-Body Connection: The workshop explored the intricate link between mental and physical well-being, promoting a holistic approach to health.

Self-Realization: Sahajyog principles encouraged self-awareness and inner peace, fostering a sense of fulfilment beyond external circumstances.

Feedback and Reflections:

At the conclusion of the workshop, 145 participants shared their experiences and reflections. Many expressed gratitude for the opportunity to learn and practice Sahajyog techniques, acknowledging the potential for long-term positive effects on their well-being.

Conclusion:

The Sahajyog workshop at the Army Institute of Education was a valuable initiative in promoting mental health and well-being. The practical nature of the sessions allowed participants to experience the benefits firsthand, providing them with tools to navigate the challenges of their profession. The success of this workshop suggests the potential for similar initiatives to be implemented across military institutions, contributing to the overall resilience and wellness of military personnel.



Glimpses of Sahajyog Workshop on 22nd February 2024



Abhilasha Gautam

Dr. Abhilasha Gautam
Principal, AIE



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Workshop on "Employability Skills" : 16-23 Feb 2024

Organised by

*Training & Placement Cell of AIE in Collaboration with Mahindra
Pride Classroom of Naandhi*

Eminent Speaker
Mr. Sanjay Rai Sharma
from Mahindra Pride Classroom

Principal
Dr. Abhilasha Gautam



Report on "Employability Skill Programme" Conducted by Mahindra Pride Classroom with Naandi Foundation

Date: 16th -23rd February 2024

Introduction:

The Employability Skill Programme conducted by Mahindra Pride Classroom in collaboration with Naandi Foundation at the Army Institute of Education, Greater Noida, U.P., from 16th to 23rd February 2024 aimed to equip fifty-four participants with essential skills required for successful employment.

Objective:

The primary objective of the programme was to enhance the employability of participants by imparting crucial skills such as communication, problem-solving, teamwork, leadership, and adaptability.

The programme spanned over eight days, during which participants engaged in a variety of interactive sessions, workshops, and practical exercises. Each day was dedicated to a specific set of skills, with expert facilitators guiding participants through theoretical concepts and practical applications. The curriculum was designed to address the needs of various industries and job roles, ensuring relevance and applicability.

Learning out comes:

Communication Skills Enhancement: Participants underwent intensive training to improve their verbal and non-verbal communication abilities. Activities included public speaking exercises, group discussions, and role-playing scenarios.



Problem-Solving Workshops: Through real-life case studies and simulations, participants learned effective problem-solving techniques and strategies to tackle challenges in professional settings.

Teamwork and Collaboration: Emphasis was placed on fostering teamwork and collaboration among participants. Team-building exercises and group projects encouraged cooperation and synergy.

Leadership Development: Sessions on leadership aimed to cultivate leadership qualities and empower participants to take on leadership roles with confidence and competence.

Adaptability Training: Given the dynamic nature of the modern workplace, participants were trained to adapt to change and thrive in diverse environments.

The programme received positive feedback from participants, who reported significant improvement in their employability skills. Participants expressed gratitude for the practical and hands-on approach adopted during the sessions, which enhanced their learning experience. Many participants noted increased confidence in their ability to secure employment and excel in their chosen careers.

The Employability Skill Programme was successfully conducted under the guidance of Dr. Abhilasha Gautam, Principal AIE and Col Abhay Rajvanshi (Retd), Registrar AIE.



Glimpses of the “Employability Skill Programme” on 16th -23rd February 2024

Abhilasha Gautam

Dr. Abhilasha Gautam
Principal, AIE





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Organizing

Workshop on : "Thalassemia"

by

Mrs. Saloni Arora

Special Educator



Principal

Dr. Abhilasha Gautam

Date : 17 May 2024



WORKSHOP ON THALASSEMIA

17th MAY 2024

The Army Institute of Education, PWD Cell initiated the workshop on the topic "Thalassemia" as part of awareness month. The focus of the workshop was to make students and teachers aware about thalassemia.

Aim- Student Teachers will learn about the condition, its impact on students' physical and emotional well-being, and how to foster a supportive and inclusive learning environment. The workshop will also emphasize early identification and the importance of promoting awareness and empathy within the school community.

Overview on the presentation- All the Staff members and Students of B.Ed. & B.Ed. Special Education attended the session. The resource person for the session was Mrs. Saloni Arora, Special Educator. The workshop commenced with enthusiasm for learning something new. As we celebrate thalassemia day on the 8th of May, and we take May as awareness month regarding the same, in the enlightenment for the same the workshop takes place. The workshop highlights the valuable points for the better understanding of the students. It covers the following topics such as: The 21 disabilities under RPWD ACT 2016, About thalassemia, Common symptoms, Description, Alpha and Beta thalassemia, what raises the risk of thalassemia and Including 2 videos on thalassemia. The remarkable understanding which was highlight the workshop was "GIVE BOOLD GIVE LIFE"



Learning Outcomes - The thalassemia workshop will enable teachers to effectively support students with thalassemia by fostering a compassionate, inclusive classroom environment and collaborating with parents and healthcare providers to address both academic and health-related needs.

GLIMPSES OF THE WORKSHOP



Abhilasha Gautam

Dr. Abhilasha Gautam
Principal, AIE



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'Institute under the aegis of Army Welfare Education Society (AWES)'
Plot M-1, P-5, Sector- Chi, Gr. NOIDA | Ph. : 0120-2343741/ 42 | e-Mail: aie@awesindia.edu.in | www.aie.ac.in

Organizing

Workshop on : " Women's Hygiene"



by

Ms. Aparajita Basu Roy

Youth Wellbeing Expert
from Whisper & Gillette India

Principal
Dr. Abhilasha Gautam

Date : 29 Jul 2024



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WORKSHOP ON WOMEN HYGIENE

Date- 29 July 2024

The workshop on 'Women's Hygiene' was organized on July 29th, 2024, in Section G of AIE. All the female students from the B.Ed. and B.Ed. Special Education (2023-25) programs attended the session, along with the faculty members. The session was conducted by Ms. Aparajita Basu Roy, a Youth Wellbeing Expert from Whisper & Gillette India.

AIM- Is to educate and empower young women, particularly future educators, with essential knowledge and practices related to personal hygiene, menstrual health, and overall well-being. The workshop seeks to break the stigma surrounding menstruation and fostering a healthier and more informed community.

The session provided an invaluable learning experience for the students and faculties it has focused on educating young women about the importance of personal hygiene and health. The session addressed critical topics such as menstrual hygiene, the proper use of sanitary products, and the long-term impact of good hygiene practices on overall health. Ms. Basu Roy emphasized the importance of breaking the stigma around menstruation and encouraged open conversations about it. She provided practical tips on maintaining hygiene during menstruation, which were particularly beneficial for the students. The workshop fostered a supportive and inclusive environment where students felt comfortable asking questions and sharing their experiences.



The active participation of both students and faculty members highlighted the significance of workshop in promoting health awareness and empowering women. Ms. Basu Roy had also distributed goodies to all participants. Overall, the session was highly engaging, equipping them with essential knowledge to take forward in their personal and professional lives.

Attendees - Students- 45, Faculties- 05

Learning Objectives:

- **Understand the Importance of Women's Hygiene:** Students have gained a clear understanding of the significance of maintaining personal hygiene, particularly during menstruation, and how it impacts overall health and well-being.
- **Learn Proper Hygiene Practices:** Students had equipped with practical knowledge on the correct use of sanitary products, effective hygiene routines, and how to manage menstrual health.
- **Break the Stigma around Menstruation:** The workshop aims to encourage open discussions about menstruation, helping students to feel more comfortable and confident in addressing this natural process without shame or embarrassment.
- **Empower Future Educators:** The session will prepare future educators to confidently teach and guide others on women's hygiene, fostering a supportive and informed environment in their future classrooms.

Glimpses of Workshop



Oriented about the Women Hygiene and distributed goodies to all



Abhilasha Gautam

Dr. Abhilasha Gautam
Principal, AIE