



**Department of Botany**  
**Government Degree College**  
**TRAL-192123 (Kashmir)**  
**گورنمنٹ ڈگری کالج ترال**

Date: 26-12-2025

**Report on**

**Online Guidance and Mentoring Lecture for National Level Competitive Examinations in Plant Sciences/Botany held on 26-12-2025**

The Department of Botany, Government Degree College (GDC) Tral organized an online lecture entitled ***Guidance & Mentoring for National Level Competitive Exams in Plant Sciences/Life Sciences*** on December 26, 2025. The programme was conducted with the objective of guiding and mentoring students aspiring for higher education and careers through various national and state-level competitive examinations. The lecture was delivered by **Dr. Amir Raina**, Assistant Professor, Women's College, AMU, Aligarh. Dr. Raina shared valuable insights, practical strategies, and firsthand experiences to help students prepare effectively for competitive examinations.

The programme commenced with a welcome address by the worthy Principal, **Prof. Muzafar Ahmad Bhat**, who emphasized the critical role of proper guidance and mentoring in enabling students to excel in competitive examinations and build successful academic and professional careers. Earlier, **Dr. Mohd Rafiq Wani** introduced the theme of the lecture and presented a brief profile of the resource person, highlighting Dr. Raina's academic expertise and teaching experience.

The lecture was particularly beneficial for students preparing for various competitive and job-oriented examinations in Plant and Life Sciences, including: Ph.D. Entrance Examinations, GATE (Life Sciences), CSIR-NET/JRF, ICAR-JRF/SRF, State-Level Eligibility Tests, Civil Service Examinations etc. The objectives of the session were to familiarize students with the competitive examination landscape, promote smart and effective preparation strategies, enhance conceptual understanding, and develop a strong exam temperament. During the session, Dr. Raina comprehensively addressed key aspects such as identifying core subjects and high-priority areas, adopting smart study approaches, practicing active learning techniques, planning effective revision strategies and time management during preparation of competitive examinations. The lecture was highly interactive and informative, leaving a positive impact on the participants. **Dr. Shabir Hussain Mirza**, HOD English and Staff Secretary of the college, presented his valuable comments and appreciated the relevance and depth of the lecture.

The session concluded with a vote of thanks by **Prof. Waseem Shahri**, who expressed gratitude to the resource person and participants for making the programme a success. The Department of Botany expressed confidence that the lecture proved beneficial in providing students with clear direction, motivation, and confidence to channelize their efforts effectively towards achieving success in different competitive examinations.

Meet - yym-wric-zaq

https://meet.google.com/yym-wric-zaq

12:47 PM | yym-wric-zaq

People

- Mohd Rafiq Wani (You) Meeting host
- Dr. Aamir Raina
- Iqra Nabi
- Malik Umar
- Mirza Shabir
- Muhammad Tahir Bhat

Waseem Shahri

Mirza Shabir

Principal Govern...

Waseem Shahri

Muhamma...

Dr. Aamir Raina

Rehnuma Jan

11 others

12:47 PM | yym-wric-zaq

Meet - yym-wric-zaq

https://meet.google.com/yym-wric-zaq

12:02 PM | yym-wric-zaq

Dr. Aamir Raina (Presenting)

**SUBJECT-WISE STRATEGIC APPROACH**

Core Subjects Priority Matrix

(High Priority (40% time):

Molecular Biology, Genetics, Biochemistry

Medium Priority (35% time):

Plant & Animal Physiology, Ecology, Evolution

Low Priority (25% time):

Specialized topics (Biophysics, Statistics, Methods)

People

- Mohd Rafiq Wani (You) Meeting host
- Dr. Aamir Raina
- Dr. Fayaz A. Malla (FAM)
- Dr. Aamir Raina

27 others

12:02 PM | yym-wric-zaq

Meet - yym-wric-zaq

https://meet.google.com/yym-wric-zaq

11:55 AM | yym-wric-zaq

Dr. Aamir Raina (Presenting)

**KEY STEPS FOR EXAM SUCCESS**

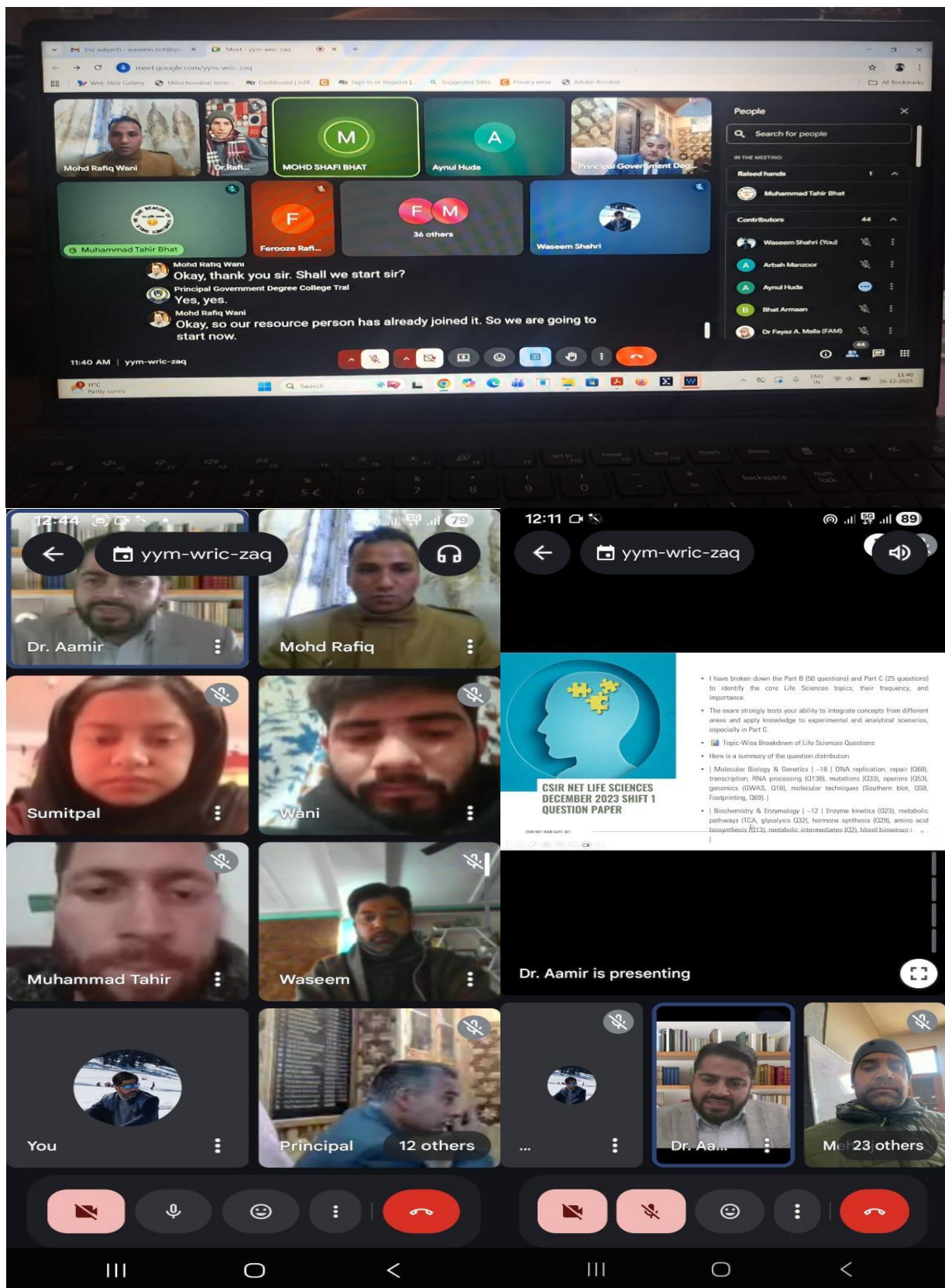
- Understanding the Exam Pattern and Syllabus
- Effective Study Planning and Time Management
- Mastering Core Concepts and Key Areas
- Practice, Assessment, and Feedback
- Maintaining Motivation and Managing Exam Stress

People

- Mohd Rafiq Wani (You) Meeting host
- Arbah Manzoor

34 others

11:55 AM | yym-wric-zaq



*maharajam*

**Dr. Mohd. Rafiq Wani**  
Associate Professor/ Head  
Department of Botany  
Govt. Degree College Tral





## DEPARTMENT OF BOTANY



Government Degree College Tral-192123, Pulwama,  
Jammu and Kashmir, India

Invite Students for an Online Guidance and Mentoring  
Lecture for Cracking National Level Competitive Exams in  
Plant Science/Life Sciences

ON

26th December, 2025

Google Meet Link:

<https://meet.google.com/yym-wric-zaq>

Time: 11:30 AM



**Prof. Muzaffar Ahmad Bhat**  
(Principal/Patron)



**Key Speaker:**

**Dr. Amir Raina**

(UGC-CSIR NET, CSIR JRF, ICAR-NET, JKSET, GATE)

Assistant Professor

Department of Botany, Women's  
AMU, Aligarh (UP), India

### Organizing Committee:

1. Dr. Mohd. Rafiq Wani (Associate Professor/HOD Botany)- 9906517207
2. Prof. Waseem Shahri (Assistant Professor Botany)- 9906814599