



**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.

A screenshot of a Google Meet video conference. The title of the meeting is "yym-wric-zaq". The interface shows a grid of participant thumbnails. In the top row, there are five thumbnails: "Waseem Shahri" (small video thumbnail), "Mirza Shabir" (video thumbnail), "Principal Govern..." (video thumbnail), "Waseem Shahri" (video thumbnail), and "Muhamma..." (video thumbnail). In the bottom row, there are three thumbnails: "Dr. Aamir Raina" (video thumbnail), "Rehnuma Jan" (green placeholder thumbnail with a 'R'), and "11 others" (dark placeholder thumbnail with 'Q' and 'S'). To the right of the thumbnails is a "People" sidebar with a list of attendees: "Mohd Rafiq Wani (You) Meeting host", "Dr. Aamir Raina", "Iqra Nabi", "Malik Umar", "Mirza Shabir", and "Muhammad Tahir Bhat". At the bottom of the screen are various control buttons for video, audio, and other meeting functions.

13°C  
Sunny

Search

ENG IN

12:47  
26-12-2025

https://meet.google.com/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)

IN THE MEETING

Contributors 30 ^

Mohd Rafiq Wani (You) Meeting host

Dr. Fayaz A. Malla (FAM)

Dr. Aamir Raina

12:02 PM | 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

CSIR IITB IIT-DTU IIT-BHU IIT-BHU

Dr. Aamir Raina

34 others

Mohd Rafiq Wani

1

37

37

11:55 AM | yym-wric-zaq

Search

Meet - yym-wric-zaq

People

Add people

Search for people

IN THE MEETING

Raised hands

Contributors

Mohd Rafiq Wani (You) Meeting host

Arbah Manzoor

37

37

11:55

12:02-2025

11:40 AM | yym-wric-zaq

Mohd Rafiq Wani: Okay, thank you sir. Shall we start sir?

Principal Government Degree College Tral: Yes, yes.

Mohd Rafiq Wani: Okay, so our resource person has already joined it. So we are going to start now.

Waseem Shahri: 36 others

Contributors: 44

Participants: Muhammad Tahir Bhat, Arbab Manzoor, Aymul Huda, Bhat Armaan, Dr Fiaz A. Mala (FAM)

12:44

Dr. Aamir

Mohd Rafiq

Sumitpal

Wani

Muhammad Tahir

Waseem

You

Principal

12 others

CSIR NET LIFE SCIENCES DECEMBER 2023 SHIFT 1 QUESTION PAPER

- I have broken down the Part B (50 questions) and Part C (25 questions) to identify the core Life Sciences topics, their frequency, and importance.
- The exam strongly tests your ability to integrate concepts from different areas and apply knowledge to experimental and analytical scenarios, especially in Part C.
- Topic-Wise Breakdown of Life Sciences Questions
- Here is a summary of the question distribution
- Molecular Biology & Genetics | -18 | DNA replication, repair (088), transcription, RNA processing (0130), mutations (032), epoxins (053), genomics (GWAS, QTL), molecular techniques (Southern blot, 059), Fingerprinting, 091, |
- | Biochemistry & Enzymology | -12 | Enzyme kinetics (0223), metabolic pathways (1CA, glycolysis 032), hormone synthesis (029), amino acid biosynthesis (0113), metabolic intermediates (021), blood bioassays, |

Dr. Aamir is presenting

Dr. Aamir

Me 23 others

  
mohd rafiq wani

**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