



Manisha Education Trust's  
**SMT. JANAKIBAI RAMA SALVI COLLEGE**

OF ARTS, COMMERCE & SCIENCE

NAAC ACCREDITED 'B' GRADE

(Affiliated to University of Mumbai)

Manisha Nagar, Kalwa (W), Thane - 400605. Tel.: 7718029844

**Two Page Summary Report on "Web Development (ICT)"**

Smt. Janakibai Rama Salvi College Of Arts, Commerce & Science has organized a day seminar on "Web Development (ICT)".

Date: 06-07-2018

Time: 11.00 am.

Venue: in room 302 in 1 sessions

The number of students who participated: 185

The Resource person was Mr.Ahmad

**Objective:** The objective of the Web Development workshop was to familiarize students with the fundamentals of web development, including basic HTML, CSS, and JavaScript concepts, and to provide hands-on experience in creating a simple website.

**Highlights:**

- 1. Introduction to Web Development:** The workshop commenced with an overview of web development, emphasizing its significance in today's digital landscape. The facilitator elucidated the role of HTML, CSS, and JavaScript in creating dynamic and interactive web pages.
- 2. Hands-on Sessions:** Subsequent sessions involved hands-on exercises where students were guided through the process of writing HTML and CSS code to structure and style web pages. Basic JavaScript concepts such as variables, functions, and event handling were also covered.
- 3. Project Work:** To reinforce their learning, students were assigned a mini-project where they had to design and develop a simple website from scratch. The facilitator provided continuous guidance and feedback to ensure the students' comprehension and progress.
- 4. Interactive Learning Environment:** The workshop encouraged active participation and interaction among students. Doubt-clearing sessions were conducted regularly, enabling students to seek clarification on concepts and coding techniques.
- 5. Practical Application:** Through practical exercises and the mini-project, students gained practical experience in creating responsive and visually appealing web pages. They learned to apply their knowledge of HTML, CSS, and JavaScript to solve real-world design challenges.
- 6. Certification:** After the seminar, participants received certificates of completion, acknowledging their active involvement and successful participation in the Web Development (ICT) workshop.



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**Conclusion:** The Web Development (ICT) workshop at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science was a resounding success, equipping students with foundational skills in web development. The workshop not only enhanced their understanding of HTML, CSS, and JavaScript but also instilled confidence in their ability to create functional web pages. Such initiatives play a pivotal role in preparing students for careers in the rapidly evolving field of information technology.



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**Two-Page Summary Report on "Communication in the Workplace (Language)"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organized a day seminar on "Communication in the Workplace (Language)".

Date: 09-0-2018

Time: 11.00 am.

Venue: in room 302

The number of students who participated: 163

The Resource person was Mr. Mahesh Patil

**Objective:** The seminar on "Communication in the Workplace" aimed to equip students with essential communication skills necessary for professional environments. Through interactive sessions and practical exercises, the workshop focused on enhancing verbal and written communication, fostering effective listening skills, and promoting interpersonal communication competencies crucial for workplace success.

**Agenda:**

1. **Introduction to Workplace Communication:**
  - Definition and importance of effective workplace communication.
  - Overview of different communication channels and their significance.
2. **Verbal Communication Skills:**
  - Techniques for clear and concise verbal expression.
  - Practice sessions on delivering impactful presentations and participating in meetings.
3. **Written Communication Skills:**
  - Guidelines for professional email writing and formal correspondence.
  - Strategies for crafting clear and coherent written messages.
4. **Interpersonal Communication:**
  - Understanding non-verbal cues and body language.
  - Role-playing exercises to improve interpersonal communication in workplace scenarios.
5. **Listening Skills:**
  - Importance of active listening in effective communication.
  - Activities to enhance listening comprehension and response.
6. **Practical Applications:**
  - Group discussions and case studies analysing real-world workplace communication challenges.
  - Role-plays simulating various workplace communication scenarios.



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**Outcome:** The seminar received positive feedback from participating students, who expressed enhanced confidence in their communication abilities. They appreciated the interactive approach of the sessions and found the practical exercises particularly beneficial in applying theoretical concepts to real-life situations. The workshop also facilitated networking among students and encouraged collaborative learning.



**Conclusion:** The "Communication in the Workplace" workshop proved to be a valuable learning experience for students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science. By honing their communication skills, students are better equipped to face the challenges of the modern workplace and contribute effectively to their future careers.



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**Two Page Summary Report on "Importance of Hydration for Health and Fitness (life skill)"**

Smt. Janakibai Rama Salvi College Of Arts, Commerce & Science has organized a day seminar on "Importance of Hydration for Health and Fitness (life skill)".

Date: 26-09-2018

Time: 11.00 am.

Venue: in room 302 in 1 sessions

The number of students who participated: 160

The Resource person was Dr. Manojkumar Chauhan

**Objective:** The seminar titled "Importance of Hydration for Health and Fitness" aimed to educate students about the significance of proper hydration for overall health and fitness. The workshop focused on discussing the benefits of staying hydrated, understanding the signs of dehydration, and adopting practical strategies to maintain adequate hydration levels.

**Key Highlights:**

- 1. Introduction to Hydration:** The seminar began with an introduction to hydration, emphasizing its role in maintaining bodily functions and overall well-being. The facilitator discussed the importance of water as an essential nutrient and highlighted its various functions in the body.
- 2. Benefits of Hydration:** The seminar outlined the numerous benefits of staying hydrated, including improved physical performance, better cognitive function, regulation of body temperature, and enhanced metabolism. Participants were encouraged to recognize the positive impact of adequate hydration on their daily lives.
- 3. Signs of Dehydration:** A crucial aspect of the seminar was educating participants about the signs and symptoms of dehydration. The facilitator discussed common indicators such as thirst, dry mouth, fatigue, dizziness, and dark urine, urging students to be vigilant about their hydration status.
- 4. Hydration Strategies:** Practical strategies for maintaining optimal hydration levels were discussed during the seminar. Participants learned about the importance of regular water intake throughout the day, as well as incorporating hydrating foods and beverages into their diet. Tips for staying hydrated during physical activity and hot weather conditions were also provided.
- 5. Interactive Sessions:** The seminar included interactive sessions where participants engaged in discussions and shared their experiences related to hydration and its impact on their daily lives. This interactive approach enhanced their understanding and awareness of the importance of staying hydrated.



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facilitated a deeper understanding of the topic and encouraged active participation from the students.



**Conclusion:** The "Importance of Hydration for Health and Fitness" seminar was conducted at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science was highly informative and well-received by the participants. Through engaging discussions, interactive sessions, and practical strategies, students gained valuable insights into the significance of proper hydration for their overall health and fitness goals. The seminar equipped them with the knowledge and skills necessary to prioritize hydration in their daily lives, contributing to their well-being and performance.



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**Two-Page Summary Report on "Yoga (life skill)"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a day workshop on "Yoga (life skill)".

Date: 06-12-2018

Time: 10.00 am.

Venue: in room 302

The number of students who participated: 163

The Resource person was Mr.Joshi

**Purpose:** The Yoga (Life Skill) workshop was conducted for the students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science to introduce them to the principles and practices of yoga to enhance their overall well-being and life skills.

**Overview:** The workshop spanned a duration of 5 Hrs, during which students were introduced to various aspects of yoga including its history, philosophy, and practical techniques. The sessions were designed to cater to students of all levels, from beginners to those with prior experience in yoga.

**Key Highlights:**

- 1. Introduction to Yoga:** The workshop commenced with an overview of yoga as a holistic discipline encompassing physical, mental, and spiritual well-being. The facilitator provided insights into the origins of yoga and its relevance in modern-day life.
- 2. Yoga Asanas (Postures):** Students were guided through a series of yoga asanas tailored to improve flexibility, strength, and posture. Emphasis was placed on correct alignment and breathing techniques to derive maximum benefits from each posture.
- 3. Breathing Exercises (Pranayama):** Various pranayama techniques were demonstrated and practiced to enhance breath awareness, relaxation, and stress management among students. These exercises aimed at promoting calmness and mental clarity.
- 4. Meditation and Mindfulness:** Students were introduced to basic meditation practices to cultivate mindfulness and inner peace. Guided meditation sessions were conducted to help students develop concentration and awareness of the present moment.
- 5. Yoga for Stress Relief:** Given the prevalent academic stress among students, specific yoga sequences and relaxation techniques were demonstrated to alleviate stress and promote emotional well-being.



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6. **Yoga Philosophy and Ethics:** The workshop also included discussions on the philosophical underpinnings of yoga and its ethical principles. Students explored concepts such as ahimsa (non-violence) and self-discipline in the context of their daily lives.
7. **Interactive Sessions:** Throughout the workshop, interactive sessions were encouraged to address students' queries, share experiences, and foster a sense of community among participants.

**Feedback and Conclusion:** Feedback from students regarding the workshop was overwhelmingly positive. Many expressed gratitude for the opportunity to learn and practice yoga in a structured environment. Several students reported feeling more relaxed, energized, and equipped with practical tools to manage stress effectively. In conclusion, the Yoga (Life Skill) workshop at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science was a resounding success in introducing students to the transformative power of yoga. It not only imparted valuable life skills but also instilled a sense of holistic well-being among participants.



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**Two-Page Summary Report on "Tally and accounts"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on "Tally and accounts".

Date: 28-01-2019

Time: 11.00 am.

Venue: in room 302

The number of students who participated: 169

The Resource person was Mr. Gokul Chaudhary

**Objective:** The workshop on Tally and Accounts was conducted to provide students with practical knowledge and skills in accounting software and fundamental accounting principles.

**Workshop Overview:** The workshop comprises both theoretical sessions and hands-on practical exercises. It was designed to cater to students pursuing courses in commerce and related fields, providing them with a comprehensive understanding of Tally software and its applications in real-world accounting scenarios.

**Agenda:**

1. Introduction to Tally: Overview of Tally software, its features, and advantages.
2. Basic Accounting Principles: Concepts of debit and credit, journal entries, ledger maintenance, trial balance, etc.
3. Tally Setup and Configuration: Installation of Tally software, company creation, chart of accounts setup.
4. Practical Exercises: Guided exercises to enter transactions, generate reports, reconcile accounts, etc.
5. Advanced Features: Introduction to advanced features of Tally like VAT/GST, payroll accounting, inventory management, etc.
6. Troubleshooting and Q&A: Addressing common issues encountered in Tally usage, followed by a Q&A session.

**Outcomes:**

1. Enhanced Understanding: Students gained a deeper understanding of accounting principles and their practical application in Tally software.
2. Practical Skills: Participants developed hands-on skills in using Tally software for various accounting tasks such as data entry, report generation, and reconciliation.
3. Industry Relevance: The workshop equipped students with skills relevant to the current industry requirements, enhancing their employability prospects in accounting and finance roles.



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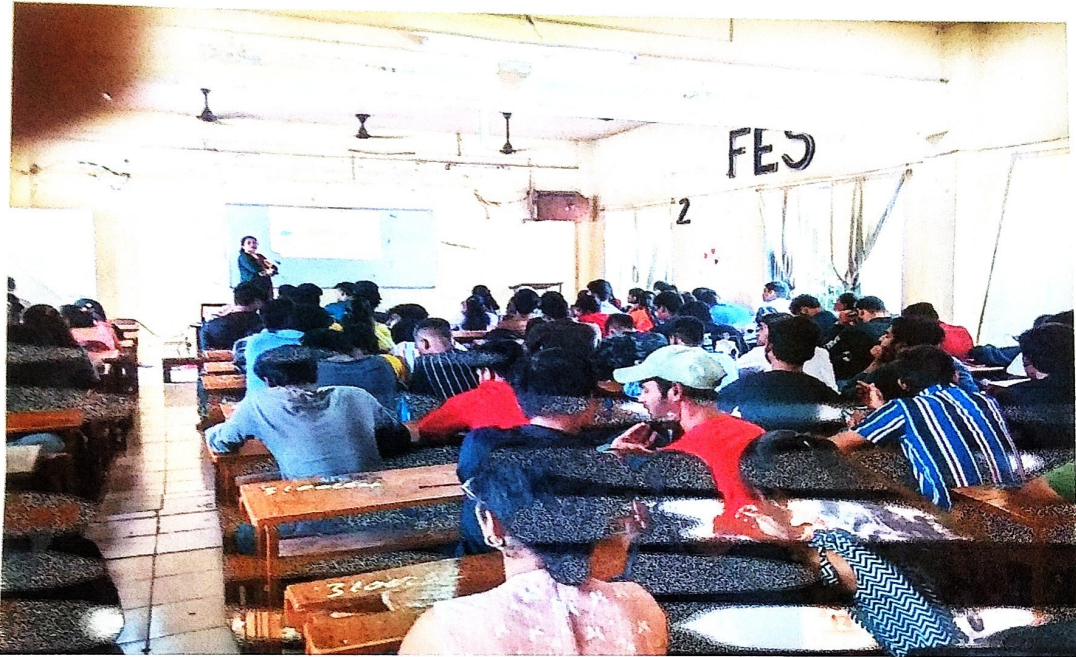
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4. Confidence Boost: Engaging in practical exercises and troubleshooting scenarios instilled confidence among students in using accounting software effectively.



**Conclusion:** The Tally and Accounts workshop at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science proved to be a fruitful endeavour, empowering students with practical accounting skills and proficiency in Tally software. Such initiatives align with the college's commitment to holistic education and preparing students for professional success in the field of commerce and beyond.



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**Two-Page Summary Report on "Language Learning Strategies"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on "Language Learning Strategies".

Date: 26-07-2019

Time: 11.00 am.

Venue: in room 302

The number of students who participated: 170

The Resource person was Dr. Raju Patole

**Objective:** The Language Learning Strategies workshop was conducted for students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science to enhance their language learning skills and foster effective language acquisition strategies.

**Workshop Overview:** The workshop commenced with an introduction to the importance of language learning in today's globalized world. Emphasis was placed on the role of effective language communication in academic, professional, and personal spheres. The session proceeded with an exploration of various language learning strategies that students can employ to enhance their language proficiency.

**Key Topics Covered:**

1. **Metacognitive Strategies:** Students were introduced to metacognitive strategies such as goal-setting, self-monitoring, and self-evaluation. They were encouraged to reflect on their learning processes and identify areas for improvement.
2. **Cognitive Strategies:** Various cognitive strategies including visualization, association, and summarization were discussed to help students internalize language concepts and facilitate better understanding and retention of linguistic material.
3. **Social Strategies:** The importance of social interaction in language learning was highlighted. Students were encouraged to engage in group discussions, language exchange programs, and other collaborative activities to enhance their speaking and listening skills.
4. **Affective Strategies:** The workshop also addressed effective strategies aimed at managing emotions and attitudes towards language learning. Techniques such as positive self-talk, stress reduction exercises, and maintaining motivation were discussed to create a conducive learning environment.

5. **Compensatory Strategies:** In situations where students encounter communication barriers, compensatory strategies such as Arts, Commerce & Science Manisha Nagar, Kalwa (W), Thane - 400 605.



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guessing from context were introduced to help them overcome challenges and communicate effectively.

**Interactive Sessions:** The workshop included several interactive sessions where students actively participated in group activities, role-plays, and language games. These activities were designed to reinforce the learning strategies discussed and provide students with practical experience in applying them.

**Feedback and Evaluation:** After the workshop, students were allowed to provide feedback on the session. Overall, the workshop received positive feedback with students expressing appreciation for the practical strategies shared and the interactive nature of the session.



**Conclusion:** The Language Learning Strategies workshop conducted at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science provided students with valuable insights and practical techniques to enhance their language learning journey. By equipping students with a diverse range of strategies, the workshop aimed to empower them to become more autonomous and effective language learners.



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### Two-Page Summary Report on "Setting Realistic Goals and Tracking Progress (life skill)"

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on "Setting Realistic Goals and Tracking Progress (life skill)".

Date: 30-08-2019

Time: 11.00 am.

Venue: in room : Online Platform

The number of students who participated: 175

The Resource person was Dr. Babasaheb Kamble

**Objective:** The primary objective of the workshop titled "Setting Realistic Goals and Tracking Progress" was to equip students with essential life skills necessary for setting achievable goals and effectively monitoring their progress towards those goals.

**Workshop Overview:** The workshop was designed to address the crucial aspect of personal and academic development by focusing on setting realistic goals and establishing methods to track progress. The workshop aimed to empower students with the ability to identify their aspirations, break them down into manageable tasks, and monitor their advancement over time. Through interactive sessions and practical exercises, students were encouraged to reflect on their ambitions, assess their current standing, and develop strategies for continuous improvement.

#### **Key Topics Covered:**

Understanding the Importance of Goal Setting:

Introduction to the concept of goal setting.

Benefits of setting clear and achievable goals in personal and academic life.

Identifying Personal Goals:

Encouraging students to reflect on their aspirations and ambitions.

Techniques for setting specific, measurable, attainable, relevant, and time-bound (SMART) goals.

Breaking Goals into Actionable Steps:

Strategies for breaking down long-term goals into smaller, manageable tasks.

Importance of prioritizing tasks and creating action plans.

Effective Progress Tracking:

Introduction to various methods and tools for tracking progress.

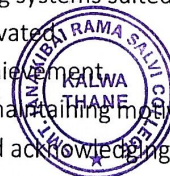
Developing personalized progress tracking systems suited to individual preferences.

Overcoming Challenges and Staying Motivated:

Identifying common obstacles to goal achievement.

Strategies for overcoming setbacks and maintaining motivation.

Importance of celebrating milestones and acknowledging progress.



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**Workshop Methodology:** The workshop employed a combination of interactive presentations, group discussions, individual reflections, and practical exercises. Students actively participated in goal-setting activities, shared their experiences, and collaborated with peers to gain diverse perspectives.

Outcomes:

- Enhanced understanding of the importance of setting realistic goals in personal and academic life.
- Improved ability to break down long-term goals into manageable tasks.
- Acquired skills in tracking progress effectively using various methods and tools.
- Strengthened resilience in overcoming challenges and staying motivated towards goal achievement.
- Fostered a supportive peer environment for sharing experiences and providing feedback.



**Conclusion:** The workshop on "Setting Realistic Goals and Tracking Progress" at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science provided students with valuable insights and practical tools to navigate their personal and academic journeys effectively. By empowering students with essential life skills, the workshop aimed to contribute to their holistic development and prepare them for success in various aspects of life.



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**Two-Page Summary Report on "Stress Management among students (life skill)"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on "Stress Management among students (life skill)".

Date: 28-09-2020

Time: 11.00 am.

Venue: in room Online Platform

The number of students who participated: 183

The Resource person was Mr. Anish Chaudhari

**Objective:** The objective of the workshop was to equip students with effective stress management techniques as a vital life skill necessary for their personal and academic development.

**Participants:** The workshop was attended by 158 students from various disciplines at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science.

**Session Overview:** The workshop was conducted in a seminar-style format, encompassing interactive sessions, group activities, and practical exercises aimed at understanding and managing stress effectively.

**Key Topics Covered:**

1. **Understanding Stress:** The session began with an overview of stress, its causes, and its impact on academic performance and overall well-being.
2. **Identifying Stressors:** Students were guided to identify common stressors in their lives, both academic and personal, through self-reflection exercises and group discussions.
3. **Stress Management Techniques:**
  - **Mindfulness and Relaxation Techniques:** Participants were introduced to mindfulness exercises and relaxation techniques such as deep breathing, progressive muscle relaxation, and guided imagery to alleviate stress.
  - **Time Management Strategies:** Effective time management techniques were discussed to help students prioritize tasks and reduce academic pressure.



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- **Healthy Lifestyle Habits:** The importance of maintaining a healthy lifestyle through proper nutrition, regular exercise, and adequate sleep was emphasized as essential components of stress management.
- 4. **Coping Strategies:** Practical coping strategies, including problem-solving skills and seeking social support, were explored to empower students in dealing with stressors effectively.
- 5. **Resilience Building:** The workshop concluded with a discussion on resilience-building strategies to foster psychological resilience and adaptive coping mechanisms in students.



**Conclusion:** The stress management workshop conducted at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science provided students with valuable insights and practical tools to manage stress effectively. By equipping students with essential life skills for stress management, the workshop aimed to enhance their overall well-being and academic success.



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**Two-Page Summary Report on "Digital Literacy: (Online)(ICT)"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on "Digital Literacy: (Online)(ICT)

Date: 28-10-2020

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 135

The Resource person was Mr. Anil Khadse

**Introduction:** The Digital Literacy workshop focusing on Information and Communication Technology (ICT) was conducted online for the students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science. The workshop aimed to enhance students' proficiency in utilizing digital tools effectively for academic and professional purposes.

**Objective:** The primary objective of the workshop was to equip students with essential digital skills and knowledge in ICT, enabling them to navigate digital platforms confidently and utilize various digital tools for learning, research, and career advancement.

**Workshop Details:**

Topics Covered:

1. Introduction to ICT and its Importance
2. Basic Computer Skills:
  - Operating Systems
  - File Management
  - Keyboard Shortcuts
3. Internet Literacy:
  - Browsing Techniques
  - Search Engines
  - Evaluating Online Sources
4. Communication Tools:
  - Email Etiquette
  - Instant Messaging
  - Video Conferencing
5. Productivity Tools:
  - Microsoft Office Suite (Word, Excel, PowerPoint)
  - Google Workspace
6. Cybersecurity Awareness:
  - Online Safety Measures



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- Password Management
- Recognizing Cyber Threats

**Methodology:** The workshop sessions were conducted through interactive online sessions utilizing multimedia presentations, demonstrations, and hands-on exercises. Participants were encouraged to actively engage in discussions and practical activities to reinforce learning.

**Participant Engagement and Feedback:**

- Total Number of Participants: 110
- Participants actively participated in discussions and demonstrated enthusiasm towards learning new digital skills.
- Participants expressed satisfaction with the content covered and highlighted the workshop's relevance in enhancing their digital literacy skills.



**Conclusion:** The Digital Literacy workshop conducted online for the students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science was successful in achieving its objectives of enhancing students' digital literacy skills. The workshop provided participants with valuable knowledge and practical skills essential for succeeding in today's digital age.



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**Two-page summary Report on "Benefits of Covid Vaccine (Health and Hygiene)"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on Benefits of Covid Vaccine (Health and Hygiene)

Date: 24-12-2020

Time: 11.

Venue: Online platform

The number of students who participated: 137

The Resource person was Dr.Sudhir Puranik

**Objective:** The primary objective of the online session was to educate and raise awareness among students about the benefits of the Covid vaccine concerning health and hygiene.

**Session Highlights:** The online session on the benefits of the Covid vaccine was organized by Smt. Janakibai Rama Salvi College of Arts, Commerce & Science, aiming to disseminate crucial information regarding vaccination and its role in maintaining public health and hygiene amidst the ongoing pandemic. The session encompassed various aspects related to the Covid vaccine, emphasizing its significance, safety, and effectiveness in combating the spread of the virus.

**Agenda:**

1. Introduction to Covid-19 pandemic and its impact on public health.
2. Importance of vaccination in controlling the spread of Covid-19.
3. Overview of different types of Covid vaccines and their mechanisms.
4. Safety and efficacy of Covid vaccines - dispelling myths and misconceptions.
5. Role of vaccines in promoting individual and community health.
6. Importance of maintaining hygiene practices alongside vaccination.
7. Addressing concerns and queries related to Covid vaccination.

**Speakers:** The session featured expert speakers from the field of medicine and public health, who provided comprehensive insights and addressed queries from the participants. The speakers brought forth scientific evidence and real-world examples to elucidate the benefits of Covid vaccination and its role in promoting health and hygiene.

**Audience Engagement:** The online session witnessed active participation from students, who engaged in interactive discussions and posed relevant questions to the speakers. The



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engagement of the audience indicated a keen interest in understanding the nuances of Covid vaccination and its implications for personal and public health.

**Key Takeaways:**

1. Understanding the significance of Covid vaccination in curbing the spread of the virus.
2. Appreciating the safety and efficacy of authorized Covid vaccines.
3. Recognizing the importance of adopting hygiene practices alongside vaccination to ensure comprehensive protection against the virus.
4. Addressing misconceptions and concerns related to COVID-19 vaccination through evidence-based information.



**Conclusion:** The online session on the benefits of the Covid vaccine organized by Smt. Janakibai Rama Salvi College of Arts, Commerce & Science served as a platform for students to gain valuable insights into the role of vaccination in promoting health and hygiene amidst the Covid-19 pandemic. By fostering awareness and understanding, the session aimed to empower students to make informed decisions regarding their health and contribute to the collective effort in combating the spread of the virus.



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**Two-Page Summary Report on "Healthy Eating Habits and Meal Planning (life skill)"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on "Healthy Eating Habits and Meal Planning (life skill)"

Date: 21-01-2021

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 131

The Resource person was Dr.Asha Kulkarni

**Introduction:**

The Healthy Eating Habits and Meal Planning workshop was conducted online for the students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science. The objective of the workshop was to educate students about the significance of healthy eating habits and to equip them with essential life skills related to meal planning.

**Session Overview:**

The workshop was divided into several sessions covering various aspects of healthy eating habits and meal planning.

1. **Introduction to Healthy Eating:** The workshop commenced with an introduction to the importance of healthy eating habits. The facilitators discussed the impact of nutrition on overall well-being and academic performance.
2. **Nutritional Requirements:** This session focused on understanding the nutritional requirements of individuals based on age, gender, and lifestyle. Students were educated about the significance of consuming a balanced diet comprising carbohydrates, proteins, fats, vitamins, and minerals.
3. **Meal Planning:** Practical aspects of meal planning were discussed in this session. Facilitators guided students on how to create balanced meal plans considering factors such as budget, time constraints, and dietary preferences.
4. **Healthy Cooking Techniques:** Students were introduced to various healthy cooking techniques aimed at preserving the nutritional value of food while minimizing the use of unhealthy ingredients such as excessive oil and salt.
5. **Grocery Shopping Tips:** This session provided insights into effective grocery shopping strategies to ensure the availability of nutritious ingredients at home. Students learned how to read food labels and make informed choices while purchasing groceries.



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habits and meal planning strategies. Students were shown how to prepare simple, nutritious meals using readily available ingredients.

7. **Q&A Session:** The workshop concluded with a question-and-answer session where students had the opportunity to clarify their doubts and seek further guidance on healthy eating habits and meal planning.

**Impact:**

The workshop received positive feedback from the participating students. Many expressed appreciation for the practical insights provided and indicated a willingness to incorporate the learnings into their daily lives. Several students expressed interest in future workshops focusing on related topics such as fitness and mental well-being.



**Conclusion:**

The Healthy Eating Habits and Meal Planning workshop conducted by Smt. Janakibai Rama Salvi College of Arts, Commerce & Science served as a valuable platform for students to acquire essential life skills related to nutrition and meal planning. The workshop aimed to empower students to make informed choices about their dietary habits, thereby promoting overall health and well-being.



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**Two-Page Summary Report on "Interpersonal Communication (language)"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on Interpersonal Communication (language).

Date: 30-07-2021

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 144

The Resource person was Dr.Kiran Paria

**Objective:** The objective of the workshop was to enhance students' interpersonal communication skills, focusing on verbal and non-verbal aspects of communication in online settings.

**Workshop Overview:**

The workshop on interpersonal communication was conducted successfully via an online platform. The session was structured to cover various aspects of effective communication, especially in the context of online interactions.

**Key Topics Covered:**

**1. Understanding Interpersonal Communication:**

- Definition and importance of interpersonal communication.
- Different modes of communication (verbal, non-verbal, written) in online settings.

**2. Verbal Communication:**

- Importance of clarity and conciseness in online conversations.
- Strategies for effective listening and responding during online discussions.

**3. Non-Verbal Communication:**

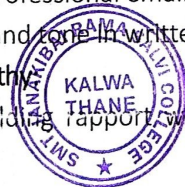
- Interpretation of non-verbal cues in virtual interactions (facial expressions, body language).
- Tips for maintaining appropriate non-verbal behavior during online meetings.

**4. Written Communication:**

- Best practices for professional email communication.
- Proper formatting and tone in written online communication.

**5. Building Rapport and Empathy**

- Techniques for building rapport with peers and instructors in virtual classrooms.



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- Understanding empathy and its role in online communication.
6. Handling Challenges in Online Communication:
- Dealing with misunderstandings and conflicts in virtual interactions.
  - Strategies for effective online group discussions and collaborations.
7. Practical Exercises:
- Role-playing activities to simulate real-life online communication scenarios.
  - Group discussions and feedback sessions to enhance learning.



**Conclusion:**

The online workshop on interpersonal communication proved to be beneficial for students, equipping them with essential skills for effective communication in virtual environments. The facilitator's expertise and interactive teaching approach contributed to the overall success of the workshop.



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**Two-page summary Report on "Designing a Personal Fitness Plan"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on Designing a Personal Fitness Plan.

Date: 16-08-2021

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 128

The Resource person was Dr.Sudesh Rathod

**Introduction:** The Smt. Janakibai Rama Salvi College of Arts, Commerce & Science recognized the importance of promoting physical well-being among its students, especially during the transition to online learning platforms due to the COVID-19 pandemic. In response to this, an initiative was taken to design a Personal Fitness Plan for students to ensure they maintain a healthy lifestyle while studying remotely.

**Objective:** The primary objective of the Personal Fitness Plan was to encourage students to adopt a balanced approach to their physical well-being by incorporating regular exercise routines, healthy dietary habits, and mindfulness practices into their daily lives

**Methodology:** The following steps were taken to design and implement the Personal Fitness Plan:

- **Assessment:** An initial assessment was conducted to understand the fitness levels, health goals, and any specific requirements of the students.
- **Designing Personalized Plans:** Based on the assessment, personalized fitness plans were created for each student, taking into consideration factors such as their fitness goals, available resources, and time constraints.
- **Online Workshops:** Online workshops were organized to educate students about the importance of physical fitness, various types of exercises, proper nutrition, and the significance of mental well-being.
- **Weekly Check-ins:** Regular check-ins were scheduled to monitor the progress of students, address any challenges they encountered, and provide guidance and motivation.
- **Resource Sharing:** Resources such as workout videos, healthy recipes, mindfulness exercises, and motivational content were shared with students through online platforms.
- **4. Components of the Personal Fitness Plan:** The Personal Fitness Plan included the following components:
  - **Physical Exercise:** Customized workout routines focusing on cardio strength training, flexibility, and balance exercises.



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- **Nutritional Guidance:** Recommendations for a balanced diet comprising of nutritious foods to support overall health and fitness goals.
- **Mindfulness Practices:** Techniques for stress management, relaxation, and mindfulness to improve mental well-being.
- **Hydration:** Guidance on the importance of staying hydrated and tips for maintaining adequate water intake.
- **Sleep Hygiene:** Information on establishing healthy sleep habits for better recovery and overall well-being.

**Conclusion:** The Personal Fitness Plan conducted online for students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science proved to be a valuable initiative in promoting a holistic approach to health and well-being. By providing personalized fitness plans, educational resources, and ongoing support, students were empowered to prioritize their physical and mental health despite the challenges posed by remote learning.



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**Two-page summary Report on "Webinar about Cloud Computing"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on Webinar about Cloud Computing.

Date: 16-11-2021

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 131

The Resource person was Dr. Vidhulata Mohite

**Objective:** The webinar aimed to provide students with insights into cloud computing, its applications, and its relevance in contemporary industries.

**Attendance:** The webinar witnessed active participation of 111 students across various disciplines within the college.

**Topics Covered:**

1. Introduction to Cloud Computing
2. Types of Cloud Computing (Public, Private, Hybrid)
3. Cloud Computing Services (IaaS, PaaS, SaaS)
4. Benefits and Challenges of Cloud Computing
5. Real-world Applications
6. Career Opportunities in Cloud Computing

**Highlights:**

- The session commenced with a comprehensive overview of cloud computing, elucidating its significance in modern IT infrastructure.
- Various types of cloud computing models were discussed, providing students with a nuanced understanding of their differences and applications.
- The speakers delved into specific cloud computing services, highlighting examples and use cases to illustrate their practical implications.
- A lively discussion on the benefits and challenges of cloud computing ensued, encouraging students to critically analyse its impact on businesses and society.
- Real-world applications across diverse sectors such as healthcare, finance, and education were presented, showcasing the versatility and widespread adoption of cloud technology.
- The webinar concluded with an insightful discussion on career prospects in cloud computing, offering valuable advice to students aspiring to enter this field.



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**Conclusion:** The webinar on cloud computing conducted by Smt. Janakibai Rama Salvi College of Arts, Commerce & Science proved to be a resounding success, providing students with a comprehensive understanding of this transformative technology. By exploring theoretical concepts alongside real-world applications, the session effectively bridged the gap between academic knowledge and industry relevance, equipping students with valuable insights for their future careers



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**Two-page summary Report on "Cultural Sensitivity and Diversity"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on Cultural Sensitivity and Diversity.

Date: 19-07-2021

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 125

The Resource person was Dr.Sakib Menon

**Objective:** The Cultural Sensitivity and Diversity workshop aimed to promote understanding, acceptance, and appreciation of different cultures and perspectives among students. It aimed to equip students with the necessary knowledge and skills to thrive in diverse environments, fostering a sense of inclusivity and respect.

**Activities and Sessions:**

1. **Introduction to Cultural Sensitivity:** The workshop began with an introductory session highlighting the importance of cultural sensitivity in today's globalized world. It emphasized the need for respecting and valuing cultural differences.
2. **Cultural Awareness Exercises:** Students engaged in various interactive activities designed to increase their awareness of different cultures. These exercises included exploring cultural norms, traditions, and etiquettes from around the world.
3. **Cultural Competency Training:** The workshop included training sessions on cultural competency, focusing on developing skills to effectively communicate and collaborate with individuals from diverse backgrounds.
4. **Case Studies and Discussions:** Students participated in discussions and analysed case studies related to cultural diversity and sensitivity in real-life scenarios.
5. **Cultural Sensitivity in Academic and Professional Settings:** Students learned about the significance of cultural sensitivity in academic and professional environments. They explored strategies for promoting inclusivity and diversity in educational and workplace settings.
6. **Interactive Workshops:** The workshop included interactive workshops where students actively participated in group activities, role-plays, and simulations to enhance their cultural sensitivity skills.



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**Conclusion:**

The Cultural Sensitivity and Diversity workshop organized by Smt. Janakibai Rama Salvi College of Arts, Commerce & Science was successful in achieving its objectives of promoting cultural understanding and fostering inclusivity among students. Through interactive sessions, guest speakers, and hands-on activities, students gained valuable insights and skills that will contribute to their personal and academic growth in an increasingly diverse world. The workshop's impact is expected to resonate within the college community, creating a more inclusive and culturally sensitive environment for all students and faculty members.



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**Two-page summary Report on "Clinical research"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on Clinical research.

Date: 15-09-2021

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 156

The Resource person was Dr.Kantilal

**Introduction:**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science organized an online clinical research program for its students. This initiative aimed to provide practical exposure and knowledge in the field of clinical research, catering to the growing demand for skilled professionals in this domain.

**Objectives:**

- To acquaint students with the fundamentals of clinical research methodologies.
- To provide hands-on experience in conducting research activities online.
- To enhance students' understanding of ethical considerations in clinical research.
- To foster critical thinking and analytical skills among students through practical exercises.

**Methodology:**

- The program was conducted entirely online using virtual learning platforms and tools.
- Lectures, presentations, and interactive sessions were organized to cover various aspects of clinical research, including study design, data collection methods, analysis techniques, and ethical guidelines.
- Practical assignments and case studies were given to students to apply theoretical knowledge and develop research skills.
- Guest lectures by industry experts and researchers provided insights into real-world applications and career opportunities in clinical research.

**Curriculum:**

The curriculum encompassed the following key topics:

- Introduction to Clinical Research
- Research Methodologies and Study Designs
- Data Collection and Management
- Statistical Analysis in Clinical Research
- Ethical Considerations and Regulatory Compliance



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- Good Clinical Practice (GCP) Guidelines
- Clinical Trial Phases and Protocols
- Career Paths in Clinical Research

**Conclusion:**

The online clinical research program conducted by Smt. Janakibai Rama Salvi College of Arts, Commerce & Science provided valuable learning opportunities for students, equipping them with essential knowledge and skills in the field of clinical research. Such initiatives play a crucial role in bridging the gap between academic learning and industry requirements, preparing students for successful careers in healthcare and pharmaceutical sectors.



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**Two-page summary Report on "Cybersecurity"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on **Cybersecurity**.

Date: 11-10-2022

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 132

The Resource person was Mrs.Komal Phalak

**Objective:** The primary objective of the cybersecurity workshop was to educate students about the importance of cybersecurity in today's digital age and to equip them with basic knowledge and skills to protect themselves and their data online.

**Agenda:**

1. **Introduction to Cybersecurity:** The workshop began with an overview of cybersecurity, including its importance, relevance in various sectors, and the potential risks associated with cyber threats.
2. **Common Cyber Threats:** The session covered common cyber threats such as phishing, malware, ransomware, and social engineering attacks. Real-life examples and case studies were discussed to illustrate the impact of these threats.
3. **Protecting Personal Data:** Students were educated about the significance of protecting their personal data online. Tips and best practices for creating strong passwords, using secure Wi-Fi networks, and safeguarding personal information on social media platforms were shared.
4. **Cyber Hygiene:** The workshop emphasized the importance of good cyber hygiene practices such as keeping software updated, using antivirus software, and being cautious while clicking on links or downloading attachments from unknown sources.
5. **Cybersecurity Tools and Resources:** An overview of various cybersecurity tools and resources available to individuals for enhancing their online security was provided. This included antivirus software, password managers, and secure communication tools.
6. **Q&A Session:** The workshop concluded with a question and answer session where students had the opportunity to seek clarification on any cybersecurity-related queries they had.



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**Conclusion:** The cybersecurity workshop conducted online for students at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science was a resounding success. It served as an effective platform for educating students about the importance of cybersecurity and equipping them with essential knowledge and skills to navigate the digital landscape safely. Such initiatives play a crucial role in promoting cybersecurity awareness and fostering a culture of online security among students.



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**Two-page summary Report on "Importance of Social Support Networks for Health and Well-being"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on Importance of Social Support Networks for Health and Well-being.

Date: 29-11-2022

Time: 11.00 am.

Venue: 302

The number of students who participated: 126

The Resource person was Dr.Faiz

**Introduction:** The importance of social support networks for health and well-being has been a subject of growing interest in recent years. Social support refers to the resources provided by other people in times of need, which can include emotional, instrumental, informational, and appraisal support. In this report, we explore the significance of social support networks for the students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science and their overall health and well-being.

**Purpose of the Study:** The primary objective of this study was to understand the role of social support networks in promoting the health and well-being of college students. Specifically, we aimed to:

1. Assess the current level of social support available to students.
2. Examine the impact of social support on various aspects of students' health and well-being.
3. Identify potential areas for improvement in social support systems within the college community.

**Methodology:** The study utilized a mixed-methods approach, combining quantitative surveys and qualitative interviews. Surveys were distributed electronically, and participation was voluntary. Additionally, semi-structured interviews were conducted with a subset of students to gather in-depth insights into their experiences with social support networks.

**Key Findings:**

1. **Current Level of Social Support:** The majority of students reported having access to some form of social support within the college community. Friends and peers were identified as the primary sources of support, followed by family members and faculty members.



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2. **Impact on Health and Well-being:** Students who perceived higher levels of social support reported better overall health and well-being. They were more likely to cope effectively with academic stress, experience lower levels of anxiety and depression, and engage in healthier behaviors such as regular exercise and adequate sleep.
3. **Types of Support:** Emotional support, including encouragement and empathy, emerged as the most valued form of support among students. Instrumental support, such as tangible assistance with academic tasks or personal challenges, was also considered significant.
4. **Barriers to Social Support:** Some students expressed challenges in seeking or receiving social support, including stigma associated with mental health issues, fear of judgment, and lack of awareness about available resources.

**Conclusion:** In conclusion, social support networks play a crucial role in promoting the health and well-being of college students. By fostering a supportive campus environment and implementing targeted interventions, Smt. Janakibai Rama Salvi College of Arts, Commerce & Science can enhance the social support available to its students and contribute to their overall success and flourishing.



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**Two-page summary Report on "Self-Management"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on **Self-Management**.

Date: 05-01-2023

Time: 11.00 am.

Venue: 302

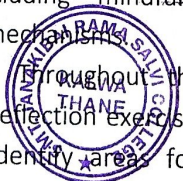
The number of students who participated: 143

The Resource person was Dr. Ashok Farade

**Objective:** The objective of the self-management workshop conducted for the students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science was to equip them with essential skills and techniques to enhance their self-management abilities, leading to improved academic performance, personal development, and overall well-being.

**Activities and Sessions:**

1. **Introduction to Self-Management:** The workshop commenced with an introduction to the concept of self-management, emphasizing its significance in academic and personal life. The facilitator highlighted the key components of self-management, including time management, goal setting, prioritization, and stress management.
2. **Time Management Techniques:** Students were introduced to various time management techniques such as prioritization, setting SMART goals, creating schedules, and utilizing time effectively. Practical exercises and real-life examples were incorporated to demonstrate the importance of managing time efficiently.
3. **Goal Setting:** A session dedicated to goal setting provided students with insights into setting realistic and achievable goals, both short-term and long-term. The facilitator guided students through the process of defining specific goals, identifying obstacles, and developing action plans to attain their objectives.
4. **Stress Management Strategies:** Recognizing the challenges and pressures students face, especially during academic pursuits, the workshop included sessions on stress management. Students learned effective stress management strategies, including mindfulness techniques, relaxation exercises, and healthy coping mechanisms.
5. **Self-Reflection and Feedback:** Throughout the workshop, students were encouraged to engage in self-reflection exercises to assess their current self-management practices and identify areas for improvement. Additionally,



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interactive discussions and feedback sessions allowed students to share their experiences and learn from their peers.

6. **Practical Applications:** The workshop incorporated practical exercises and group activities to reinforce the concepts discussed. Students participated in time management simulations, goal-setting exercises, and stress-relief techniques to apply the knowledge gained in real-life scenarios.

**Conclusion:** The self-management workshop conducted for the students of Smt. Janakibai Rama Salvi College of Arts, Commerce & Science proved to be a valuable learning experience. By equipping students with essential self-management skills and strategies, the workshop aimed to empower them to navigate academic challenges and pursue personal growth effectively. The positive outcomes and feedback underscore the importance of ongoing initiatives to support students in developing critical life skills for success.



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**Two-page summary Report on "Meditation"**

Smt. Janakibai Rama Salvi College of Arts, Commerce & Science has organised a workshop on **Meditation**.

Date: 15-11-2023

Time: 11.00 am.

Venue: Online platform

The number of students who participated: 146

The Resource person was Dr.Pralhad Wagh

**Objective:** The objective of the meditation session was to introduce students to the benefits of meditation in promoting mental well-being and enhancing concentration, thereby improving overall academic performance and reducing stress.

**Participants:** The session was attended by 239 students from various disciplines within the college.

**Session Overview:** The session commenced with a brief introduction to the concept of meditation and its relevance in today's fast-paced lifestyle. The facilitator explained various meditation techniques and their respective benefits.

**Key Highlights:**

1. **Breathing Exercises:** Participants were guided through breathing exercises aimed at calming the mind and enhancing focus. Techniques such as deep breathing and mindful breathing were demonstrated.
2. **Body Scan Meditation:** The facilitator led the students through a body scan meditation, where participants were encouraged to focus their attention on different parts of their body sequentially, promoting relaxation and body awareness.
3. **Mindfulness Meditation:** The session included mindfulness meditation practices, wherein students were instructed to observe their thoughts, emotions, and sensations without judgment, fostering present-moment awareness.
4. **Guided Visualization:** The facilitator conducted guided visualization exercises, allowing students to imagine serene and peaceful environments, promoting stress relief and emotional well-being.
5. **Reflection and Discussion:** Following the meditation practices, students were given the opportunity to reflect on their experiences and share any insights or challenges they encountered during the session. The facilitator addressed their queries and provided additional guidance.



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**Conclusion:** The meditation session at Smt. Janakibai Rama Salvi College of Arts, Commerce & Science was well-received by the students, providing them with practical tools to manage stress and enhance their overall well-being. Continued efforts to promote mindfulness and meditation within the college community are recommended to support students' academic success and holistic development.



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