

5.1.3

Capacity building and skills enhancement initiatives taken by the institution include the following:

1. Soft skills
2. Language and communication skills
3. Life skills (Yoga, physical fitness, health and hygiene)
4. ICT/computing skills

Session on “Menstrual Hygiene”

The session was organized on “Menstrual Hygiene ”for the girls on 29/07/2022 to create awareness on Menstrual Taboo in society by inviting Ms. Nitya Chaudhari as a resource person from an NGO Global Hunt Foundation.

The purpose of the talk was to remove the taboo that is associated with periods and also make the girls aware about menstrual cycle. The session focused upon the importance of maintaining hygiene during menstruation. Madam explained all the girls that “It is imperative to observe extreme hygienic conditions during menstruation”. The session was useful to break social barrier associated with menstrual hygiene. All girls found the session to be quite informative and had a series of questions they wanted an answer to.

Session on Self-confidence and Women

In order to sensitize girls that they are not less than boys WDC of our college organized a session on 13/01/2023. We all live in society where girls are treated one level below the boys. This difference in treatment has resulted in low self-expectation from girls and made them less content to deal with life. Several incidents happened in society with girls just because they lacked confidence. In order to develop self confidence among the girls this session was organized by WDC of our college by inviting Ms. Karishma to guide our girl students. The speaker Ms. Karishma while addressing the girls said that to make progress in world, girls have to be more optimistic and compassionate towards themselves. She said in order to develop self-confidence, they must keep themselves more presentable and learn skills to believe in more applicable ways. Keeping their looks and dressing in proper manner will help them to develop self-esteem.

Six Days Certificate course “Smart Girls”

This program was organised from 09/01/2023 to 15/01/2023 by WDC of our college. College invited Ms. Rajni Titia from Bhartiya Jain Sangh, an NGO to train our girl students on the topic. The main objective of the course was to develop a multidimensional women empowerment model of capacity building. In India, women get least time in their life to full their own desire and live healthy and fulling life. There is wide spread prevalence of gender stereotype and lack of gender equality. Women in majority do not have right to speak in family matter, no right on property, and their opinion is also not considered. These all aspects add up to lack of condence among girls. Our college organized a six days certicate course to

make women understand the value of learning processes so that they can develop their personality, communication skills, health & wellness to acquire the benefits of their labour in the long run. Six days certificate course revolved around personality development, wellness & nutrition, communication skills, confidence, etc. The resource person took one special session with parents to understand their view points on child growth and development. All the sessions were informative as they all covered issues related problems faced by girls and ways to tackle them. Session on 'Ways To Feel Good About Yourself' - To develop understanding for working to achieve self-happiness to become a better individual a session was organised on the topic of 'Ways to Feel Good About Yourself' by WDC. It invited Ms. Karishma to guide our students. The session was arranged with the objective of making participants understand that it is very important be happy to and peace in life. Speaker started the session by throwing questions on participants on meaning of self-happiness. Madam said that being self-happy should one of the most important goals in life, as mental peace depends on that. She said the happiness is often described as involving positive emotions and life satisfaction, which can indeed be cultivated in several ways.

Training Program “Kona Kona Shiksha”

3 Days Training Program was organized by Internal Quality Assurance Cell of our college in association with NISM and Kotak Bank Securities from 06/12/2022 to 08/12/2022. It invited Dr. Sarika Lohana, an expert person and trainer to train our students. The basic aim of the program was to empower students with the knowledge of secondary market. The objective of this training program on financial literacy program was to build capacity towards financial security, independence and wellbeing. Resource person provided information about financial rights, managing budgets and finances on a day to day basis, how to plan for longer term financial security, etc. This three days seminar dealt with all aspect of capacity building in finance for students who will be entering world of reality and dealing with day to day finance

Certificate Course on “Holistic way to manage Mental Health and Stress in Life”

We all witness stress in our day to day life. In order to train our students and staff on Holistic way to manage Mental Health and Stress in Life IQAC of our college organized a Certificate Course on the topic from 29/12/2022 to 05/01/2023. We invited Dr. Anil Garg to train the audience on the topic.

The basic aim of organizing this course was to create awareness for stigma associated with mental illness and stress. Dr. Garg explained that it we who make stress a bad thing or good thing. Sir took all six days to make participants understand that if they are facing stress in life how they can identify the same. He also explained simple meditation technique to calm down mental anxiety. All six days sessions covered mental health and stress, its impact on physiological functioning and health, types, signs, and symptoms, stressors, and management techniques. He explained that mental issues and stress are very much part of our life. Our approach in dealing with mental problem shall be constructive. We all can fight with stress and can emerge as winner. At the end of six days all students and teachers were awarded certificates.

Celebration of International Yoga Day

Every year our college organizes Yoga session to mark “International Yoga Day”. This academic year too it was celebrated with great enthusiasm on 21/06/2022. The session was very useful for students and staff, as they learnt yoga technique to boost their Fitness.