



Nirmala Memorial Foundation College of Commerce and Science

**Permanently Affiliated to University of Mumbai
Accredited by NAAC, ISO 9001-2015 Certified
Recognised under section 2(f) & 12(B) of the UGC Act 1956**

D.S. Road, Asha Nagar, Thakur Complex, Kandivali (East), Mumbai – 400 101. Tel.: 022 69436400

5.1.2

**Report with photographs on programmes
/activities conducted to enhance
Life Skills**



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List of the capacity development and
skills enhancement program – Life skills

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2022-23	Yoga Training Session	21/6/2022 to 21/6/2022	80	Brahma Kumari's
	Seminar on Awareness on Sustainable Menstrual Products	17/8/2022 to 17/8/2022	70	Dr. Aditi Dandawate, Inner Wheel Club of Bombay.
	Self-defence Workshop	19/9/2022 to 19/9/2022	64	Mr. Umesh Murkar
	Seminar on Cancer Awareness	6/12/ 2022 to 6/12/ 2022	60	Cancare NGO- Mr. Sagir Deshmukh
	Seminar on Health and Hygiene	12/12/2022 to 12/12/2022	124	Millionminds Company
	Program on Yoga Training	14/12/2022 to 14/12/2022	25	Mr. Rishabh Desai
	Workshop on First Aid and CPR Training	25/3/2023 to 25/3/2023	120	Ms. Sumaiya Raghavan
	Webinar on "How to Make Business Ideas?"	31/3/2023 to 31/3/2023	70	Mr. Aadesh Suryarao- CEO- MU Ideas
	Workshop on "Har ghar Dhyam" (Yoga & Mediatation Techniques)	3/4/ 2023 to 3/4/ 2023	59	Ministry of culture through Art of Living.
	workshop on cake making titled "Decorate your cake: From Basic to Pro"	5/4/2023 to 5/4/2023	90	Ms. Swati Tikmany
	Workshop on Kitchen Gardening titled "The Sustainable Kitchen: A Guide to	6/4/2023 to 6/4/2023	40	Ms. Nusrat Khatri

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
	Starting Your Own Garden".			
	Webinar on the topic of "The Role of Technology in Entrepreneurship"	8/4/2023 to 8/4/2023	55	Mr. Arjun Jani
	Webinar on "Shark Tank on its way to Nirmala"	10/4/2023 to 10/4/2023	8	Mr. Aadesh Suryarao

Report With Photographs on
Programmes/Activities Conducted to
Enhance Life Skills – year wise

REPORT WITH PHOTOGRAPHS ON PROGRAMMES/ACTIVITIES
CONDUCTED TO ENHANCE
LIFE SKILLS

Year : 2022-23

REPORT - YOGA TRAINING SESSION

The NSS Unit of Nirmala memorial foundation college celebrated a yoga day on 21st June 2022. 80 students attended the session. As the session began, volunteers were given a brief introduction and importance of yoga in everyday life. They taught us how to treat our body with various relaxing movements and guided our mind with thoughts of strength, stability and gained some knowledge about yoga in depth. There were various yoga asanas that were taught to students. Overall the experience was blissful. The event ended with a vote of thanks by one of the NSS Volunteers.

Yoga Session was organised by Brahma Kumari's at Prabhu Upvan on account of International Yoga Day. 5 Volunteers of Nirmala Memorial Foundation College's NSS Unit reached the venue by 9:45 AM. The event started at 10:00 AM. The speaker gave information about the history of Yoga, benefits of Yoga, etc. Then we proceeded to do some asanas and guided meditation.

Basic Beginner level asanas were taught to us, such as Tadasana, Vrikshasana, Kursiasna, Naukasana, Bhujangasana. Body felt very relaxed after the yogas. Then we proceeded to do guided meditation. Volunteers did meditation according to the instructions given. Mind felt very relaxed and mindful after it. Afterwards, we were given snacks and it ended.

This event was a very beautiful opportunity to learn about Yoga and it's benefits also about Mediation and how it relaxes our mind.

Photograph on Life skills- Yoga Training



REPORT - SEMINAR ON AWARENESS ON SUSTAINABLE MENSTRUAL PRODUCTS

The Women Development Cell of Nirmala Memorial Foundation College of Commerce and Science organised a seminar on Awareness on Sustainable Menstrual Products in collaboration with the Inner Wheel Club of Bombay.

The Inner Wheel Club of Bombay is a part of International Inner Wheel, one of the largest women's service voluntary organisations in the world with presence in 104 countries.

The guest speaker for the seminar, Dr. Aditi Dandawate, a highly resourceful and knowledgeable paediatrician at Shatabdi Hospital, gave valuable insights into various facets of sustainable menstrual products that is the need of the hour.

The seminar commenced at 12.00 noon in the mini-auditorium. Around 70 lady students of the college were present in the informative seminar, which was of one-hour duration. The speaker very efficiently and in an extremely simple manner explained the various alternatives available for use during the menstrual cycle. She threw light upon menstrual cups, discs and other means.

This seminar was an informative session for students, teaching and non-teaching female staff as it focused on menstrual health as well as on the protection of the environment.

PHOTOGRAPH ON LIFE SKILLS- SEMINAR ON AWARENESS ON SUSTAINABLE MENSTRUAL PRODUCTS



Report – Self Defence Workshop

Names of the Speaker: Mr. Umesh Murkar

Schedule: Monday, 19th September, 2022 at 12.00 noon

Venue: College Basement

No. of Participants: 64 female students, 10 teachers

The Internal Quality Assurance Cell in association with Women Development Cell organised a Self Defence Workshop at Nirmala Memorial Foundation College of Commerce and Science with an aim to create awareness regarding various perspectives of self-protection and give the confidence to deal with unfavourable scenarios. Mr. Umesh Murkar is a Black Belt 6th Dan, International Gold Medallist and also an International Kick Boxing Referee.

The workshop was open to students from all programmes and also the teaching and non-teaching staff. Mr. Murkar, with the help of Miss Prapti Redkar (Wako National Gold Medalist), shared a variety of tips and tricks as to how one must defend themselves during an attack. Different scenarios were discussed and the students were asked to practice the moves individually as well as with partners. They were also taught a few attacking techniques while sir corrected them whenever necessary. A question-answer round was conducted at the end and students clarified their doubts.

Photograph of Life skill- Self-Defence Workshop



REPORT - SEMINAR ON CANCER AWARENESS

NSS unit organised a session on Cancer Awareness on 6th December, 2022 for students. A founder member of cancer NGO Mr. Sagir Deshmukh was invited to take part in the session.

The aim of the session was to provide better knowledge about the disease, so students can understand the available treatment options and make informed decisions about their healthcare. Mr. Sagir spoke about precautions that can be taken and symptoms of cancer. Around 60 students benefited from this session.

PHOTOGRAPH - SEMINAR ON CANCER AWARENESS



REPORT - SEMINAR ON HEALTH AND HYGIENE

The Women Development Cell of Nirmala Memorial Foundation College in association with 'Millionminds' had conducted a Seminar on Health and Hygiene for its female students on Monday, 12th December, 2022 at 11.30 am in Block 311.

Vinita Mahajan, a trainer at Millionminds was the guest speaker. Millionminds is a company who has conducted sessions in personal hygiene in more than 100 campuses all over India.

The seminar focused on how to make oneself presentable with basic grooming skills, maintaining personal hygiene and promoting healthy and safe menstrual practices. The Overall message of the seminar was that Better Hygiene leads to better health.

124 students attended the seminar and received valuable information on Personal health and importance of hygiene. Apart from the information the students were given goodies containing personal hygiene related products at the end of the session by the company. Overall the seminar was quite informative and hence of a great help for the targeted age group students.

PHOTOGRAPHS - SEMINAR ON HEALTH AND HYGIENE



REPORT -YOGA TRAINING PROGRAM

The Nirmala memorial foundation college conducted a Yoga training program for students on 14 December, 2022. 25students attended the session. As the session began, volunteers were given a brief introduction and importance of yoga in everyday life. They taught us how to treat our body with various relaxing movements and guided our mind with thoughts of strength, stability and gained some knowledge about yoga in depth.

The program was conducted in block 311 by 10.00 a.m. There were various yoga asanas that were taught to students. Overall, the experience was blissful. The program gave students an opportunity to learn about Yoga and it's benefits also about Mediation and how it relaxes our mind.

PHOTOGRAPHS -YOGA TRAINING PROGRAM



REPORT - WORKSHOP ON FIRST AID AND CPPR TRAINING

The Internal Quality Assurance Cell in association with Revive Heart Foundation, had organized a workshop on “**Awareness and Training on Sudden Cardiac Arrest Resuscitation**” on **Saturday, 25th March, 2023, from 10:30 am in the college auditorium.**

The session was conducted by Ms. Sumaiya Raghavan and her team, a certified trainer on First Aid heart saving.

The workshop was conducted by experienced trainers who have in-depth knowledge of first aid and CPR techniques. During the workshop, participants learn how to assess the situation and how to provide immediate care to the patient . This includes understanding how to check for breathing, pulse, and other vital signs.

A sum of 120 students, 28 staff members and 12 non teaching staff members benefited from the program.

PHOTOGRAPH - WORKSHOP ON FIRST AID AND CPPR TRAINING



PHOTOGRAPHS - WEBINAR ON "HOW TO MAKE BUSINESS IDEAS?"

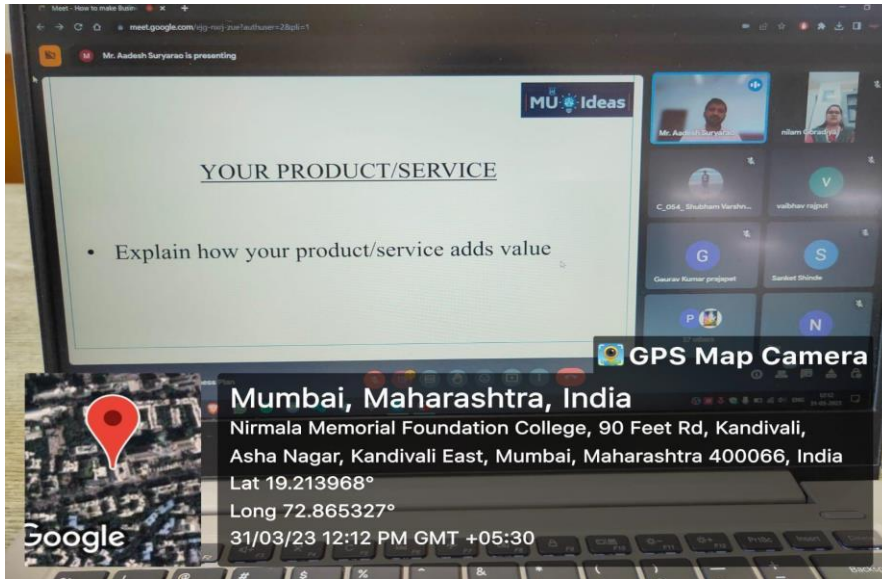
The Entrepreneurship Development Cell of Nirmala Memorial Foundation College of Commerce and Science organized a webinar on "How to Make Business Ideas" on Friday, 31st March, 2023. The session was conducted online, and more than 70 students attended the webinar.

The guest speaker for the session was Mr. Aadesh Suryarao, a well-known startup mentor and incubation ecosystem advisor who has been leading the Mumbai University's Start-Up Incubator as the Chief Executive Officer. In this informative session, Mr. Suryarao shared valuable insights and tips on crafting successful business ideas.

During the session, Mr. Suryarao highlighted the essential elements of a successful business idea and how to develop one from scratch. He shared various examples of successful startups and explained how they started with a simple idea and built their businesses over time. The session also included a Q&A session, where participants had the opportunity to ask questions and clarify their doubts.

All participants who attended the webinar were awarded E-certificates, recognizing their participation in the event. The session was well-received by the students who attended, and they appreciated the insights shared by Mr. Suryarao. They found the session informative and engaging and left the session with a better understanding of how to develop successful business ideas.

PHOTOGRAPHS - WEBINAR ON "HOW TO MAKE BUSINESS IDEAS?"



REPORT - WORKSHOP ON "HAR GHAR DHYAN" (YOGA & MEDITATION TECHNIQUES)

The Internal Quality Assurance Cell of the college organised a workshop Har Ghar Dhyaan, a campaign under the aegis of Azadi Ka Amrit Mahotsav by the Ministry of Culture through Art of Living.

The workshop was held on Monday, 3rd April, 2023 at 11.00 a.m. at 706 mini auditorium. The resource person is Ms. Jignasa Pandya, the Art of Living Meditation Coach.

In this session, learners learnt about how to develop inner strength and resilience through meditation, and tips for incorporating meditation in daily routine for a healthy lifestyle.

A total of 59 students benefited from the program.

PHOTOGRAPHS- WORKSHOP ON "HAR GHAR DHYAN" (YOGA & MEDITATION TECHNIQUES)



REPORT - WORKSHOP ON CAKE MAKING TITLED “DECORATE YOUR CAKE: FROM BASIC TO PRO”

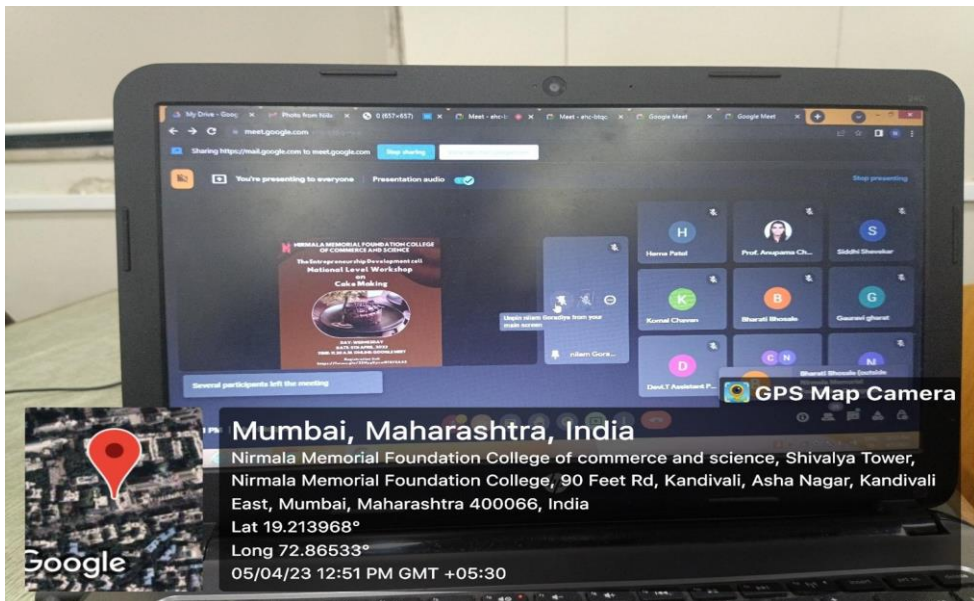
The Entrepreneurship Development Cell of Nirmala Memorial Foundation College of Commerce and Science successfully conducted a National level workshop on cake making titled “Decorate your cake: From Basic to Pro” on Wednesday, 5th April, 2023. The workshop was conducted online and saw more than 90 participants from various parts of the country.

The session was led by the expert chef and owner of Yuvi's Kitchen, Kandivali, Ms. Swati Tikmany. The participants were guided through the entire process of cake making, starting from preparing the batter to decorating the finished product. Ms. Tikmany shared valuable tips and tricks that she has learnt through her experience in the industry. She also demonstrated how to create various designs and decorations that could be used to make the cakes more appealing.

The workshop was highly interactive, with the participants asking questions and clarifying doubts throughout the session. The enthusiasm and interest shown by the participants were remarkable, which made the session even more engaging.

At the end of the session, all the participants were awarded an E-certificate for their active participation in the workshop. The event was a great success and has equipped the participants with the essential skills and knowledge required to start their own cake making business.

PHOTOGRAPHS- WORKSHOP ON CAKE MAKING TITLED “DECORATE YOUR CAKE: FROM BASIC TO PRO”



REPORT - WORKSHOP ON KITCHEN GARDENING TITLED "THE SUSTAINABLE KITCHEN: A GUIDE TO STARTING YOUR OWN GARDEN".

The Entrepreneurship Development Cell of our college in association with the Inner Wheel Club of Bombay, Kandivali successfully organized a workshop on Kitchen Gardening titled "The Sustainable Kitchen: A Guide to Starting Your Own Garden". The event took place on Thursday, 6th April, 2023 at 11.30 a.m. in the Mini Auditorium (Block No. 706).

The event was well-attended by enthusiastic 40 participants who were keen to learn about the art of growing vegetables and herbs in limited spaces, with the aim of promoting sustainable living. The resource person for the event was Ms. Nusrat Khatri, a well-known expert in the field of sustainable living and recipient of the "Indira Gandhi Paryavaran Puraskar 2007" National Award.

Ms. Khatri was able to provide participants with essential skills and knowledge about soil preparation, container gardening techniques, seed sowing and plant care. The participants were captivated by Ms. Khatri's deep knowledge and expertise in the field of gardening, and they were able to ask her questions and clarify their doubts during the session.

The workshop was interactive, and Ms. Khatri made sure to include practical demonstrations to illustrate her points. The participants were able to witness the techniques being used in real-time and gained a deeper understanding of the process.

The event was a huge success, and participants were empowered and inspired to start their own kitchen gardens.

PHOTOGRAPHS - WORKSHOP ON KITCHEN GARDENING TITLED "THE SUSTAINABLE KITCHEN: A GUIDE TO STARTING YOUR OWN GARDEN".



REPORT - WEBINAR ON THE TOPIC OF "THE ROLE OF TECHNOLOGY IN ENTREPRENEURSHIP"

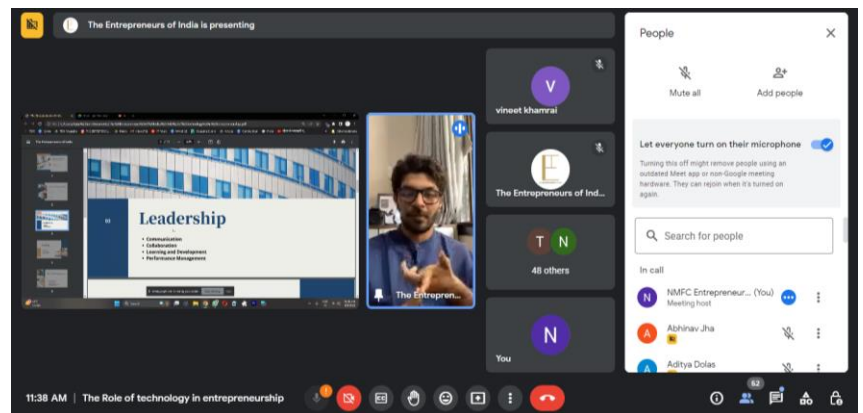
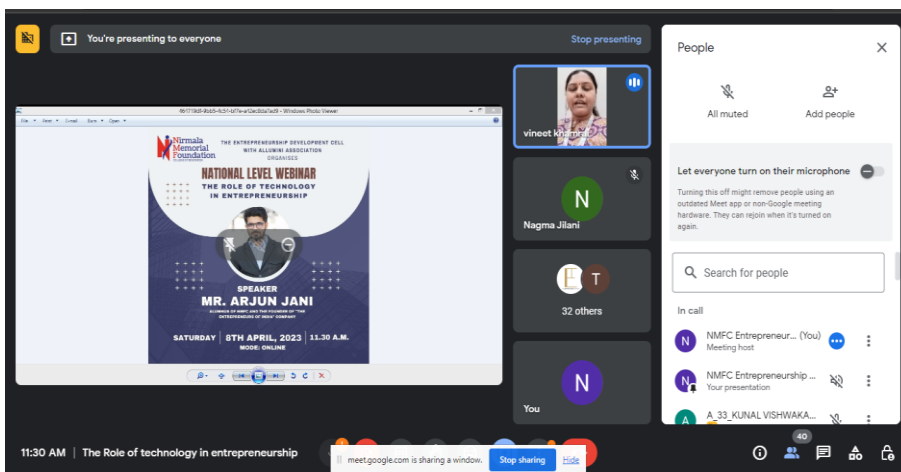
The Entrepreneurship Development Cell with Alumni Association of the college successfully conducted a National Level Webinar on the topic of "The Role of Technology in Entrepreneurship" on Saturday, 8th April 2023, at 11.30 a.m.

The event featured Mr. Arjun Jani, an alumnus of NMFC and the Founder of The Entrepreneurs of India Company, as the guest speaker. The session covered a wide range of topics related to the importance of technology in entrepreneurship, including the role of technology in business model innovation, marketing, and customer acquisition.

Mr. Jani shared his valuable insights and experiences on how technology has revolutionized the business world, and how entrepreneurs can leverage technology to scale their businesses. The interactive session allowed participants to ask questions and receive expert answers from Mr. Jani.

The webinar was attended by more than 55 students and teachers who are interested in the world of business. The session was highly informative and insightful, providing participants with a deeper understanding of the role of technology in entrepreneurship.

PHOTOGRAPHS - WEBINAR ON THE TOPIC OF "THE ROLE OF TECHNOLOGY IN ENTREPRENEURSHIP"



REPORT - "SHARK TANK ON ITS WAY TO NIRMALA"

The Entrepreneurship Development Cell of Nirmala Memorial Foundation College of Commerce and Science College organized a National level business event titled "Shark Tank on its way to Nirmala" on Monday, 10th April, 2023 at 11:30 a.m.

The event, conducted online, 8 participants presented their business ideas. Mr. Aadesh Suryarao, a renowned startup mentor and incubation ecosystem advisor, who graced the occasion as the resource person. Mr. Suryarao, who has been leading the Mumbai University's Start-Up Incubator as the Chief Executive Officer, brought his vast experience and knowledge to evaluate each pitch and provide valuable feedback to the participants.

The participants displayed exceptional confidence and professionalism as they presented their well-researched business plans, revenue models, and growth strategies. They also answered tough questions posed by Mr. Suryarao, who rigorously evaluated the feasibility and viability of the ideas and provided insights and suggestions for further improvement.

PHOTOGRAPHS - "SHARK TANK ON ITS WAY TO NIRMALA"

