



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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5.1.2 Index

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| 2 | Report With Photographs on Programmes/Activities Conducted to Enhance Life Skills – year wise | Click Here |

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) |
|----------------|---|-------------------------------------|------------------------------------|--|
| 2018-19 | Program on Self-Defence | 2/8/2018 to 2/8/2018 | 119 | Mr. Ranbhi Singh Laishram, President, International Funba Marital Arts Fedration |
| | Street play on health and hygiene by girls student at slum pocket of Lokhandwala Kandivali East | 8/15/2018 to 8/15/2018 | 25 | Women Development Cell of the College |
| 2019-20 | Yoga Training | 21/6/2019 to 21/6/2019 | 100 | Patanjali Institute |
| | Street Play Competition | 27/7/ 2019 to 27/7/ 2019 | 102 | Student Representative Committee of the College |
| | Self Defence Workshop | 29/2/2020 to 29/2/2020 | 32 | Ms. Monika Laishram and Mr. Ranbir Singh Laishram of World Funaba Federation |
| | Event on "Show your Entrepreneurship Skills" | 26/9/2019 to 26/9/2019 | 125 | Department of Bms of the college |
| 2020-21 | One Day Webinar "Rural Entrepreneurship Development Action Plan"(REDC) | 9/11/2020 to 9/11/2020 | 135 | MHRD |
| | One Day National Level Webinar on:Start with an idea" | 30/1/2021 to 30/1/2021 | 300 | Dr. Aadesh Suryarao, CEO-MU Ideas |
| | Webinar on PCOD issues and Guidance | 8/3/2021 to 8/3/2021 | 84 | Dr Bhavini Shah, Obstetrician and Gynecologist |
| 2021-22 | Self Defence Workshop | 23/11/2021 to 23/11/2021 | 90 | Mr. Umesh Murkar and Mr. Chandrakant Narayne, Security Commandos of Bruhanmumbai Municipal Corporation |
| | Webinar on Perfume Making | 30/11/2021 to 30/11/2021 | 75 | Ms. Almas Sharif |
| | National level Virtual Workshop on be an entrepreneur - Learn the Art of Chocolate Making | 8/12/2021 to 8/12/2021 | 109 | Ms. Tushar Pagarkar |
| 2022-23 | Yoga Training Session | 21/6/2022 to 21/6/2022 | 80 | Brahma Kumari's |

| 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) |
|-------------|--|-------------------------------------|------------------------------------|--|
| | 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 17/8/2022 | 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 Dhyan" (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 Starting Your Own Garden". | 6/4/2023 to 6/4/2023 | 40 | Ms. Nusrat Khatri |
| | 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 PROGRAM ON SELF-DEFENCE

The Women Development Cell organized an engaging Self-Defence program for girl students on Thursday, 2nd August 2018, within the college premises. The event featured Mr. Ranbir Singh Laishram, President of the International Funaba Marital Arts Federation, as the instructor.

The program stirred remarkable enthusiasm among the attendees. Mr. Laishram conducted the session by actively involving participants in dynamic self-defence techniques. His hands-on approach kept the participants engaged and empowered.

Principal Mrs. Swiddle D'Cunha graced the event with her presence, further enhancing the atmosphere. A total of 119 students actively participated, contributing to the success of the program.

The program not only equipped students with practical self-defence skills but also fostered a sense of empowerment and preparedness among them. The initiative by the Women Development Cell demonstrates a commitment to enhancing the safety and confidence of girl students.

PHOTOGRAPHS
PROGRAM ON SELF-DEFENCE Date: 2/8/2018



REPORT

STREET PLAY ON USING OF TOILETS AND MENSTRUAL HYGIENE' FOR RESIDENTS OF UNDERPRIVILEGED AREA

On the occasion of the 72nd Independence Day, the Women Development Cell organized a meaningful skit centered around 'Using Toilets and Menstrual Hygiene' for the residents of Damunagar, Kandivali East.

Under the leadership of Miss Vaishali M as the conveyer and Miss Vrushali Shinde as members, the WDC team, along with 25 volunteers, gathered in the area on 15th August 2018 at 4:00 p.m.

The volunteers passionately performed a scripted play that addressed the proper use of toilets and the importance of maintaining menstrual hygiene. The skit was strategically performed in three different areas to cater to different groups of people.

The skit received an enthusiastic response from the audience, reflecting the effectiveness of the initiative in spreading awareness about these crucial topics. The Women Development Cell's effort to engage the community in promoting hygiene and health education is commendable and aligns with the spirit of Independence Day.

**PHOTOGRAPH of
STREET PLAY ON USING OF TOILETS AND MENSTRUAL HYGIENE'
FOR RESIDENTS OF UNDERPRIVILEGED AREA Date: 15/8/2018**



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

Year 2 : 2019-20

REPORT

YOGA SESSION BY NSS

On the occasion of "International Yoga Day" on Friday, 21st June 2019, the NSS Unit of our college orchestrated a special event for students and staff members. Esteemed Yoga trainers from the renowned Patanjali Institute were welcomed to lead the sessions, ensuring participants received expert guidance.

The event emphasized practicing the Common Yoga Protocol, creating a unified and comprehensive experience for all attendees, promoting physical and mental well-being.

PHOTOGRAPH of

YOGA SESSION BY NSS Date: 21/6/2019



REPORT

STREET PLAY COMPETITION

On Saturday, 27th July 2019, the Student Representative Committee (SRC) successfully organized the Street Play Competition open to all Degree and Junior Students of Nirmala Memorial Foundation College. The competition was rigorously judged by Dr. Megha Juvekar and Prof. Devika Sheety, leading to the selection of five teams that reached the final round.

The victorious teams were rewarded with cash prizes, adding a competitive edge to the event. The Student Forum's grand conclusion included the melodious rendition of the song "Satyamev Jayate" by the SRC Volunteers, leaving a lasting impression on the audience.

The Student Forum's successful inauguration was a testament to the dedication and enthusiasm of the SRC volunteers, faculty incharge, and participants alike. Total of 102 students were participated in the event. This event undoubtedly fostered a sense of unity and engagement among the students of Nirmala Memorial Foundation College.

PHOTOGRAPHS of STREET PLAY COMPETITION Date: 27/7/ 2019



REPORT - SELF DEFENSE WORKSHOP

A Self Defence Program was meticulously organized for female students and non-teaching staff on Saturday, 29th February 2020, in Block 311, from 10.30 am to 11.30 am.

The workshop was expertly conducted by Ms. Monika Laishram and Mr. Ranbir Singh Laishram from the World Funaba Federation. The focus of the workshop was to empower participants with basic self-defence techniques.

Throughout the session, the instructors imparted practical self-defence skills, equipping attendees with

NIRMALA MEMORIAL FOUNDATION COLLEGE OF COMMERCE AND SCIENCE
KANDIVALI (EAST) – MUMBAI - MAHARASHTRA

- knowledge to enhance their personal safety. The event catered to a diverse audience, including 8 lady non-teaching staff members and 32 lady students.

The Self Defence Program successfully provided valuable insights and skills to its participants, ensuring they are better prepared to handle unforeseen situations and feel more confident in their surroundings. The initiative reflects the college's commitment to the well-being and empowerment of its female members.

PHOTOGRAPHS

SELF DEFENSE WORKSHOP Date: 29/2/2020



REPORT - EVENT ON "SHOW YOUR ENTREPRENEURSHIP SKILLS"

The collaborative effort between the Department of BMS and the Entrepreneurship Development Cell to organize the event "Show your Entrepreneurship Skills" on Thursday, 26th September 2019, sounds like an exciting and educational experience for the students involved.

The event's focus on showcasing students' entrepreneurship skills is commendable, as it provides them with a platform to apply their theoretical knowledge in a practical setting. The placement of 25 stalls (125 Students) by second-year BMS students suggests a wide range of entrepreneurial ideas and initiatives.

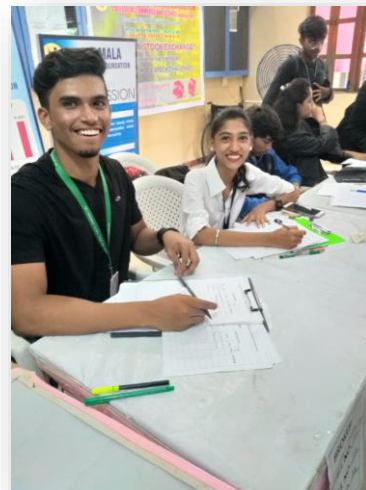
Testing marketing strategies adopted by students in a real-world context is an excellent way to bridge the gap between theory and practice. It allows students to witness the outcomes of their efforts and learn from the experience.

The event's emphasis on providing practical exposure to strategizing the marketing mix is significant. Hands-on experience in formulating marketing strategies can greatly enhance students' understanding of business concepts and their ability to apply them effectively.

Additionally, the integration of students from the B.Com (Accounting and Finance) Department by having them engage in mock stock trading on the stalls set up by BMS students is a creative approach. This simulation likely provided students with insights into stock market dynamics and terminology such as IPO, secondary market, and market volatility.

PHOTOGRAPH OF "SHOW YOUR ENTREPRENEURSHIP SKILLS"

Date: 26/9/2019



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

Year 3 : 2020-21

REPORT

ONE DAY WEBINAR “RURAL ENTREPRENEURSHIP DEVELOPMENT ACTION PLAN (REDC)”

The Internal Quality Assurance Cell and DLLE of the College in Association with Pandit Madan Mohan Malaviya National Mission on Teachers and Training (PMMNMTT) Mahatma Gandhi National Council for Rural Education, Department of Higher Education, Ministry of Human Resource Development, Government of India, Hyderabad, organised a One Day Webinar on “Rural Entrepreneurship Development Action Plan (REDC) scheduled on Monday, 9th November 2020 at 11:00 am. About 135 students of SYBMS, TYBMS and registered students of DLLE attended the program.

The webinar gave insights on the motive of DLLE. At the end of the session a business plan competition was taken by the resource person. Students were appreciated with a certificate of participation.

Certificate of ONE DAY WEBINAR “RURAL ENTREPRENEURSHIP DEVELOPMENT ACTION PLAN (REDC)” Date:9/11/2020



REPORT

ONE DAY NATIONAL LEVEL WEBINAR ON “START WITH AN IDEA”

On Saturday, 30th January, 2021 One Day National Level Webinar on “Start with an Idea”, was organised by the Start up Club and IQAC of the college in association with Mu Ideas Start up Club University of Mumbai.

The webinar received a magnificent response of more than 300 entries across the country received in less than 2 hours from the time the invite was been circulated. Of which the short listed candidates are from Jammu and Kashmir, Kerala, Tamil Nadu, Punjab, West Bengal, Gujarat, Maharashtra, Manipur, Pondicherry, Delhi, Karnataka, Bihar, Assam, Odisha, Madhya Pradesh, Uttar Pradesh, Rajasthan , Meghalaya. Students and Teachers both registered and benefited from the webinar.

Well rightly said that by Thomas Edison “The value of an idea lies in using of it”, the core objective of this program is to develop an entrepreneurial eco system and to promote start-ups amongst youth , by creating a platform for experts and renowned entrepreneurs to come together and create a data-rich environment for budding entrepreneurs and those who are interested in going for a start-up but have little knowledge about how to proceed. The program was instrumental in inspiring and enriching the participants in various perspectives of developing a start up club and showed a pathway to young creative minds.

The Guest Speaker of the program was Dr Aadesh Suryarao. Chief Executive Officer of Mu ideas University of Mumbai. Insights on developing an incubation centre was given by him

A total of 210 participants (teachers and students across the nation) were the beneficiaries of the program

PHOTOGRAPHS

ONE DAY NATIONAL LEVEL WEBINAR ON “START WITH AN IDEA”

Date: 30/1/2021

NIRMALA MEMORIAL FOUNDATION COLLEGE OF COMMERCE AND SCIENCE, Affiliated to University of Mumbai
Organises One Day NATIONAL LEVEL Webinar On START WITH AN IDEA
Schedule on Saturday, 30th January, 2021
Program Schedule

| Time | Particular |
|-----------------------------|--|
| 11 : 00 a.m.- 11 : 03 a.m. | Welcome speech by Program Coordinator Dr. Poonam Kakkad |
| 11 : 03 a.m.- 11 : 05 a.m. | Introduction of the Guest Speaker Mr. Aadesh Suryarao Chief Executive Officer at University of Mumbai's Start-up Incubation Centre |
| 11 : 05 a.m. – 12 : 15 p.m. | Session “Start with an Idea” |
| 12 : 15 p.m. – 12 : 30 p.m. | Question and Answer Round |
| 12 : 30 pm to 12 : 33 p.m. | Vote of thanks by Program Coordinator |

Participants: user10 NMFC, Aadesh Suryarao, user10 NMFC, Devesh Pradip T..., Vijay Yadav

Market Size

Participants: user10 NMFC, user10 NMFC, user10 NMFC, user10 NMFC, user10 NMFC, user10 NMFC

2021-1-30 11:17

REPORT

WEBINAR ON THE “PCOD ISSUES AND GUIDANCE”

Nirmala Memorial Foundation College of Commerce & Science, Women's Development Cell one day National Level Webinar on the “PCOD Issues and Guidance” on Monday, 8th March 2021.

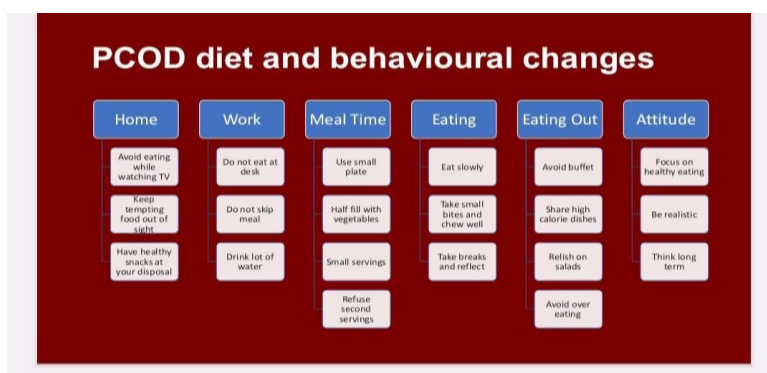
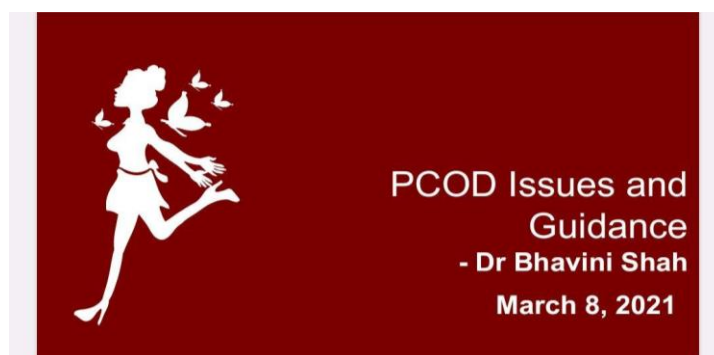
PCOD (Polycystic Ovarian Disease) or PCOS (Polycystic Ovarian Syndrome) has taken the world of women by storm. It is a major ailment concerning a huge chunk of young females in India presently. It is important for the youth to understand this disease at its onset, along with the causes and implications in the future.

The session was started with the welcome speech was given by Ms. Hridaya Patil, student member of WDC, NMFC. Then I/C Principal Ms. Swiddle D'Cunha highlighted that time has come for women to be strong and healthy and no pandemic can stop her from growing. The Resource person for the session was Dr. Bhavini Patel, Gynaecologist. Dr Bhavini Shah is working as Consultant Obstetrician and Gynecologist in reputed hospitals at Mumbai & Ahmedabad. She has also worked as Assistant Professor in the Department of Gyn & Obs with B. J. Medical College, Ahmedabad. She has more than 23 years' experience of managing cases of high-risk pregnancy, infertility and gynec surgeries.

There were 84 girl student participants from 4 different states and 10 different universities. She has explained the root causes, symptoms, treatment, diet and exercise through presentation. The webinar was a successful due to support from our Management, Academic Director, Principal, WDC Convenor and Committee members and Technical team.

Photographs of WEBINAR ON THE “PCOD ISSUES AND GUIDANCE”

Date: 8/3/2021



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

Year 4 : 2021-22

REPORT

SELF DEFENCE WORKSHOP

Self Defence Training Program was organized for girls students of the college on Tuesday, 23rd November 2021 from 10.30 am to 11.30 am. Mr. Umesh Murkar and Mr. Chandrakant Narayne, Security Commandos of Bruhanmumbai Municipal Corporation conducted the workshop. The basic techniques of self-defence were taught to the students. This program was made “Live” through “Zoom Platform” where Around 40 girls were connected and 50 students attended the workshop organised in the college basement.

PHOTOGRAPH OF SELF DEFENCE WORKSHOP Date : 23/11/2021



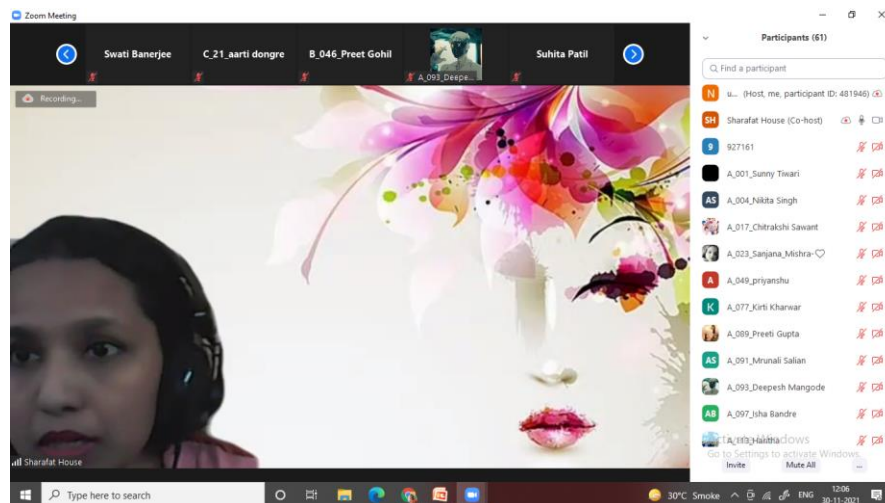
REPORT

WORKSHOP ON PERFUME MAKING

The Entrepreneurship Cell alongwith IQAC of the College organised an online workshop on perfume making on 30/11/2021. Ms. Almas Sharif, women entrepreneur and perfumer was invited to share her experience of making perfumes with students. Around 75 students actively participated in the workshop. Learning the art of Handmade perfumes encouraged students to think about starts up in a venture into Perfume making business.

PHOTOGRAPH

WORKSHOP ON PERFUME MAKING Date: 30/11/2021



REPORT

National Level virtual workshop on Be an Entrepreneur - Learn the Art of Chocolate Making

The Incubation Center and IQAC of the College in association with Academy of Pastry and Culinary Art organised a National Level virtual workshop on Be an Entrepreneur - Learn the Art of Chocolate Making on Wednesday, 8th December, 2021.

The Guest Speaker was Chef. Tushar Pangarkar, showed a live demonstration of making chocolates and different varieties of toppings that can be added to make it taste delicious. All participants had a good take away from the workshop.

Around 109 Participants from different states were part of this workshop. Participants were Teachers of different colleges, Students, Non teaching Staffs and other Professionals.

Photograph of National Level virtual workshop on Be an Entrepreneur - Learn the Art of Chocolate Making Date: 8/12/2021



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

Year 5 : 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

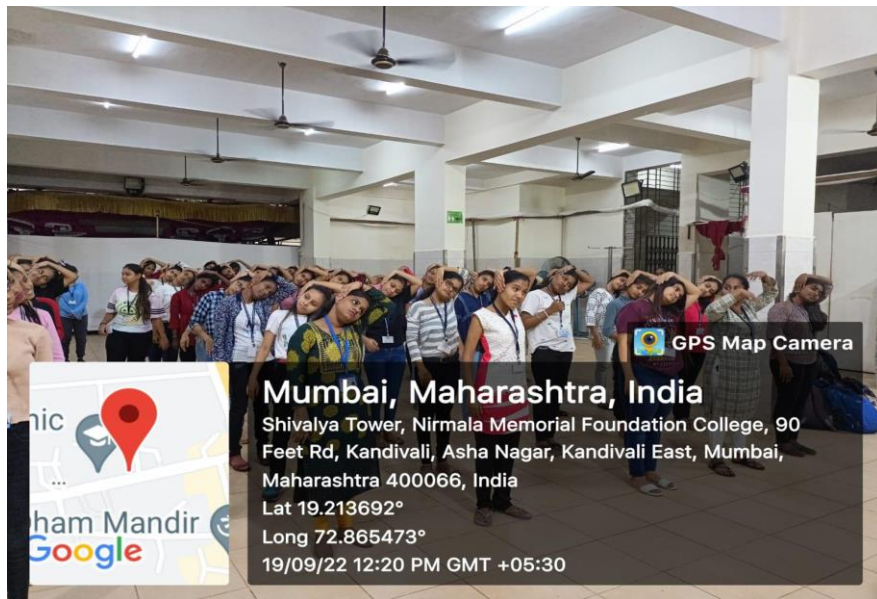
Venue: College Basement

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?"

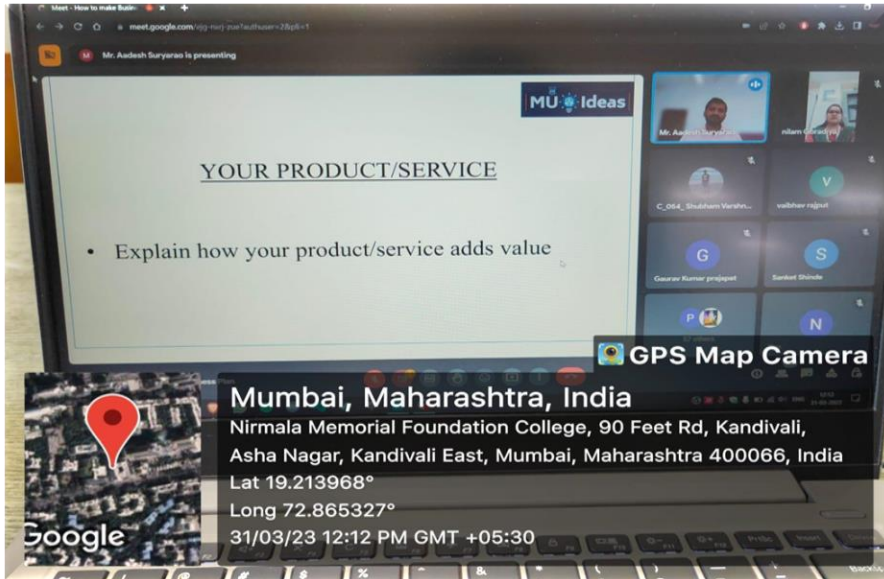
The Entrepreneurship Development Cell of Nirmala Memorial Foundation College of Commerce and Science organized a webinar on "How to Make Business Ideas" on Friday, 31st March, 2023. The session was conducted online, and more than 70 students attended the webinar.

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”

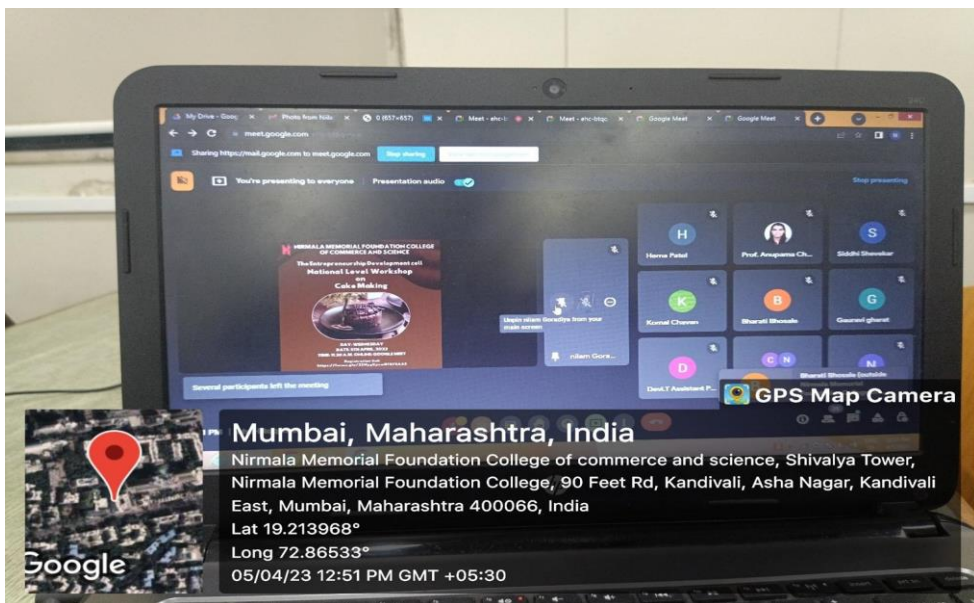
The Entrepreneurship Development Cell of Nirmala Memorial Foundation College of Commerce and Science successfully conducted a National level workshop on cake making titled “Decorate your cake: From Basic to Pro” on Wednesday, 5th April, 2023. The workshop was conducted online and saw more than 90 participants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

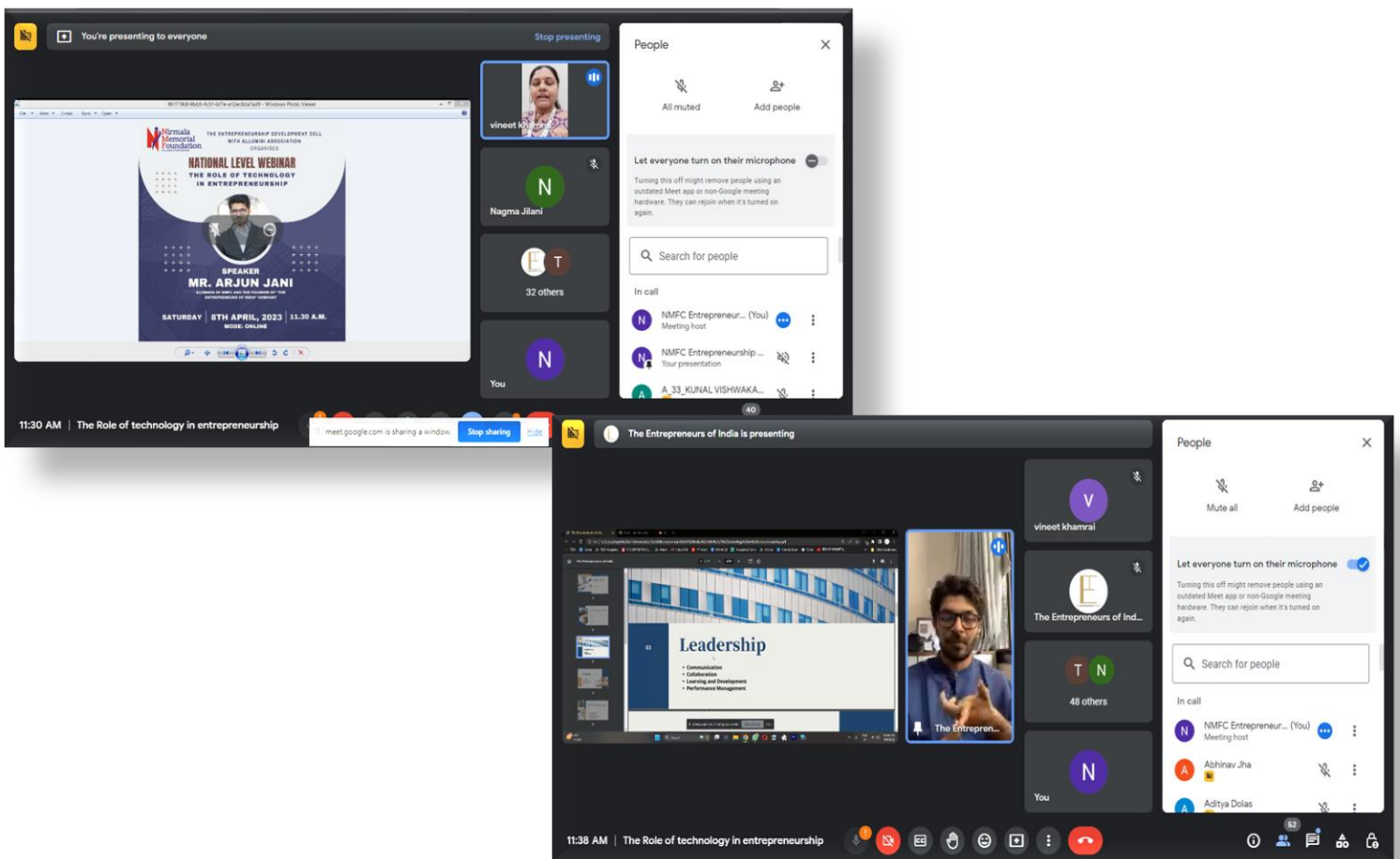
The Entrepreneurship Development Cell with Alumni Association of the college successfully conducted a National Level Webinar on the topic of "The Role of Technology in Entrepreneurship" on Saturday, 8th April 2023, at 11.30 a.m.

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"

