



Wada Nirmitti Education Society's  
**Wada College of Management and Science**  
(Affiliated to University of Mumbai)

**5.1.2 Following capacity development and skills enhancement activities are organized for improving students' capability**

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



**Wada Nirmiti Education Society**

**Wada College of Management & Science**

Accredited "B" Grade by NAAC

(Affiliated to University of Mumbai)

Recognised under Section 2(f) of the UGC Act, 1956

Add.: Wada Parali Road, At - Harosale, Post - Dahe, Taluka - Wada, Dist - Palghar, Pin - 421303, M.H. (India)

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Date:30/01/2023

### Declaration

This is to declare that the information, reports, true copies and numerical data etc. Furnished in this file as supporting documents are verified by IQAC and found correct.

Hence this certificate.



*Srijal*  
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**5.1.2. Following capacity development and skills enhancement activities are organised for improving students' capability**

1. **Soft skills**
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**LIST OF ENCLOSURE**

| <b>Sr No.</b> | <b>Name of Document</b>   | <b>Page Number</b> | <b>Link</b> |
|---------------|---|--------------------|-------------|
| <b>1</b>      | <b>Soft skills</b>  | <b>1-6</b>         |             |
| <b>2</b>      | <b>Language and communication skills</b>                        | <b>7-15</b>        |             |
| <b>2</b>      | <b>Life skills (Yoga, physical fitness, health and hygiene)</b> | <b>16-27</b>       |             |
| <b>4</b>      | <b>ICT/computing skills</b>                                     | <b>28-35</b>       |             |







# Wada College Of Management & Science

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## Soft Skills Development:

Soft Skills training gives a comprehensive understanding of the true perspective of application of skills as expected at the present work scenario. In this regard, case studies and exercises are tailor-made to suit the needs of students of Patrician college have been provided.

### Objectives:

- To develop accuracy – this training aims at facilitating and teaching Soft Skills
- To provide realistic examples to students. In addition to this, dialogues used in everyday life, exchanges and responses using case studies as examples are given to make a better living at industry and world
- To allow students to place new information and skills development into a larger context. The students can make use of this training to understand the essentials of language skills.

Understanding Different Speech Sounds, Learning Pronunciation, Speaking Without Errors, Building Conversations, Understanding Non-verbal Communication, Formal and Informal Communication, the right Etiquette for Public Speaking and Business Presentations, Personality Development and Building Self-Esteem, Team Building and Group Discussion, Facing Different Types of Interviews with Confidence and Preparing for and Delivering Successful Business Presentations are some areas students become familiar with.

**Programme Name: Student Development Programme, an Intra Departmental Event, Training on capacity building and Skills enhancement.**

Date and Time: Thursday 20<sup>th</sup> May 2021

Number of Beneficiaries 70

### Programme Objective:

Apart from curriculum in order to improve the life skills, Soft skills, Language and Communication skills, Computing skills of the students, the Student Development Programme was conducted. It is the need of the hour.



*Y. Patel*  
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### Programme Report

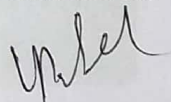
*Soft skills* are becoming increasingly important in the modern workplace. To improve the *Interpersonal skills* and *communication skills* among the students Soft skill Language and Communication skill Programme was organized by the Department of BCA for the welfare of the students. The resource person of the event was the alumni of the Department Mr. Robinson

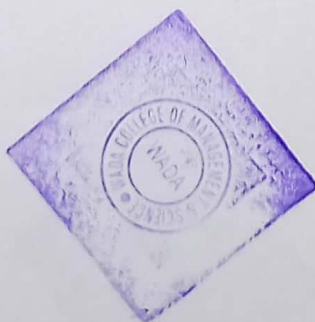
Rex, Deputy Manager Training, Bank Bazaar. Com.

The Programme started with a prayer by Ms. Jency, III BCA A followed by the Welcome address and brief introduction of the Chief guest by Mr. Irene Betsy, III BCA A. The resource person Mr. Robinson Rex, Deputy Manager Training, Bank Bazaar. Com. Gave a talk on communication, motivation, teamwork, time management, work ethic and flexibility. He shared with the students about the seven soft skill elements of Communication Teamwork. Adaptability, Problem-solving, Leadership, Work ethic, Time management. He insisted the most important aspects of Communication is Listening, Straight talking, Non verbal Communication, Stress Management and Emotional control

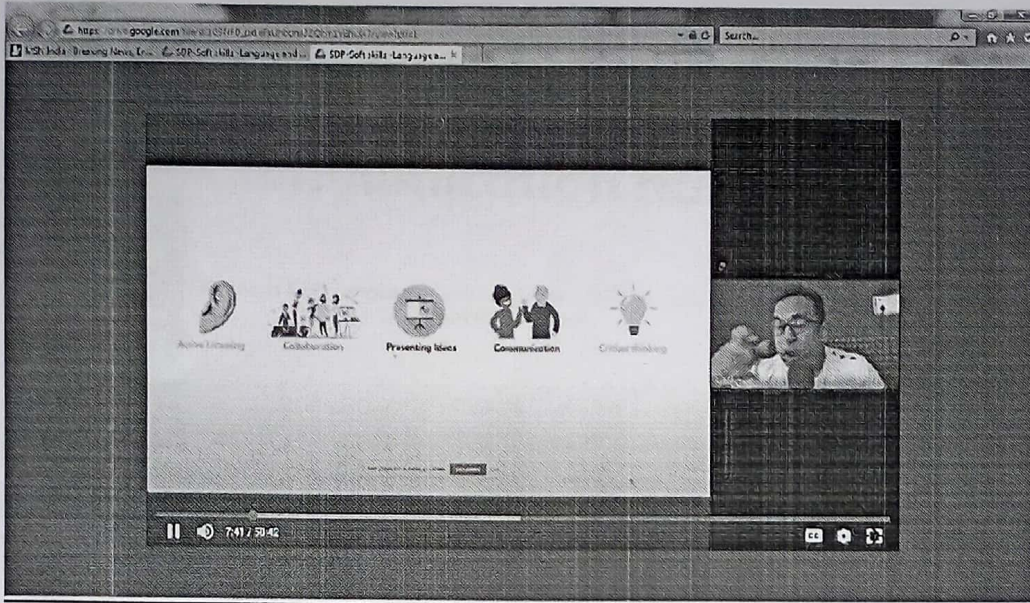
**The resource person added that Effective communication** skills are among the most valuable things that students must learn and he described communication as a method where people exchange thoughts or concepts with one another.

He explained how a student must get prepared to face the corporate world. He also explained the Dos and Don'ts that must be followed when a student attends the interview. The session was interactive and he cleared all students' doubts. He shared his own experience as a student of this college and how he has grown to this point. Lourdh Mary, III BCA A delivered the vote of Thanks

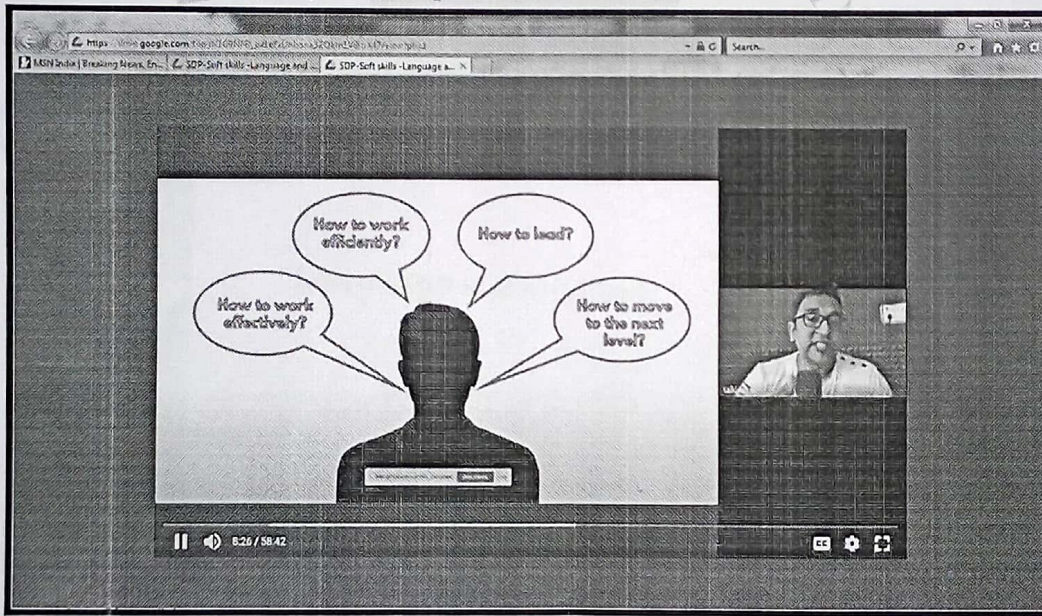
  
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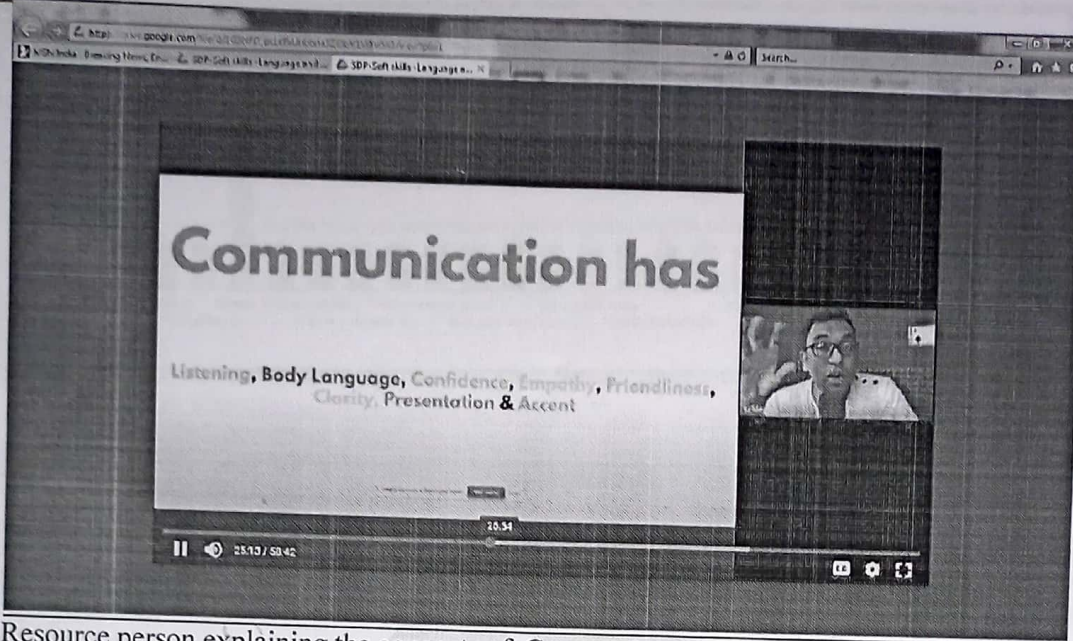
Resource Person presenting the concepts of softskills to students



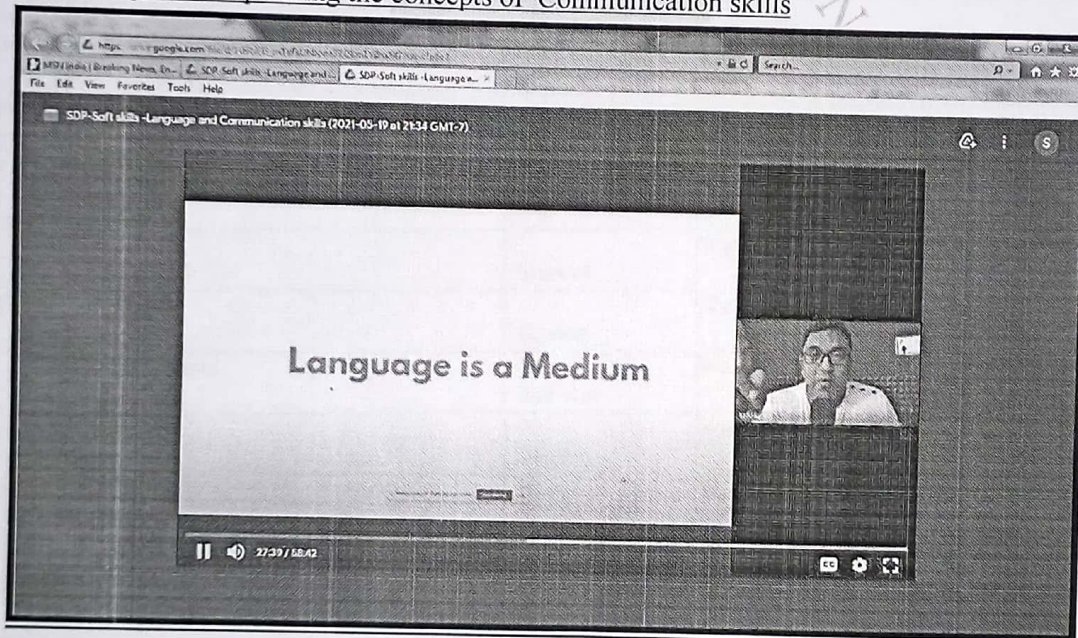
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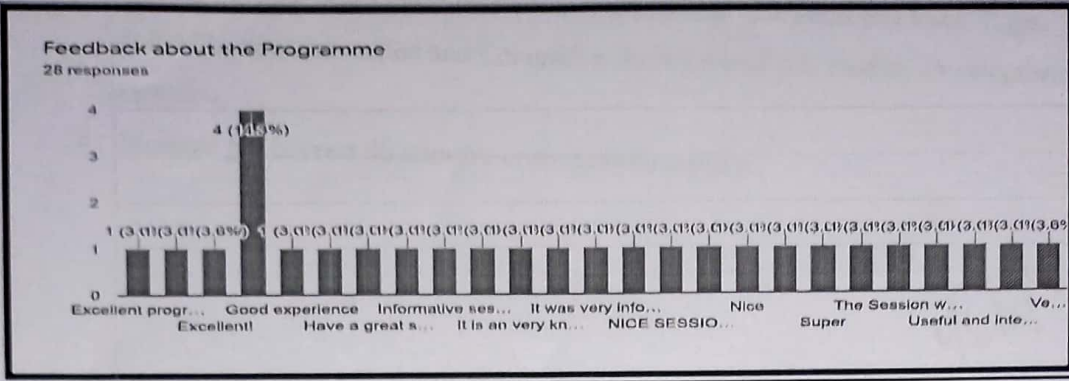


Resource person explaining the concepts of Communication skills



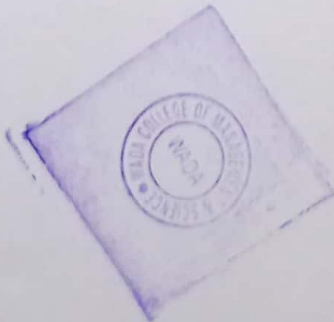
*Y. Patel*  
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| NO | NAME          | DESIGNATIO<br>N | COLLEGE/UNIVERSITY/<br>INSTITUTION     |
|----|---------------|-----------------|--|
| 1  | Jidnysa patil | Student         | Patrician college of arts and science  |
| 2  | Neha bhoir    | STUDENT         | Wada college of management and science |
| 3  | Yukta g       | Student         | Wada college of management and science |
| 4  | Snehal patil  | BMS             | Wada college of management and science |
| 5  | Abhishek s    | BMS             | Wada college of management and science |
| 6  | Narendra b    | Student         | Wada college of management and science |
| 7  | Latikesh      | Student         | Wada college of management and science |
| 8  | Devesh bhaoir | 2nd year        | Wada college of management and science |
| 9  | Latika kale   | Student         | Wada college of management and science |
| 10 | Kruti hoir    | BMS             | Wada college of management and science |
| 11 | Barku k       | Student         | Wada college of management and science |

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**Programme Outcome**

- During the lock down the students learnt more about Life skills like basic Yoga, softskills, communication and Computing skills through this Student Development Program.
- Students got interest do improve communication skills

*M. S. S.*  
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## Language & Communication Skills

| Sr.No | Name of the Module  | Name of the Trainer | No.Of Beneficiaries |
|-------|---------------------|---------------------|---------------------|
| 1.    | Vocabulary Building | Mr.Sameer Patel     | 20                  |
| 2.    | Interview Skills    | Mr.Nilesh           | 17                  |
| 3.    | Life Skills         | Mr.Murthy           | 22                  |
| 4.    | Presentation Skills | Mr.Mahesh           | 18                  |
| 5.    | Positive Attitude   | Mr.Kiran            | 15                  |
| 6.    | Time Management     | Ms.Reshma           | 16                  |



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REF NO: WCMS/2019/65

DATE: 13/11/2019

## Circular

The Head, Department Of Commerce is instructed to plan and prepare a schedule to conduct coaching for communication skills in English to interested all the students for one week from 18-11-2019 to 23-11-2019 from 2.00 p.m. to 3.00 p.m. Faculty members in English by keeping the below objectives in view:

1. To enable the students to acquire the English Language Knowledge in order to comprehend oral and written form of language
2. To enable the students to enhance the skill of receiving, interpreting the sounds.
3. To acquire the skill of reproducing the sounds in English with correct pronunciation.
4. To enrich their vocabulary.
5. To acquire the skills of effective communication.



Principal  
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### Copy to:

1. All the HOD's
2. Administrative Office
3. Examination Branch





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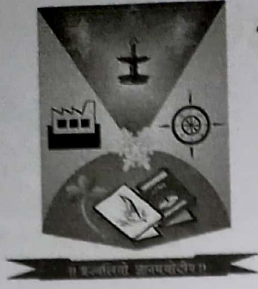
## Language & Communication Skills

### TIMETABLE

| DAY       | TIME              | FACULTY         | TOPICS              |
|-----------|-------------------|-----------------|---------------------|
| MONDAY    | 2.00 to 3.00 p.m. | Mr.Sameer Patel | Vocabulary Building |
| TUESDAY   | 2.00 to 3.00 p.m. | Mr.Nilesh       | Interview Skills    |
| WEDNESDAY | 2.00 to 3.00 p.m. | Mr.Murthy       | Life Skills         |
| THURSDAY  | 2.00 to 3.00 p.m. | Mr.Mahesh       | Presentation Skills |
| FRIDAY    | 2.00 to 3.00 p.m. | Mr.Kiran        | Positive Attitude   |
| SATURDAY  | 2.00 to 3.00 p.m. | Ms.Reshma       | Time Management     |



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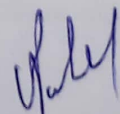
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## LIST OF STUDENTS ATTENDING VOCABULARY BUILDING

| SR.NO | NAME OF THE STUDENT                     | ATTENDANCE |
|-------|---|------------|
| 1.    | BANSODE AKANKSHA LAXMAN (USHA)          | PRESENT    |
| 2.    | BHARDWAJ SANDIP RAJESH (SUMAN)          | PRESENT    |
| 3.    | BHERE MEHUL SANTOSH (SUVARNA)           | PRESENT    |
| 4.    | BHOIR AMOL ASHOK (ASMITA)               | PRESENT    |
| 5.    | BHOYE SURYAKANT KASHIRAM (KALPANA)      | PRESENT    |
| 6.    | BHOYE HEMANT VASANT (YASHODA)           | PRESENT    |
| 7.    | DAS CHETAN PRABHU (MANJUDEVI)           | PRESENT    |
| 8.    | DHONE DHIRAJ RAJARAM (RAJASHRI)         | PRESENT    |
| 9.    | TRIDASEAU SHANTAKUMAR EZHAVA(LISSYR)    | PRESENT    |
| 10.   | GOLE NACHIKET SUNIL (SHRUTI)            | PRESENT    |
| 11.   | HUSSAIN AMAN MOFAKKAR (NASIMA)          | PRESENT    |
| 12.   | KATHORE JYOTI ANANTA (ARCHANA)          | PRESENT    |
| 13.   | KAWALE SNEHAL RAVINDRA (RAJASHRI)       | PRESENT    |
| 14.   | KHADAM NITESH KALU (GULAB)              | PRESENT    |
| 15.   | KHAN FASIHULLAH ABDULLAH (SHAKILA BANO) | PRESENT    |
| 16.   | MISHRA SHWETA SHIVMANI (SUSHILA)        | PRESENT    |
| 17.   | MOKASHI NAJUKA JITENDRA (JAYASHREE)     | PRESENT    |
| 18.   | PANDEY VISHNU HARENDRA (MADHURI)        | PRESENT    |
| 19.   | PATIL OMKAR SACHIN (SULABHA)            | PRESENT    |
| 20.   | PATIL SANKET BALKRISHNA (POOJA)         | PRESENT    |



  
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## LIST OF STUDENTS ATTENDING INTERVIEW SKILLS

| SR.NO | NAME OF THE STUDENT                         | ATTENDANCE |
|-------|---|------------|
| 1.    | ANSARI SAIF VAZIR AHMED (RUBINA)            | PRESENT    |
| 2.    | ANSARI NOOR HASAN MUSHTAQUE AHMAD (GUFRANA) | PRESENT    |
| 3.    | BHADANGE DHIRAJ PANDURANG (SANGEETA)        | PRESENT    |
| 4.    | BHOIR AJAY DATTATREY (REKHA)                | PRESENT    |
| 5.    | BHOIR HIMALI RAMESH (ROMA)                  | PRESENT    |
| 6.    | BHOYE RUSHIKESH PRAKASH (LATA)              | PRESENT    |
| 7.    | BHOYE DINESH SUNIL (SARITA)                 | PRESENT    |
| 8.    | CHAUDHARI PRATIK PRALHAD (RAJANI)           | PRESENT    |
| 9.    | DIPAK CHANDRAKANT DHINDE (MATHURA)          | PRESENT    |
| 10.   | FARAD SURAJ BHAI (BHAVANA)                  | PRESENT    |
| 11.   | FASALE RUPESH JETHU (DWARAKI)               | PRESENT    |
| 12.   | FERNANDES IGNATIUS FRANCO (LOUISA)          | PRESENT    |
| 13.   | GAGARE ASHITOSH BALU (KAMAL)                | PRESENT    |
| 14.   | GARUD SWAPNIL SANJAY (KAVITA)               | PRESENT    |
| 15.   | GHADGE SHUBHAM SUBHASH (PRAMILA)            | PRESENT    |
| 16.   | GUPTA HRITHIK RAJESH (MAYA)                 | PRESENT    |
| 17.   | ANSARI SAIF VAZIR AHMED (RUBINA)            | PRESENT    |



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## LIST OF STUDENTS ATTENDING LIFE SKILLS

| SR.NO | NAME OF THE STUDENT                        | ATTENDANCE |
|-------|--|------------|
| 1.    | GURAV KIRAN DEEPAK (SADHANA GURAV)         | PRESENT    |
| 2.    | JADHAV JAGRUTI JANARDAN (ALKA)             | PRESENT    |
| 3.    | JOSHI ROSHAN JANARDAN (SUREKHA)            | PRESENT    |
| 4.    | KADU SWAPNIL MADHUKAR (KOMAL)              | PRESENT    |
| 5.    | KHAN AMAN NASIR (WASEEMA)                  | PRESENT    |
| 6.    | KOM VISHAL JANARDAN (RENUKA)               | PRESENT    |
| 7.    | KUTE PRATIK PANDURANG (VANDANA)            | PRESENT    |
| 8.    | MAHALE HRITIK GORAKHANATH (LATA)           | PRESENT    |
| 9.    | MOURYA AKASHKUMAR SHRIPATI (MANJUDEVI)     | PRESENT    |
| 10.   | NAIR ARCHANADEVI OMANAKUTTAN (SUNITHADEVI) | PRESENT    |
| 11.   | NAMWAD KRISHNA ROHIDAS (RAUBAI)            | PRESENT    |
| 12.   | NARVEKAR SAHIL SUBHASH (SUBHASHINI)        | PRESENT    |
| 13.   | PALASE SWAPNIL ARUN (SUNITA)               | PRESENT    |
| 14.   | PATEL NIKHIL DINESH BHAI (SHANTI)          | PRESENT    |
| 15.   | PATIL CHINMAY VIJAY (VRUSHALI)             | PRESENT    |
| 16.   | PAWAR MAYUR AMRUT (KAMAL)                  | PRESENT    |
| 17.   | POL AVINASH RAMCHANDRA (ANJANA)            | PRESENT    |
| 18.   | POOJARI KARTIK PRABHAKAR (JAYANTHI)        | PRESENT    |
| 19.   | PRAJAPAT ASHOK GHEVARAM (JAMMU)            | PRESENT    |



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|     |                                   |         |
|-----|-----------------------------------|---------|
|     | DEVI)                             |         |
| 20. | RAMTEKE ANKITA PRABHUDAS (SARITA) | PRESENT |
| 21. | RANGANI JANVI DINESH (JINALBEN)   | PRESENT |
| 22. | SAYED SOHAIL FERAZ (NISHA)        | PRESENT |



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### LIST OF STUDENTS ATTENDING PRESENTATION SKILLS

| SR.NO | NAME OF THE STUDENT                      | ATTENDANCE |
|-------|--|------------|
| 1.    | AKRE RATISH RAVINDRA . (RAJESHRI)        | PRESENT    |
| 2.    | BHANGARA CHAINESH SURESH (MANDA)         | PRESENT    |
| 3.    | CHAURSIYA ANUPAM RAKESH (MAYA)           | PRESENT    |
| 4.    | GOLE NIKITA BHAI (BHAVANA)               | PRESENT    |
| 5.    | GUPTA KISHAN NANDLAL (PRAMILA)           | PRESENT    |
| 6.    | HILIM AKSHAY DEVRAM (DIPAWATI)           | PRESENT    |
| 7.    | JADHAV MOHIT KISHOR (KALPANA)            | PRESENT    |
| 8.    | KANKOSHE VIPUL MANOHAR (MANISHA)         | PRESENT    |
| 9.    | KHAN KAYUM NAFIS (FATIMAKHATOON )        | PRESENT    |
| 10.   | KURHADA PRASHANT TANHYA (VANITA)         | PRESENT    |
| 11.   | MORGHA SANDESH JAYRAM (SUNANDA)          | PRESENT    |
| 12.   | PATEL JAGDISH SUNIL (SHITAL)             | PRESENT    |
| 13.   | RAUT VINOD BHIWA (KAUSALI)               | PRESENT    |
| 14.   | SINGH AVINASHKUMAR INDRASEN<br>(RANJANA) | PRESENT    |
| 15.   | THANGE ADITI DEEPAK (AASHA)              | PRESENT    |
| 16.   | VEKHANDE RUCHIRA RAJU (ROSHANA)          | PRESENT    |
| 17.   | VISHE HEMANGI SURESH (SARIKA)            | PRESENT    |
| 18.   | YADAV AMITKUMAR HANSRAJ<br>(RAJKUMARI)   | PRESENT    |



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## LIST OF STUDENTS ATTENDING POSITIVE ATTITUDE

| SR.NO | NAME OF THE STUDENT                           | ATTENDANCE |
|-------|---|------------|
| 1.    | BHERE HARSHALI LAXMAN (MALATI)                | PRESENT    |
| 2.    | BHORUNDE MILIND VILAS (SUMAN)                 | PRESENT    |
| 3.    | CHAKAR NISHANT DILIP (DIPTI)                  | PRESENT    |
| 4.    | DATE DURVESH KISHOR (KANCHAN)                 | PRESENT    |
| 5.    | GAIKAR HRITIK RAJENDRA (RAJSHRI)              | PRESENT    |
| 6.    | GANORE RASIKA ATUL (USHA)                     | PRESENT    |
| 7.    | GHARAT MANASI MARUTI (MADHURI)                | PRESENT    |
| 8.    | GHATAL VAIBHAV SUDHAKAR (SAVITA)              | PRESENT    |
| 9.    | GHODVINDE VIKRANT DATTATRAY<br>(SANDHYA)      | PRESENT    |
| 10.   | GHOLAP SAMRUDDHI SURYAKANT<br>SUJATA (SUJATA) | PRESENT    |
| 11.   | GOLE SHUBHAM BHAGWAN (SUVARNA)                | PRESENT    |
| 12.   | GOTARANE SURAJ ANIL (ASMITA)                  | PRESENT    |
| 13.   | JADHAV SHUBHAM ROHIDAS (ROHINI)               | PRESENT    |
| 14.   | JADHAV PRATIKSHA RAVINDRA (REVATI)            | PRESENT    |
| 15.   | JENSON JOEL JOHN PETER (JEENA)                | PRESENT    |



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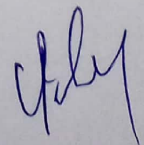
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## LIST OF STUDENTS ATTENDING POSITIVE ATTITUDE

| SR.NO | NAME OF THE STUDENT                   | ATTENDANCE |
|-------|---------------------------------------|------------|
| 1.    | KATHOLE KETAN BABAN (SUVARNA)         | PRESENT    |
| 2.    | KENY GAURAV BHAGWAN (RUPAL)           | PRESENT    |
| 3.    | KUMAWAT SAMPAT KUMAR RAMESH (SHANTI)  | PRESENT    |
| 4.    | MHATO KHUSHBOO SUNIL (SARITA)         | PRESENT    |
| 5.    | MOKASHI DIVYA VILAS (VAISHALI)        | PRESENT    |
| 6.    | MORE RUTIK DILIP (DIPALI)             | PRESENT    |
| 7.    | MUTADAK NAYAN KAILAS (VAISHALI)       | PRESENT    |
| 8.    | SAGAR NANDAKUMAR DESALE (NAMRATA)     | PRESENT    |
| 9.    | NIKHADE SHIMLA SHARAD (RAMEELA)       | PRESENT    |
| 10.   | PATIL SHUBHAM SHASHIKANT (SAMITA)     | PRESENT    |
| 11.   | PATIL VIKRANT CHANDRAKANT (DHANASHRI) | PRESENT    |
| 12.   | PATIL SAURABH ASHOK (ASHWINI)         | PRESENT    |
| 13.   | PATIL RUTUJA MAHESH (MAYURA)          | PRESENT    |
| 14.   | PATIL DIPESH GANESH (GITANJALI)       | PRESENT    |
| 15.   | PATIL YOGINI RAVINDRA (RAVINA)        | PRESENT    |
| 16.   | PATIL SAYALI AJAY (MEENA)             | PRESENT    |



  
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## SCHEME - Life skills (Yoga, physical fitness, health and hygiene)

### INTRODUCTION

Life Skills are those competencies needed for an individual to be resourceful and positive, even while taken through life's vicissitudes( a change of circumstance or fortune, that is unpleasant). Life skills are regarding development of one's personality by being self aware, generating change within ourselves, connecting with others and ensuring better communication with the society. Life skills are also defined as the abilities for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life. People with life skills should be forward looking even in difficult situations. He finds a ray of hope and seeks for opportunities to reach solutions. People having good skills develop good interpersonal skills thereby helping people to make informed decisions, solve problems by thinking creatively and critically, communicate effectively by building healthy relationships and by empathising with others. Life skills are a combination of Thinking, social and emotional skills. People with good life skills can manage their own self by coping up with daily stress, emotional feelings, peer pressure and family pressure.

Ten core Life Skills by WHO are Self-Awareness, Empathy, Critical Thinking, Creative Thinking, Decision Making, Problem Solving, Effective communication, Teaming and



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personality development, Intellectual Quotient (IQ), Emotional Quotient (EQ), Social Quotient (SQ), Communication skills, problem solving, critical thinking, negotiation and persuasion, Interpersonal skills, Technological skills, Strong work ethics, confidence, responsibility, time management, planning and organising skills and commercial awareness. Top 5 dimensions of personality development by Swami Vivekananda are- physical self, energy self, intellectual self, mental self and blissful self. So, all working professionals should work hard to achieve their own goals, by bringing out the best of their talents and abilities for the common good of working organization and society. If you want to succeed, double is your failure rate, said Tom Watson Sir of IBM. Success could be achieved only after facing many failures.

St. Francis Assissi told, " Start by doing what is necessary, then what is possible, suddenly you are doing the impossible. Professionals should not be discouraged by life situations, they are born to win. The pride of performance of a working professional is in the quality of his work and excellence in performance. Feeling of a job well done is a reward in itself.

Active listening is an important skill needed for engineers and professionals, whereby the listener empathizes with the feelings of the speaker, by fully participating in the communication. Non-verbal communication is the non-linguistic transmission of information through visual, auditory, tactile and kinesthetic channels. Forms of non-verbal communication are proxemics, kinesics, chronemics, haptics and paralinguistic features. Group discussion is an integral part of the selection process. It is usually a formal, structured discussion between a group of people on a topic to bring out their personality traits and soft skills. Group discussions can be formal or informal, in order to reach a consensus whereas Debate is a formal method of argument where speakers take a particular stand on a topic and stick on to this topic throughout the session. The aim of debate is to win while the aim of group discussion is exchange of ideas. Defending and attacking are the norms in debate whereas Listening, Reasoning and sharing of opinions are the practices undergone in Group discussion. Debates are conducted to judge the communication skills of people whereas Group discussion is done to judge the personality and soft skills of



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participants. Presentation involves content delivery by a speaker. A presenter should be able to convince the target audience about the relevance of one's idea, product, work or proposal. The most popular mode of presentation is oral presentation by using charts, slides, etc. Ideas are not conveyed by words alone, gestures, body postures, voice modulation, etc are very important. The speaker should be able to understand the non-verbal cues expressed by the audience, to improve his presentation. Keeping an eye contact ensures a feeling of connectedness between speaker and his audience. Spider diagram, a Mind Map is a visual thinking tool used to capture information and ideas. Mind Maps have been proven to boost productivity, creativity and memory. A Mind Map begins with a Central Idea (the topic to be explored) and branches out into Key Themes and further develops ideas that radiate from the center. This mind mapping technique simulates our human brain by creating additional links from existing knowledge to capture new knowledge in a better way. Time management is the process of planning and controlling how much time to spend on specific activities. Good time management enables an individual to complete more tasks in a shorter period of time by lowering stress and deriving success in your career. Set a fixed time in mind everyday to check social media applications like Whatsapp, Facebook, YouTube etc.

Self-awareness is a prerequisite for effective communication. It is about having a better understanding of your identity and having a clear perception of your personality including life purpose, Objectives/ Goals, strengths, weaknesses, likes, dislikes, desires, thoughts, beliefs, motivation, emotion. Self awareness allows you to make changes in your inner mind's thoughts, emotions, behavior, beliefs, personality and interpretation in a positive manner which ensures better communication with the people around you, through better understanding. The four A's of stress management are Avoid, Alter, Accept and Adapt. Few stress management techniques involve Breathing exercise, Meditation, Cognitive reframing, Regular physical exercise and appropriate nutrient-rich diet, mindfulness and better social relationships. It is a fact that we cannot lead a life without experiencing any setbacks. Resilience is the ease with which one



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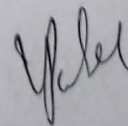
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recovers from the setbacks that life throws at them. Every failure must be viewed as an opportunity, instead of thinking of them as a catastrophe.

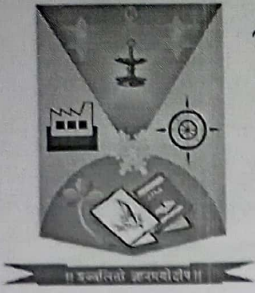
Every individual should contribute to the welfare of the society by living peacefully and respecting others. Civic virtues involve moral duties or standards for righteous behavior by an individual by not disturbing other people, having a genuine concern for the poor and downtrodden, following road-safety rules and by contributing to a charity run hospital. Spirituality is a sense of connecting ourselves to our Divine through Prayer and meditation. Spiritual practices focus on improving our inner life and inner mind towards goodness, rather than going after material possessions and sensual pleasures in life. Yoga elevates one's inner sense and merges it with the universal self. Spiritual people do not compete with others or expect unethical gains that are morally undesirable. They encompass humanistic values like compassion, love, tolerance, contentment and harmony. Engineering ethics is about the moral values, responsibilities and rights to be possessed by Engineers in an Engineering context. There are two psychometric tests conducted to assess one's personality, Myers - Briggs Type Indicator Test and Big Five personality test. In Myers - Briggs Type Indicator test, a total of 8 indexes are used to define one's personality traits- Extroverted, Introverted, Sensing, Intuitive, Thinking, Feeling, Judging and Perceiving. The Big Five personality test measures the five personality factors- Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism.

Hence, Life skills are the abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. Life skills is "a group of psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with stress and manage their lives in a healthy and productive manner. Life skills may be directed toward personal actions or actions toward others, as well as actions to



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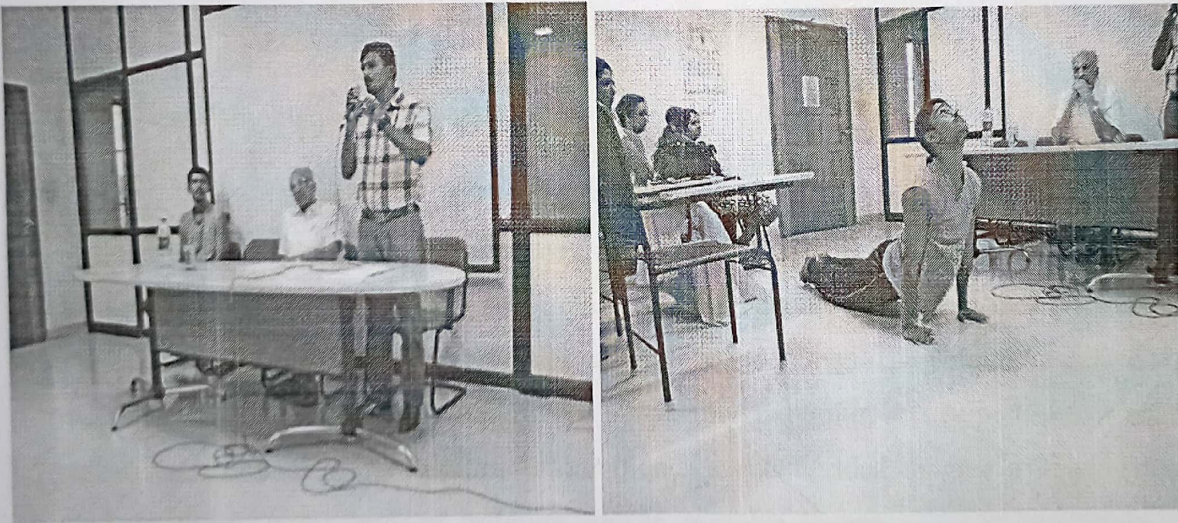
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## EVENT 1

### INTERNATIONAL YOGA DAY

NSS TECHNICAL CELL Celebrated International Yoga Day on 21st June 2017 Prof Susanth S G delivered a talk on the importance of Yoga in our day to day life . Suraj R S Volunteer secretary demonstrated 12 yogasanam on that day.



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## LARGEST PHYSICAL SELF CARE LESSON

LMCST female NSS volunteers actively participated in the "LARGEST PHYSICAL SELF CARE LESSON" official attempt for GUINNESS WORLD RECORDS. Smt B Sandhya IPS inaugurated the function and eminent doctors gave talks on self care. This event became the GUINNESS WORLD RECORDS beating China. The official sponsor of the event was BHIMA jewellers.

## EVENT 7:

### Awareness Campaign on Cancer Detection

On 12.8.17 NSS volunteers gave awareness about the cancer detection camp scheduled to all the houses of Manoorkara Village. The NSS volunteers covered more than 150 houses. NSS volunteers conducted a survey on sanitation facilities available in the village. The volunteers gained an idea regarding the social situation present in the community and volunteers came to know about the pathetic situation of some families in our premises and decided to give a helping hand to Ms. Seenath, who is deserted and suffering from an incurable disease.



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## EVENT 8:

### Cancer Detection Camp

On 12.8.17 NSS technical cell along with Snehitha Women Foundation and Christu Jayanthy Charitable Society conducted a Cancer Detection Camp. The programme was inaugurated by Mr G Manikandan, President Kuttichal Grama Panchayath. Director P M Hormese and Dr N A Jose felicitated the function. The office bearers of Christu Jayanthy Charitable Trust and Dr Reji along with a team of 15 doctors actively participated in the programme. Kuttichal Grama Panchayath Standing Committee Chairman (Health) Mr. Sudheer Kumar addressed the gathering. The event was a grand success with 153 beneficiaries from Manoorkara Village. NSS volunteers organized the camp in a systematic order from registration to consultation.



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As part of International Yoga Day , Webinar was conducted on the Topic 'Yoga for well being' on 21/6/2020 at 10 am. Mr. Jatin Kini interacted with the volunteers via Google Meet



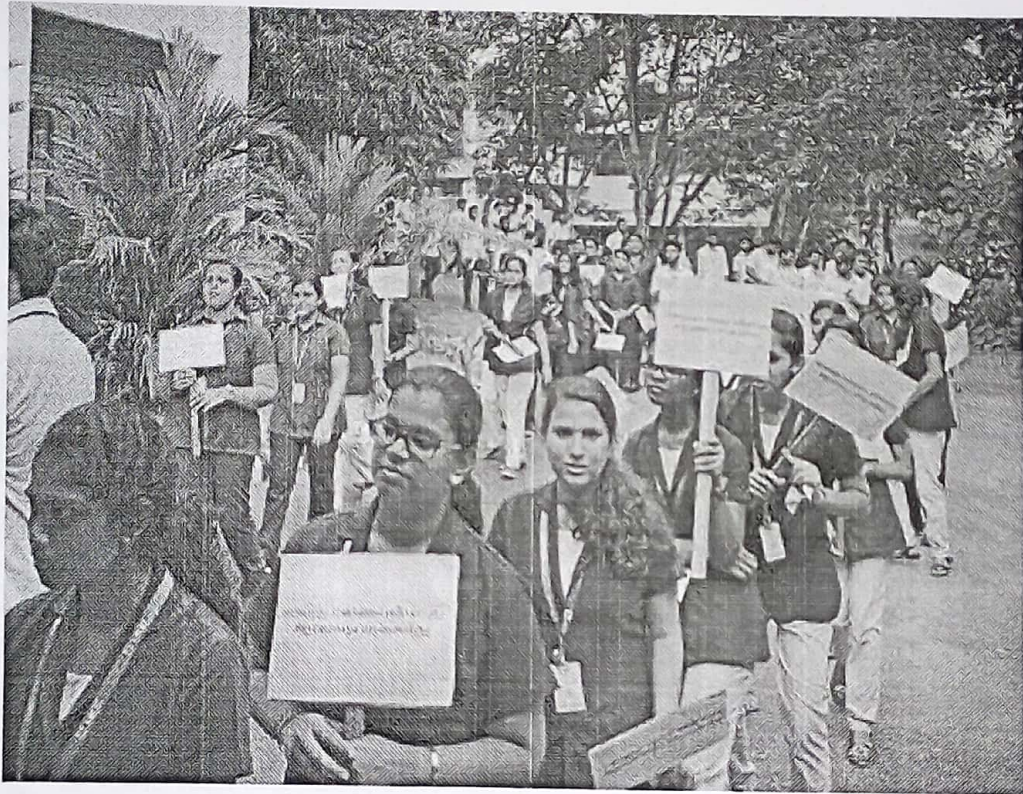
*J. Kini*  
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## ○ Webinar on Health and Happiness

NSS Technical Cell LMCST organised a webinar on the topic 'Health and Happiness' on 29th June 2021 at 11:30 pm. Mr. Krishna Prasad, Consultant Executive at Speridian Technologies and active volunteer at Art of Living Organization, interacted with volunteers via Google meet. NSS volunteers actively participated in the webinar.

| Sl.No. | Name of the Programme                  | Date       | No. of students enrolled |
|--------|--|------------|--------------------------|
| 5      | Suchithva harthal                      | 26.05.2017 | 86                       |
| 6      | Largest physical self care lesson      | 2017       | 86                       |
| 7      | Awareness campaign on cancer detection | 12.08.2017 | 86                       |
| 8      | Cancer detection camp                  | 12.08.2017 | 86                       |



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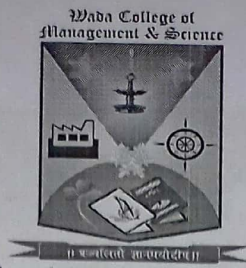


|    |  |            |    |
|----|--|------------|----|
| 9  | Helping hand for Ms Seenath                  | 12.10.2017 | 86 |
| 10 | International yoga day                       | 21-06-2018 | 70 |
| 11 | Certificate of appreciation for sagy project | 2017       | 86 |
| 12 | Webinar on yoga day                          | 21/6/2020  | 75 |
| 13 | Covid awareness campaign                     | 19.3.2020  | 75 |
| 14 | Nutrition awareness rally                    | 30-08-2019 | 60 |
| 15 | Awareness campaign on chickenpox             | 1/4/2019   | 60 |
| 16 | Helping hands for flood affected people      | 14-08-2019 | 60 |
| 17 | Induction training programme                 | 2019       | 30 |
| 18 | Mapathon & mask challenge                    | 15-09-2021 | 60 |
| 19 | Webinar on yoga day & yoga day celebration   | 21-06-2020 | 75 |
| 20 | Eat right india movement                     | 16-07-2019 | 60 |
| 21 | International yoga day                       | 21/06/2021 | 60 |
| 22 | Awareness campaign on chickenpox             | 16-02-2021 | 70 |
| 23 | Webinar on health and happiness workshop     | 29-06-2021 | 70 |



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Wada Nirmiti Education Society's  
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**Capacity building and skills enhancement activities in ICT for Students**

**Report 2017 to 2022**

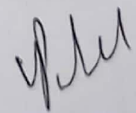
In an ever-advancing technological world, it is imperative that students stay ahead in terms of knowledge of information and communication technologies. It is the belief at the institution that knowledge as well as hands-on use of the said technologies would give our students an edge; making them more employable as well as setting the right base for entrepreneurship.

While students have been using ICT over these years, the year 2020 saw a boom in its use. In a situation of lockdown caused by the spread of the novel corona virus, students found themselves depending more on ICT. They actively **participated in Webinars and other online platforms**. Their expertise has grown leaps and bounds.

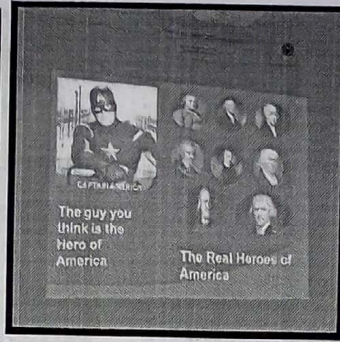
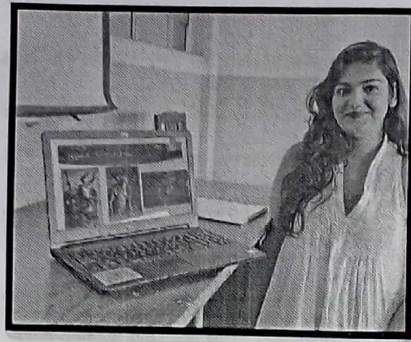
The use of ICT has been visible and encouraged in the following ways:

- **ICT within the classroom:** Students have been using ICT for the purpose of enhancing their presentations and assignments. The use of PowerPoint, photo and video- editing apps, use of e-resources as well as the usual browsers like Google for information as well as extended reading and research has been observed.



  
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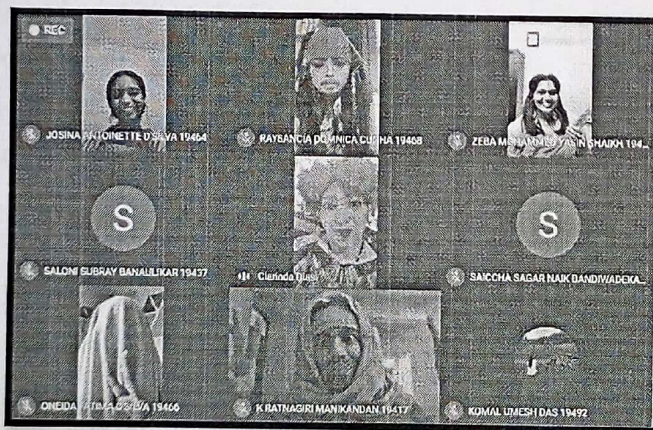
- **Project proposals:** Third year students across subjects have been pitching their project topics using ICT. They also using e-resources like INFLIBNET, other portals for journals, research papers thereby preparing them for ICT use in their future research endeavors.
- **Visually- challenged students:** The use of audio notes, the software Audible, as well as other software to transcribe text to audio has been observed amongst our visually-challenged students as well as others. The use of these has enabled them to do well academically. It has also boosted their confidence enabling them to participate fully in other activities within and outside the institution.
- **Internships:** Our students have been interning with various agencies, at international festivals like Udhan , Umang ,Gunj & Aavishkar etc...The use of ICT has been encouraged during these internships.
- **Organizing Inter-collegiate events Creations and Ebullience:** Our students host two major inter-college events and use ICT extensively for promotion, public relations, creating entertaining platforms/competitions on and off-stage and even for scoring.



*Prateek*  
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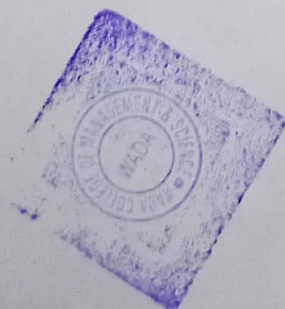


- **Department events:** At department events like Chiasma- inter-collegiate (Dept. of Biotechnology), Voice-it-out, Carpe Diem, The Orator- inter-collegiate, Shenanigans (Dept. of English), Politica- inter-collegiate (Dept. of Political Science) etc... ICT has been used productively. These events are hosted by students.



### UDHAAN 2020

- **Technogyaan:** This is an inter-collegiate event organized by the students of Computer Science where the emphasis is on ICT, gaming etc...
- **Competing at other institutes:** Our Students have been able to show their ICT skills at the numerous inter-collegiate events that they participate in. Moreover, during the pandemic period, students have participated via the online platform in various competitions in the field of art, writing etc...



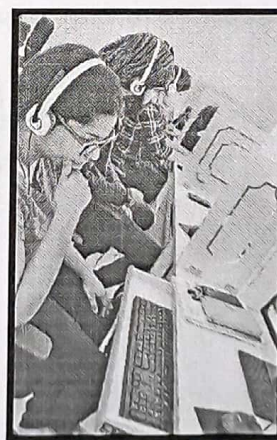
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**Participating in a gaming event**

- **Photography/videography/graphic designing/ publicity material designing:** The institution encourages student photographers, videographers, designers. This has had a positive impact with students being engaged productively during their college tenure. Students have also made a career out of the above skills.
- **Digital Language Laboratory and Skill Development Centre (DLLSDC):** The Centre is equipped with 30 student-consoles and a master-console connected through browser-based network, high-end aural interface for audio input and assessment, Orell's iTell Digital Language Laboratory, customised worksheets for language training and ongoing video content being created by the language facilitators.

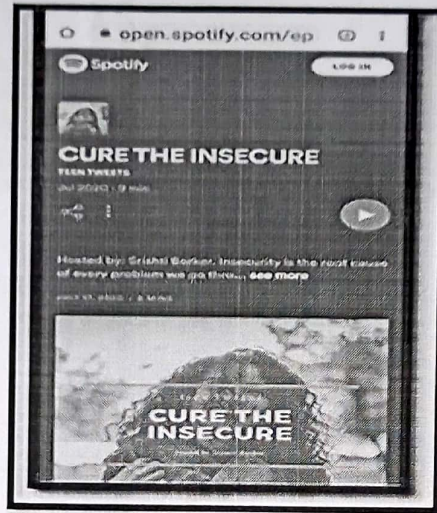


- **Department of IT and Computer Science:** The Institution has a full-fledged Department of IT and Computer Science. A list of the courses conducted for students has been attached.



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- **Use of Social Media platforms:** Students have made use of social media platforms like Facebook, Instagram, Twitter to spread messages of positivity during the time of the pandemic:
- Student Ms. Shrishti Borkar hosted dialogues on **Spotify** on youth- related subjects like confidence building, anxiety, relationships:



- Students have also participated and contributed to the institution's initiative on **Facebook LockdownLearning**:

*W. Borkar*  
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**#LockdownLearning**  
 Based on practical work done by Dhempe student  
 Article 12: written by Twizel Fernandes Sy. B.Sc. Student.

How to grow lemon grass at home (Cymbopogon citratus) Introduction: Lemongrass is a tropical perennial plant which yields aromatic oil. Lemon grass belongs to Cymbopogon, a genus of about 55 species of g... See more

**#LockdownLearning**  
 Based on practical work done by Dhempe student  
 Article 9: written by Veda Dessai Sy. B.Sc. Student

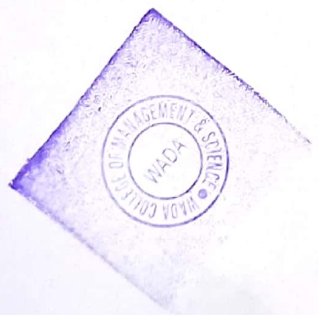
How to grow Ginger in garden. Try this....

Description of Ginger ... See more

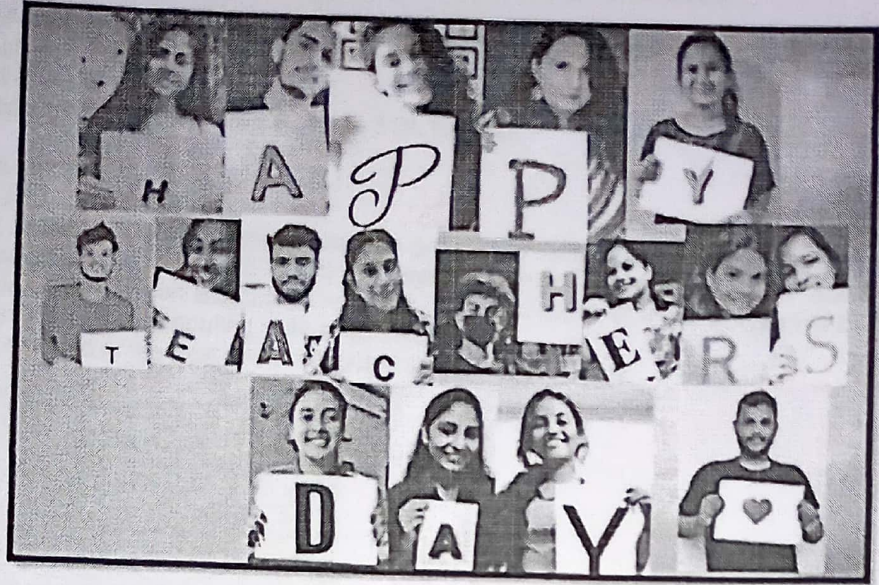
Teaching others to go Green

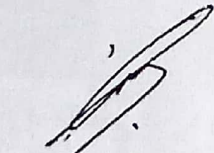
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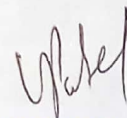
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Using ICT for their Teachers



  
Clarinda Dias  
Convenor Students' Affairs

  
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## Training program on Python ,HTML,JAVA

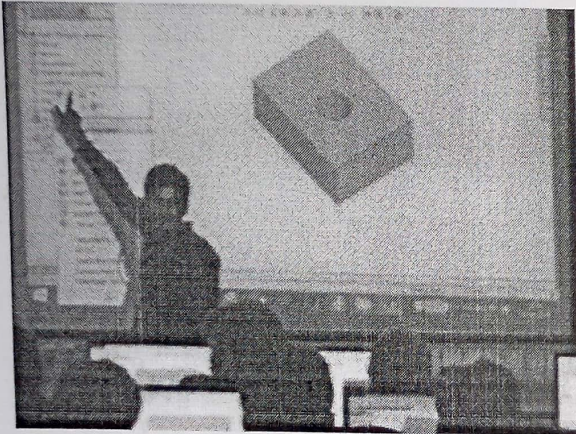
Wada College of Management and Science is organizing various programs on Computing Skills. The programs conducted under ICT.

During A.Y 2021-2022.

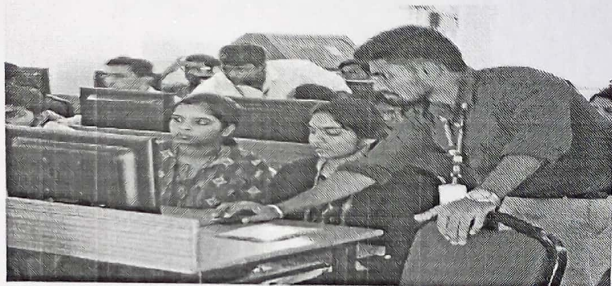
1. Python, HTML, JAVA and RDBMS Postgre SQL for CSE
2. C,C++
3. Python, C, Arduino
4. Python, HP and MySQL for IT

Wada College is associated with Teaching Learning organizing various programs on Computing Skills . The programs are conducted under ICT, like 'College to Corporate' program, C,C++ and Python as a part of the National Mission on Education through ICT, MHRD Govt. of India. The aim of this program is to create awareness about computing skills to its students.

The photographs of some of the programs conducted are given hereunder:



Students participating in training c++ program Program



Students participating in MS Office training

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