



KEY INDICATOR 5.1

METRIC NO - 5.1.3

INDEX

**CAPACITY BUILDING AND SKILLS ENHANCEMENT
INITIATIVES TAKEN BY THE INSTITUTION**

- 1. SOFT SKILLS**
- 2. LANGUAGE AND COMMUNICATION SKILLS.**
- 3. LIFE SKILLS (YOGA, PHYSICAL FITNESS HEALTH AND
HYGIENE)**
- 4. ICT/COMPUTING SKILLS**



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021

METRIC NO - 5.1.3

CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES TAKEN BY THE INSTITUTION

SOFT SKILLS



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021

Training and Placement Cell

Report

Online Aptitude Test conducted by 'Gadget – The Career Tool'

29 July 2020

On 29 July 2020, 'Online Aptitude Test' on Quantitative Aptitude, Logical Reasoning and English was organized by Training and Placement Cell for all the students of the college. The test was conducted by 'Gadget – The Career Tool' by way of Google forms quiz. For registration WhatsApp groups were created and the link forwarded to students of all the semesters. The test was free of cost and 610 students registered for the same. Total 360 students actually attempted it. E-certificates were sent by email to all the participants.

Dr. Vandana Kawadkar
Convenor



L.A.D. & SMT.R.P. COLLEGE FOR WOMEN, NAGPUR

Training and Placement Cell

Webinar on 25 May 2021

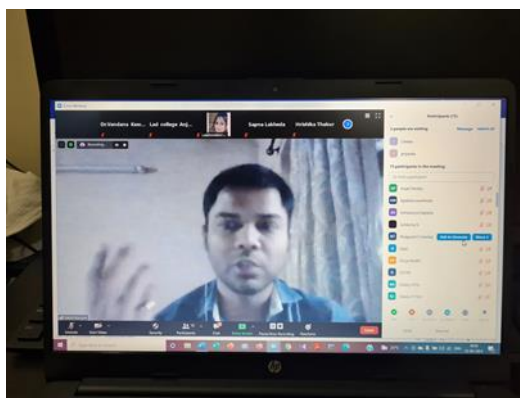
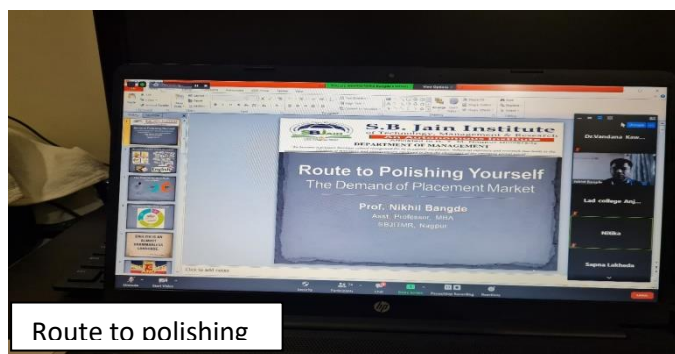
“Route to Polishing Yourself – The Demand of Placement Market & Future Career Prospects” conducted by S.B. Jain College, Nagpur

A Webinar was organized by Training and Placement Cell of L.A.D. College for Women, Nagpur in association with Department of Management, S.B.Jain Institute of Technology, Management and Research, Katol Road, Nagpur for the students of Final year of all faculties on 25 May, 2021 from 10.30 to 12.00 pm. The topic of webinar was “Route to Polishing Yourself – The Demand of Placement Market & Future Career Prospects”. Facilitator was Professor Nikhil Bangde, faculty and trainer at S.B. Jain College. The purpose of the seminar was to make students aware about expectations of corporate world from the job aspirants. He guided students about employability enhancement. He said that because of pandemic there is recession and therefore jobs are not available. Student must think about the situation and try to polish themselves. Students must go for higher education or do employability enhancement courses. He focused particularly on English Communication. He explained that how one should improve English communication skills by reading newspaper, reading English books, by listening English news, watching English movies and series with subtitles. He suggests names of newspapers, book authors, channel to watch good films. He also gave information about MBA course, Entrance Examinations, how to prepare for MBA entrances, etc.

80 students participated in the webinar. E-certificates were provided to the participants. The session was very fruitful, motivational and interactive.

Dr. Vandana Kawadkar –

Convenor



Dr. Vandana Kawadkar - Convenor



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021

Report - Communication Skills – 2 July 2021

Emotion Management – Dr.Naznin Chimthamwala

L.A.D & Smt. R. P. College for Women in association with JCI Nagpur Central, as a part of Communication Skills Training Programme , organized an online Session on '*Emotion Management*' on Friday, 2 July 2021 at 4 pm on Google Meet platform.

Resource Person was Dr. NazninChimthamwala.

She discussed various emotions and ways to manage them. She gave tips on Emotional Development . She guided the participants through a Meditation in which a beautiful creative visualization technique was demonstrated. Such relaxation techniques is the need of the hour to overcome the current pandemic situation happening around us. The webinar was very informative.

62 participants benefitted from the session.

The session concluded with an open discussion between the Resource Person and the participants in which all the queries were very passionately answered.

JcDr Shabina Sheikh conducted the proceedings.

JcAakashSoni introduced the Resource Person.

Jc AkshitaLamba proposed the formal vote of thanks.

Dr. Meenakshi Kulkarni, Coordinator worked hard for the success of the event.



Report - Interview Skills – 9 July 2021

Interview Skills – JcDr.ArvindeKour

L.A.D & Smt. R. P. College for Women in association with JCI Nagpur Central, as a part of Communication Skills Training Programme , organized an online Session on ‘*Interview Skills*’ on Friday, 9 July 2021 at 11 am on Google Meet platform.

Resource Person was Jc Dr. ArvindeKour, Zone Trainer, JCI

She dealt with the topic ‘Interview Techniques’. . She opined that according to a survey, to be successful – technical knowledge has only 15 % weightage whereas Attitude contributes to 85 %. She shared some interview tips : First Impression, Dress for success, Good posture and eye contact, Speak clearly with confidence and must have extensive research about the company. She also gave the STAR mantra to formulate answers : S – Situation, T – Task, A – Action, R – Result.

65 participants benefitted from the session.

JcDr Shabina Sheikh conducted the proceedings.

JcVenkat introduced the Resource Person.

JcSiya Thakur proposed the formal vote of thanks.

Dr. Meenakshi Kulkarni, Coordinator worked hard for the success of the event.

Dr Meenakshi Kulkarni



Report - Communication Skills – 23 July 2021

Time Management -Jc Gaurav Nawarkhele

L.A.D & Smt. R. P. College for Women in association with JCI Nagpur Central, as a part of Communication Skills Training Programme , organized an online Session on ‘*Time Management*’ on Friday, 23 July 2021 at 11 am on Google Meet platform.

Resource Person was Jc Gaurav Nawarkhele , Secretary JCI Tumsar for the year 2021 and Trainer of Zone IX. He commenced with a shloka of ‘Kaal’ from Mahabharata which emphasizes on the importance of time management.

He stated that everyone is gifted with 86400 seconds of time in the bank of life and it depends on how one encashes it. The benefits of Time Management are : it gives relief from stress, provides more opportunities to utilize time and reduces time wasters.

He stressed on the fact that - to manage time one has to set SMART goals

He gave some useful tips on how to manage time effectively : Prioritize your work, Prepare Time table, Make a to do list and the start is important.

The session concluded with an open discussion between the Resource Person and the participants in which all the queries were very ardently answered. 70 participants benefitted from the session.

JcDr Shabina Sheikh conducted the proceedings.. Jc Siddhi introduced the Resource Person.

JcAyush proposed the formal vote of thanks.

Dr. Meenakshi Kulkarni, Coordinator worked hard for the success of the event.

Dr Meenakshi Kulkarni



Report - Communication Skills – 30 July 2021

Building Relationship -Jc Shraddha Jais

L.A.D & Smt. R. P. College for Women in association with JCI Nagpur Central, as a part of Communication Skills Training Programme , organized an online Session on ‘*Building Relationship*’ on Friday, 30 July 2021 at 2 pm on Google Meet platform.

Resource Person was Jc Shraddha Jais

She threw light on various factors which affect relationships.

The session concluded with an open discussion between the Resource Person and the participants in which all the queries were very ardently answered. 38 participants benefitted from the session.

JcDr Shabina Sheikh conducted the proceedings.

JcSiya Thakur introduced the Resource Person.

JcAakashSoni proposed the formal vote of thanks.

Dr. Meenakshi Kulkarni, Coordinator worked hard for the success of the event.

Dr Meenakshi Kulkarni



Report - Communication Skills – 27 August 2021

Resume Writing Skills - JcGouravBais

L.A.D & Smt. R. P. College for Women in association with JCI Nagpur Central, as a part of Communication Skills Training Programme , organized an online Session on ‘*Resume Writing Skills*’ on Friday, 27 August 2021 at 2 pm on Google Meet platform.

Resource Person was Jc Gourav Bais

He elaborated on What is a Resume, CV and Biodata and their applications and differences. A sample resume was also prepared by the participants. 35 participants benefitted from the session.

The session concluded with an open discussion between the Resource Person and the participants in which all the queries were very enthusiastically answered.

JcDr Shabina Sheikh conducted the proceedings.

Jc SiyaThakur introduced the Resource Person.

Jc Aakash Soni proposed the formal vote of thanks.

Dr. Meenakshi Kulkarni, Coordinator worked hard for the success of the event.

Dr Meenakshi Kulkarni



Report - Communication Skills – 28 August 2021

Questioning Skills and Building Profile on LinkedIn - JcGouravBais

L.A.D & Smt. R. P. College for Women in association with JCI Nagpur Central, as a part of Communication Skills Training Programme , organized an online Session on ‘*Questioning Skills and Building Profile on LinkedIn*’ on Saturday, 28 August 2021 at 2 pm on Google Meet platform.

Resource Person was Jc Gourav Bais

He explained different types of questions – open questions, close questions, leading questions, linking questions and funnel questions.

He also demonstrated how to build a profile on LinkedIn App for seeking a job or starting up a entrepreneurship or a consultancy.

45 participants benefitted from the session.

The session concluded with an open discussion between the Resource Person and the participants in which all the queries were very enthusiastically answered.

JcDr Shabina Sheikh conducted the proceedings.

JcAakashSoni introduced the Resource Person.

JcSiya Thakur proposed the formal vote of thanks.

Dr. Meenakshi Kulkarni, Coordinator worked hard for the success of the event.

Dr Meenakshi Kulkarni



Wealth Awareness Programme

- A "Wealth Awareness Program" was organized by Faculty of Commerce and Management under Daan Utsav Program on 5 October 2021, from 1pm to 2 pm on Zoom platform. Webinar was conducted by Advisors Organization in association with the Securities and Exchange Board of India (SEBI). Dr. Riya Nathani, the guest speaker of the program gave information about the various concepts under Financial Management. 60 students of B.Com, B.B.A. and B.C.C.A participated interactively throughout the webinar.
- A webinar on "HOW TO SPEAK IN PUBLIC ?"; was organized by Faculty of Commerce and Management under 90 Years Celebration of college, on 22 October 2021, from 12.00 pm to 1.30 pm on Zoom platform. Webinar was presented by Ms. Chitra Kampany, faculty at ITM Business School, Mumbai. The program was very helpful for students as it guided them with the various concepts for Public Speaking, presentation, public appearance during presentation, gesture etc. and other related terms that they should always keep in mind while public speaking. 251 students of college participated in the webinar.

Dr Vandana Kawadkar



METRIC NO - 5.1.3

**CAPACITY BUILDING AND SKILLS ENHANCEMENT
INITIATIVES TAKEN BY THE INSTITUTION**

LANGUAGE AND COMMUNICATION SKILLS.



L.A.D. and Smt. R. P. College for Women, Nagpur- 10

Department of English

2020- 2021

Translation Workshop

November 2020

Report

A **Workshop** based on **Translation Studies** was conducted Online in October and November 2020. Retired Faculty, Department of English, of the College, **Prof. Dr. Vandana Pathak** and Dr. Sawan Dharampuriwar, Assistant Professor, Department of English, Vidyasagar Arts Mahavidyalaya, Khairi (Bijewada), Ramtek, Nagpur were the invited Resource Persons who interacted with the students on the various aspects of Translation. Both the Resource Persons have been actively involved in translation and published their works based on translation. Dr. Dharampuriwar conducted two lectures on *Characteristics and Opportunities of Translator* on 22nd (<https://drive.google.com/file/d/1diA7kymbiVmGTX6g2L4-KdeAiYrpMGZb/view>) and 29th (<https://drive.google.com/file/d/16bQnd5VrckbNBQ1CwJzLQDULuJnLIFe4/view>) October 2020. Prof. Pathak conducted two sessions on her personal experiences on translation and titled it as *Translation as I See it.....* on 28th October 2020 (https://drive.google.com/file/d/19T__3k5uoknF-C5SiPIvhvWm5fX2KT7m/view) and 4th (https://drive.google.com/file/d/1k8_eKjoRmrAtBDxyOs2Okh8QTLGiPxEZ/view) November 2020. Nidhee Meshram, the subject teacher conducted rest of the classes on the topic. She also made a brief presentation on the guidelines of the assignments based on translation on 25th October 2020 (https://drive.google.com/file/d/1ey3ntyLOizHz2_kJUJCACv-SvbiO2N-f/view) .

The students of B. A. Semester III, Supplementary English submitted translations. The students chose their own topics for the translations based on their mother tongue into English, the target language. These translations were compiled as a project .



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021

Twenty three students submitted their Translations in November 2020 on recipes, short stories, etc. from Marathi, Hindi, Sindhi, Bengali and Marwadi as their source language translating it in to English language.

Intention of this workshop, Guest Lectures and submission of Translations was to provide exposure, inculcate interest and skill amongst the students.



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021

Department of English
2020- 2021
Creative Writing Workshop

Report

The students of B.A. Semester IV, Supplementary English submitted their Book Reviews after a creative writing workshop which was held between 18/6/2021 to 30/6/2021. Total twenty four students' book reviews were received. Each student chose her choice of book for the review and submitted it in the Google Classroom of the Supplementary English Mail Id.

The subject teacher, Nidhee Meshram had engaged lectures based on the concept of writing book reviews.

Ms Nidhee Meshram



L.A.D. and Smt. R. P. College for Women, Nagpur- 10

Department of English

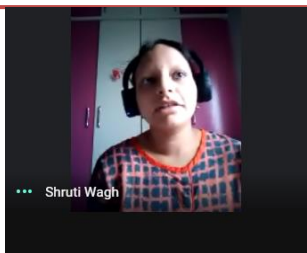
Report

Roundtable on Rabindranath Tagore's One Act Play, 'Chitra'

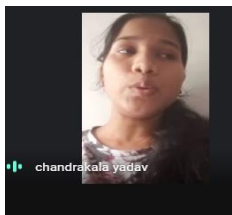
30th April 2021, Friday

A Virtual Roundtable for B. A. Semester VI, Compulsory English students was held on Rabindranath Tagore's One Act Play, 'Chitra' from 12:50 to 14: 50 on Google Meet on 30th April 2021. This event was held under the aegis of *Mindtools* , a Department of English venture to develop skills amongst students. At the beginning, Nidhee Meshram acquainted the participants about the **Aims, Objectives** and **Outcomes** of the Roundtable. This Roundtable was primarily organised keeping in view providing a platform for the vernacular students to let them explore their skills. Their comprehension of the text was the focus and hence, this event was multilingual, using Marathi, Hindi and English as the language of expression. In the Outcomes it was suggested that the vernacular students would certainly understand the importance of English as a professional language, and self - motivation would be playing a crucial role in trying to attain proficiency over the English language.

Since the Semester VI students of Humanities do not formally study Skills of oratory or discussions, this Roundtable was intended to provide them with an opportunity to express themselves as a joint event for all the three medium students. As they would be graduates soon, the Department of English ventured into this endeavor to help them acquire professional skills and life skills. Total eight speakers presented their thoughts on the various aspects of the One Act Play, 'Chitra'.

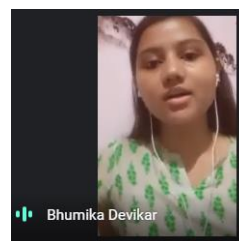


Shruti Wagh, (MM) presented her views on Chitra through an intertextual reference of cinema. She also made comparisons regarding prejudices that women continue to face even in the contemporary times. How breaking the stereotypes have been instrumental in shaping the society to believe that skills are natural and independent to an individual against any gender biases.

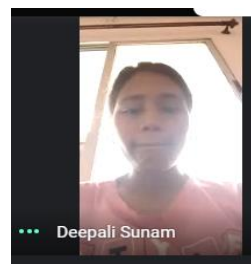


Chandrakala Yadav, (HM) spoke at length regarding the play focusing particularly on the main character. How Chitra's parents were able to cross the barriers by grooming her to become a warrior and surpass the inhibitions regarding gender biases and shoulder the responsibility of a King..

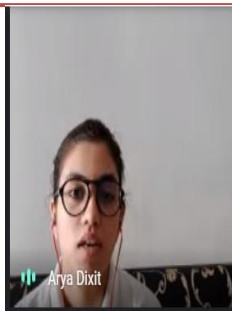
Bhuminka Devikar, (MM), tried to enter into the mind of Chitra, sensing multidimensional and conflicting thoughts that finally are able to resolve her into the process to accept reality from the otherwise make belief world that she requested the Gods to create to seek Arjuna's attention and love.



Deepali Sunam, (HM), tried to relate the personality of Chitra to a common contemporary girl. She voiced that the inner beauty of a human being is more crucial than physical beauty. The one act play suggests this concept in an effective way, where personality matters more than external beauty that incidentally lies in the eyes of the beholder.



Aditi Raut, (EM) expressed that the play is universal to women. She felt that Tagore has skillfully challenged the standards of beauty and general norms. He chose a strong woman protagonist who deferred the stereotypical notion of femininity. Later, Chitra alters herself into the typical framework of a female to seek Arjuna's love that she long has been imagining in her dreams. She in the process tries to explore her personality.



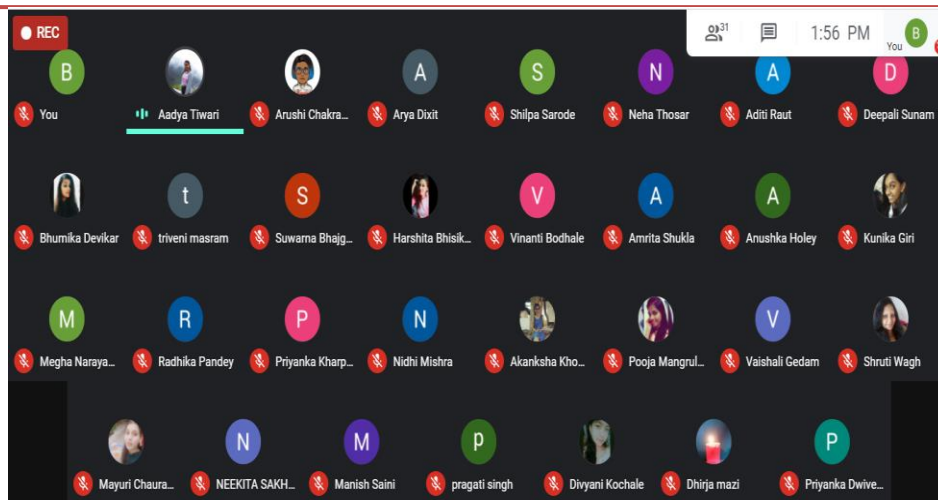
Arya Dixit, (EM), discussed different themes presented in the play. She said though the play is adapted from mythology, it holds relevance in contemporary times. She felt that there is a deliberate suppression of Chitra's feminine side in order to live up to her father's expectations, reflecting role ambiguity. Vasanta, the God granting Chitra beauty only for a year could be a pretention of falsehood as ambiguity does not last long. Later on Chitra reaches a stage when she does not mind rejection and attains her peace of mind by accepting reality.

Arushi Chakraborty, (EM) spoke about Chitra's inferiority complex and how relevant it is in 21st century as well. After meeting Arjuna she decks up in best garment, and makes the first move which was unprecedented then and still unusual today. But Arjun's rejection at that instance brings in the feeling of inferiority complex, compelling her to seek help from the Gods. This aspect deals with today's unrealistic beauty standards that seek help of apps that filter us to look good and attractive and denies us our own identity for acceptance.



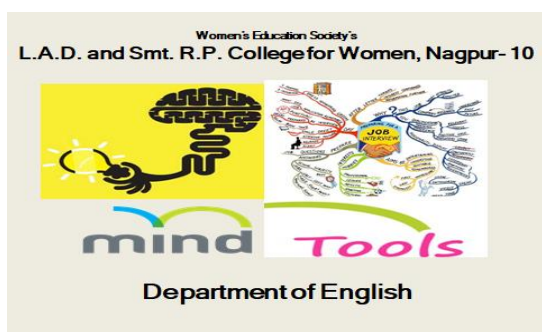
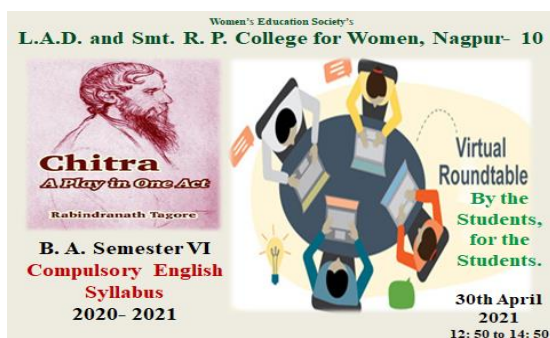
Aadhya Tiwari, (EM) raised certain questions as to why in the first place Chitra was not treated like a female as she could have still be able to display her warrior skills with proper training as they were perhaps inbuilt. She further voiced the double standards of society when Arjuna rejects her when she appears as real Chitra. But later accepts her as she turns beautiful and instantaneously dissolves his vow of celibacy. This only proves that both, Chitra and Arjuna run away from their truthfulness.

Highlight of the event was when all the eight speakers, attendees and teachers, **Dr. Shilpa Sarode, Neha Thosar** and **Nidhee Meshram** discussed at length about the play. The deliberations proved to be fruitful as a learning tool regarding the different point- of- views, perceptions and nuances of the text, including the way Rabindranath Tagore skillfully adapted the play focusing on woman character from North- East and how aesthetically the figurative language of the play along with its under tones made it even more expressive.



This discussion at the end further reiterated the success of the Roundtable as it set forth the tempo of organising such academic oriented events in future regularly.

A feedback form was also provided to the attendees. This was the first of its kind Virtual Roundtable that the Department of English instigated for the students and by the students of the College.





Department of English
The Book Club

Book Review Report Black Warrant

“The Book Club”, a new initiative of the Department of English was initiated this year on 22 October 2020 and was inaugurated at the hands of Vice Principal, Mrs Radhika Yelkawar. The online inaugural event was a book review of the book “Black Warrant” by Sunetra Chaudhary . Arushi Chakrabarty, a student of BA Sem V, English Medium , reviewed the book for its content, style and language .

She said that the book was an account of Tihar Jail, New Delhi, as seen through the eyes of Sunil Gupta, former assistant Superintendent at Tihar, and woven into words by Sunetra Choudhury, journalist and anchor with The Hindustan Times, author of the 2017 book “Behind Bars”. An account of some of India’s most famous prisoners, Black Warrant is a candid and macabre account of the life at Tihar, the odd hierarchy where prisoners with power tower over other prisoners and even the authorities themselves. It also recounts some of the most notorious inmates of the prison, from Charles Sobhraj to Nirbhaya’s rapists, each denoting an era where India’s law failed civilians and politicians alike.

The book review was met with a hearty response, and various questions were presented at the end of the program. Two of the most interesting questions are given below.

Q 1. Is co-authoring a book prone to being biased?

A. Co-authoring is a great way to bring in two different points of view into a story, to give it more depth than a single author could usually do. The story of one, and the words of another is a team project. About the problem of getting biased, that is left to the sensitivities of the authors to lean towards a belief or ideology, especially if the book is about a political or historical issue. The best case is when both authors take an objective approach to the substance of the story, and present it as it is.

Q 2. Can we say that the Black Warrant is a call for the government to initiate reforms?

A. Absolutely! This book’s main aim is not to instill fear or shock by recounting India’s most notorious criminals, but to give the readers a glimpse of a system that has failed us time and again with all its loopholes and corruption, by allowing criminals with power to leave captivity at the cost of a few crisp notes, and the weak to perish without ever receiving the



justice they were denied. So yes, this book is indeed a call for the government as well as the law enforcers to initiate many great reforms to ensure safety, dignity and prevention of misuse of power by anyone.

The Chief Guest for the function was Mr Sachin Jahagirdar, Treasurer & Trustee of Nagpur First Foundation, a book lover and avid reviewer of books on history. He appreciated the initiative of the Book Club and wished it all success. Vice principal, Mrs Radhika Yelkawar inaugurated The Book Club. The teachers of the department all worked for the programme. The Department thanks the Principal Dr Kotwal for all her support in this departmental venture.

Dr Ruta Dharmadhikari

Head , Dept of English



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021

Department of English

The Book Club

2020-2021

A Thousand Splendid Suns

The second activity of the Book Club was held on 6 November 2020. Shaunaki Kokate, B. A. Semester I (EM) presented her review on the book 'A Thousand Splendid Suns'. Neha Joglekar, faculty, guided her in how to write a book review. Shaunaki talked about the themes of the novel and there was an interesting discussion of the programme afterwards. The students found the review very interesting

Dr Ruta Dharmadhikari



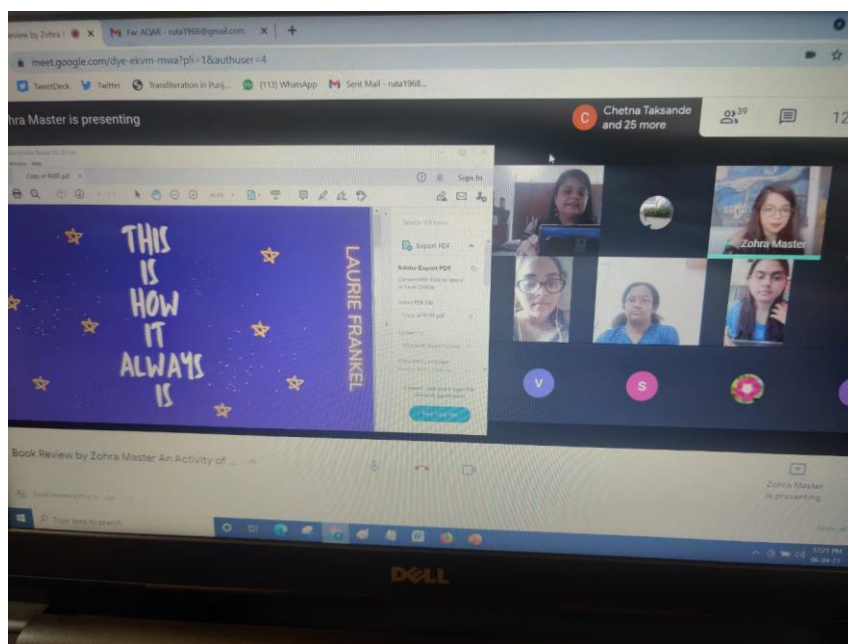
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NAAC AQAR 2020 - 2021

Department of English
The Book Club

This Is How it Always Is

Zohra Master, an alumna of the College presented her Book Review on “This is How it Always Is” written by Laurie Frankel on 6 April 2021. The review was presented online and in a fun interactive mode. Zohra talked about the book’s base in psychology and brought up nuances of behavioural skills during the interactive discussion session.



Dr Ruta Dharmadhikari



Department of English
The Book Club

Autobiography of A Yogi

Smiti Sarkar, B. A. Semester IV (EM) reviewed the book “An Autobiography of a Yogi” on 11 May 2021. The book is a classic in Indian literature and Dr Shilpa Sarode, faculty, engaged in a post review discussion with her, bringing out the critical aspects of her review.

All the book review programmes were held online, due to the Pandemic. This did not deter the enthusiasm of the students. All the reviewers had power point presentations and were able to communicate effectively and thereby students benefited. They learnt the art of writing a review, the art of post review discussions and how writing a review helps in critical analysis and critical thinking.

All the programmes were attended by the staff of the Department of English as well as other teachers from the department.

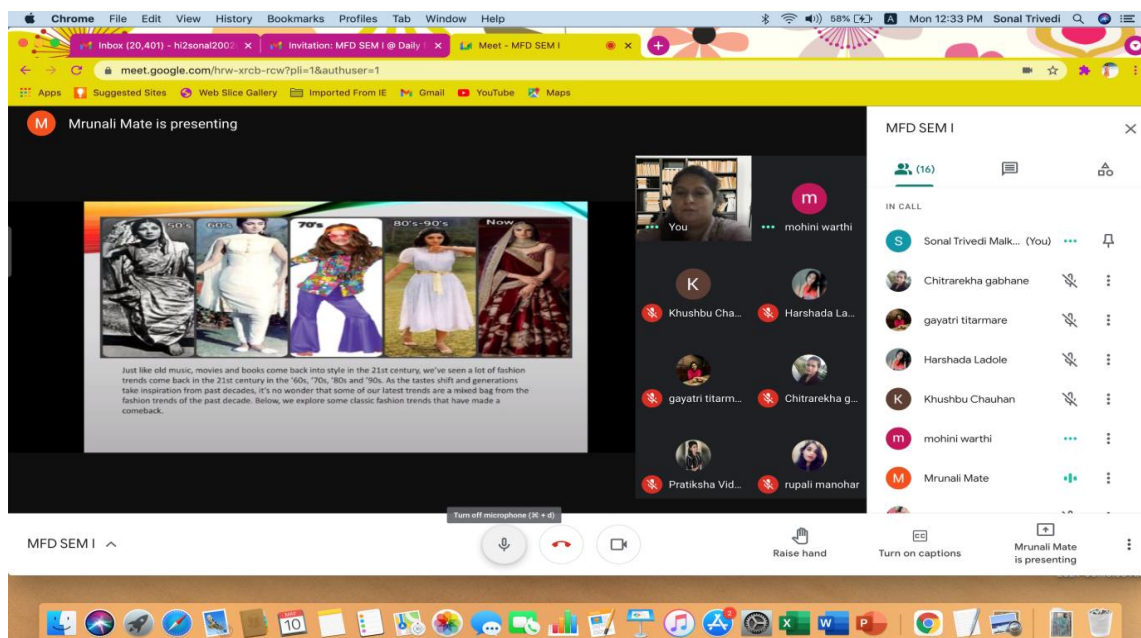
Dr Ruta Dharmadhikari



Report

Language and Communication skills for Entrepreneurship development skills

8th March to 24th March 2021: The workshop was intended for developing entrepreneurship skill within the students for establishment of boutiques, small production units, outsourcing for readymade garments ex. Dress codes and school uniforms. The various sessions under the workshops like effective communication method, confidence building process, prepared students to face the competitions and challenges in fashion market.



Online session on Communication skills for Entrepreneurship Development

Resource Person : Sonal Trivedi



REPORT

Certificate Course in Urdu

03/02/2020---20/02/2020

Department of Urdu has organized two weeks “**Certificate Course in Urdu**” in collaboration with Justice M. L. Pendse School of Languages and Media Studies from **03rd February 2020 to 20th February 2020** under the guidance of Principal Dr. Deepali Kotwal and Vice Principal Mrs. Radhika Yelkawar.

The coaching was free of cost. Classes were conducted two hour daily. 12 students from junior and senior college registered for the same. Objective of course was to teach Urdu from basic level and to develop confidence among the learners regarding the fluency and proficiency in conversation including basic grammar, pronunciation and accent. Emphasis was given on listening , speaking, reading and writing skills. Dr. Reshma Tazayeen, HOD Urdu, Dr. Nikhat Parveen and Ms. Sana Bano Rayeen were the resource persons for the course. After the successful completion of course, certificates were distributed to the students.



Certificate course in Urdu

Dr. Reshma Tazayeen

HOD Urdu



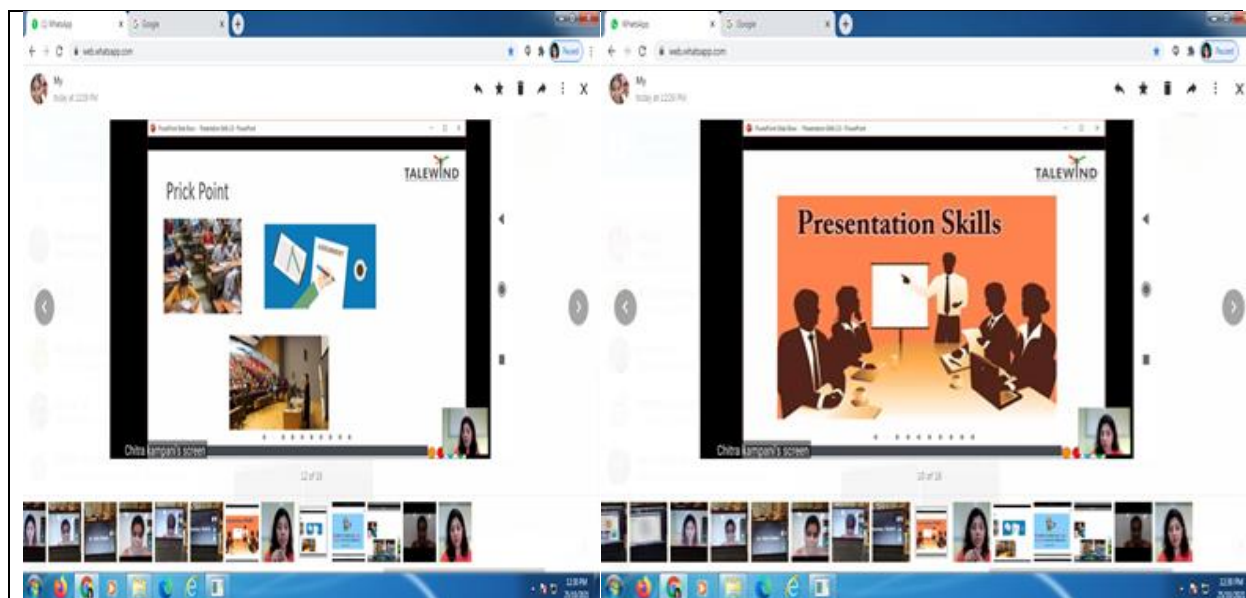
**Webinar on "HOW TO SPEAK IN PUBLIC?"
22nd October 2021**

A "HOW TO SPEAK IN PUBLIC?" was organized by Faculty of Commerce and Management under 90 Years Celebration of college, on 22nd October 2021.

Ms. Chitra Kampany, faculty at ITM Business School, Mumbai, was the guest speaker of the program. She gave information about different way of Public Speaking. She gave an insight on the concept of the five senses of skill i.e. , Benefits of Public Speaking, different ways of Public Speaking, Importance of Public Speaking, Types of Audience were also postulated. Moreover, ways to prepare a presentation, ways of presenting a presentation, the gestures of the presenter while presenting a presentation, how to engage the audience with the presenter were also explained. She also updated students on how to apply for public appearance. The Prick Point of a Presentation, The solace and ways to deal with anxiety were also suggested.

The program was very helpful for students as it guided them with the various concepts for Public Speaking , presentation , public appearance during presentation , gesture etc. The interaction with students was conducted at the end of the session.

251 students of final year from all the faculties of college participated interactively throughout the webinar.





L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021

METRIC NO - 5.1.3

**CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES TAKEN BY
THE INSTITUTION**

**LIFE SKILLS (YOGA, PHYSICAL FITNESS HEALTH AND
HYGIENE)**



Report

International Yoga Day Marks the inauguration of Fitness Literacy Year 2021-22

Physical Education and Sports department of LAD College celebrated International Yoga Day as a First Programme of Fitness Literacy Year 2021-22 , on 21st June 2021 at 7.30 am. The Teaching , Non-Teaching staff and the invited superannuated staff of college participated in the programme which was held in an online mode .

The programme commenced with the condolence to the Athletics Legend Milkha Singh Dr.Titarmare Head of the Physical Education and Sports formally declared inauguration of the Fitness Literacy Year Programmes for 2021- 22. The College has initiated, the Fitness Literacy to spread general awareness regarding physical ,mental, social, emotional and spiritual fitness in the society through its staff and students, and gave the introductory remark. Dr. Neeta Kashyap introduced the Yog Guru's to the participants.

The first session of various *aasanas* was under the guidance of Dr.Madhuri Datar , the superannuated staff of L.A.D College itself and a yog guru associated to Patanjali Yog Samiti by providing a running commentary about the advantages of *aasanas* that were demonstrated by Ms.Nilima Waghmare Sonkamble followed by all the participants actively.

In the second session the Former Vice Principal of L.A.D College Dr. Kalpana Dhawad guided the participant for Pranayam and Dhyan .

Both the Yog Guru's interacted with the staff members and made them understand the benefits of *Asanas* , *Pranayam*, and *Dhyan's* and its importance for fitness in today's lifestyle that is stressful and demanding.

Dr. D. Titarmare, Convener, International Yoga Day together with her department staff Dr. Neeta Kashyap, Ms. Nilima Waghmare Sonkamble , and Dr. Varsha Bhujbal worked hard for the success of the event. Principal Dr. Deepali Kotwal , and both the Vice Principals Dr. Alka Dhondge and Dr. Pooja Pathak were prominently present and participated in the event.



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021



International Yoga Day 21/6/2021

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30

Azadi ka Amrut Mohotsav

Report

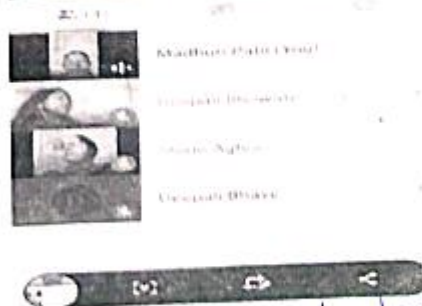
On account of completion of 75 years of Indian independence, Ministry of Education and Ministry of Broadcast and Telecommunications launched "Azadi Ka Amrit Mohotsav" which is 75 weeks prior to the 75th Independence anniversary. On this occasion Department of History and Department of Political Science had organized an online Guest Lecture of Dr. Deepali Bhawe, Associate Professor & Head, Dept of History, Women's College of Arts and Science, Nagpur on 12th March 2021. The program was conducted by Dr. M Patil, HoD History. She introduced the Guest Speaker and gave information about the significance of program. Dr. Bhawe's lecture was on the topic, "Importance of Civil Disobedience Movement in India's freedom struggle". She emphasized the role of Dandi March as an epoch making event of India's Freedom struggle. Total 80 students attended the programme which was held virtually through Google Meet due to COVID 19 pandemic. The formal vote of thanks was proposed by Dr. Shirin Aghor. She expressed gratitude towards the guest speaker Dr. Bhawe. She also thanked our Principal Dr. D Kotwal, Vice Principal Ms. R. Yelkavar and Humanities Faculty Supervisor, Dr. D. Titarmare for their continuous guidance and support. The program was successful due to efforts of staff and students of Departments of History and Political Science.

An Essay competition on the subject "Importance of Dandi March in India's Freedom" was also conducted for the students. Entries of 14 students were received for this competition in Hindi, Marathi and English languages altogether. Essays by following students were adjudged as noteworthy and they were complimented for their efforts.

Saniya Singh (B.A I EM), Ruchita Gupta (B.A II EM), Manjiri Sakharkar (B.A II EM), Prachi Sahare (B.A I MM) and Falak Noor Rayeen (B.A I HM)



Ilal
 Dept of History
 Prop. Father



Pratipal
Lady Darnley Darg College For
Women of Art, Commerce & Science And
Ent. Planned Purulia College of Home Science
& Home Science Technology, Nulpa-10



Krida Diwas

Department of Physical Education and Sports

Report Rashtriya Krida Diwas Function

29th August 2020

On the Occasion of Rashtriya Krida Diwas ,the Birth anniversary of Major Dhyanchand the Legend of Indian Hockey , department of Physical Education and Sports conducted Online "Pranayama Session" for the students . On 29th August 2020, Rashtriya Krida Diwas Programme 45-50 students and the concerned staff attended the Programme . On this occasion the guest speaker Mr. Sanjay Khonde, the well-known Instructor from Patanjali Yog Samiti , Nagpur conducted Pranayam Session on Saturday at 7.50 am . Mr. Sanjay Khonde explained the students how difficult is the todays Pandemic Situation and why pranayama and yoga is important at this stage the importance of Pranayama during the COVID-19 Pandemic ,as how it can improve one's immune system and protect ourselves from illness and any type of such infections , he also made students do the Pranayama such as (Bhastrika, Kapal Bhati, Anulom Vilom, Bhramari, sheetali) practically the correct technics of Pranayama , so the students can learn and also teach their family members too and help them improve their immunity too, also he explained the importance of asanas and especially Surya Namaskar and its importance in daily life, demonstrated the correct postures of Surya Namaskar.

Dr. D. Titarmare gave a brief importance of the Rastriya Krida Diwas Programme and introduction of the Guest Speaker she also proposed the formal Vote^{of} Thanks.



Practice of yogasana 5/10/2020, 6/10/2020, 7/10/2020

Yogadaan Programmes

Yog Daaan Programme
For All the Faculty Students

On the Occasion of Daan Utsav Week department of Physical Education and Sports contributed to the cause by giving the Yog Daan, on this occasion conducted Online "Yoga session" for the students of Humanities, Commerce, Science ,B.Tech and B. Sc. Home Science. For this Yog Daan programme our Resource person was Mr.Sanjay Khonde and his daughter Ms. Shruti Khonde . Mr.Sanjay Khonde is an Engineer by profession but has completely devoted himself for Yoga , he is senior Instructor of Patanjali Yog Samiti, Nagpur, He is working as Sectional Engineer at Hydrological Project Division, Nagpur , he is Post Graduate in Yoga, recently sir has Passed Third Level International Exam in Yoga,he is an active member and instructor of Yog Samiti since 35 years , in his career he has conducted more than 100 Yoga Camps as an instructor , and Sir is with us since 6 years and has conducted many camps for our students and staff too. He is continuously conducting Online Yoga, Pranayama and Meditation session throughout the Pandemic for Agrasen Bhawan, Police Dal CRPF, Central Jail various companies , Organisations clubs , Schools and colleges. On this occasion the guest speaker Mr. Sanjay Khonde, the well-known Instructor from Patanjali Yog Samiti , Nagpur conducted Yogasans and Pranayam Sessions.

On 5th October 2020 at 7.50 am to 8.50 am the session was Organized for Humanities Faculty students and 254 students were benefited by this session, the programme was compared by Ms.Nilima Waghmare (Sonkamble) Assistant Professor of Department of Physical Education and Sports.

On 6th October 2020 at 7.50 am to 8.50 am the session was Organized for Commerce Faculty Students and on this day also 250 students were benefited by this session, the programme was compared by Dr. Durgeshnandini Titarmare Associate Professor of Department of Physical Education and Sports.

On 7th October 2020 at 7.50 am to 8.50 am the session was Organized for Science Faculty Students and on this day near about 90 students were benefited by this session, the programme was compared by Dr. Neeta Kashyap, Associate Professor of Department of Physical Education and Sports.



Yogadaan Programme held on 8/10/21

On 8th October 2020 at 7.50 am to 8.50 am the session was Organized for B.Tech and B. Sc. Home Science Faculty Students and on this day near about 40 students were benefited by this session the programme was compared by Dr. Durgeshnandini Titarmare Associate Professor and Vote of Thanks was given by Ms.Nilima Waghmare (Sonkamble) Assistant Professor of Department of Physical Education and Sports.

In this Yog Daan sessions Mr. Sanjay Khonde explained the students how difficult is the todays Pandemic Situation and why pranayama and yogasana is important at this stage the importance of Pranayama during the COVID-19 Pandemic ,as how it can improve one's immune system and protect ourselves from illness and any type of such infections , he also made students do the Pranayama such as (Bhasrika, Kapal Bhati, Anulom Vilom, Bhramari, sheetali Jalneti and many more) practically the correct technics of Pranayama , so the students can learn and teach their family members too and help them improve their immunity , also he explained the importance of asanas especially Surya Namaskar its importance in daily life, and the correct postures of Surya Namaskar , the asanas were demonstrated by his daughter Ms. Shruti Khonde .





L.A.D. and Smt. R P College for Women, Nagpur
Students' Quality Assurance Cell
Department of English
Positive Periods

SQAC and Department of English organised a talk on health awareness by renowned gynaecologist, Dr Vaidehi Marathe, on the occasion of World Menstrual Hygiene Day entitled “Positive Periods” on 31 /5/2021 in online mode from 4pm to 5pm with the link <https://meet.google.com/uki-ebkc-dpu>

She guided the participants regarding importance of Menstrual Hygiene and Green Periods.

She explained with a power point presentation the way to use menstrual cups and avoid generating menstrual trash.

The programme received such an overwhelming response from the students that many could not attend since the meet reached maximum number of participants.

More than 100 students attended the programme.

Dr Ruta Dharmadhikari

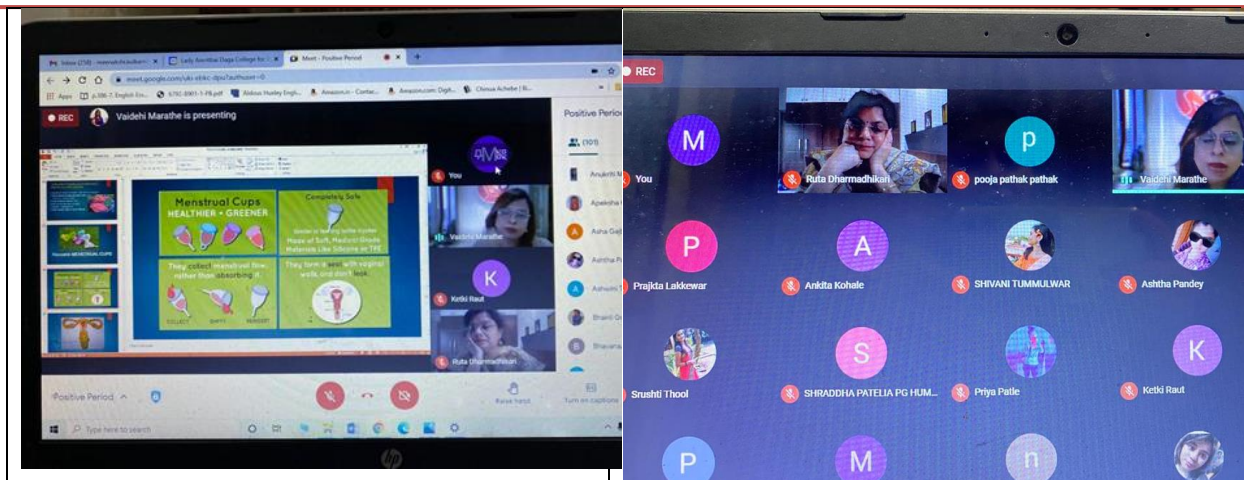
Convenor and Head

SQAC, Dept of English



L. A.D & Smt. R.P. College for Women, Nagpur

NAAC AQAR 2020 - 2021



Health Awareness Programme on Menstruation and Green Periods

SQAC

31/05/2021



METRIC NO - 5.1.3

**CAPACITY BUILDING AND SKILLS ENHANCEMENT
INITIATIVES TAKEN BY THE INSTITUTION**

ICT/COMPUTING SKILLS



Computer Application for Computer Project Writing workshop

Department of Master of Fashion Design
Report of Computer Application in Report Writing

Computer Application in Report Writing: Sem IV

This workshop is intended to train students systematic application of typing, editing, setting, graph making and printing for various report writing according to the requirement of subject during their course of studies in subjects like Craft Survey & Documentation, Research designing, planning and presentation, portfolio making, fashion dictionary, tech-pack and fashion reading.

Resource Person. : Anuja Darvekar

Duration : 1.5 hrs /day for 1 week

Dates : 14th June to 19th June 2021

List of participants

Sr.No.	Name of participants
1	Alfiya Sharif
2	Devika behare
3	Ekta Jangid
4	Mayuri Moudekar
5	Megha Banote
6	Megha Sahare
7	Minal Sadavarte
8	Neha Gawai
9	Neha Meshram
10	Pravina Dhepe
11	Renuka Sharma
12	Samita Raoot
13	Shrebano Hussein
14	Shweta Meshram
15	Yogita Neware

Principal
Lady Amrital Daga College For
Women of Art, Commerce & Science And
Smt. Rajwade Purnima College of Home Science
& Home Science Technology, Nagpur-46




Training for Uses of software

Department of Master of Fashion Design
Report of Tech Pack

Tech-Pack : Sem III


Tech pack is a technical sheet made with garment specifications which is a requirement of readymade garment industry and export house of outfits. Students are individually taught setpwise process of making tech-pack for five garments of their choice.

Resource Person. : Rakshata Mankar
Duration : 1.5 hrs /day for 1 week
Dates : 25th March to 1st April 2021



List of participants

Sr.No.	Name of participants
1	Alfiya Sharif
2	Devika behare
3	Ekta Jangid
4	Mayuri Moudekar
5	Megha Banote
6	Megha Sahare
7	Minal Sadavarte
8	Neha Gawai
9	Neha Meshram
10	Pravina Dhepe
11	Renuka Sharma
12	Samita Raoot
13	Shrebano Hussein
14	Shweta Meshram
15	Yogita Neware


 Principal
 Lady Amrital Daga College For
 Women of Art, Commerce & Science And
 Smt. Ramkesh Purand College of Home Science
 & Home Science Technology, Nagpur-40



Training For the Uses of Software: SketchUp Software Training

Department of Interior Design

36

List of Part III Students attending 'Sketch UP' & 'Revit' Classes

2020-21

1/7/2020 to 28/2/2020

2020-21 (Total Participants: 33)

Ayushi Kohli	Aarya Kanade	Asmi Zodape	Astha Oswal
Laxmi Panche	Gauri Hemke	Insiyah Companywala	Kalyani Kshirsagar
Mayuri Choure	Madhura Sahasrabudhe	Nupur Dhomne	Neeta Meshram
Nikita Karangutkar	Mahevish Sheikh	Rahel Sonekar	Prachi Wagh
Prachita Bandhekar	Prathna Mansata	Sakina Dargahwala	Garima Murarka
Rukaiyah Hakimi	Tanushree Bhongade	Shriya Gattani	Shriya Kabra
Shruti Jashnani	Pavanta Kaur Bhasin	Umme Hani Husain	Vaishali Bajaj
Manasi Kedia	Neha Kale	Afeefa Khan	Sakshi Gajbhiye
Shifa Sheikh			



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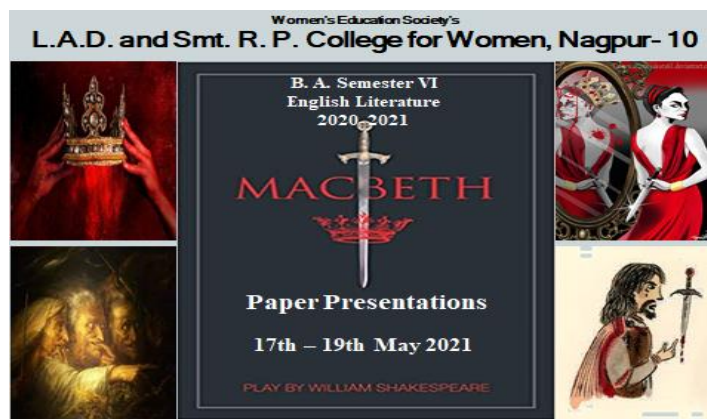
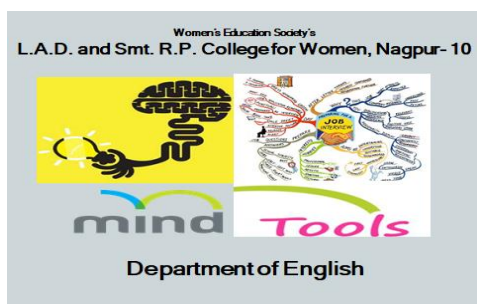
NAAC AQAR 2020 - 2021

L.A.D. and Smt. R. P. College for Women, Nagpur- 10

Report

**Three Day Paper Presentation Series on 'Macbeth'
17th to 19th May 2021**

Department of English



A three day online Paper Presentation series from 17th to 19th May 2021 was organised by Mindtools, a Department of English initiative in collaboration with *Manthan*, an interdisciplinary platform established under the aegis of the Research and Development Cell of the College from 4pm to 5pm. The presentations were made on Google platform by the B.A. Semester VI, English Literature students on a variety of topics of their choice on the drama 'Macbeth'



that is prescribed in the Even Semester by the R.T.M.N.U. Nagpur University, Nagpur.

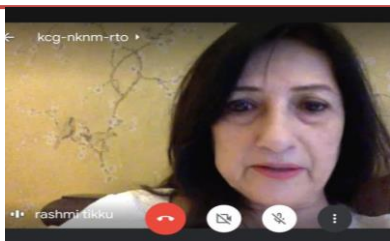
The **Aim** of the Paper Presentation series was to provide a chance to the students of English Literature to hold a discussion on syllabus based component and enable them to express their point- of- view regarding the entire setting of the drama 'Macbeth'. Similarly, the **Objectives** of the series was to provide an opportunity to the students of Literature and to accredit them to express their thoughts and perceptions about the drama in their own unique way of understanding.

Expecting the **Outcomes** of inducing inclination towards research, reestablishing reading and writing habits amongst students, the expectation was to also inculcate the practice of using resources to support their research and acknowledge the sources they have employed and dissuade plagiarism.

Ten students made their Paper Presentations in this series and Chairpersons were invited for each session to familiarize students of professionalism in their last Semester of under- graduation.

On **Day One**, the 17th of May 2021,

- **Shrinidhi Darbhe** made her presentation on , '*Macbeth as a Swirling Concoction of Loyalties and Dissonance*',
- **Arushi Chakravarthy** on '*The Theme of Fate and Free Will in Macbeth*',
- **Sanjana Mankar** presented her paper on '*Macbeth's Lust for Power*' and
- **Aditi Raut** discussed about '*Significance of Macbeth's Ending*'.

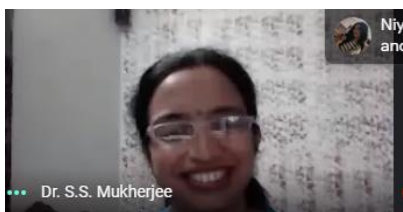


Dr. Rashmi Tikku, former Head, Department of English of the College was the Chairperson who discussed at length the presentations made by each Student. She talked about the play being discussed

and considered a bad omen; but still generates to thrill the audience and readers alike regarding its plot and the sensitivity of the protagonist as an epitome of human quality.

On Day Two, the 18th of May 2021 of the Paper Presentation,

- **Aishwarya Sheorain** expressed her views on '*Thunder and Lightning, Enter the Three Witches*',
- **Savy Sadhu** elaborated on the '*Fate of Vile : Dark sides of Lady Macbeth*',
- **Gaurangi Jaiswal** spoke on the '*Theme of Deception in the Play Macbeth*' and
- **Afreen Sadaf** reflected her thoughts on '*Macbeth's Hamartia*'.



Prof. Dr. Subhashree Mukherji, an English Faculty from Kamla Nehru Mahavidyalaya, Chaired the second session. She put forth her

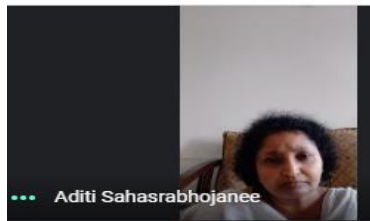
thoughts to enhance professional skills through such presentations with appropriate body language and voice modulation. Prof. Mukherji further emphasised upon the development of Presentation Skills that would naturally retain the attention of audience throughout.

Third Day of the Paper Presentations on 19th of May 2021 had –

- **Krupa Zade** discussing her point- of- view on '*Prophesies in the play Macbeth and How it Influenced Macbeth*' and



- **Surabhi Gupta** spoke on '*How the Evil Overpowers Virtue in the Play Macbeth*',



Mrs. Aditi Sahasrabhojane, Part time Lecturer, Oxford College of Arts, Bangalore the Chairperson of this session interacted with the paper presenters

through a highly interactive question and answer round to reassure them with their first attempt of presenting research papers.

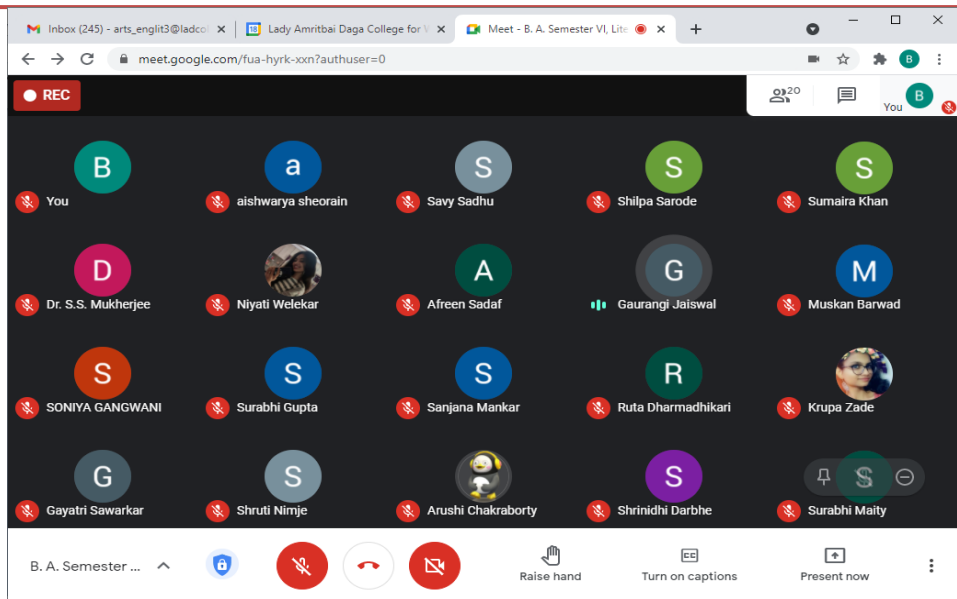
The Chairpersons appreciated all the Paper Presenters and their choice of topics that they surfaced their deliberations upon. A feedback form was provided to the Paper Presenters to learn about their overall experience of presentations.

This was for the first time that *Manthan* extended its platform for students to encourage research orientation amongst them. This Paper Presentation series was possible owing to the encouragement and motivation provided by **Dr. Deepali Kotwal**, the Principal of the College and support extended by **Dr. Ruta Dharmadhikari**, the Head, Department of English. **Dr. Shilpa Sarode** helped for the conduct of this Paper Presentation series. All the faculty members of the Department of English of the College attended the series and **Nidhee Meshram**, the subject teacher initiated the entire event.



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Three Day Paper Presentation Series on ‘Macbeth’



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NAAC AQAR 2020 - 2021
