

5.2.1 Report related to Capacity Development and Skills Enhancement Activities

Soft Skill

1. Skill Development Workshop:

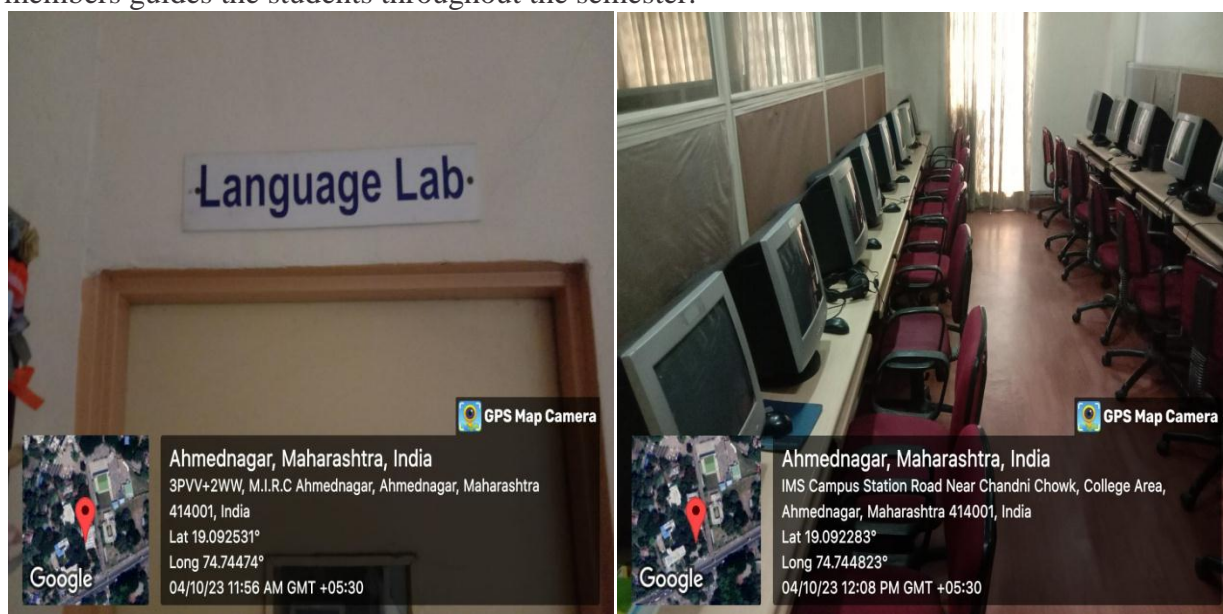
From 1 to 3 December, 2022, 'Skill Development Workshop' was held. The workshop, conducted by Mr. Abhijeet Patatde from the American Indian Foundation, covered skills such as public speaking, team building, and communication. On the last day, some students created a jingle related to the workshop activity and performed it for everyone.

(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

Language and Communication Skills

2. Language Lab

Language Lab: Soft skill Lab access given to all the students' batch wise and soft skill faculty members guides the students throughout the semester.



Language Lab

3. BUSINESS PLAN COMPETITION

Institute - Innovation Cell in association with SEEDC organized a business plan competition in the month of June 2023. As a part of this activity a preparatory session was organized on 'Business Plan Preparation' on 5 May 2023. The speaker for the programme was Prof. (CA) Paresh Bora, from Ahmednagar College, Ahmednagar. He covered the basic aspects of Business Plan and discussed 13 key points to be covered while preparing a business plan.



(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

4. The main competition was organized on 28 June 2023. 6 groups from MBA participated in Business Plan Competition. Mr. Aniruddha Ghaisas was the judge for the competition. Students presented business plan on restaurant, café, social media agency, ariculture etc. Winner and runner up teams were awarded with the cash prize of Rs. 7000/- and Rs. 5000/- respectively. All the students received participation certificates. Alumni of IMS Mr. Gautam Bahadurje, Mr. Sumit Lodha and Mr. Amol Prabhakar were the mentors for the competition.



(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

5. **Human Values and Ice-Breaking:** On 29 and 30 November, Dr. Meera Kulkarni conducted a session on Universal Human Values and Ice-Breaking activities were organized by second year students to foster a friendly college environment.



(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

6. MANAGEMENT GAMES - 2023

Management Games were organized on 11 and 12 January, 2023. The event was named 'Business Barons : Rise of Industry' Students participated in various competitions such as Sponsorship, Brand Wagon, Ad-Mad Show, Mock Stock, Team Building, and Best Manager. Team 'Godrej, Aditya Birla and Patanjali' won the overall Championship of the event. Ms. Prasanna Kulkarni (MBA-II) won the 'Best Manager' Contest.



(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

7. 'IT WAVES'

The event 'IT Waves' was organized on 7 December 2022. The event included various competitions like Poster Competition, Team Games, Dance Competition and Board Decoration for MCA students. The inauguration programme was held on 26 Nov, 2022. 8 teams were formed and each team had 8 members. Dr. M. B. Mehta, Director, IMS, Dr. Vikram Barnabas, Deputy Director, IMS and Dr. U. H. Nagarkar, Head IT Dept, were present for the Prize Distribution Programme. The winning teams received a Trophy, Certificate and Cash prize. The winners were : 1 - Mr. Bean Club, 2 - Spiderman Club, 3 - Harry Potter Club



(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

Life skills (Yoga, physical fitness, health and hygiene)

8. Workshop on Life Skills

A workshop on 'Life Skills' was organised for MCA-I students on 19 April 2023. Ms. Hasmita Gandhi, Pranac Healer, Ahmednagar was the resource person for the workshop. She guided the students on the importance of Auras and Chakras, Super Brain Yoga, Meditation & Positive Thinking. Students performed Yoga Asanas, Meditation and Omkar chanting.



(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

9. ONLINE SESSION ON 'DRUG FREE INDIA, HEALTHY INDIA'

Dr. Vikram Barnabas, Deputy Director, IMS in collaboration with Civil Hospital, Ahmednagar, organized an online session on 'Drug-Free India, Healthy India.' Civil Hospital has been running a campaign to raise awareness amongst students about drug addiction, internet addiction, etc. As part of this initiative, the session was held on August 1, 2022, for MBA students. Dr. Tejaswini Miskin, a Psychiatrist from the District Mental Health Programme, provided guidance to the students on various types of addictions and drugs.

(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

10. STAR HEALTH INSURANCE (ZONAL OFFICE)

An Industrial Visit was organized for MBA-I & II - Finance Specialization students on 13 & 14 June, 2023 respectively to Star Health Insurance (Zonal Office), Ahmednagar. 17 students participated in the industrial visit. This visit was administered and executed under the guidance and supervision of Ms. Poonam Kandur (Deputy Manager) and Ms. Sonali Kale, working at Star Health Insurance. Ms. Poonam Kandur and Ms. Sonali Kale discussed the evolution and importance of health insurance in India and the growth of Star Health Insurance in India and in Maharashtra.



Also, career opportunities existing in health insurance sector were explained. Students visited various departments in Star Health Insurance office to understand the routine work and functioning.

(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

11. INTERNATIONAL DAY OF YOGA

On 21 June 2023, the International Day of Yoga, IMS - Vidyarthini Manch organized a Yoga session for students and staff members of IMS. Mrs. Poonam Vachhatani, an expert from Ahmednagar, conducted the session and highlighted the benefits of practicing yoga for physical and mental well-being. The session covered various aspects of holistic health, including Ashtang Yoga, Pranayam, Nadishodhan Pranayam, and meditation to manage stress and promote relaxation. The demonstration included yoga poses such as Vrikshasan, Bhujangasan, Parvatasan, Balasan,

Vajrasan, Makarasan, along with focusing on Chakras. The participants also appreciated the live demonstration of Suryanamaskar with proper breathing techniques. The IMS - Learning Resource Centre displayed informative posters on Yoga Postures, Meditation, Nutrition, and Suryanamaskar. Over 125 students and staff members attended the program.



(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

12. FIT - INDIA MOVEMENT

The IMS - AICTE's, Fit India Movement G.O.A.L.S. (Goals for Active Life Style) initiative, in association with the IMS Learning Resource Center's Student Library Committee, invited Prof. Sukanya Phansalkar, a Certified Psychologist, Counselor, and Life Coach, to deliver a lecture and conduct an interactive session on 'Self - Love and Self - Compassion' on December 13, 2022.



The seminar started with the lighting of the lamp and felicitation of the guest by Dr. Vikram Barnabas - Deputy Director, IMS. The concept behind this initiative was to move towards a more active lifestyle, recognising the importance of mental health.

(Reference: IMS Reflection Magazine, Year: 2022 – 2023)

13. DIABETIC SCREENING CAMP: ROTARY CLUB INTEGRITY AND NDLI CLUB

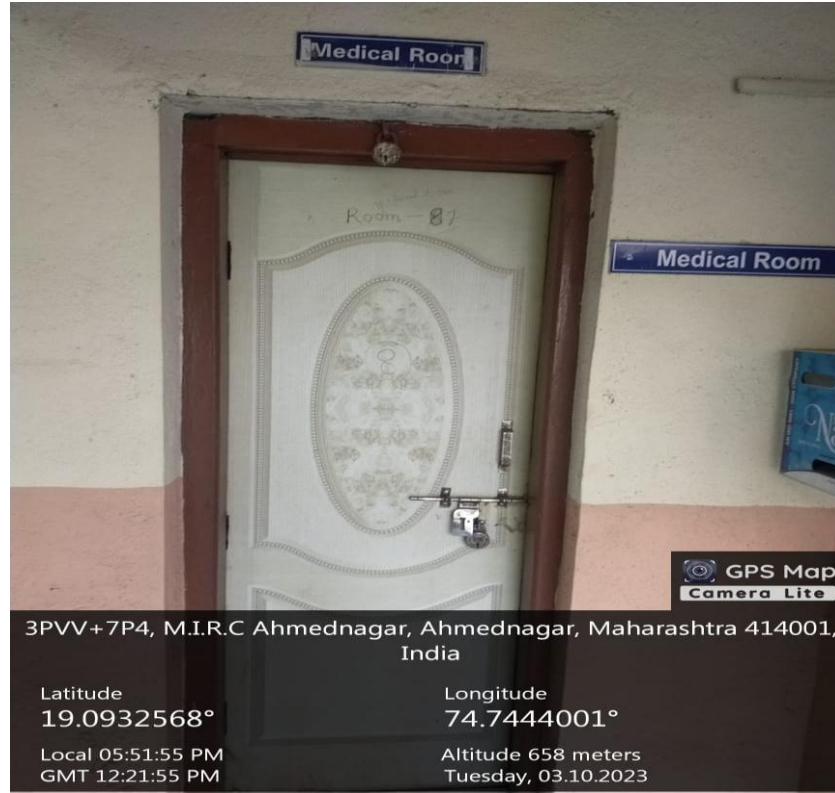
On the occasion of World Diabetes Day on November 14, 2022, a 'Diabetes Screening Camp' was organised in association with Jeevandhara Hospital and the Rotary Club of Ahmednagar Integrity.



14. Yoga Centre:



15. Medical Room:



2021 – 22

1. CANCER AWARENESS PROGRAMME

‘Cancer Awareness’ programme was organized during Cancer Prevention - Public Awareness Week in th association with Giants Group & Ajay Foundation on 10 February 2022 for teaching & non-teaching staff members of the IMS & CSRD. Dr. Satish Sonawane, (Ex Tata Memorial Hospital, Mumbai) Cancer Expert, Mac-Care Superspecialty Hospital, Ahmednagar was invited to address the staff. The programme was organized by Administration Department for the staff of IMS & CSRD-ISWR.

2. IMS FIT INDIA MOVEMENTS

FREEDOM RUN 2.0 WITH IMSCDR - NDLI CLUB The IMS Fit India Movements Competition ‘ was organized in digital format from 14 -20 September 2021 by BPHE Society's Institute of Management Studies and NDLI Club. The online initiative and the Guest of Honour was, Principal of Ahmednagar College, Dr. R. J. Barnabas who addressed the contestants

digitally (online). Fit India inspires people to follow the mission statement and make a difference in their lives by adopting fitness. The link to the speech was shared to all registered participants and streamed on the YouTube channel and e-certificates were distributed to all participating contestants.

3. IMS FIT India Movement

NDLI Club along with Learning Resource Centre (Library) organized one day st Webinar on Google Platform on 21 Oct 2021. The speaker Dr. Neelima S. Udmale, Obstetrician, Gynaecologist & Nutritionist, spoke on the topic 'Nutrition, Health and Fitness'. The webinar helped to understand & follow simple tips to plan, enjoy, and stick to a healthy lifestyle. The scientific and motivational talk further aided in understanding the nuances of micro & macro-nutrients, importance of water, calories intake, seasonal dietary modifications, BMI & BMR , nutrition- health - fitness.

4. INTERNATIONAL DAY OF YOGA 2022 (21 June 2022)

On the auspices of International Day of Yoga 2022, IMSCDR's Vidyarthini Manch (Women Cell) conducted an st interactive and demonstrative Yoga session for all Students and Staff members of IMS on 21 June in IMS SEED-C Auditorium. The experts were Ms. Yogini Rao, Ms. Nikita Rasal and Ms. Vaishali Bopardikar from Nityam Wellness Ahmednagar. They helped to spread awareness about the invaluable benefits of Yoga. The programme had a component of performance of Yog - Asanas. The resource person talked on Theme of IYD 2022 : Yoga for Well being, discussed importance of Yoga in today's day and time. Practicing yoga daily can have positive effects and bring together physical and mental discipline to calm the body and mind. The IMS Library had put up Yoga pictorial and informative posters on display of different yoga postures and benefits, meditation, nutrition, Suryanamaskar.

2020-21

1. NATIONAL EDUCATION POLICY 2020: HIGHER EDUCATION

The Institute's IQAC and Learning Resource Centre organized Live National Level Webinar on 'National Education Policy 2020: Higher Education' on 13 Aug 2020. It was scheduled on

Zoom Platform and Live YouTube screening where 565 participants attended the live session. Dr. Roshan Lal Raina ,Vice Chancellor JK Lakshmipat University Jaipur, Rajasthan was the resource person .The in-depth analysis, analogy with current situation referring to sweeping reforms, guidance and encouragement gave an insight to all the participants of the revamped education policy. E-certificates were issued to all the participants who joined through digital mode.

2. COVID-19 ANTIBODIES TEST

The Institute organized 'Covid Antibodies Test' for all staff members on 11 and 12 Feb, 2021. All staff members were tested for Covid antibodies.

3. EYE CHECK UP CAMP

The Institute organized 'Free Eye Checkup Camp' for teaching & non-teaching staff members on th 12 March 2021 in association with Titan Eye+. The staff got their eyes examined by qualified Ophthalmologist

4. FIT INDIA MOVEMENT:

NATIONAL LEVEL WEBINAR Fit India Movement & Learning Resource Centre organized National Level Webinar on' **Life skills** - Inner peace and Happiness' on 30 June 2021. The expert was Prof. Sukanya Phansalkar, Clinical Psychologist, Counselor, Psychotherapist, and Life Coach. The aim of the activity was to create awareness about the importance of mental health.

5. Yoga Session

Ms. Radha Raghuvanshi, Yoga Teacher & MBA-II student, conducted 'Yoga Session' from 6 to 8 May 2021 for MBA-I students.

6. ART OF LIVING

In association with 'ART OF LIVING', Management Department organised a 3 days 'COVID CARE Programme' for MBA and MCA students. 150 students from MBA and MCA attended the programme. Dr. Suparna Deshmukh was the Resource Person.

7. Life Skills/Soft Skills

Col. Jitenra Bahadur Singh Parihar delivered a lecture on 'Discipline and students' for MBA-I students on 5th May 2021

2019 – 20

IMS Vidyarthini Manch Activities Library Activities

1. Nutritional Awareness for Healthy Life

IMS Vidyarthini Manch arranged a guest lecture by Clinical Dietician and Sports nutritionist Shivani Bhambure on "Nutritional Awareness for Healthy Life" for all students and IMS staff members on Friday 23rd August 2019. (IMS Vidyarthini Manch Activities Library Activities)



Falicitation of Shivani Bhambure

2. Hemoglobin Estimation drive

With the coordination of Saideep Healthcare Trust along with Rainbow Foundation and IMS Vidyarthini Manch a Hemoglobin Estimation drive was organized on 15th Oct 2019 in IMS-SEED C Auditorium. All the girl students and ladies staff and faculty members attended the inaugural programme. Total 106 women students and IMS Women Staff members checked their blood in this camp.

3. Skill Development

A lecture by Mr. Abhijeet Bhalgat from AMRA Marketing was arranged for MCA III students on 27th August 2019. He spoke about various important technologies and skills that students should have.

4. Body Language (Skill Development)

Dr. Pronoti Telore was invited to give a lecture on the topic "Body language mistakes you don't realise you are making", for MCA girl students on 6th Aug 2019.

2018-19

1. Soft Skills

A guest lecture on Soft Skills was arranged on Friday 28 Sept 2018 in Conference Hall for all MCA students. The speaker was Dr. Pronoti Telore from Management Dept and the topic of the lecture was 'PREPARING FOR AN INTERVIEW'

2. Soft Skills

A guest Lecture on Soft Skills was arranged for all MCA students on 19 Jan 2019. The resource person was Ms. Divya Mehtani