

## Nagindas Khandwala College (Empowered Autonomous)



### **CRITERION 5 - STUDENT SUPPORT AND PROGRESSION**

#### **5.1 - Student Support**

#### **5.1.3 Capacity Development and Skill Enhancement activities organised for improving students' capabilities (2023-2024)**

Sr. No	Name of the scheme	Number of students benefitted
1	Soft skills	641
2	Language and communication skills	2133
3	Life skills	3103
4	Awareness of trends in technology	1491
	<b>Total</b>	<b>7368</b>

*M. Datta*

**PRINCIPAL**  
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## Nagindas Khandwala College (Empowered Autonomous)



### **CRITERION 5 - STUDENT SUPPORT AND PROGRESSION**

#### **5.1 Student Support**

##### **5.1.3 Details of Capability Development and Schemes (2023-2024)**

##### **5.1.3 Life skills (Yoga, physical fitness, health and hygiene)**

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**"5.1.3 The following Capacity Development and Skill Enhancement activities organised for improving students' capabilities for the year 2023-2024**

**1. Soft skills, 2. Language and Communication Skills, 3. Life Skills, 4. Awareness of Trends in Technology"**

3. Life skills (Yoga, physical fitness, health and hygiene)				
Sr No	Name of the Capacity Development and Skill Enhancement programme	Year of implementation	Number of students enrolled	Name of the agencies/consultants involved with contact details, if any
1	Author Talk	19-06-23	43	Ms. Nandita C Puri - librarian@nkc.ac.in
2	Pledge for Yoga Day	20-06-23	5	Vivek Chaubey - vivek@nkc.ac.in
3	Yoga Fiesta 2023	21-06-23	52	Yoga Guru Mr. Fenil Purohit - kavita@nkc.ac.in
4	International Yoga Day Celebration	21-06-23	16	Nivedita Mohite - nivedita.mohite@nationalacademy.edu.in
5	The Relevance of Indian Tradition on Modern Media: An Alumnus Speak	26-06-23	130	Mr. Akash Shah - preethi@nkc.ac.in
6	Rajmata Jijau Yuvatti Swarakshan Training Program Inauguration Ceremony	03-07-23	4	Vivek Chaubey - vivek@nkc.ac.in
7	Social Awareness lecture for school students	21-07-23	115	NL High School - gargi@nkc.ac.in
8	Yuva Samvad	02-08-23	2	Vivek Chaubey - vivek@nkc.ac.in
9	Self Understanding	04-08-23	50	Vivek Chaubey - vivek@nkc.ac.in
10	World Breastfeeding Week Celebration	05-08-23	20	Pooja R Sighania - nivedita.mohite@nationalacademy.edu.in
11	Arnala Tree Plantation	06-08-23	29	Vivek Chaubey - vivek@nkc.ac.in
12	Organ Donation Awareness	11-08-23	30	Vivek Chaubey - vivek@nkc.ac.in
13	Meri Mati Mera Desh Campaign	14-08-23	28	Vivek Chaubey - vivek@nkc.ac.in
14	Alumni Session on Pause, Perfect Succeed	17-08-23	67	Ms. Tanvi Rao - swapna@nkc.ac.in
15	Stress Management	19-08-23	28	Ms. Gunjan Sidhu - nivedita.mohite@nationalacademy.edu.in

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Sr No	Name of the Capacity Development and Skill Enhancement programme	Year of implementation	Number of students enrolled	Name of the agencies/consultants involved with contact details, if any
16	Session on Personality Grooming and Personal Hygiene	21-08-23	121	Ms. Avani - preethi@nkc.ac.in
17	Kids creativity event	26-08-23	19	Junoon Foundation - +91 98676 14249 - contact.junoon@gmail.com
18	Udaan- Session on Emotional Intelligence	01-09-23	129	Dr. Bijal Dalal - preethi@nkc.ac.in
19	Nutrition Week	02-09-23	12	Junoon Foundation - +91 98676 14249 - contact.junoon@gmail.com
20	A Session on Gaslighting	02-09-23	33	Yashika Darjee and Malishka Nagda
21	Choomachar Volunteer Program	06-09-23	35	Vivek Chaubey - vivek@nkc.ac.in
22	Stationery Distribution Drive	15-09-23	33	NL High School - gargi@nkc.ac.in
23	A session on Obsessive Compulsive Disorder	15-09-23	51	Sidhhita Ghadi and Bhumi Sharma
24	Yog and Mental Health	18-09-23	54	Mr Fenil Purohit - vidya@nkc.ac.in
25	Tree Plantation drive	18-09-23	25	Gargi Dubey - gargi@nkc.ac.in
26	Conduction of a survey on attitude towards gender role	18-09-2023 - 21-09-2023	7	Kavita Kalkoti - kavita@nkc.ac.in
27	Best out of waste	23-09-23	13	Meha Mandawewala - meha@nkc.ac.in
28	Road clean up	21-09-2023, 22-09-2023, 24-09-2023, 26-09-2023, 27-09-2023	45	Meha Mandawewala - meha@nkc.ac.in
29	Non-Fire cooking	26-09-23	4	Meha Mandawewala - meha@nkc.ac.in
30	Dog feeding Drive	26-09-2023, 27-09-2023	57	Meha Mandawewala - meha@nkc.ac.in

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3. Life skills (Yoga, physical fitness, health and hygiene)				
Sr No	Name of the Capacity Development and Skill Enhancement programme	Year of implementation	Number of students enrolled	Name of the agencies/consultants involved with contact details, if any
31	Blood Donation Camp	27-09-23	40	Vivek Chaubey - vivek@nkc.ac.in
32	Traffic management	19-09-2023, 20-09-2023, 23-09-2023, 29 -09-2023	19	Meha Mandawewala - meha@nkc.ac.in
33	Beach Clean up Drive	29-09-23	22	Gargi Dubey - gargi@nkc.ac.in
34	Beach Clean up	24-09-2023, 29-09-2023, 30-9-2023	19	Meha Mandawewala - meha@nkc.ac.in
35	Photography workshop	30-09-23	11	SNDT College - meha@nkc.ac.in
36	Effective Marketing Techniques.	30-09-23	70	Mr. Akash Shah & Mr. Pratik Tondwalkar - preethi@nkc.ac.in
37	Masterclass on Legal Aspect for Professionals	30-09-23	79	Adv. Vishal Jaju - nivedita.mohite@nationalacademy.edu.in
38	Swachhata Hi Seva	01-10-23	28	Nivedita Mohite - nivedita.mohite@nationalacademy.edu.in
39	Marve Beach Cleaning	01-10-23	49	Nivedita Mohite - nivedita.mohite@nationalacademy.edu.in
40	Anand Nidhaan Senior Citizen 2023	05-10-23	20	Marathi Sanskrutik Mandal and Gandhian Studies Centremarina@nkc.ac.in
41	Spread a smile	05-10-2023, 06-10-2023	24	Meha Mandawewala - meha@nkc.ac.in
42	Diya making	08-10-23	14	Junoon Foundation - +91 98676 14249 - contact.junoon@gmail.com
43	Masterclass: Unlocking Potential Developing a Growth Mindset for Success	10-10-23	80	Aditi Surana - nivedita.mohite@nationalacademy.edu.in
44	Yoga Session	12-10-23	64	Ms. Sunila Dhoot - nivedita.mohite@nationalacademy.edu.in
45	Mithi river clean up	15-10-23	16	Meha Mandawewala - meha@nkc.ac.in

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46	Trekking	27-10-23	33	Meha Mandawewala - meha@nkc.ac.in
47	Yoga & Beach Cleaning	28-10-23	21	Ms Shubhangi - shubhangi.finplan01@gmail.com
48	Disaster Management Training	06-11-23	7	Vivek Chaubey - vivek@nkc.ac.in
49	Diet diaries	21-11-23	13	Meha Mandawewala - meha@nkc.ac.in
50	Diwali photography	26-11-23	19	Meha Mandawewala - meha@nkc.ac.in
51	Pledge on HIV/AIDS	01-12-23	8	Vivek Chaubey - vivek@nkc.ac.in
52	Innovative Counseling Strategies for Patients with Diabetes	02-12-23	8	Dr. Nirmala Almeida - nivedita.mohite@nationalacademy.edu.in
53	Blood Donation Camp	07-12-23	35	HDFC Bank - vivek@nkc.ac.in
54	Street Play in celebration of 25 years of Mohalla Committee Movement Trust.	09-12-23	10	Mohalla Committee Movement Trust - preethi@nkc.ac.in
55	Pulse Polio Program	10-12-23	3	Vivek Chaubey - vivek@nkc.ac.in
56	Masterclass on Monetization through sports management lessons through sports.	15-12-23	53	Amit Relan - nivedita.mohite@nationalacademy.edu.in
57	Workshop - Leadership Skills	16-12-23	20	Prof. Gunjan Sidhu - nivedita.mohite@nationalacademy.edu.in
58	AMC Cookware demonstration	20-12-23	17	Nivedita Mohite - nivedita.mohite@nationalacademy.edu.in
59	Christmas Celebration at Old Age Home	25-12-23	16	Jeevan Sahara Charitable Trust - +91 81809 07444 - jeevansahara7444@gmail.com
60	Ashray Walkathon 2.0	04-01-24	5	Ashray Seva Kendra - +91 98980 30611 - info@ashrayfoundation.org

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61	VishwaSwasthyam International Conference 2024	04-01-2024 - 06-01-2024	63	Lifeness Science of Institute - +91 86459 31111 - info@lsworld.in
62	Visit to Robin Hood Academy	07-01-24	39	Robin Hood NGO - +91 89719 66164 - info@robinhood.org
63	Child Sexual Abuse Awareness	08-01-24	35	Vivek Chaubey - vivek@nkc.ac.in
64	Understanding Bullying Behavior	09-01-24	85	Dr Zarin Sethna - kavita@nkc.ac.in
65	Master Class on career in finance	17-01-24	53	Mr. Shailesh Bhala Finaacle Institute - +91 93222 55530 - shailesh.bhala@finnacle.co.in
66	Personal Hygiene and Personality Development	19-01-24	57	Ms. Dolly Setpal - kavita@nkc.ac.in
67	Garden cleanup	20-01-24	32	Meha Mandawewala - meha@nkc.ac.in
68	Community Service	20-01-24	22	Shantidaan - nivedita.mohite@nationalacademy.edu.in
69	Self Defence 2024	24-01-24	53	Mr Kery D'souza - kavita@nkc.ac.in
70	Vision board making	01-02-24	7	Meha Mandawewala - meha@nkc.ac.in
71	CPR training program	02-02-24	35	Dr Sumaiya Raghavan - vivek@nkc.ac.in
72	Civic Action	06-02-24	23	Ms Ridhi Khandar - vivek@nkc.ac.in
73	Be Your Own Boss - Ms. Raisha Bhatia	08-02-24	103	Ms. Raisha Bhatia - nivedita.mohite@nationalacademy.edu.in
74	Muskaan- Ecofest 2024	12-02-2024, 13-02-2024	33	Dr. Subhajit Mukherjee, Devangana Laskary - gargi@nkc.ac.in
75	A guest talk on 'Love Jab Hota Hai'	13-02-24	49	Dr Zarin Sethna - vidya@nkc.ac.in

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76	Gandhiji ki Vichardhara aur Ekkisvi Sadi	13-02-24	32	Mr. Bajrang Sonawne - marina@nkc.ac.in
77	Food donation	16-02-24	19	Meha Mandawewala - meha@nkc.ac.in
78	Beach games	19-02-24	22	Meha Mandawewala - meha@nkc.ac.in
79	Cloth donation	20-02-24	19	Meha Mandawewala - meha@nkc.ac.in
80	Masterclass on Navigating a Career in the Sports Industry	22-02-24	22	Himesh Mistry - nivedita.mohite@nationalacademy.edu.in
81	Skit on Gandhian Values	28-02-24	5	Marina Pereira - marina@nkc.ac.in
82	Know your economy test	29-02-24	141	Marina Pereira - marina@nkc.ac.in
83	Tree Plantation at Sanjay Gandhi National Park & Visit to Kanheri	01-03-24	53	Nivedita Mohite - nivedita.mohite@nationalacademy.edu.in
84	Saathi- The NGO Mela	09-03-24	13	Saathi NGO - meha@nkc.ac.in
85	Gift wrapping session	12-03-24	8	Meha Mandawewala - meha@nkc.ac.in
<b>Total</b>			<b>3103</b>	

*Waha*  
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