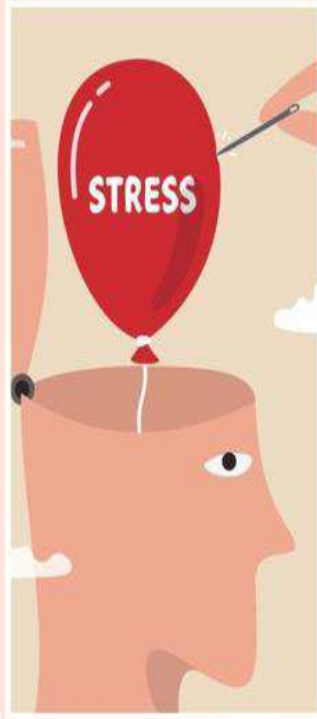




Navneet Education Society's

NAVNEET COLLEGE OF COMMERCE & SCIENCE

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WORKSHOP ON- STRESS MANAGEMENT BY-PRATIKSHA SANGLE (CLINICAL PSYCHOLOGIST)



- Topics
- Definition
 - Effects
 - Causes
 - strategies



Let come together and learn what Stress is! How can we manage it and how to overcome stress.

Timings- 10:30 to 11:30am
venue- Navneet College

Date- 15th February 2019
Day- Thursday

Registration
Plz register on the link given



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WORKSHOP ON STRESS MANAGEMENT



Date: - 15/02/2019

Resource Person: - Pratiksha Sangle (M.A, Clinical Psychology)

Time: - 10:30am to 11:30am

No of Participants: 24

IQAC of Navneet College organized a workshop on 'Stress Management' on November 2, 2022, from 10:30 am to 11:30 am. The resource person for the event was Pratiksha Sangle, M.A. in Clinical Psychology. The workshop saw active participation from 24 students, creating an engaging environment for learning. Pratiksha Sangle commenced the session with an insightful introduction to stress, covering its causes, effects, and symptoms. The primary focus was to equip students with effective strategies for dealing with stress in their academic and personal lives.

Throughout the workshop, students received detailed information about stress, gaining a deeper understanding of its nuances. Pratiksha Sangle, drawing on her expertise, provided practical strategies to manage and cope with stress effectively. The aim was not only to educate students about the nature of stress but also to empower them with actionable techniques for stress management. The workshop concluded with an interactive Q&A session, allowing students to seek clarification and share their thoughts. Participants left the session with valuable insights and a toolkit of strategies to navigate stress in their daily lives.

Outcome:

The 'Stress Management' workshop successfully achieved its objective of educating students about stress and equipping them with practical strategies for effective management. By enhancing students' awareness and providing actionable tools, the workshop contributed to fostering a healthier and more resilient community at Navneet College.

Principal



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WOMEN DEVELOPMENT CELL

ORGANISES

**WORKSHOP ON SELF-DEFENSE
PROGRAMME FOR GIRL
STUDENTS**

DATE -19/12/19
TIMING- 9 AM – 10 AM
VENUE: COLLEGE GROUND



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WORKSHOP ON SELF-DEFENSE PROGRAMME FOR GIRL STUDENTS



Day & Date –19th December, 2019

Timing- 9 AM – 10 AM

Venue: Ground, Navneet College of Arts, Science and Commerce.

Navneet College of Arts, Science, and Commerce organized a crucial workshop on Self-Defense for girl students on December 19, 2019, from 9 AM to 10 AM at the college ground. The workshop, coordinated by the Women Development Cell in collaboration with NSS, aimed to empower female students with knowledge and techniques for self-protection.

The objectives of the workshop were threefold: first, to educate girl students about different types of violence they might encounter; second, to provide tips for self-protection in various situations; and third, to showcase and demonstrate different self-defences techniques.

Recognizing the need to address the safety concerns faced by girls and women in society, the Women Development Cell, under the guidance of the college Principal, organized this training session. The primary purpose was to strengthen the self-protection skills of female students and staff, contributing to women empowerment.

The training session, held in the college ground, attracted around 30 participants from various departments. The workshop included demonstrations of effective self-defence techniques, equipping participants with the tools to handle unexpected situations and enhance both mental and physical well-being.



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Outcome:

The initiative reflected the college's commitment to creating a safe and empowering environment for its female students and staff members. The workshop on self-defences proved to be a proactive step towards building resilience and confidence among participants.

Some Glimpse of the Event:



Principal



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IQAC ORGANISES

WORKSHOP ON RESUME WRITING & INTERVIEW SKILLS

DATE: NOVEMBER 7, 2022

TIME: 10 AM TO 12.00 PM

VENUE: COMPUTER LAB, NAVNEET COLLEGE .
RESOURCE PERSON: PROF. KHUSBU JAIN



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WORKSHOP ON RESUME WRITING & INTERVIEW SKILLS



Date: November 7, 2022

Time: 10 AM to 12.00 PM

Venue: Computer Lab, Navneet College Mumbai.

Resource Person: Prof. Khusbu Jain

No. of Participants: 65

Department of Commerce in association with IQAC organised a comprehensive communication skills program on November 7, 2022, focusing on resume writing and interview skills. The event, organized by Krishnakumar Sharma, took place in the Computer Lab, and was facilitated by Prof. Khusbu Jain.

The program targeted a diverse audience, with a total of 65 participants. Prof. Khusbu Jain initiated the session with a welcoming speech, setting the stage for a deep dive into the nuances of effective resume writing and interview techniques.

Prof. Jain provided detailed insights into the fundamental aspects of resume construction, covering essential elements such as name and contact information, educational history, and professional experiences. The session also explored optional components like objectives or professional summaries, acquired skills, project and research highlights, and community service involvement. The latter part of the program was dedicated to interview skills, where Prof. Jain elucidated the most asked questions in interviews and strategies to effectively respond. The interactive session allowed students to address their doubts and concerns, fostering a supportive learning environment.

Prof. Khusbu Jain extended gratitude to the participants and expressed the importance of honing these skills for future career endeavours. The event proved to be a valuable initiative in equipping students with essential communication skills for their professional journeys.



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Outcome:

The Resume Writing & Interview Skills program at Navneet College, led by Prof. Khusbu Jain, yielded a positive outcome by empowering 65 students with practical insights into crafting effective resumes and mastering interview techniques. Participants left the session equipped with the knowledge and confidence needed to navigate the professional landscape, making the program a significant step towards their career development.

Principal



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WORKSHOP FOR TEACHERS ON THE MAGIC OF YOGA & MEDITATION

Date: 21/06/2022 Wednesday at 11.30am to 12.30pm

Myyogworld@varshinefitnessworld

**Learn the benefits of meditation for your
body and mind**

presented by

Varsha Naik

M.Sc. b.ed

Internationally certified

Yoga trainer

Benefits:

- * Asanas
- * Pranayam
- * Mudra & it's benefit
- * Accupressure point & benefits

Facebook id- [Myyogworld@varshinefitnessworld](https://www.facebook.com/Myyogworld@varshinefitnessworld)

*To register
contact 9082778034 or
emial Id - naik86varsha@gmail.com*





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THE MAGIC OF YOGA AND MEDITATION



Date: - 21/06/2022

Resource Person: - Ms. Varsha S. Naik (M. Sc., B.Ed., Internationally Certified Yoga Instructor)

Time: - 10:30am to 11:30am

No of Participants: 44

On June 21st, 2022, Navneet College embraced the spirit of the 8th International Yoga Day with enthusiasm, bringing teachers and students together for a classroom-based celebration of this ancient practice. The event, held under the theme "Yoga for Humanity," aimed to infuse holistic well-being into the academic setting through the transformative power of Yoga.

The day commenced with a lively classroom gathering, where participants, both educators and students, eagerly embraced the opportunity to partake in yoga sessions. Led by experienced instructor Ms. Varsha Naik, the sessions focused on incorporating physical postures, mindful breathing, and meditation techniques within the confines of the classroom. The theme "Yoga for Humanity" permeated the session, emphasizing the potential of yoga to cultivate unity, compassion, and overall well-being within the academic community. As the participants engaged in the yoga practices, the session not only provided a refreshing break from academic routines but also underscored the importance of integrating wellness practices into the daily lives of students and educators alike.

Outcome:

The classroom-based celebration of the 8th International Yoga Day at Navneet College was a meaningful success, aligning with the theme "Yoga for Humanity." It demonstrated the college's commitment to fostering a healthy and harmonious academic environment where the principles of yoga could contribute to the overall well-being of all participants.


Principal