



The South Indian Association's
The S.I.A. College of Higher Education
Affiliated to University of Mumbai
Accredited B+ by NAAC

P-88, MIDC Residential Area Dombivli Gymkhana Road,
Near Balaji Mandir, Dombivli (East), 421203.

5.1.3 Capacity building and Skill development Initiatives taken by the institution:

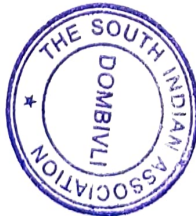
The institution has conducted the following capacity building programmes

for the academic year 2020-21 via online mode

1. Language and Communication Skills
2. Yoga
3. Empowering Minds- Mental well-being workshop

However, ICT/Computing Skills were not conducted for the academic year 2020-21


Convener




Principal

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DOMBIVLI (E)



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P-88, MIDC Residential Area Dombivli Gymkhana Road,
Near Balaji Mandir, Dombivli (East), 421203.

Name of the activity	Communication Skills and Language course
Date of the activity	21 st September 2020 to 3 rd October 2020
Name of the Faculty	Mrs Booma Halpeth, Mrs Manju Sashikumar, Mrs. Jahnvi Vidwans, Ms. Shweta Gopalakrishnan

V. Booma



Padma

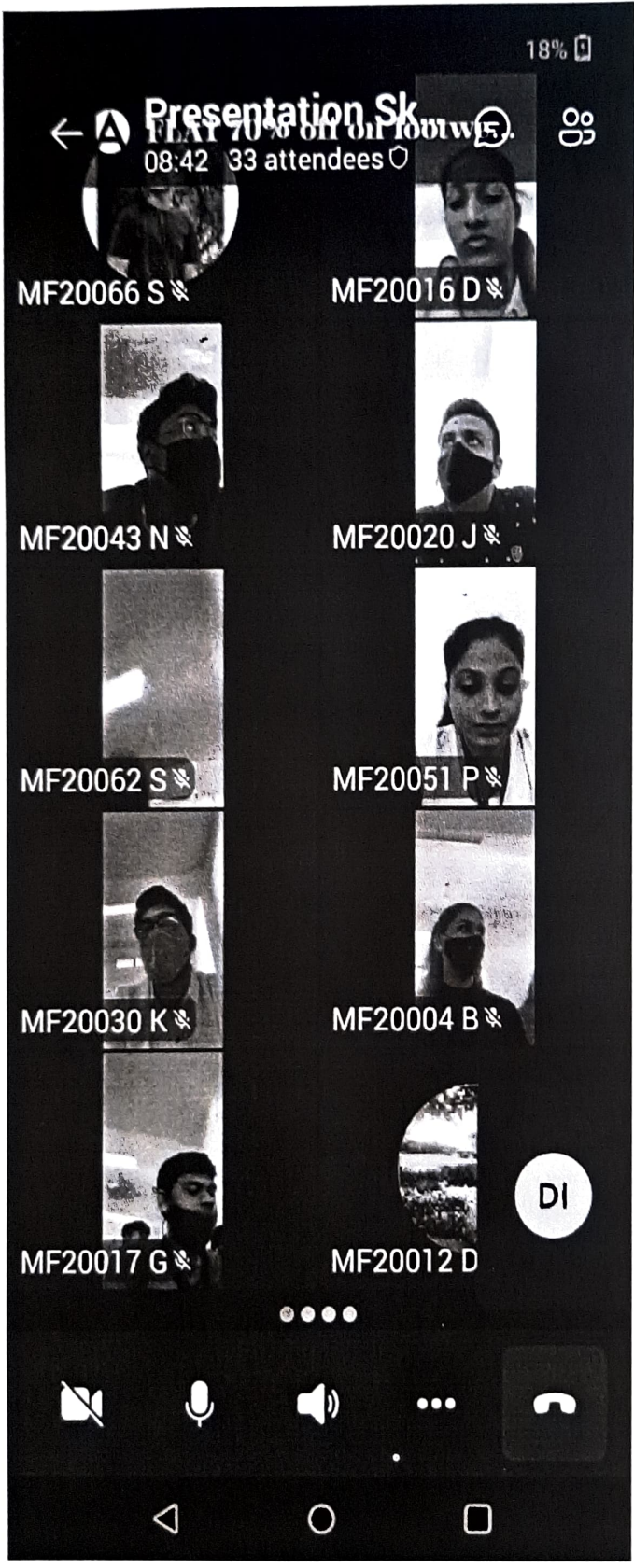
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V. Sharma



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The S.I.A. College of Higher Education
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V. Bhaama



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V. Banna



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P-88, MIDC Residential Area, Dombivli Gymkhana Road,
Near Balaji Mandir, Dombivli (East), 421201.

5th August, 2020

To,
The Principal
The S.I.A College of Higher Education
Dombivli (e)

Dear madam,

The Short-term courses cell of the college is proposing to conduct a 10 days communication skills workshop for BMS, BBI, BMM, BAF courses during September 2020. The following faculty members will be part of the curriculum design and delivery team:

1. Booma V Halpeth
2. Manju Sashikumar
3. Shweta Gopalakrishnan
4. Janhavi Vidwans

We request you to kindly approve our proposal to conduct the courses.

*Noted, kindly to ahead
write program as stated.*

Warm regards

Booma V Halpeth

*Padmaji
7/8/2020*

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Placement Cell

Proposal for the Short term courses

The short term courses cell of the college is planning to organise a certificate course in communication skills:

The following are the **topics** to be covered:

- Articles
- Verbs
- Tenses
- Prepositions
- Introducing self
- Article writing
- Story and report writing
- Group discussion
- Presentation skills
- PPT preparation

Duration of the course - 30 hours

Method of Delivery – Blended mode – Lectures will be conducted via microsoft teams and also assignment and videos to be uploaded in Google classroom

Assessment- Assignments and presentation

Some Sample activities as shown here

- Introduction Video, group formation,
- Writing story, articles based on tenses.
- Construct a story using 4 forms of present tense.

The curriculum will be facilitated through the team of four faculty members from the teaching staff.

The SIA College of Higher Education, Dombivli (E)

Placement Cell 2019-20

SCHEDULE FOR COMMUNICATION SKILLS

Class	Date	Time
FYBMS	21/09/2020 TO 03/10/2020	9 AM TO 11 AM
FYBMM	21/09/2020 TO 03/10/2020	9 AM TO 11 AM
FYBAF	21/09/2020 TO 03/10/2020	9 AM TO 11 AM
FYBBI	21/09/2020 TO 03/10/2020	9 AM TO 11 AM


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Class : FYBMM & FYBBI

Attendance sheet of STC program conducted between 21st september and 3rd october 2020

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Boona
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Class : FYBMS A Attendance sheet of STC program conducted between 21st september and 3rd october 2020

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Class : FYBAF

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SNO	21-09-2020	22-09-2020	23-09-2020	24-09-2020	25-09-2020	26-09-2020	28-09-2020	29-09-2020	30-09-2020	03-10-2020
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Class : FYBMS B

sno	21-09-2020	22-09-2020	23-09-2020	24-09-2020	25-09-2020	26-09-2020	28-09-2020	29-09-2020	30-09-2020	03-10-2020
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CONVENOR

Boona

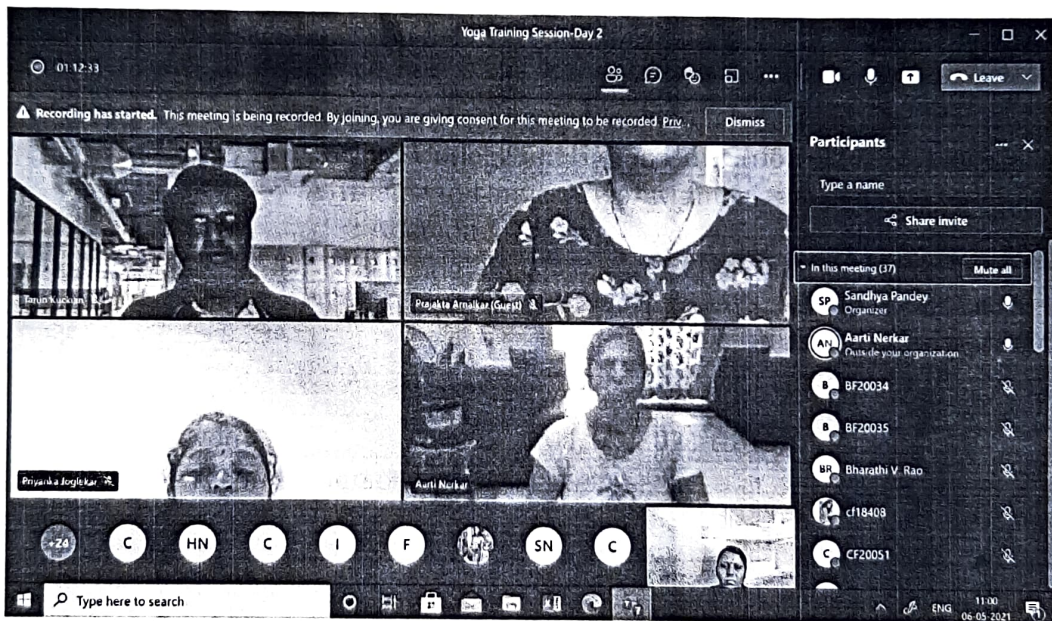
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PRINCIPAL

The S.I.A. College of Higher Education
DOMBIVLI (E)



The South Indian Association's
The S.I.A. College of Higher Education
Affiliated to University of Mumbai
Accredited B+ by NAAC
P-88, MIDC Residential Area Dombivli Gymkhana Road,
Near Balaji Mandir, Dombivli (East), 421203.

Name of the event	Yoga workshop
Date of the event	05/05/2021 to 15/05/2021
Name of the resource person	Mrs Aarti Nerkar



10:31



Hasitkumar N



Psychology



Lalita S



Bharathi R



Aarti N



Ritu V



Kalpita P



Pooja S



Priyanka J



10:35



Hasitkumar N



Psychology



Lalita S



Bharathi R



Aarti N



Ritu V



Kalpita P

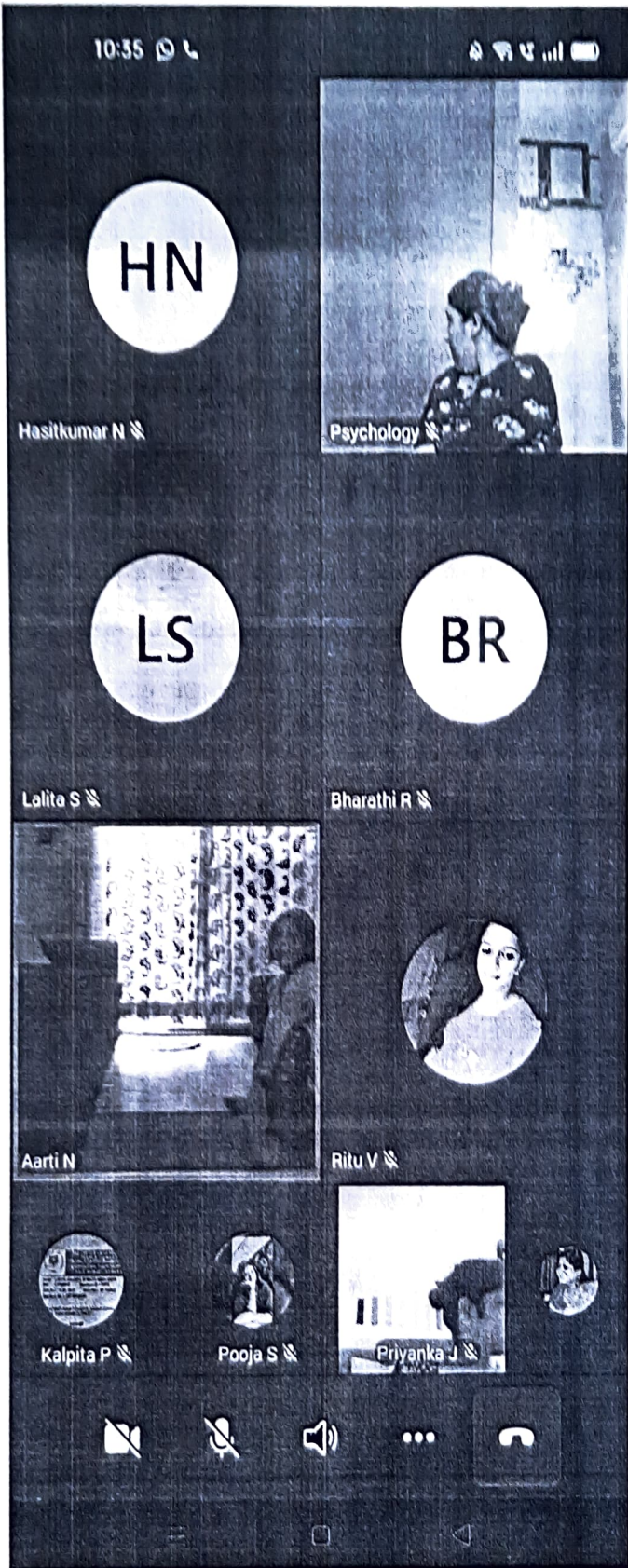


Pooja S



Priyanka J





**The S.I.A College of Higher Education,
Dombivli (e)
Registration for 10 days Yoga Workshop**

05/05/2021 to 15/02/2021

Sno	Name of the student	Roll no	Gender	Course	CLASS	MOB NO	EMAIL ID
1	Shubham Shelar	MF19149	Male	BMS	SY	7738651045	shubhamgaritina@gmail.com
2	Zeny bhanushali	Mf20003	Female	BMS	FY	8591243001	MF20003@thesiacollege.com
3	Surbhi Shukla	mf20159	Female	BMS	FY	9892003146	shuklasurbhi270@gmail.com
4	Shreeyash Ramesh Batwal	MF19103	Male	BMS	SY	7738833967	shreeyash.477@gmail.com
5	Surbhi Shukla	mf20159	Female	BMS	FY	9892003146	shuklasurbhi270@gmail.com
6	Ritu vinodilal Verma	MF19061	Female	BMS	SY	8451921384	rituvinod121213@gmail.com
7	Tanvu bidkar	MF20005	Female	BMS	FY	8104831733	tbidkar4@gmail.com
8	Rohit Kanojiya	CF20218	Male	BCOM	FY	8652801695	kanojiyarohit434@gmail.com
9	Aniruddh Machindra Netkar	CF19435	Male	BCOM	SY	7715933133	CF19435@thesiacollege.com
10	Sakshi Prabhakar warge	CF20244	Female	BCOM	FY	9769314664	sakshiwarge21@gmail.com
11	Khushboo Singh	Cf19478	Female	BCOM	SY	6387756620	khushboo.om.singh.2001@gmail.com
12	Nilu vinay jha	Cf17439	Female	BCOM	TY	7977019902	Cf17439@thesiacollege.com
13	Sejal mayekar	CF18041	Female	BCOM	TY	9867505954	sejalmayekar18@gmail.com
14	Harsh Thakkar	MF19057	Male	BMS	SY	7021458927	MF19057@thesiacollege.com
15	Saloni Malgaonkar	CF20264	Female	BCOM	FY	8828193772	cf20264@thesiacollege.com
16	Sandeep Sunil nandane	CF20072	Male	BCOM	FY	9321698739	sandeepnandane8@gmail.com
17	Meenakshi santosh saini	MF20056	Female	BMS	FY	9699263457	MF20056@thesiacollege.com
18	Susmita vasant mastekar	CF18240	Female	BCOM	TY	9326784268	susmitamastekar5@gmail.com
19	Roshan Patil	IF17036	Male	BSC-IT	TY	7045513690	roshanpatil332@gmail.com
20	Shivangi g mishra	IF18122	Female	BSC-IT	TY	8169335775	shivangi.pilot.21@gmail.com
21	Jhala shyam singh	IF20017	Male	BSC-IT	FY	7023350771	ssshyamingsingh143@gmail.com
22	Shailendra mishra	CF20067	Male	BCOM	FY	9702229432	Shailendarmishra4@gmail.com



23	DIPA SANTOSH PANDEY	FF19035	Female	BAF	SY	9920052079	deepapandey58917@gmail.com
24	Namrata Arjun Shinde	BF19046	Female	BBI	SY	9082827705	shindenamrat004@gmail.com
25	Gautam Sanjay Sakhare	IF20040	Male	BSC-IT	FY	9834200710	IF20040@thesiacollege.com
26	JANVI SHAH	AF19038	Female	BMM	SY	8657615257	shahjanvi047@gmail.com
27	Payal Kanojiya	AF19018	Female	BMM	SY	9326485336	kanojiyapayal28@gmail.com
28	Roshan Ram Gupta	AF20010	Male	BMM	FY	8419917767	groshan329@gmail.com
29	Ishan Iyer	MF19019	Male	BMS	SY	9967250104	ishaniyer9@gmail.com
30	Abhishek Shukla	FF20065	Male	BAF	FY	9076153757	abhishekshukla5875@gmail.com
31	Shubham Dilip Revadekar	PI19015	Male	MSC-IT	SY	9082311127	shubhamrevadekar1@gmail.com
32	Yash Bhalariao	BF 20006	Male	BBI	FY	8104568645	yashbhalariao25jan@gmail.com
33	Keshav Shelar	AF19040	Male	BMM	SY	8779825280	keshavshelar2000@gmail.com
34	Janhvi vasant chorghe	BF20044	Female	BBI	FY	9870270967	Lahanem69@gmail.com
35	Sakshi padamchandra saxena	BF19040	Female	BBI	SY	8424861737	shakshisaxena28@gmail.com
36	Kajal Raju Gangurde	BF18107	Female	BBI	TY	8452826382	Kajalgangurde1111@gmail.com
37	Krutika Jaywant gole	BF19010	Female	BBI	SY	7039959665	krutikagole32@gmail.com
38	Shubham Pandey	MF19135	Male	BMS	SY	9082934037	shubham834575@gmail.com
39	Haria Kinjal Ashwinkumar	BF19056	Female	BBI	SY	8779885510	kinjalharia2025@gmail.com
40	Jenil Shah	MF20059	Male	BMS	FY	9082331228	jenilshah12110@gmail.com
41	Ankita Yadav	MF20072	Female	BMS	FY	9594855369	ankitaya12345@gmail.com
42	Sanjana Satishchandra Kushwaha	BF20018	Female	BBI	FY	7208336441	sanjanak6441@gmail.com
43	Karpagavalli Swamidurai Pariyar	BF18028	Female	BBI	TY	9004627962	pariyarkarpagavalli@gmail.com
44	Rajanigandha Sanjay patil	CF18454	Female	BCOM	SY	9769797530	rajanipatil8828@gmail.com
45	Anshuka Rajesh Darekar	AF20007	Female	BMM	FY	8104602452	ichhadarekar@gmail.com
46	Preeti karkera	FF20024	Female	BAF	FY	9867814596	FF20024@thesiacollege.com
47	Mangesh Salgaocar	IF20041	Male	BSC-IT	FY	91670 888336	IF20041@thesiacollege.com
48	Samta	FF20062	Female	BAF	FY	8433504935	Subodhst12@gmail.com
49	Jil panchal	FF20037	Female	BAF	FY	9004315973	Jil170902@gmail.com
50	Shaikh sufi badruddin	IF20045	Female	BSC-IT	FY	9136839440	IF20045@thesiacollege.com
51	Shruti sadashiv patil	BF19029	Female	BBI	SY	9082699637	shrutip993038@gmail.com
52	Dharmilaxmi Hariram Thakur	CF19050	Female	BCOM	SY	9967565669	CF19050@thesiacollege.com
53	Priya yadav	Bf18047	Female	BBI	TY	7738427221	py1964912@gmail.com
54	Tilak Rawat	IF20049	Male	BSC-IT	FY	9769382731	IF20049@thesiacollege.com
55	Sujit Ramesh Jaiswar	BF19013	Male	BBI	SY	8425946025	sujitjaiswar5@gmail.com



56	Deepshikha Gupta	Cf19220	Female	BCOM	SY	9321794932	deepgupta0903@gmail.com
57	Shraddha santosh bhosale.	Cf18408	Female	BCOM	SY	8433670563	shraddhabhosale988@gmail.com
58	Mayuri Sadashiv Mohite	FF19027	Female	BAF	SY	9082386030	mohite.may123@gmail.com
59	Kalpita Shekhar Patil	MF19042	Female	BMS	SY	7678093923	Kalpitap8887@gmail.com
60	Bipin Hemant Neolia	MF20139	Male	BMS	FY	8356943411	bipinneolia821@gmail.com
61	Prajoth rane	BF 20029	Male	BBi	FY	9372824355	Prajothrane2001@gmail.com
62	Anvisha Anand Sawant	IF20044	Female	BSC-IT	FY	7039244643	IF20044@thesiacollege.com
63	SHAH AYUSHI	BF20031	Female	BBi	FY	9819511751	ayushishah1803@gmail.com
64	Prajoth rane	BF 20029	Male	BBi	FY	9372824355	Prajothrane2001@gmail.com
65	Alka Prabhakar Dash	FF20012	Female	BAF	FY	9967995364	FF20012@thesiacollege.com
66	Harshada Gajanan Warule	CF19463	Female	BCOM	SY	7506781801	harshadawarule1999@gmail.com
67	Aanchal Yadav	CF20262	Female	BCOM	FY	9702623698	CF20262@thesiacollege.com
68	Shalini Singh	FF19051	Female	BAF	SY	9082884011	shalinisingh908288@gmail.com
69	Pooja Baban Shingne	BF19048	Female	BBi	SY	7378743375	poojashingne900@gmail.com
70	Shrutika Dinesh Shinde	BF19047	Female	BBi	SY	9920462878	shrutikashinde878@gmail.com
71	HARSHADA PRABHAKAR MORE	CF20140	Female	BCOM	FY	8591292975	moreharshada2002@gmail.com
72	Sakshi zambre	CF19268	Female	BCOM	SY	9082599346	CF19268@thesiacollege.com
73	Riya mishra	MF20040	Female	BMS	FY	9167581339	MF20040@thesiacollege.com
74	Abhishek Kamble	Bf20016	Male	BBi	FY	8104805301	Abhishekkamble097@gmail.com
75	Pratidnya karande	Cf19228	Female	BCOM	SY	9619088145	Karandepratu101@gmail.com
76	Sukshitapoojari	Cf19442	Female	BCOM	SY	9321594406	Sukshitapoojari2002@gmail.com
77	AnkitDubey	CS20471	Male	BCOM	SY	7400214447	ankit788dubey@gmail.com
78	Muskan Jaiswal	AF19015	Female	BMM	SY	8433645410	muskanjaiswal843@gmail.com
79	Neha BALCHANDRA Gupta	Cf19219	Female	BCOM	SY	9820537302	GNEHA7084@GMAIL.COM
80	Manthan Sudhir Utekar	Cf19261	Male	BCOM	SY	9137152524	manthanutekar14@gmail.com
81	Mayuri Mahadev Gaikawad	MF19012	Female	BMS	SY	8657093155	gayakwadmayuri2@gmail.com
82	Manjeet Yadav	Cf19264	Male	BCOM	SY	8291080849	manjeetyadav792001@gmail.com
83	SUSHANT SINGH	Cf18487	Male	BCOM	SY	7900111725	Cf18487@thesiacollege.com
84	Sakshi Rajendra Bedse	IF20002	Female	BSC-IT	FY	9967169376	sakshibedse82@gmail.com
85	SIDDHESH PATIL	FF20040	Male	BAF	FY	9702828851	sp364401@gmail.com
86	TEJAS SANJAY DAWANDE	MF20009	Male	BMS	FY	8976725837	MF20009@thesiacollege.com
87	Kirti Ramesh Nandan	MF19033	Female	BMS	SY	9768410589	kirtirnandan@gmail.com
88	PK LIKHITA KUMARSWAMI	FF19039	Female	BAF	SY	9579551666	likhitakumarswami@gmail.com



89	Siddhesh Kalingan	MF20024	Male	BMS	FY	9136305948	MF20024@thesiacollege.com
90	Deepti Dhingra	AF19061	Female	BMM	SY	7045470420	deeptidhingra797@gmail.com
91	Himani Pramod Chaudhari	FF20008	Female	BAF	FY	8108918150	chaudharihimani08@gmail.com
92	Himani Pramod Chaudhari	FF20008	Female	BAF	FY	8108918150	ff20008@thesiacollege.com
93	Neha Deenanath Gupta	IF20012	Female	BSC-IT	FY	9326119515	nehathathera66@gmail.com
94	Avanti Nitin tawde	BF20034	Female	BBI	FY	9136050954	avantinitintawde07@gmail.com
95	Ankita Keshav Dhadave	IF18107	Female	BSC-IT	TY	8104217072	ankitadhadave77@gmail.com
96	Nitesh Soni	PI19018	Male	MSC-IT		8169847156	niteshsoni673@gmail.com
97	Jatin Pradeep Tambe	IF19059	Male	BSC-IT	SY	9321264845	tambejatin986@gmail.com



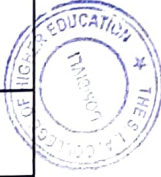
Pradeep Tambe
Convener

PLACEMENT & STC CELL

10 DAYS ONLINE WORKSHOP ON YOGA & MADITATION FOR WELLBEING

05/05/2021 to 15/02/2021

Sno	Name of the student	Roll no	Course	CLAS S	05-05-2021	06-05-2021	07-05-2021	08-05-2021	10-05-2021	11-05-2021	12-05-2021	13-05-2021	14-05-2021	15-05-2021
1	Aanchal Yadav	CF20262	BCOM	FY	P									
2	Abhishek Kamble	Bf20016	BBI	FY	p									
3	Abhishek Shukla	FF20065	BAF	FY	P									
4	Alka Prabhakar Dash	FF20012	BAF	FY										
5	Aniruddh Machindra Netkar	CF19435	BCOM	SY										



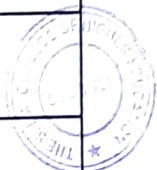
Verma

80	Shruti sadashiv patil	BF19029	BBI	SY	p																
	Shrutika Dinesh																				
81	Shinde	BF19047	BBI	SY																	
	Shubham Dilip																				
82	Revadekar	PI19015	MSC-IT	SY																	
	Shubham Pandey																				
83	Shubham Pandey	MF19135	BMS	SY																	
	Shubham Shelar																				
84	Shubham Shelar	MF19149	BMS	SY																	
	Siddhesh Kalingan																				
85	Siddhesh Kalingan	MF20024	BMS	FY																	
	SIDDHESH PATIL																				
86	Siddhesh PATIL	FF20040	BAF	FY	p																
	Sujit Ramesh																				
87	Sujit Ramesh	BF19013	BBI	SY	p																
	Jaiswar																				
88	Sukshitapoojari	Cf19442	BCOM	SY	p																
	Surbhi Shukla																				
89	Surbhi Shukla	mf20159	BMS	FY																	
	SUSHANT SINGH																				
90	SUSHANT SINGH	Cf18487	BCOM	SY	p																
	Susmita vasant																				
91	Susmita vasant	CF18240	BCOM	TY																	
	mastekar																				



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92	Tanvu bidkar	MF20005	BMS	FY	p															
93	TEJAS SANJAY DAWANDE	MF20009	BMS	FY		P														
94	Tilak Rawat	If20049	BSC-IT	FY		P														
95	Yash Bhalerao	BF 20006	BBI	FY	p															
96	Zeny bhanushali	Mf20003	BMS	FY																
97	GUPTA SONU SHIVCHARAN	MF20019	BMS	FY			P	P	P	P	P	P	P	P	P	P	P	P	P	P
98	Sakshi Deshpande	MF19113	BMS	SY																
99	RAJBHAR PRIYANKA DHRUVKUMAR	MF20151	BMS	FY																
100	KAHAR SHWETA RAVINDRA	MF20120	BMS	FY																
101		CF20028	BCOM	FY																
102	Tanu Gupta	CF18224	BCOM	SY																
103	Nisha Chaudhary	BF18008	BBI	SY																



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The South Indian Association's
The S.I.A. College of Higher Education
Accredited D. by MAC
(Affiliated to University of Mumbai)
P-88 MIDC Residential Area, Dombhili Gymkhana Road, Near Daraji Mandir, Dombivili
Email: office@hsiacollege.com Website: hsiacollege.com

Date: 04/05/2021

To,

Mrs Arti Nekar,
Faculty & Certified Yoga Trainer,
Orehid School,
Pune.

Dear Madam,

Greetings,

It gives us immense pleasure to invite you as a Resource Person and trainer for conducting Online Yoga Sessions organized by Placement & STC Cell in association with IQAC from 5th May to 15th May, 2021 at 10.00 am to 11.00 am

We are sure that your expertise and guidance will help us to gain knowledge about Correct Yoga postures and fitness and lead a healthy life.

Kindly accept the invitation.

Looking forward for your sessions.

Thank you.

Regards,

Mrs Boorna Hapleth

Converter - Placement & STC Cell

Mrs. Ranjana Mhalgi

IQAC Co-ordinator

Dr. Padmaja Arvind

Principal & IQAC Chairperson



The South Indian Association's
The S.I.A. College of Higher Education
Affiliated to University of Mumbai
Accredited B+ by NAAC
P-88, MIDC Residential Area Dombivli Gymkhana Road,
Near Balaji Mandir, Dombivli (East), 421203.

Empowering Minds

Name of the event	Empowering Minds
Date of the event	24/05/2021 to 28/05/2021
Name of the resource person	Mrs Prajakta Arnalkar, Mrs Suja Sukhdev, Ms. Shreya Haran & Ms. Vrushti Shah, Mrs. Sanjana Bhadsawle, Mr Anuj Yadav

Attendance Sheet for "Empowering Minds" Workshop (24th May-28th May 2021)

Sr No	Name (in Capitals: Last Name First Name Middle Name)	Stream	Roll No.	24th May	25th May (Session I)	25th May (Session II)	26th May	27th May	28th May
1	MORYE YASH DEEPAK	BMS	MF20134	P	P	P	P	P	P
2	NETKAR MACHINDRA ANIRUDDH	B.Com	CF19435	P			P		
3	SHINDE SHRUTIKA DINESH	BBi	BF19047	P	P		P		
4	Aathira Ramesh	BMS	MF18001						
5	Abhishek Mate	BSC-IT	IF20027						
6	ADHAV ROBIN RIBIKA	B.Com	CF20003						
7	Aher Anik Avind	BAMMC	AF18029						
8	MAHALINGAM. MUDALIYAR	BMS	MF20041						P
9	AMBRE SAKSHI SACHIN	BBi	BF20003	P	P				
10	APANKAR SAHIL SHRIRISHNA	B.Com	CF20005						
11	ARUNKUMAR PANNEERSELVAM	BBi	BF20001	P			P	P	P
12	Barkha Rajesh jatoliya	BBi	BF18018						
13	Batwal Shreyash Ramesh	BMS	MF19103	P				P	
14	BHAGWAT UDAY MAYUR	BBi	BF19003	P					
15	BOLOOR YASH DHARMENDRA	BMS	MF19107	P	P		P	P	
16	CHAUDHARI HIMANI PRAMOD	BAF	FF20008	P	P		P	P	P
17	CHAUDHARY JUHI SUBODH	BBi	BF18009	P					
18	CHAUDHARY NISHA BABULAL	BBi	BF18008	P			P	P	
19	CHAUDHARY NISHA BABULAL	BBi	BF18008	P				P	
20	CHAVAN ROHAN JAYRAM	B.Com	CF20204		P				
21	DALVI PRIYANKA AJIT	BMS	MF19008	P			P	P	P
22	DASH ALKA PRABHAKAR	BAF	FF20012	P	P		P	P	P
23	DHINGRA DEEPTI KARAN	BAMMC	AF19061	P	P		P	P	P
24	GAIKWAD AKASH DNYANESHWAR	B.Com	CF18012						
25	GOLE KRUTIKA JAYWANT	BBi	BF19010						
26	GOYAL VISHAL MUKESH	BMS	MF19119						
27	GUNDESHA ISHIKA KIRAN	BAMMC	AF20009	P	P		P	P	P
28	Gupta Agiya-Vinodkumar	B.Com	CF20034	P					P



Signature

122	SAVLA UMANG UDAYKANT	B.Com	Cf19450	P	P	P	P	P	P	P
123	SAWANT ANVISHA ANAND	BSC-IT	IF20044	P						P
124	SAWANT MAKARAND RANJIT	BBi	BF18036	P	P					P
125	SAWANT MAKARAND RANJIT	BBi	BF18036	P	P					P
126	SAXENA SAKSHI PADAMCHANDRA	BBi	BF19040	P	P					P
127	SHAH AYUSHI RAJENDRA	BBi	BF20031	P						
128	SHAIKH SUFI BADRUDDIN	BSC-IT	IF20045		P					P
129	SHEFALI ANANT RANE	BBi	BF19034							
130	Shelar Shivam Sanjay	B.Com	Cf18275							
131	SHETTY RAMYA SHANKAR	BMS	MF18056	P						P
132	SHINDE DAKSHATA RAJENDRA	B.Com	Cf19066	P	P					P
133	SHINDE NISHITA PRADEEP	BAMMC	AF19059	P						P
134	SHINGNE POOJA BABAN	BBi	BF19048	P	P					P
135	SHREYA SHRIRANG SHELATKAR	B.Com	Cf20113	P						P
136	SHRUTI RAMESH	BAMMC	AF19002							P
137	Shukla shivam Atindra	BMS	MF20160	P	P					P
138	SINGH JHANVI CHANDRASEN	BSC-IT	If19057	P						
139	SOLANKI DARSHANA MAHESH	B.Com	Cf19047							
140	SUJADAISEY SURESH	B.Com	Cf18002	P						
141	Sumedh Nikam	BAMMC	AF19028	P						
142	Suresh Ram	B.Com	18							
143	SUTAR DIPIKA MANIK	BBi	BF18132	P						
144	Sutar Shruti Shankar	BBi	Bf18043	P						
145	Tawde Avanti Nitin	BBi	BF20034	P	P					P
146	Tawde Avanti Nitin	BBi	BF20034							P
147	TAWDE VAISHNAVI NITIN	BSC-IT	IF18029	P	P					P
148	Tejas Gala	BSC-IT	IF20059							
149	Terse Pratham Bhalchandra	BMS	MF20167							
150	Thakkar Harsh Kartik	BMS	MF19057	P						P
151	Thakker karishma udaykumar	BMS	MF18063							P
152	THAKUR SAMTA UPENDER	B.Com	FF20062	P	P					P



V. Borewell

Empowering Minds - Day 1

01:23:16

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Psychology

Meeting chat

Talking with people close to you really helps

Swarangi Maharao 10:49 am
Whatever happens we should not lose to ourselves, just accept situation & try to cope with it, extend our boundaries

Ramprasad Nivelsan 10:51 am
The tree is adapting to the seasonal changes and it grows according to the situation. It prospers when its time comes

Madhura Patkar 10:51 am
By changing as weather

Type a new message

10:59 AM 24 05 2021

Empowering Minds - Day 1

01:45:02

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Important factors to build resilience!

Foster wellness

- Personal care
- Practice mindfulness
- Avoid negative outlets

TAKE CARE OF YOURSELF

Psychology

Meeting chat

Swarangi Maharao 10:49 am
Whatever happens we should not lose to ourselves, just accept situation & try to cope with it, extend our boundaries

Ramprasad Nivelsan 10:51 am
The tree is adapting to the seasonal changes and it grows according to the situation. It prospers when its time comes

Madhura Patkar 10:51 am
By changing as weather

11:08 am
karthik type ur question in the chat box

Type a new message

11:20 AM 24 05 2021



Empowering Minds - Day 1

01:03:24

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Build the connections

- ✓ Prioritize relationships
- ✓ Join a group
- ✓ Give help take help
- ✓ Seek professional help

Psychology

MS PD C P Roshan Panicker

Type here to search

ENG 11:59 AM 24.05.2021

Empowering Minds - Day 1

01:53:40

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Find Purpose

- ✓ Look for opportunities
- ✓ Move towards your goal
- ✓ Be proactive
- ✓ Help others

Psychology

PD C P Roshan Panicker

Type here to search

ENG 11:59 AM 24.05.2021

Participants

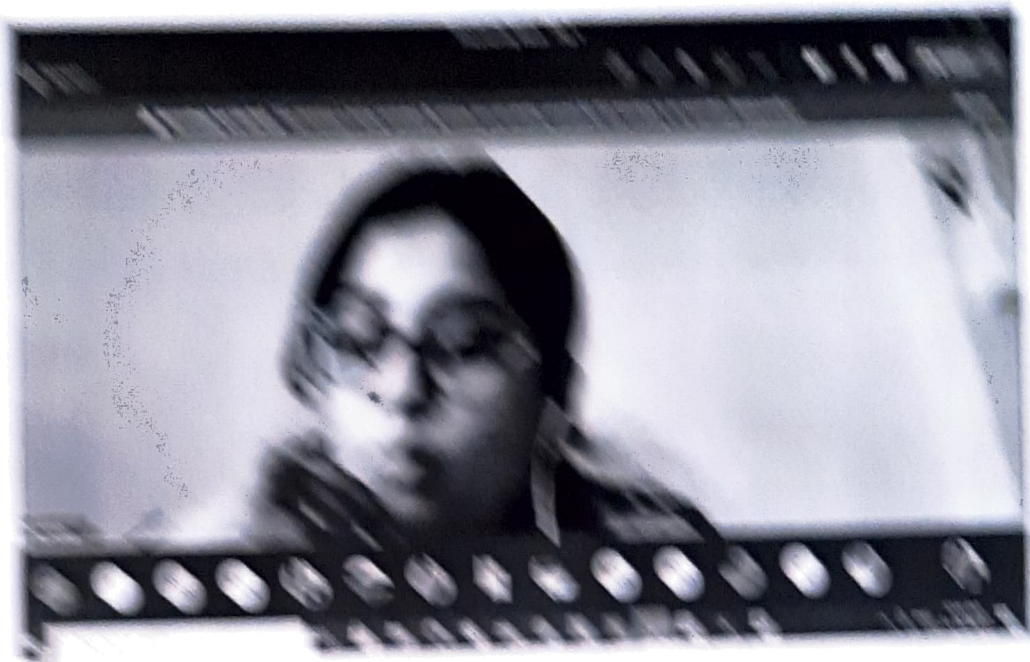
Invite someone or dial a number

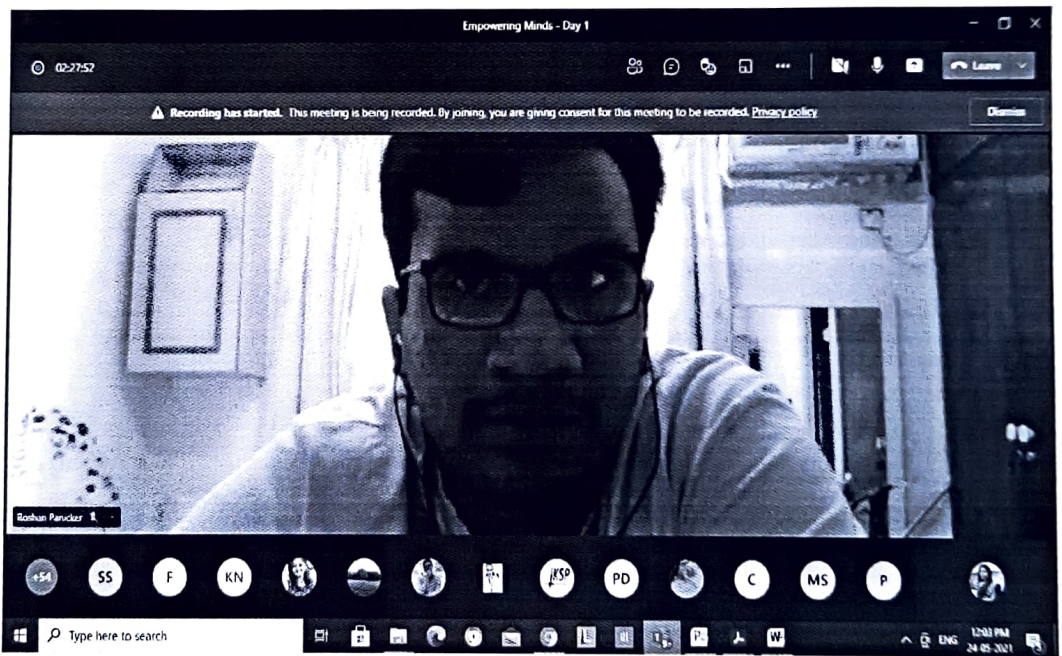
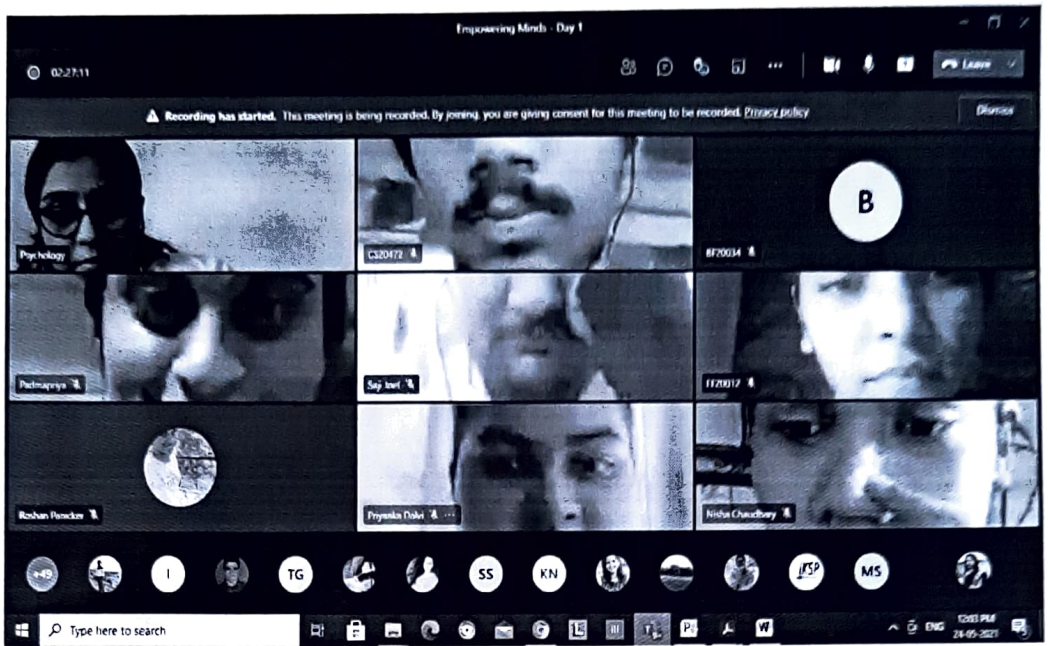
Share invite

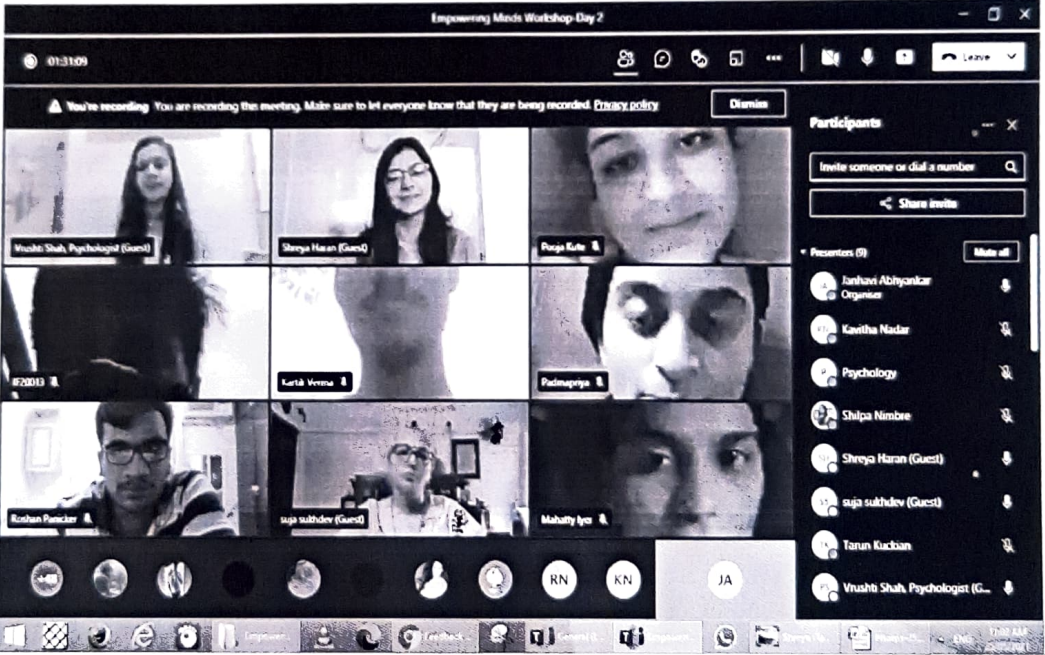
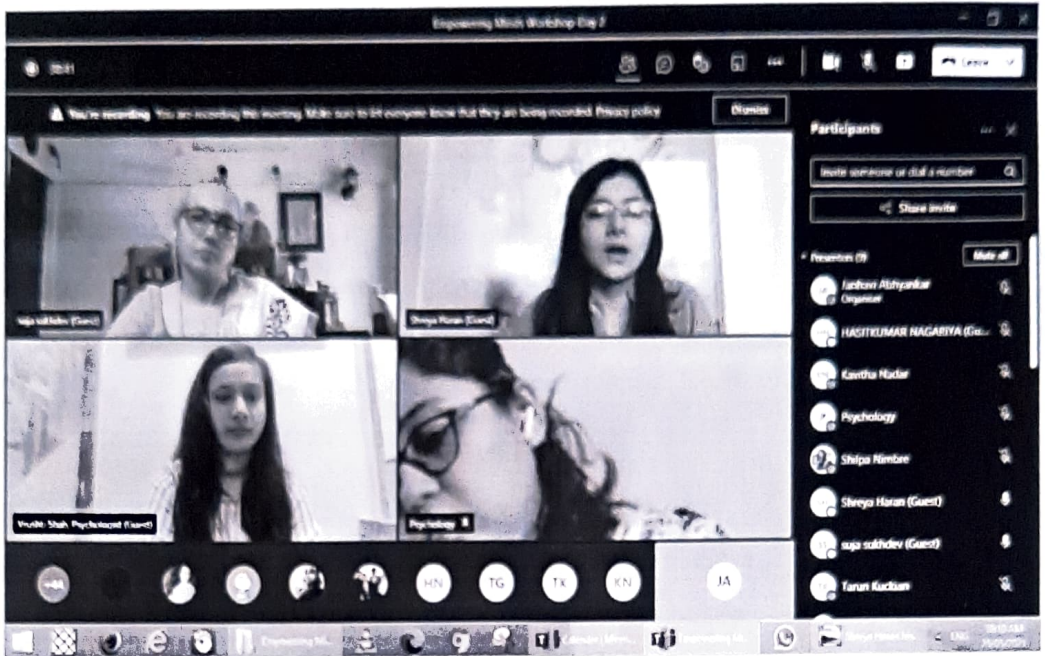
Attendees (7)

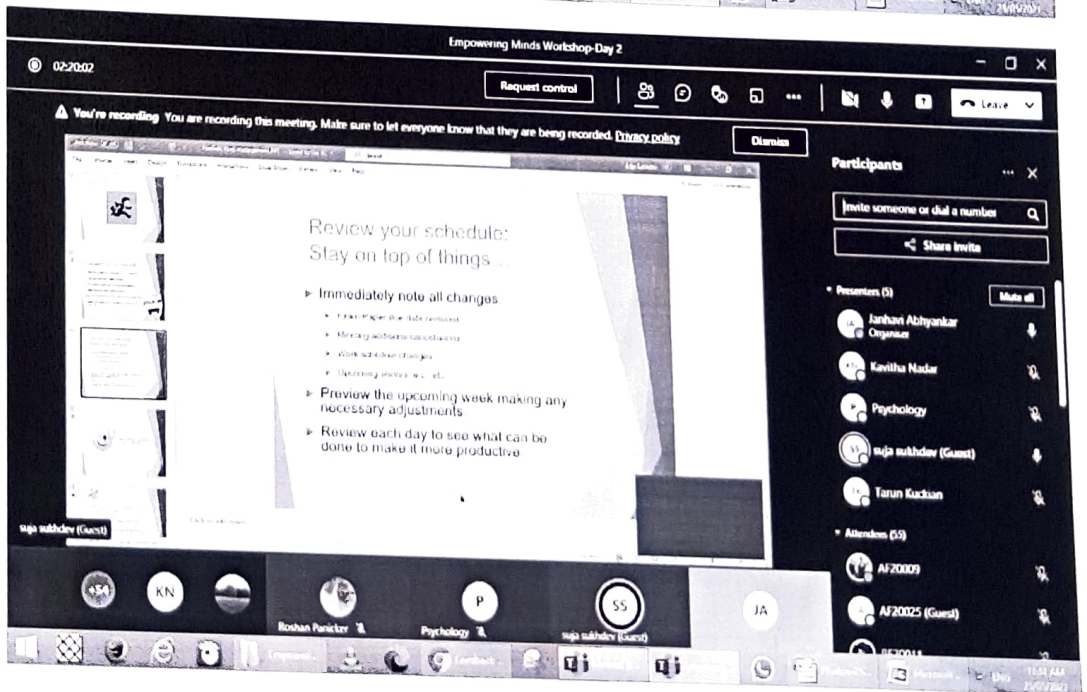
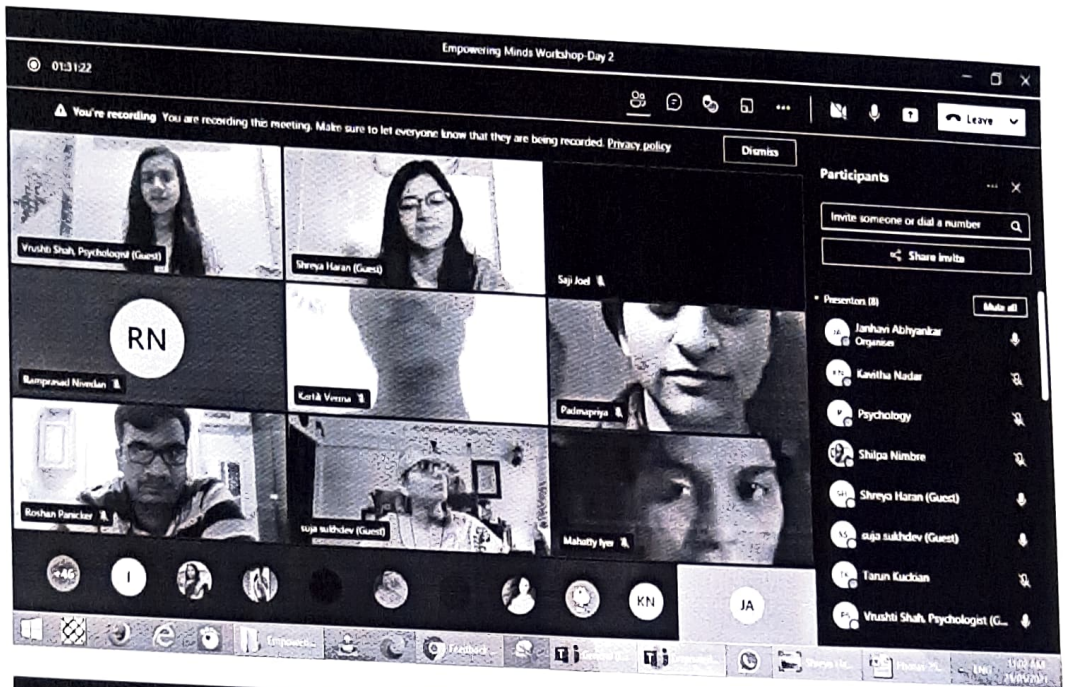
Participant	Status
AI20009	On hold
Anisha Pednekar	
BF20003	
BF20016	
BF20029	
BF20034	
BF20042	
CF20034	











Empowering March - Day 3

01:21:39

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Meeting chat

Like them that think he is not?

But we take it humorously and let it go at their moment and it's not done to criticize them

AFZAN 11:04

They would say, yeh bhanyo ap you want to be fat, don't eat around or else there will an earthquake. Abul moon.

Madhura Pillai 11:05

Call this out that... Are you on a diet... have to eat and play abhi... something like that

Rampal Nandan 11:07

If they are too skinny people might call them as skeletons if a South Indian is a little chubby then they call him ch and all

Maha Choudhary 11:08

Jahni me bhanyo thab more relatives bulke the Rya ye kumar in rita thab ch ab in gaurd weight tab more bulke in achankh se in more bulke ho get

01:21:39

type here to search

01:21:39

Empowering March - Day 3

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Meeting chat

done

Madhura Pillai 11:05

done

Mihika Dahi 11:04

May be because

Yes ma'am

Last read

Rampal Nandan 11:03

Sometimes we talk to our friends for fun like that like them that think he is not? But we take it humorously and let it go at their moment and it's not done to criticize them

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01:21:39

type here to search

01:21:39

Empowering March - Day 3

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Meeting chat

done

Madhura Pillai 11:05

done

Mihika Dahi 11:04

May be because

Yes ma'am

Last read

Rampal Nandan 11:03

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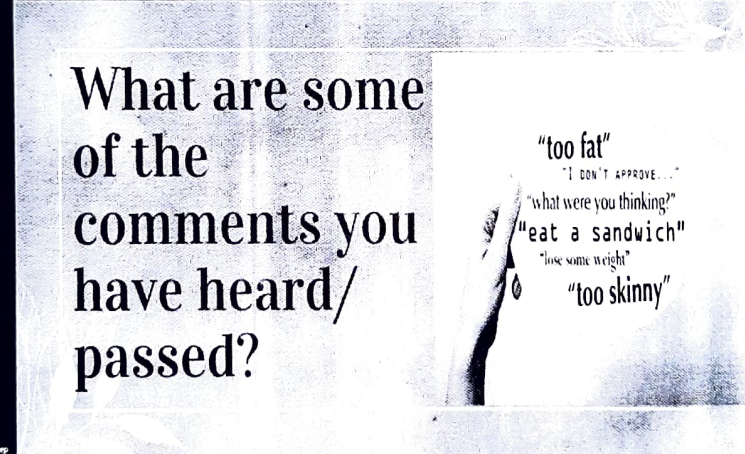
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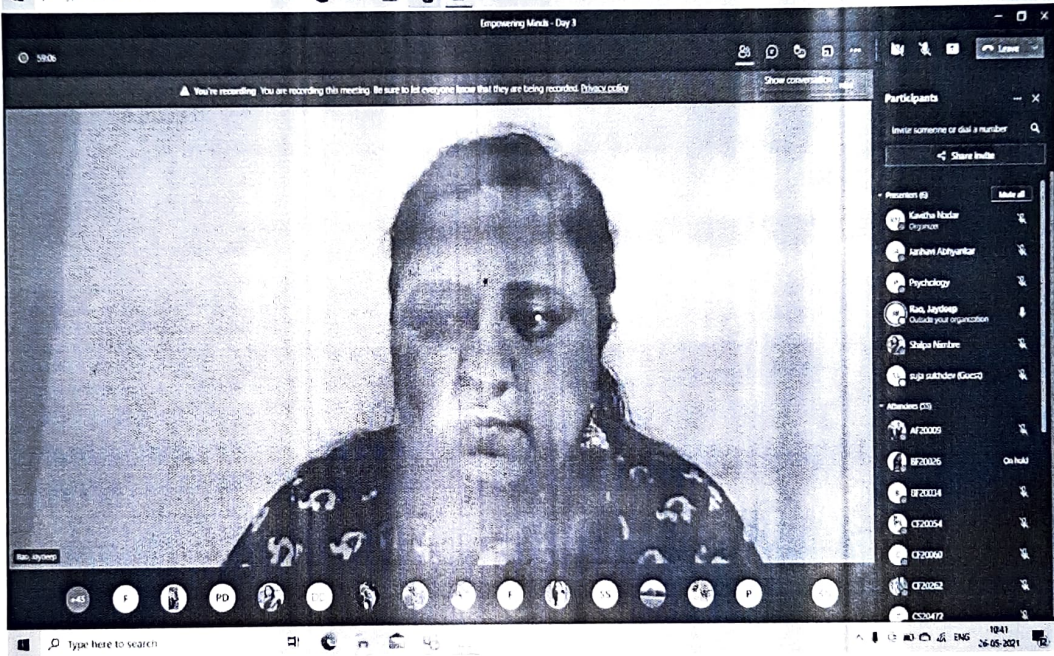
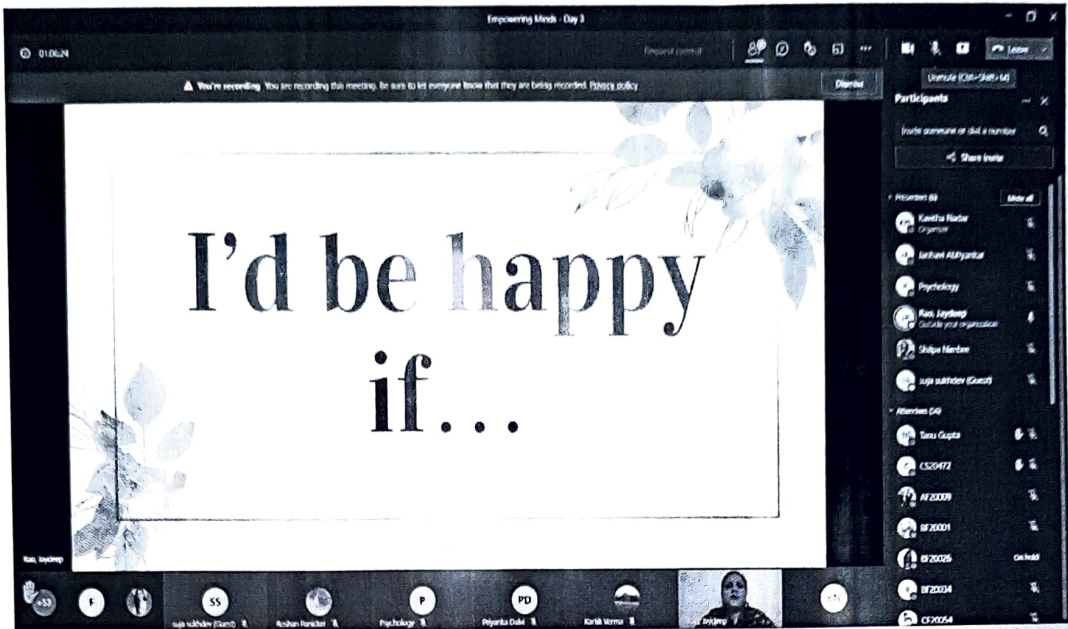
Madhura Pillai 11:05

Call this out that... Are you on a diet... have to eat and play abhi... something like that

01:21:39

type here to search





The S.I.A. College of Higher Education, Dombivli (East).

**Affiliated to the University of Mumbai.
Accredited Grade "B+" by NAAC.**

Session Report- 'Empowering Minds-A 5 Day Workshop on Mental Health for Youth.'

The Placement Committee of the college in collaboration with the Counselling Cell organised a five Day workshop - '*Empowering Minds*' aimed at addressing the mental health issues faced by youth. The workshop consisted of 2 hours long sessions conducted from 24 May, 2021 to 28 May, 2021 in online mode, between 10:00 AM and 12:00 Noon. The notice of the workshop was communicated through a WhatsApp write up and brochure and posted in student's groups.

The following themes were explored in the course of the workshop:

- **24/05: Building Resilience- Bouncing back**
- **25/05: Dealing with Procrastination**
- **25/05: Realistic Time Management**
- **26/05: Body Image**
- **27/05: Toxic Relationships**
- **28/05: Happiness - A Key to your well-being.**

Objective: The workshop aimed at educating the students about the aforementioned crucial issues that may act as an obstacle in the professional and personal life of the individuals, if not addressed properly. It also aimed at creating a dialogue where the students can share their problems and issues with the experts. The sessions were interactive with active participation of students in discussions and through Q and A.

Owing to the youth centric theme of the workshop, we got a positive response from the students. There were a total of **160 registrations**, out of whom **62 students** completed the workshop and received certificates.

Date: 24th May, 2021. Session: 'Building Resilience - Bouncing Back.'

Total Participants: 134

The first session of the workshop was on the topic '**Resilience- Bouncing back.**' The expert speaker for the session was **Mrs. Prajakta Arnalkar Thakur**. She is a counselling psychologist and has been working in the field for the last five years. Currently she is working as a counselor with The S.I.A. College of Higher Education and The S.I.A. High School and Junior College.

The ability to bounce back from whatever obstacles that life throws at us is one of the most critical components of success. Resilience and Perseverance are the common denominators in the life of high achievers. The speaker spoke on the importance of developing this quality in one's life. She stated the benefits of resilience like *improved learning, tackling obstacles and achieving personal, academic and professional success*. She also identified the important factors of building resilience namely, fostering wellness, finding purpose, developing healthy thoughts, building connection and practicing mindfulness. An activity - 'Brief Resilience Scale' was conducted which helped students to identify their resilience level.

Date: 25th May, 2021. Session 1: Dealing with Procrastination

Participants : 60

On 25th May, 2021 there were two sessions of an hour each. The first session was on 'Dealing with Procrastination'. The speakers for the session were **Ms. Shreya Haran & Ms. Vrushti Shah**. Ms. Shreya Haran is a clinical Psychologist and a level 3 Hypnotherapy practitioner. She is currently working as an assistant Psychologist at Atha Centre for Psychotherapy and Training. Ms. Vrushti Shah is a MA in Clinical Psychology and has certifications in Acceptance and Commitment therapy, Transactional Analysis and RECBT.

The speakers explained the difference between procrastination and laziness and the causes of procrastination. Further, they gave important suggestions to manage and overcome procrastination.

Session 2: Realistic Time Management.

Participants : 60

The second session of the day was on Realistic Time Management by **Mrs. Suja Sukhdev**. Mrs. Suja Sukhdev is a Counselling Psychologist with several years of experience. She has worked with educational institutions and has a special interest in the adolescent and the geriatric population.

She spoke on the importance of time management, the myths associated with it and its benefits. She shared a worksheet designed to *identify one's productive* hours after taking into consideration the routine work and leisure activities.

Date: 26th May, 2021. Session: Body Image

Participants: 55

Mrs. Sanjana Bhadsawle, a counselling psychologist and expert in REBT therapy conducted the session on Body image. In the interactive session, the students were asked about their views on 'Beautiful' and 'Handsome.' The speaker explained '*body image*' and its various connotations. In one of the activities, the students were given a list of 12 questions which they had to rate as True, false or Neutral. These questions dealt with an individual's perceptions and thoughts towards their body image. The speaker spoke on body shaming and advised the students to ignore critical comments from society and remain positive. She further advised the students to take small doses of positive self – talk daily of their body image.

Date: 27th May, 2021. Session: Toxic Relationships

Participants: 50

The session on 'Toxic Relationships' was conducted by Mr. Anuj Yadav. He is practicing as a consulting clinical psychologist and clinical hypnotherapist at Manas Hospital, Masina Hospital, Disha De-addiction center, Wellspring wellness center, Sahara De-addiction center and Psychkeys Wellness Center.

The speaker started the session by explaining the concept of 'Toxic relationship' and how it can cause harm to the individuals involved. He also spoke on personality traits like Selfishness, Dominance, Manipulation and Possessiveness.

He stressed on the importance of *remaining independent rather than interdependent* in a relationship. He encouraged the students to share their perspectives and views.

Date: 28th may, 2021. Session: Happiness- A key to your wellbeing.

Participants: 45

The last session of the workshop on the theme of 'Happiness- A key to your wellbeing' was conducted by Mrs. Radhika Mendhale Bhosale. She has been working in the field of psychology for several years. She has done Masters in Counseling Psychology and is a Arts Based Therapy Practitioner.

During the session, students shared their perspective on 'happiness', positive and negative emotions, etc. The speaker covered important aspects such as **subjective well being and life**

purpose. In the end, a very beautiful session of meditation was conducted with the sweet and soothing sound of the Tibetan bell ringing in the background.

Participants:

The total registrations for the workshop was 160. Students who were present for all the sessions were given certificates on completion of the workshop. A total of **62 students** received the certificates. The participants consisted of 15 students from BMS, 8 students from BSc IT, 6 students from BAF, 8 students from B.Com, 18 students from BBI and 7 students from BMM.


Feedback:

Feedback form was circulated after each session. The overall response from students for questions of 'Relevance of the session' and 'Speakers ability to connect with audience' was overwhelmingly positive. For the aforementioned questions, **more than 80% of the students rated 4 and 5, in the 5 point likert scale.** Students (More than 95%) also expressed their readiness to attend similar sessions in the future.

The active participation and positive feedback from students encourages us to organise similar sessions on the theme of mental health for youth at least once a year. Students have to cope with issues such as body image, toxic relationships, resilience, happiness and procrastination, but they may not also have an expert guide to help them. These sessions with experts from the field of psychology will fill this gap between the medical practitioner and the parent.


Convenor




Principal
PRINCIPAL
The S.I.A. College of Higher Education
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