

# Prerna College of Commerce

Reshimbag, Nagpur.

(Run By Prerna Sewa Mandal)

NAAC Accredited with "B Grade"

## Extra-Curricular Activities Committee

Organizes



### CERTIFICATE COURSE IN

### LIFE SKILLS AND THEIR PRACTICAL APPLICATIONS

From: Monday 3rd Oct., 2022

to

Wednesday, 19th Oct, 2022

**FROM: 4:00 PM ONWARDS.**

### Our Inspiration



**Dr S. C. Gulhane**  
Secretary  
Prerna Sewa Mandal  
Nagpur.



**Dr Pravin Joshi**  
Director  
Prerna College of Commerce  
Nagpur.

# Our Hon'ble Guest Speakers

**Day-1**  
**Mon, 3rd**  
**Oct, 2022.**



**Day-2**  
**Tues, 4th**  
**Oct, 2022.**



**Thurs, 6th**  
**Oct, 2022**



**Fri, 7th Oct,**  
**2022**



**Sat, 8th**  
**Oct, 2022**



**Mon, 10th**  
**Oct, 2022.**



**Dr Amar Singh**  
**Head Dept of English**  
**Govt. Autonomous PG College**  
**Chhindwara, MP.**

**Dr Nitin Vighne**  
**Clinical Psychologist,**  
**Career Counselor,**  
**Soft Skill Trainer & Yoga Therapist**  
**Ajani Square, Nagpur.**

**Dr Mahendra Shete**  
**Professor**  
**Dept of English**  
**MIT, Pune.**

**Dr Balaganpati Deverakonda**  
**Professor & Former Head**  
**Dept of Philosophy**  
**University of Delhi, Delhi.**

**Dr Amitabh Dwivedi**  
**Professor**  
**Shri Mata Vaishnadevi University**  
**Katra, Jammu & Kashmir.**

**Dr Keshav Nath**  
**Assistant Professor**  
**Dept of English**  
**Manipur University, Jaipur. &**  
**Assistant Director,**  
**Quality and Compliance,**  
**Manipal University, Jaipur.**

# Our Hon'ble Guest Speakers

**Tue, 11th  
Oct, 2022.**



**Dr Pramod Mehra**

**Professor**

**Dept of Communication,  
Literature and Culture**

**Indira Gandhi National Open University,  
India.**

**Wed, 12th  
Oct, 2022.**



**Dr Aparajita Hazara**

**Professor**

**Dept of English**

**Dimond Harbur Women's University  
West Bengal.**

**Thu, 13th  
Oct, 2022.**



**Dr Amarendra Sharma**

**Professor**

**Dept of English**

**Lalit Narayan Mithila University, Darbhanga.**

**Fri, 14th  
Oct, 2022**



**Dr Kruti Trivedi**

**Assistant Professor**

**Dept of English**

**S.A.S. College of Management  
Surat, Gujarat.**

**Sat, 15th  
Oct, 2022.**



**Dr Vitthal Jaibhaye**

**Assistant Professor**

**Dept of English**

**Late Ramesh Warpurkar College  
Sonepath.**

# Our Hon'ble Guest Speakers

Mon, 17th  
Oct, 2022.



**Dr Sachin Patki**  
Assistant Professor  
Dept of English  
Adarsh College  
Hingoli, Maharashtra.

Tue, 18th  
Oct, 2022



**Dr Jyotsana Sinha**  
Associate Professor  
Dept of English  
MNNIT, Allahabad.

Wed, 19th  
Oct, 2022.



**Dr Rekha Subramanian**  
Relationship, Parenting and Life Coach and  
Counsellor and Entrepreneur  
India.

Officiating Principal



**Dr Liladhar Rewatkar**  
Prerna College of Commerce

Co-ordinator



**Ms Neha Samundre**  
IQAC Co-ordinator  
Prerna College of Commerce

In-charge

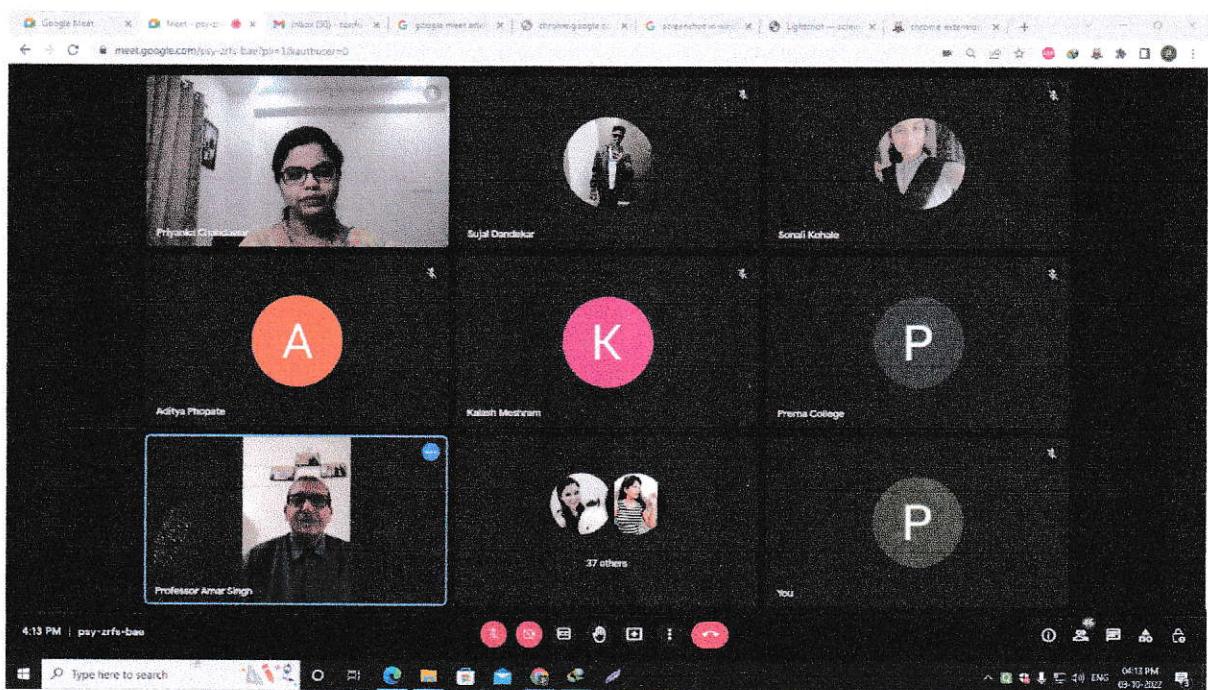


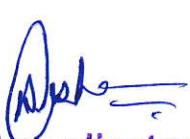
**Ms Afsha Khan**  
Assistant Professor  
Dept of Computer Application

Registration Link: <https://forms.gle/NE88CHxjuojm7ae26>

Day - 1 (3rd Oct , 2022)

Guest Speaker- Dr Amar Singh

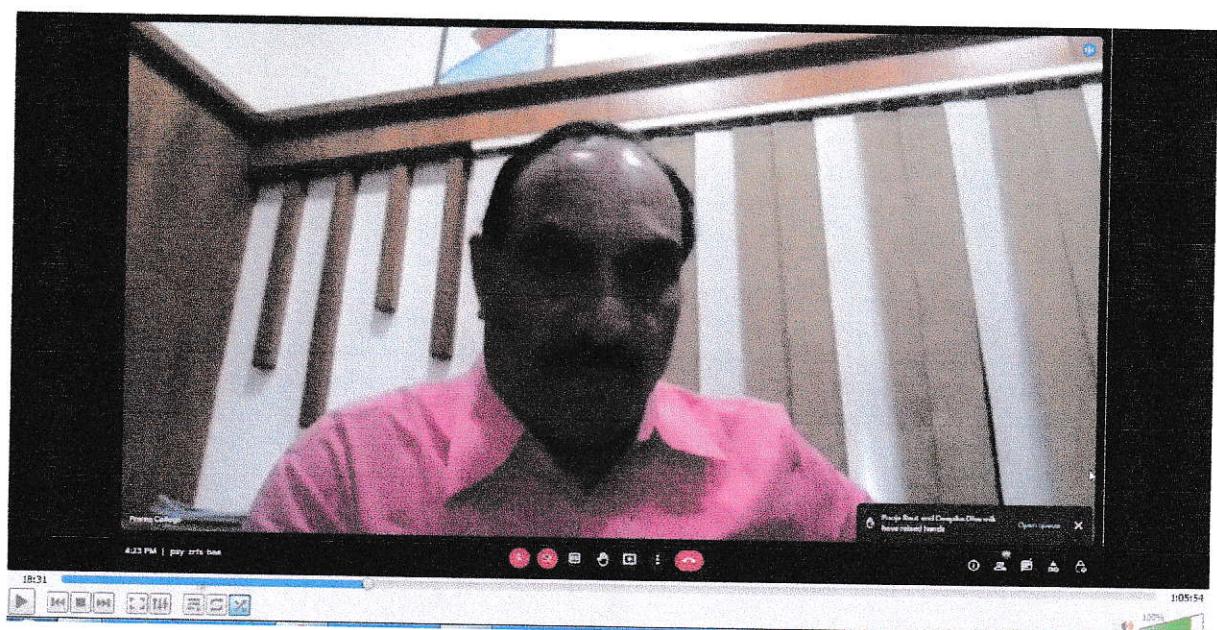
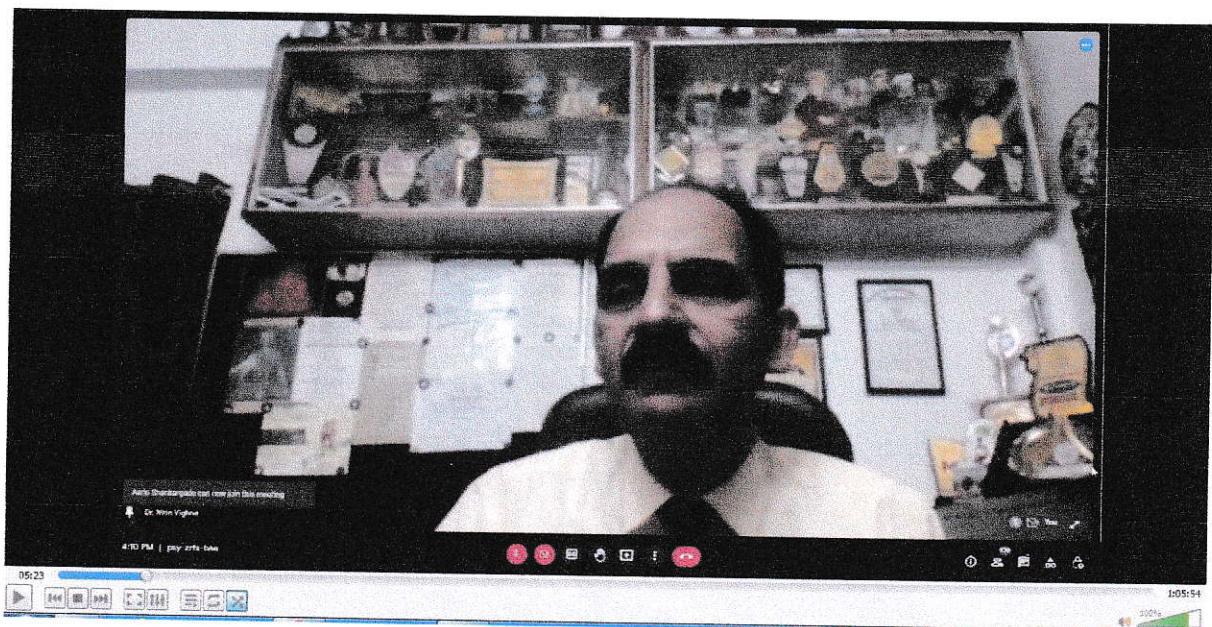


  
Programme Co-ordinator  
Prerna College of Commerce



**Day - 2 (4th Oct , 2022)**

**Guest Speaker- Dr Nitin Vighne**



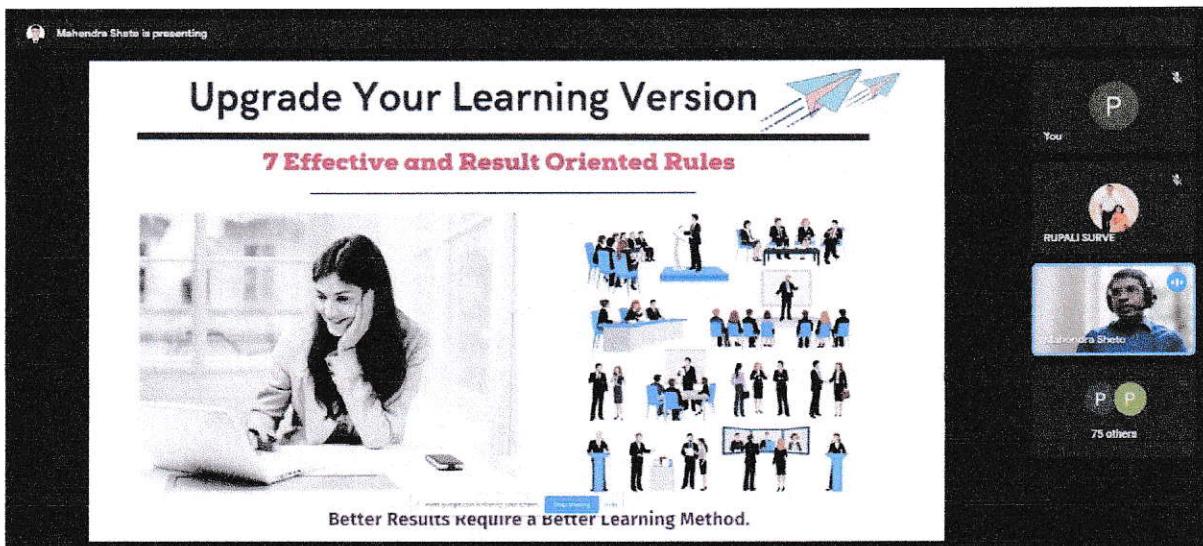
A handwritten signature in black ink, appearing to read "A. J. Jadhav".

**Programme Co-ordinator**  
**Prerna College of Commerce**



Day - 3 ( 6th Oct , 2022)

Guest Speaker- Dr Mahendra Shete



Mahendra Shete is presenting

## Upgrade Your Learning Version

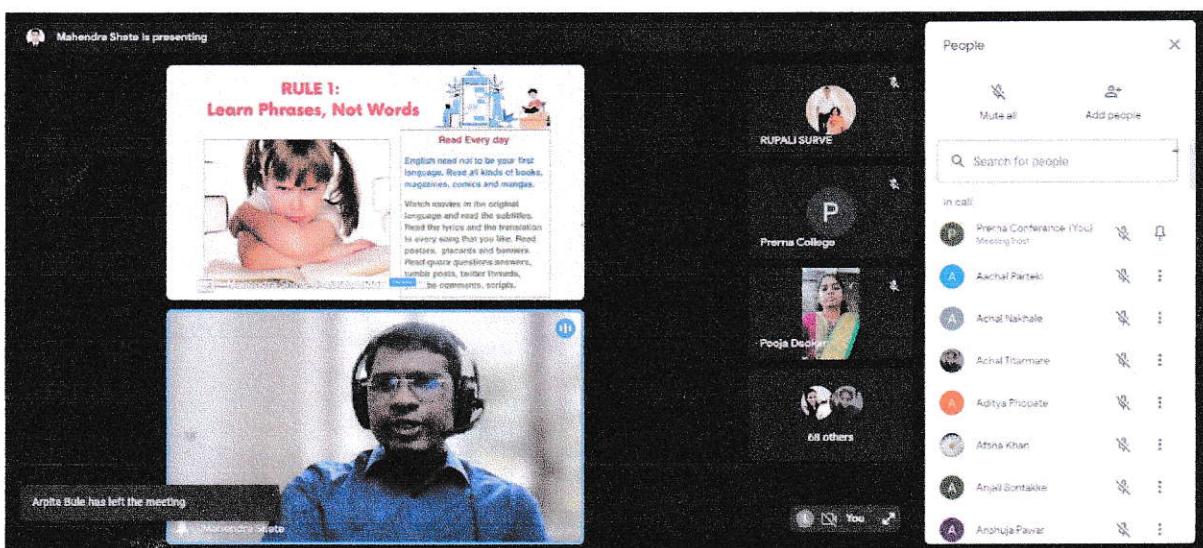
### 7 Effective and Result Oriented Rules

Better Results Require a Better Learning Method.

RUPALI SURVE

Mahendra Shete

75 others



Mahendra Shete is presenting

### RULE 1: Learn Phrases, Not Words

Read Every day

English need not be your first language. Read all kinds of books, magazines, comics and mangas. Watch movies in the original language and read the subtitles. Read the lyrics and the translation in every song that you like. Read posters, placards and banners everywhere you go. Watch news, tumblr posts, tumblr threads, be comments, scripts.

Arpita Bule has left the meeting.

RUPALI SURVE

Prerna College

Pooja Desai

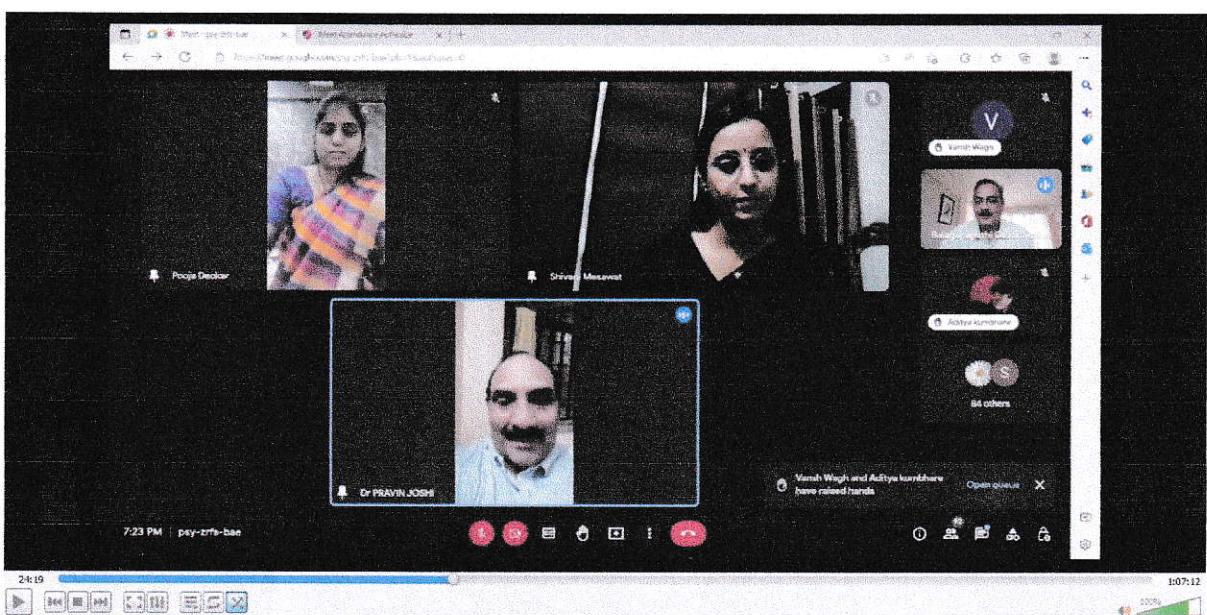
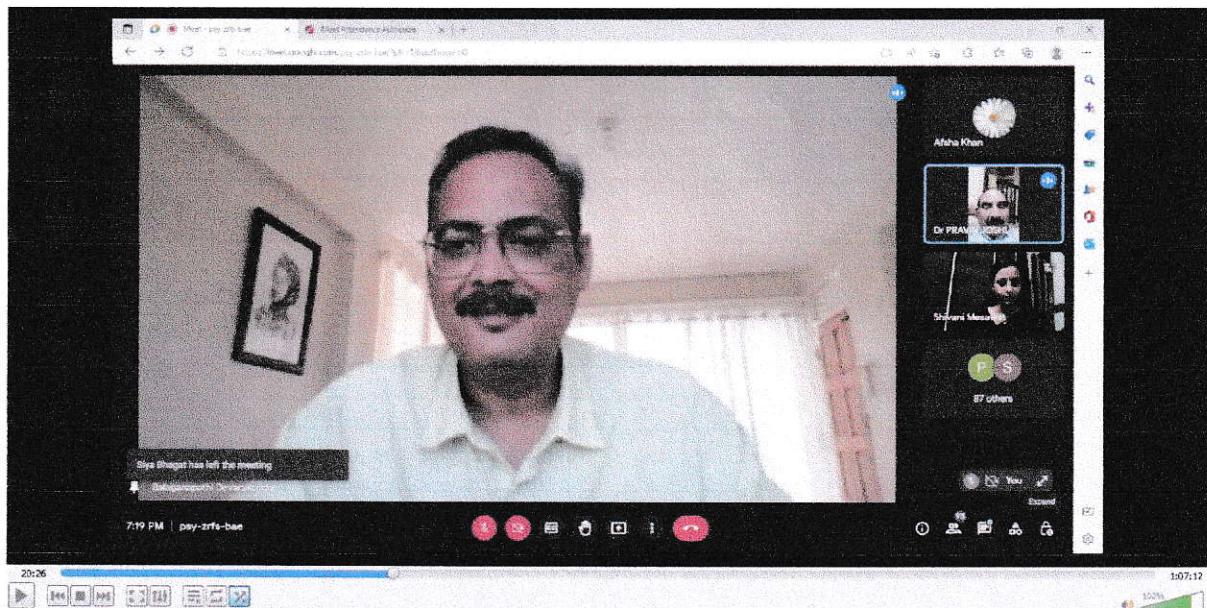
68 others

  
Programme Co-ordinator  
Prerna College of Commerce



Day - 4 ( 7th Oct , 2022)

Guest Speaker- Dr Balganpati Devrakonda

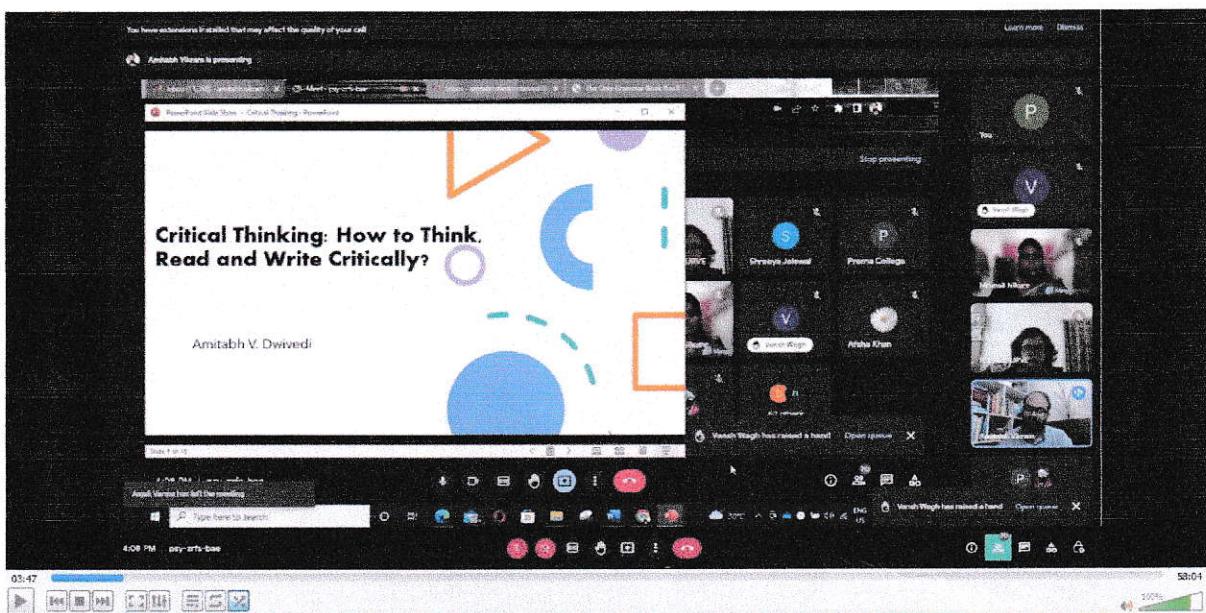


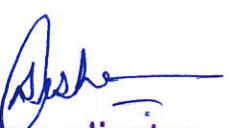
  
Programme Co-ordinator  
Prerna College of Commerce



Day - 5 ( 8th Oct , 2022)

Guest Speaker- Dr Amitabh Dwivedi

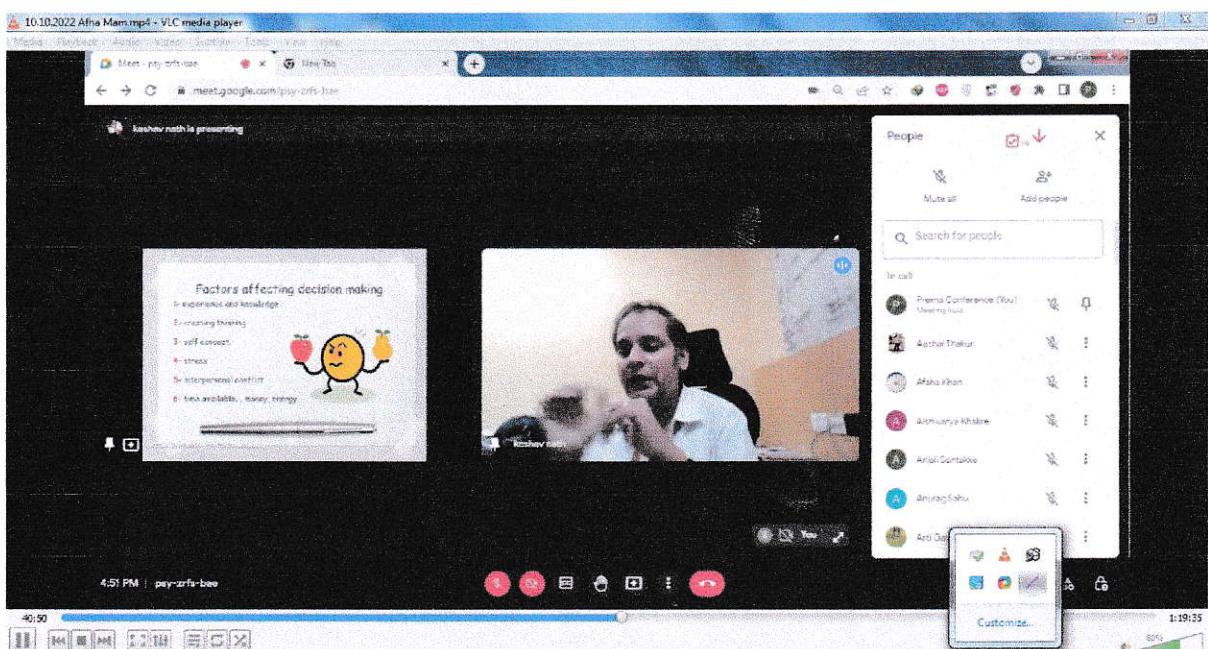
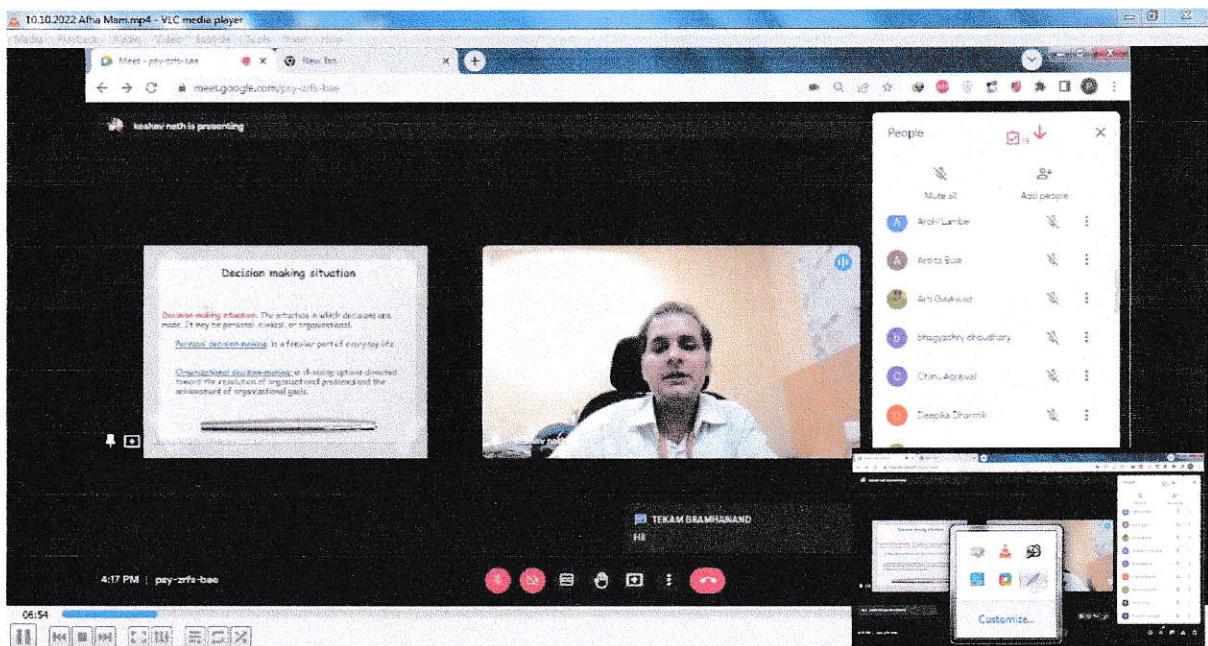


  
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Day - 6( 10th Oct , 2022)

Guest Speaker- Dr Keshav Nath

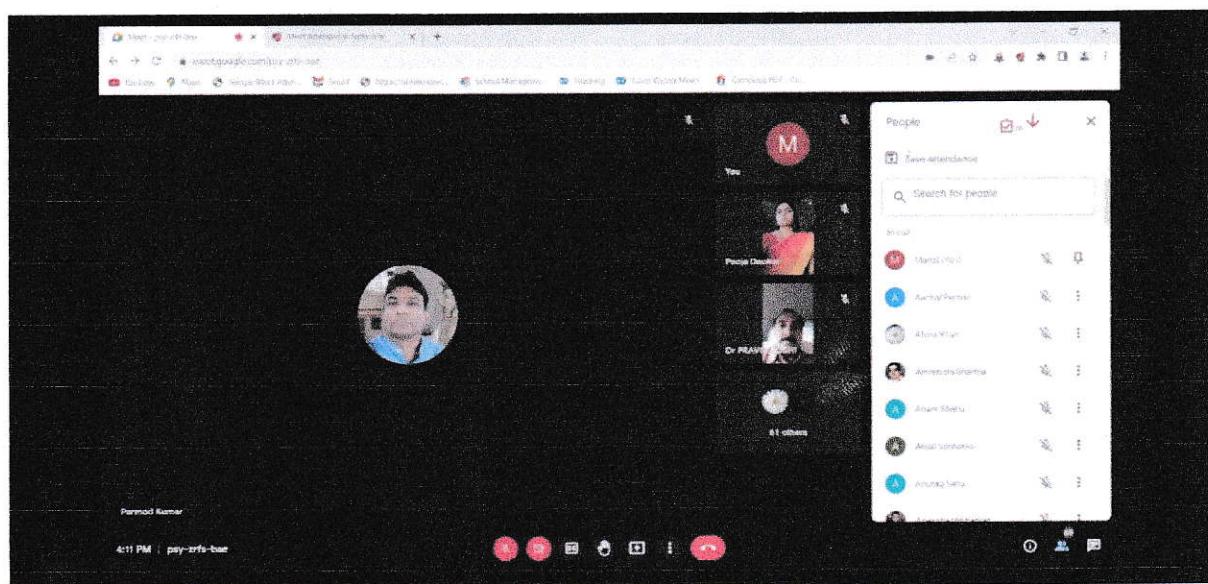


  
Programme Co-ordinator  
Prerna College of Commerce



Day - 7( 11th Oct , 2022)

Guest Speaker- Dr Pramod Mehra



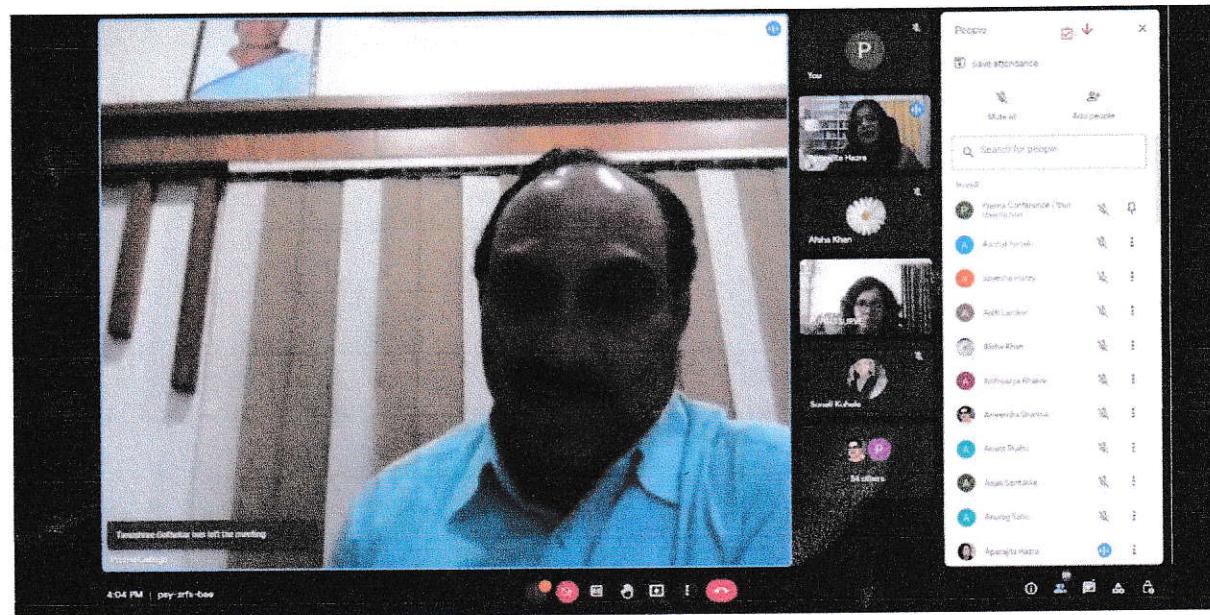
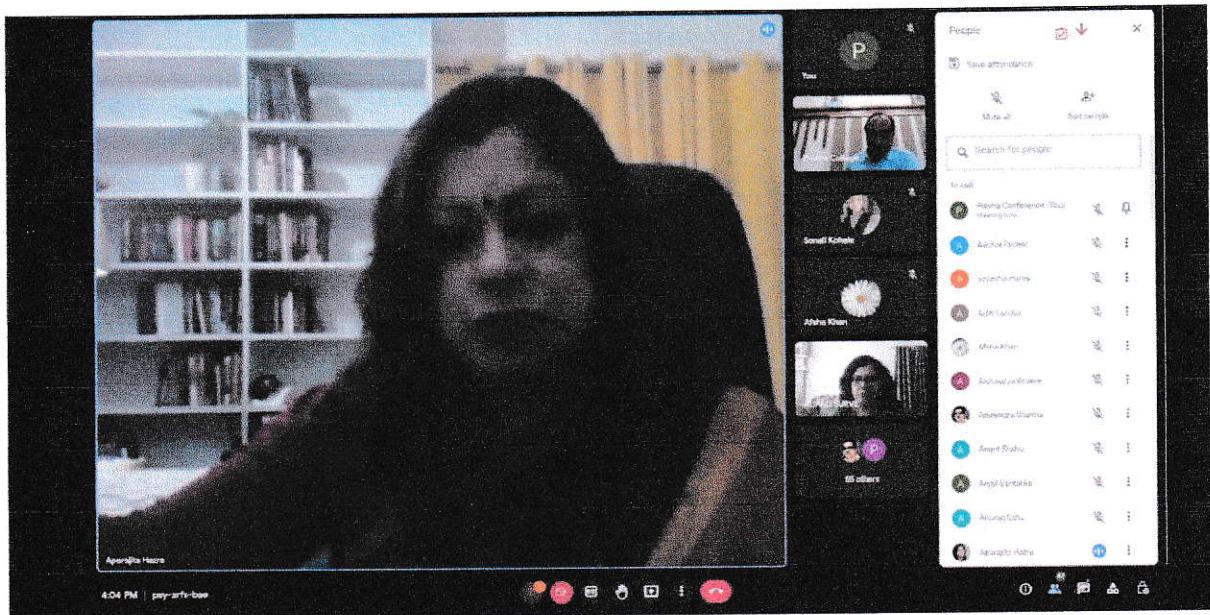


Programme Co-ordinator  
Prerna College of Commerce



Day - 8( 12th Oct , 2022)

## **Guest Speaker- Dr Aprajita Hazara**

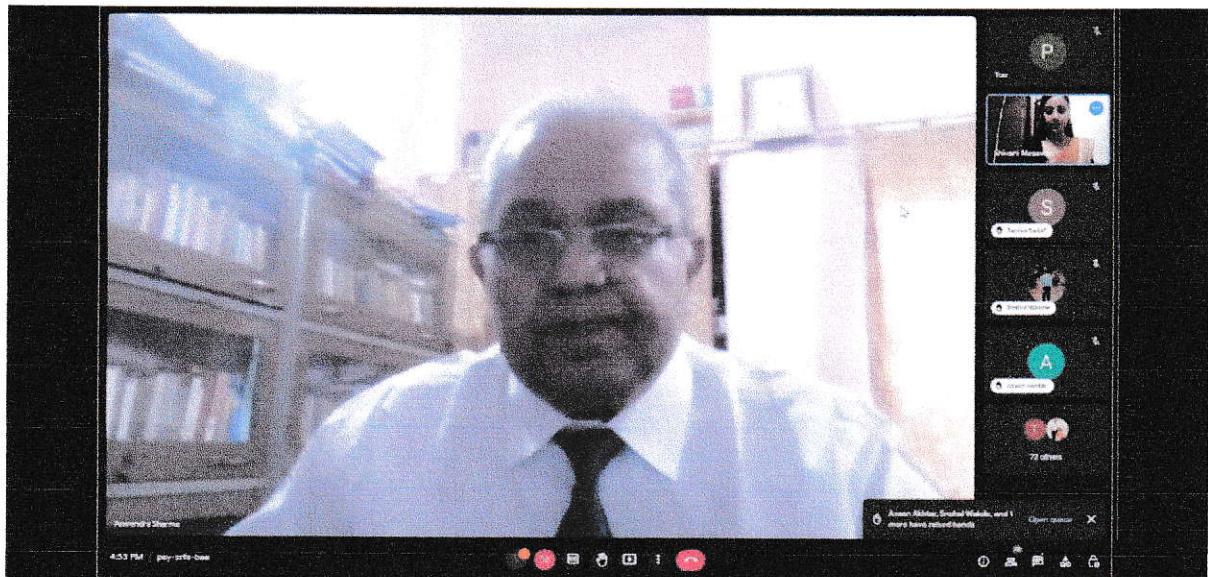


## Programme Co-ordinator



Day - 9( 13th Oct , 2022)

Guest Speaker- Dr Amrendra Sharma

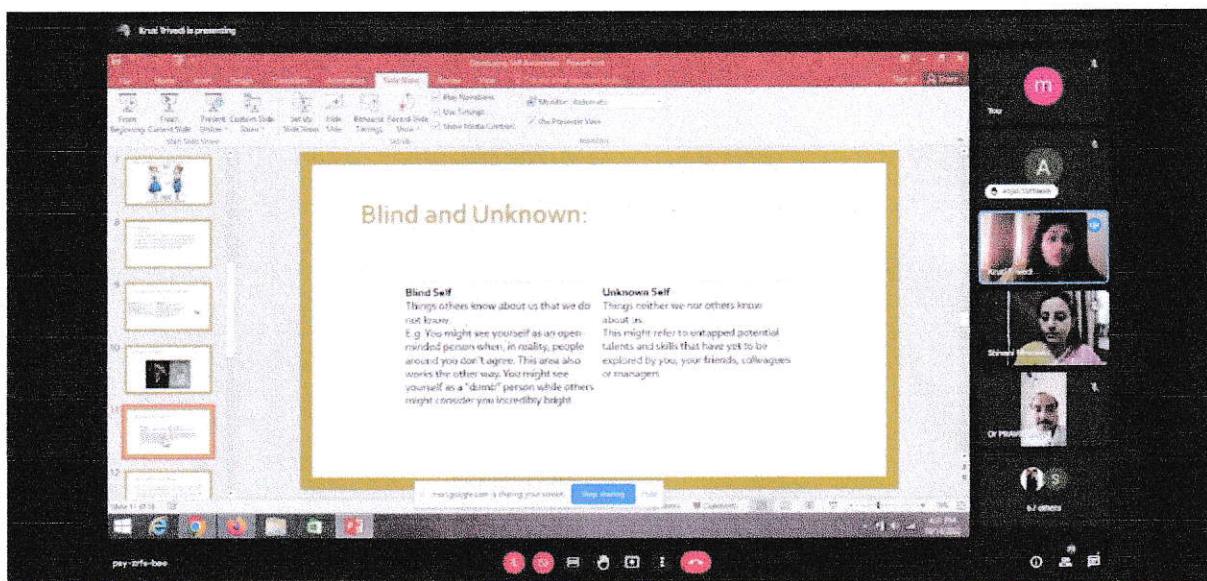
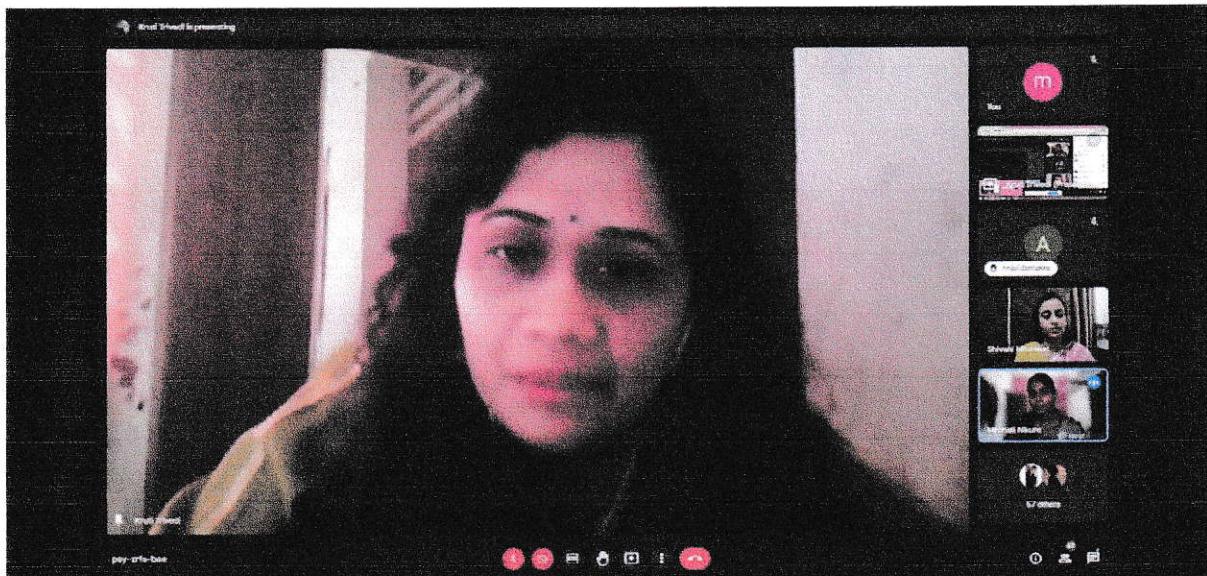


  
Programme Co-ordinator  
Prerna College of Commerce



Day - 10( 14th Oct , 2022)

Guest Speaker- Dr Kruti Trivedi

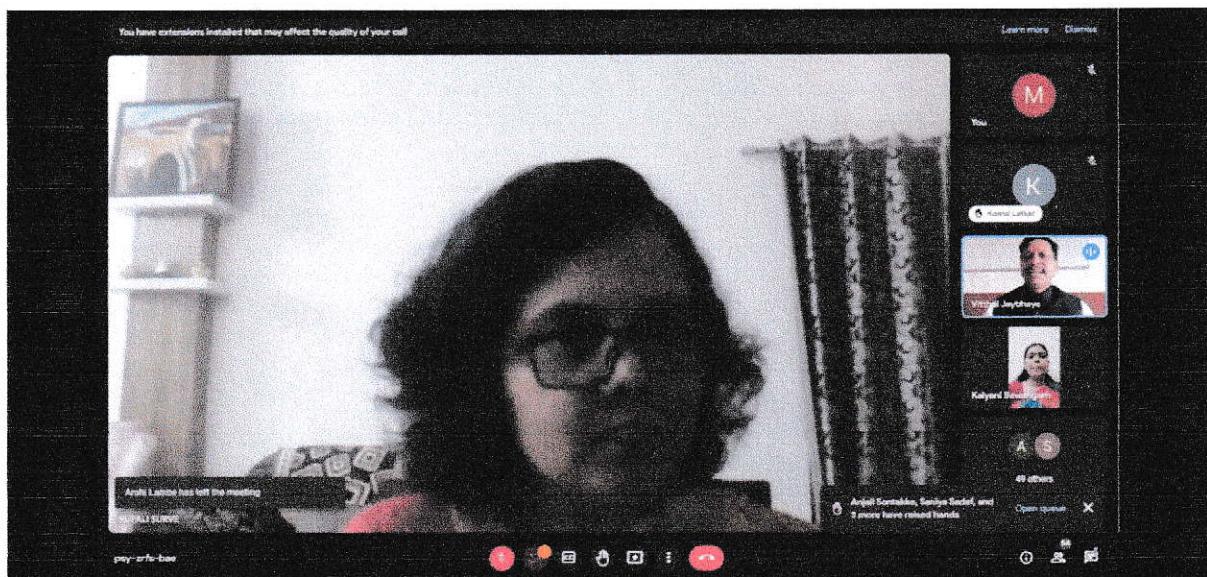


*Wesha*  
Programme Co-ordinator  
Prerna College of Commerce



Day - 11( 15th Oct , 2022)

Guest Speaker- Dr Vitthal Jaybhaye



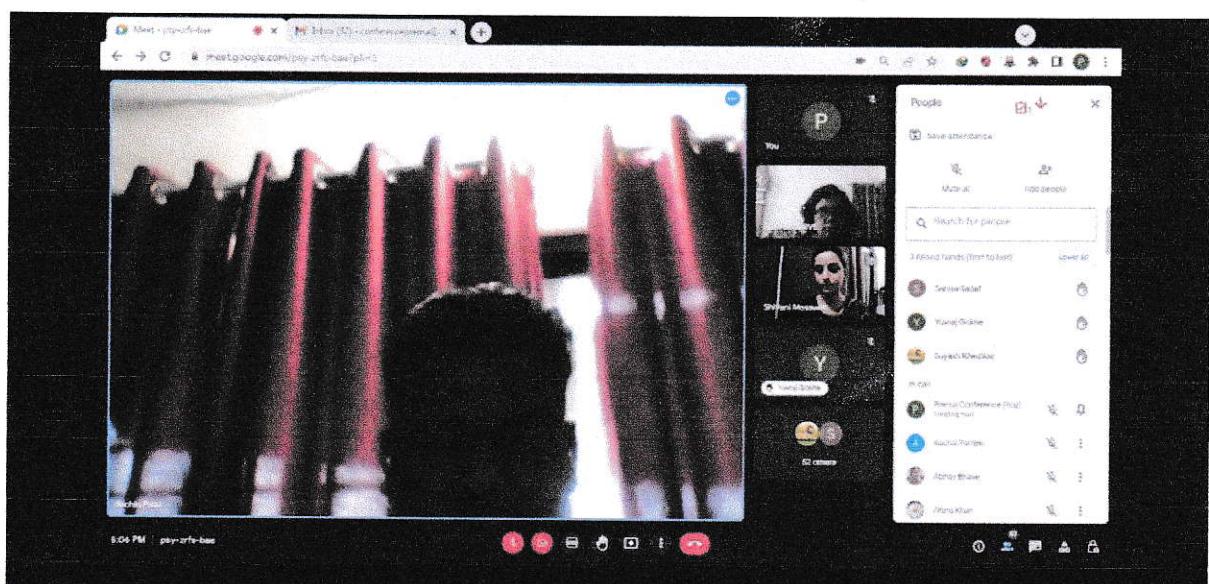
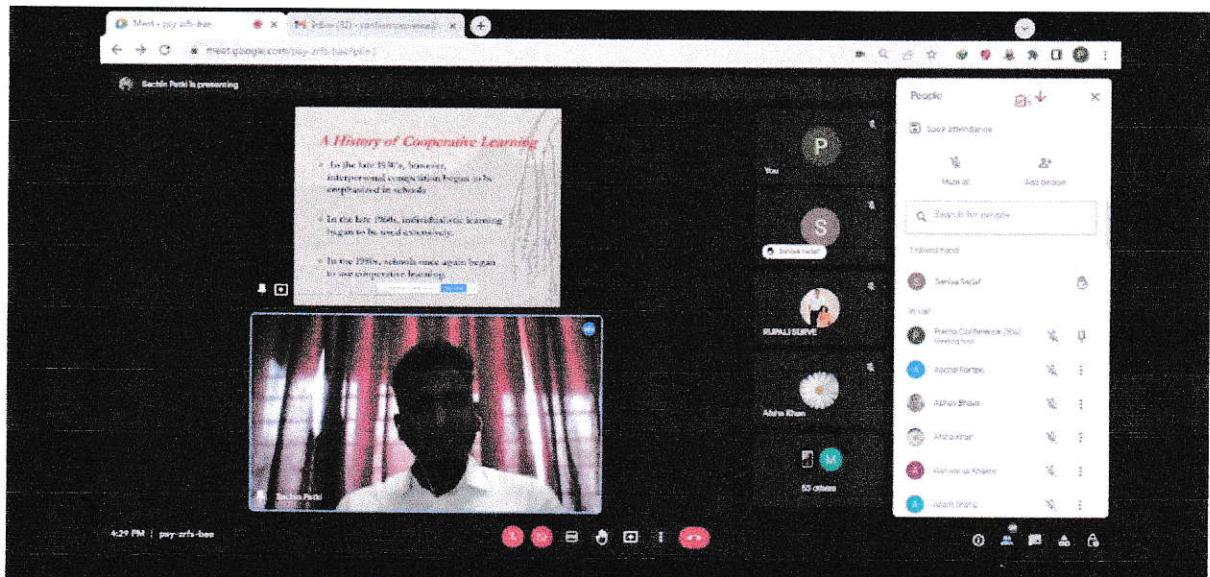
A handwritten signature in blue ink, appearing to read 'Anjali'.

Programme Co-ordinator  
Prerna College of Commerce



Day - 12( 17th Oct , 2022)

Guest Speaker- Dr Sachin Patki

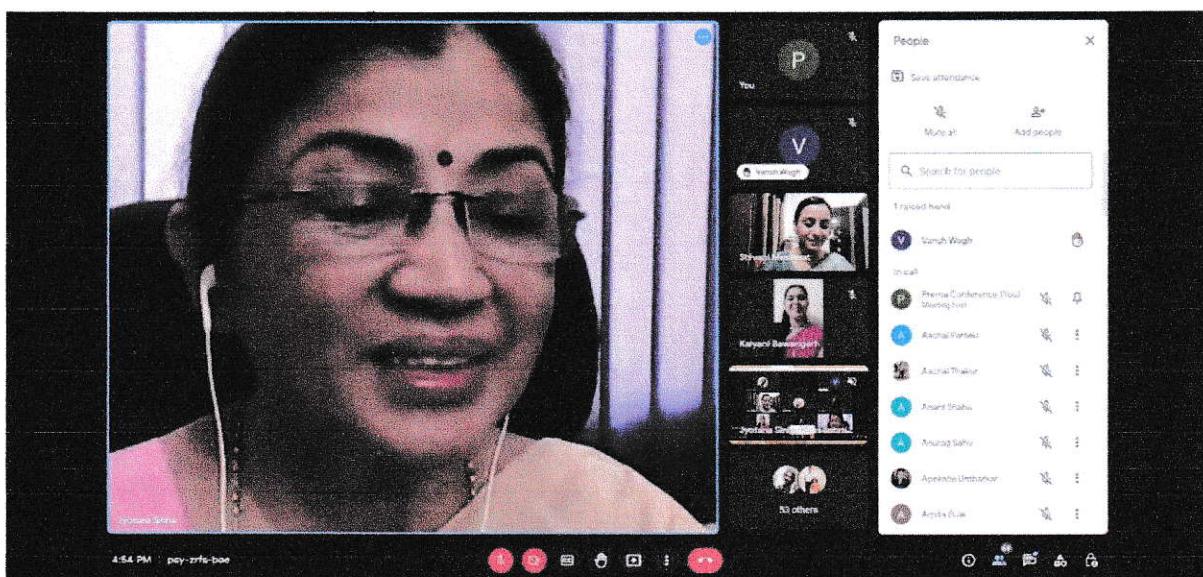
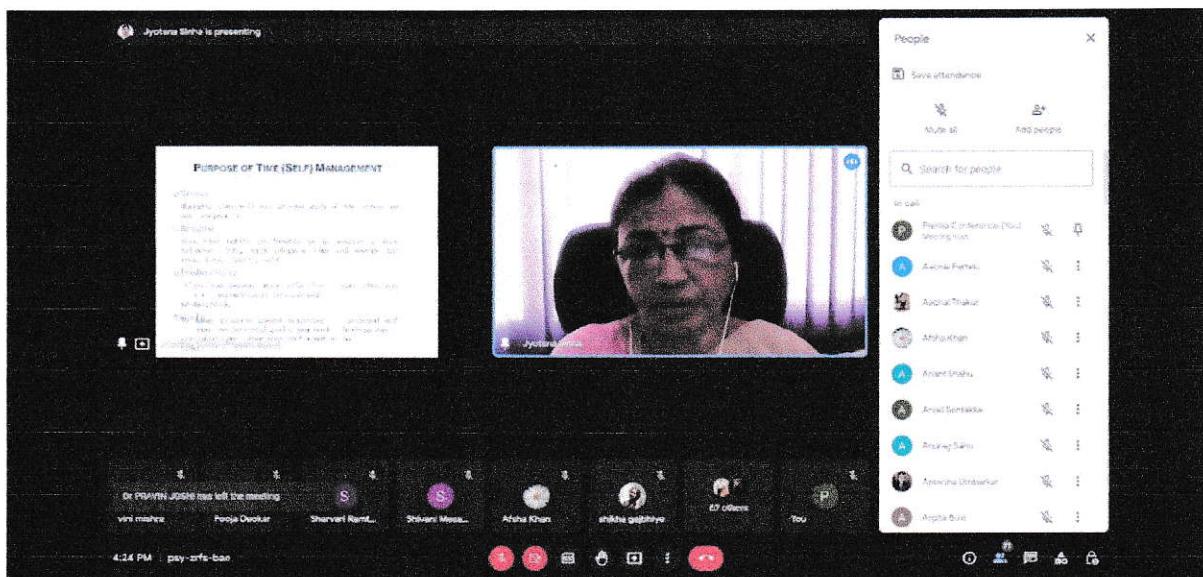


  
Programme Co-ordinator  
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Day - 13( 18th Oct , 2022)

Guest Speaker- Dr Jyotsna Sinha

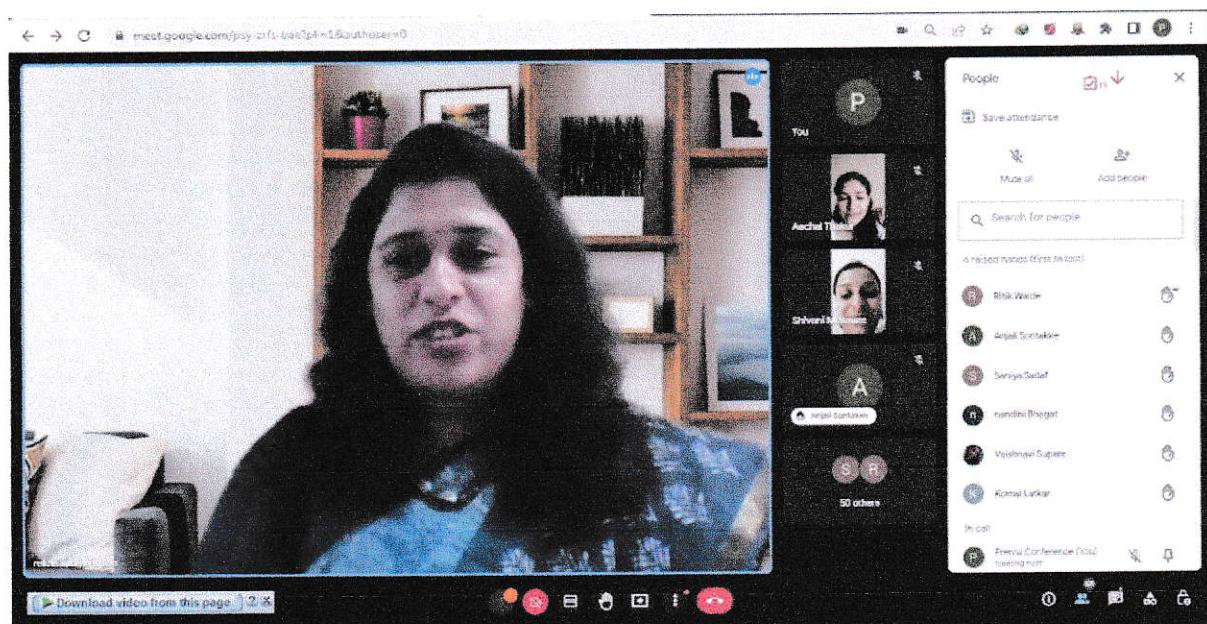
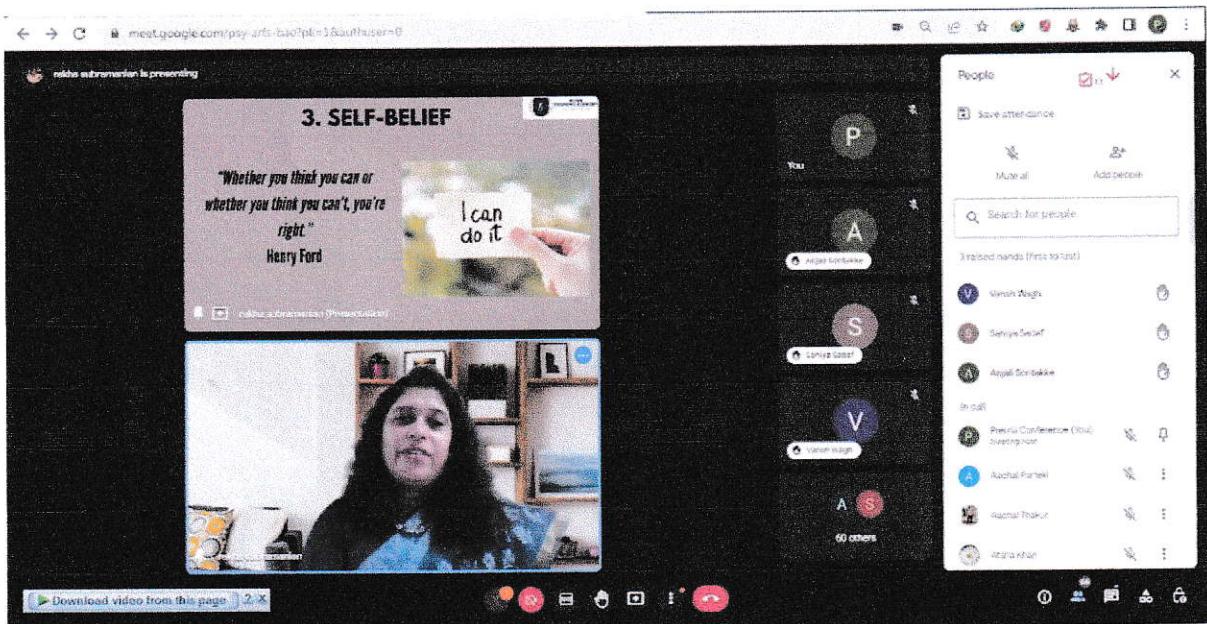


  
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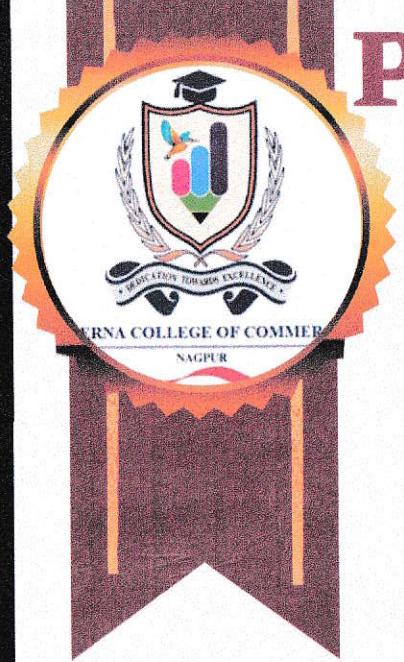
Day - 14( 19th Oct , 2022)

Guest Speaker- Dr Rekha Subramanian



  
Programme Co-ordinator  
Prerna College of Commerce





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## CERTIFICATE OF APPRECIATION

THIS CERTIFICATE IS AWARDED  
TO  
**Dr Nitin Vighne**

for having graciously delivered an expert talk during the Certificate Course in Life Skills and Their Practical Applications on Tuesday, 4th October, 2022 on the topic 'Managing Emotions'.

**Hearty Congratulations!**

**DR PRAVIN JOSHI**

DIRECTOR  
PRERNA COLLEGE OF COMMERCE



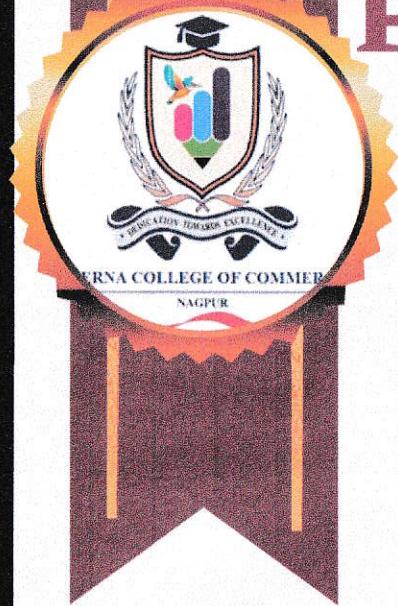
**DR LEELADHAR REWATKAR**

PRINCIPAL  
PRERNA COLLEGE OF COMMERCE

Programme Co-ordinator  
Prerna College of Commerce

**MS NEHA SAMUNDRE**

IQAC CO-ORDINATOR  
PRERNA COLLEGE OF COMMERCE



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## CERTIFICATE OF APPRECIATION

THIS CERTIFICATE IS AWARDED

TO

**Dr Balganpathi Deverakonda**

for having graciously delivered an expert talk during the Certificate Course in Life Skills and Their Practical Applications on Friday, 7th October, 2022 on the topic 'Developing Interpersonal Skills and Understanding Others'.

**Hearty Congratulations!**



*Beawatkar*

**DR PRAVIN JOSHI**

DIRECTOR

PRERNA COLLEGE OF COMMERCE

**DR LEELADHAR REWATKAR**

PRINCIPAL

PRERNA COLLEGE OF COMMERCE

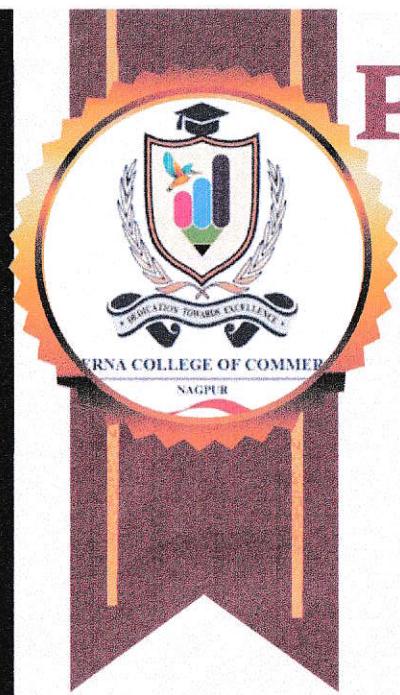
**MS NEHA SAMUNDRE**

IQAC CO-ORDINATOR

PRERNA COLLEGE OF COMMERCE

*Joshi*  
Programme Co-ordinator  
Prerna College of Commerce

*Beawatkar*  
*Bamundi*



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## CERTIFICATE OF APPRECIATION

THIS CERTIFICATE IS AWARDED

TO

**Dr Mahendra Shete**

for having graciously delivered an expert talk during the Certificate Course in Life Skills and Their Practical Applications on Thursday, 6th October, 2022 on the topic 'Developing Communication Skills'.

**Hearty Congratulations!**

**DR PRAVIN JOSHI**

**DIRECTOR**

**PRERNA COLLEGE OF COMMERCE**



**DR LEELADHAR REWATKAR**

**PRINCIPAL**

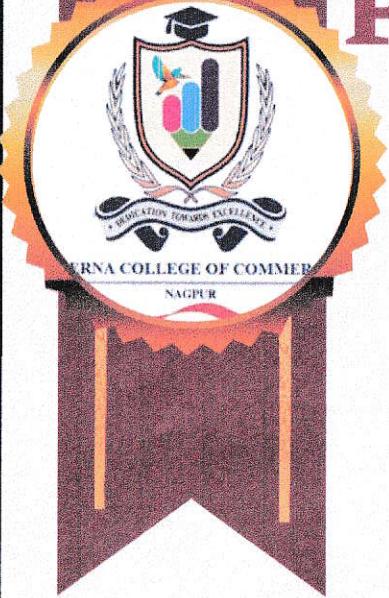
**PRERNA COLLEGE OF COMMERCE**

Programme Co-ordinator  
Prerna College of Commerce

**MS NEHA SAMUNDRE**

**IQAC CO-ORDINATOR**

**PRERNA COLLEGE OF COMMERCE**



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## CERTIFICATE

### OF APPRECIATION

THIS CERTIFICATE IS AWARDED

TO

**Dr Amitabh Dwivedi**

for having graciously delivered an expert talk during the Certificate Course in Life Skills and Their Practical Applications on Saturday, 8th October, 2022 on the topic 'Critical Thinking'.

**Hearty Congratulations!**

**DR PRAVIN JOSHI**

**DIRECTOR**

**PRERNA COLLEGE OF COMMERCE**



**DR LEELADHAR REWATKAR**

**PRINCIPAL**

**PRERNA COLLEGE OF COMMERCE**

Programme Co-ordinator  
Prerna College of Commerce

**MS NEHA SAMUNDRE**

**IQAC CO-ORDINATOR**

**PRERNA COLLEGE OF COMMERCE**



# PRERNA COLLEGE OF COMMERCE

(Run by PRERNA SEWA MANDAL, Regd. No. Sr Act 1860-370/83, BPT Act – 1950, F/3826)  
Reshimbag Square, Nagpur – 24

Govt. Recognised & Affiliated to Rashtrasant Tukadoji Maharaj, Nagpur University  
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA – 2.32)  
Ph.: 2745296, 2746840 E-mail : [prernacollegengp@gmail.com](mailto:prernacollegengp@gmail.com)  
Website: [www.prernacollegeofcommerce.com](http://www.prernacollegeofcommerce.com)



## Report On

### CERTIFICATE COURSE IN LIFE SKILLS AND THEIR PRACTICAL APPLICATION

**Committee: Extra-Curricular Activities Committee**

**Programme: Certificate course on '*Life Skills and Their Practical Application*'**

#### **Resource Persons:**

Dr Amar Singh, Dr Nitin Vighne, Dr Mahendra Shette, Dr Balganpati Devarakonda, Dr Amitabh Dwivedi, Dr KeshavNath, Dr Pramod Mehra, Dr Aparajita Hazara, Dr Amarendra Sharma, Dr Sumit Gupta, Dr Vitthal Jaybhaye, Dr Sachin Patki, Dr Jyotsana Sinha, Dr Rekha Subramanyam.

**Date and Time: 03<sup>rd</sup> October 2022 to 19<sup>th</sup> October 2022 from 4:00 pm to 7:00 pm.**

#### **Objectives: -**

- 1) To explain the primary objective of life skills training that focus on personal development to promote confidence.
- 2) To help students become more assertive, and communicate effectively with others by developing good listening skills and learning to handle.
- 3) To explore participants' beliefs and attitudes through group discussions and confidence-building techniques such as positive visualization.
- 4) To encourage students to play to their strengths by engaging in creative activities and a healthy lifestyle.
- 5) To explain the importance of life skills that enable students to be more independent.

#### **Highlights: -**

The Certificate course in 'Life Skills And Their Practical Application' was organized for the students of BCCA I, B.Com I and MCM I of Prerna College. The duration of the course was a total of 42 hours. On the very first day, Dr Amar Singh taught the concept of



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E-mail : prernacollegengp@gmail.com

Website: www.prernacollegeofcommerce.com



Significance and the need for Life skills and values. He explained the importance and benefit of Life skills and values. Also discussed problem-solving creative thinking, decision making and self-awareness. The second-day session was held by Dr Nitin Vighne, he explained how to manage emotions in life. He gave tips and advice to manage emotions such as, being kind to others and being open and accepting what is going around you. The day 3 resource person was Dr Mahendra Shette. He expressed his view on the topic of Communication Skills. He explained about top communication skills in life and career. On day 4 Dr Balganpati Devarakonda held the session and described how to use Interpersonal Skills, Dr Amitabh Dwivedi was the resource person on day 5 and he communicated on the topic of Critical Thinking, on day 6 Dr Keshav Nath expressed his views on the topic of Decision-Making Skills. On days 7, 8 and 9 Dr Pramod Mehra, Dr Aparajita Hazara and Dr Amarendra Sharma were the resource persons respectively. They create an impactful image on the topics respectively 'How to Develop Patience And Controlling Anger', 'Creative Thinking' and 'Problem-Solving Skills', they taught anger is natural but it can damage relationships. If a person learns how to control anger can limit the emotional damage. Dr Vitthal Jaybhaye communicated on Stress Management. On Day 12 Dr Sachin Patki discussed the topic 'Cooperation'. Dr Jyotsana Sinha explained how to Manage Time. Finally, day 14 was the ending session of the certificate course and the resource person was Dr Rekha Subramanyam. She shared her extraordinary knowledge on the topic 'Leadership'. The certificate course was successfully completed on 19<sup>th</sup> October 2022.

## Program Outcome: -

- Students learnt the concept of significance and the need for life skills and their values. Also, they learnt the various importance of it.
- They learnt how to control emotions and understood the benefits of communication skills.
- Students learnt how to develop interpersonal skills.
- Students learnt how to develop patience and control their anger.
- Students learnt how to develop problem-solving skills.
- They learnt about self-awareness, stress management and cooperation.
- Students learnt how to develop critical thinking ability to think clearly and understand the logical connection between ideas.



*Desh*  
Programme Co-ordinator  
Prerna College of Commerce



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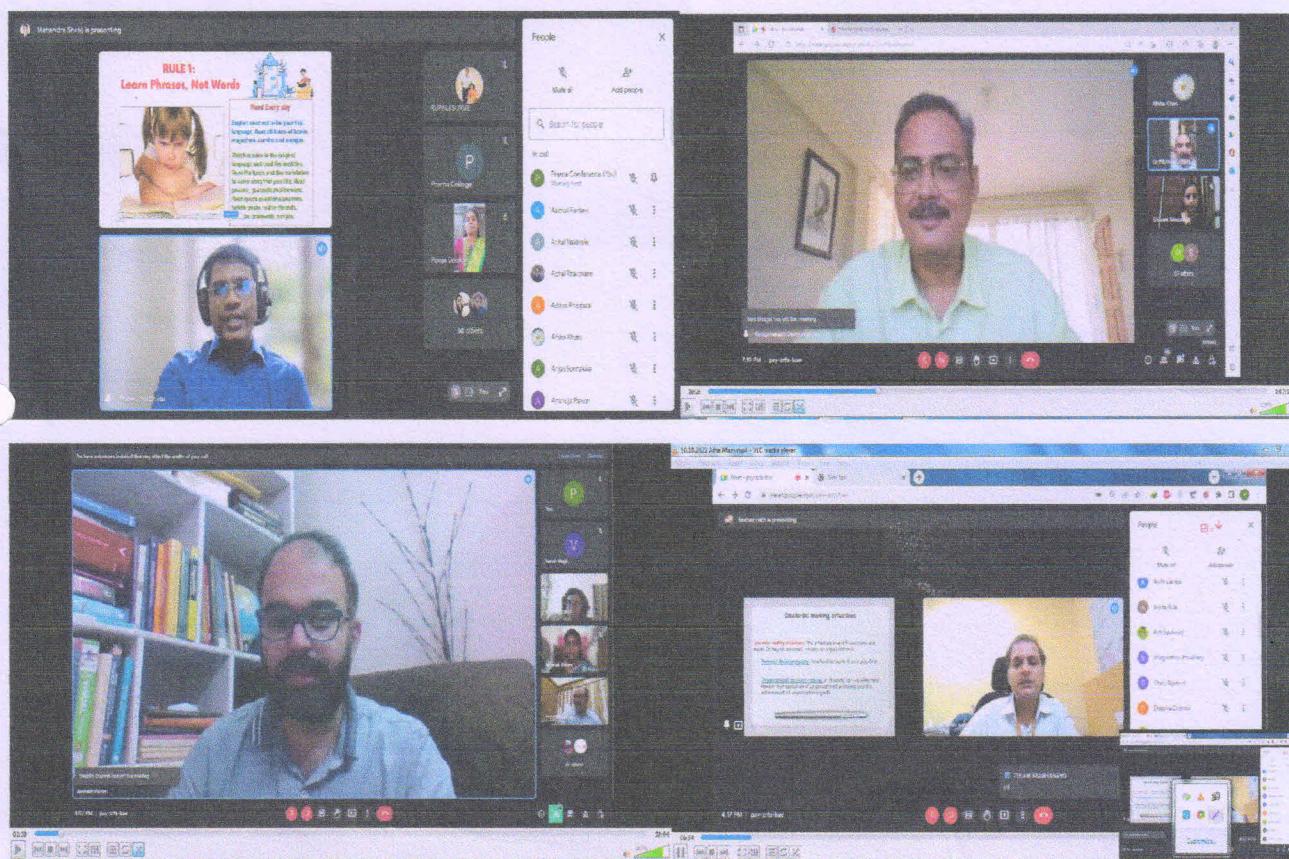
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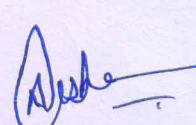


**No. of Beneficiaries: 215 Students**

**Anchoring and Vote of Thanks by:** Ms Afsha Khan, Ms Rupali Surve, Ms Mrunali Nikure, Ms Kalyani Bawangah, Ms Shivani Mesawat, Ms Pooja Deokar, Ms Priyanka Chandawar.

**Programme Coordinator and In-charge:** Ms Neha Samundre, Assistant Professor, Department of Computer Science, Ms Afsha Khan Assistant Professor, Department of Computer Application.



  
Programme Co-ordinator  
Prerna College of Commerce