



# Dr S.C. Gulhane Prerna College of Commerce, Science and Arts

Run by Prerna Sewa Mandal  
Reshimbag Square, Nagpur-24



Govt Recognized and 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)

## Extra Curricular Committee

### TEN DAY CERTIFICATE COURSE IN BASIC LIFE SKILLS

#### Schedule

Date: 9 March 2024

Sr. No.	Day	Date	Topic	Resource Persons
Day-1	Wednesday	20/03/2024	1. What are life skills? 2. Significance of Life skills 3. Positive Impact of Life skills on life.	Ms. Arti Goswami
Day-2	Thursday	21/03/2024	Communication Skills	Ms. Neha Samundre
Day-3	Friday	22/03/2024	Professional Skills	Ms. Arti Goswami
Day-4	Saturday	23/03/2024	Leadership and Management Skills	Ms. Sakshi Shihhare
Day-5	Tuesday	26/03/2024	Universal Human Values	Dr. Pravin Joshi
Day-6	Wednesday	27/03/2024	Self-esteem and self-reliance	Ms. Arti Goswami
Day-7	Thursday	28/03/2024	Critical Thinking	Ms. Arti Goswami
Day-8	Saturday	30/03/2024	Social Skills	Ms. Arti Goswami
Day-9	Monday	01/04/2024	The role of family values, school and media in shaping human values	Ms. Deepa Upadhyay
Day-10	Tuesday	02/04/2024	Gender Equality	Ms. Arti Goswami
Day-11	Wednesday	03/04/2024	Exam.	

Course Coordinator

Ms. Pooja Gadwe

Program Coordinator

Dr. S. C. Gulhane Prerna College of  
Commerce, Science and Arts, Nagpur-24



# TEN DAY CERTIFICATE COURSE IN BASIC LIFE SKILLS

ORGANISED BY  
EXTRA CURRICULAR ACTIVITY COMMITTEE  
COMMENCING ON 20 MARCH 2024

This certificate course has significant importance in personal and professional development. It is designed to equip individuals with essential skills that contribute to their overall well-being and success in various aspects of life.



## RESOURCE PERSON



**MS ARTI GOSWAMI**

HRM  
PRERNA SEWA MANDAL



**MS NEHA SAMUNDRE**

ASST. PROFESSOR  
DR S C GULHANE PRERNA  
COLLEGE OF COMMERCE,  
SCIENCE & ARTS



**MS SAKSHI SHIVHARE**

ASST. PROFESSOR  
DR S C GULHANE PRERNA  
COLLEGE OF COMMERCE,  
SCIENCE & ARTS



**MS DEEPA UPADHYAY**

ASST. PROFESSOR  
DR S C GULHANE PRERNA  
COLLEGE OF COMMERCE,  
SCIENCE & ARTS

## GUEST LECTURES BY

## COURSE COORDINATOR



**MS POOJA GADWE**

ASST. PROFESSOR  
DR S C GULHANE PRERNA  
COLLEGE OF COMMERCE,  
SCIENCE & ARTS

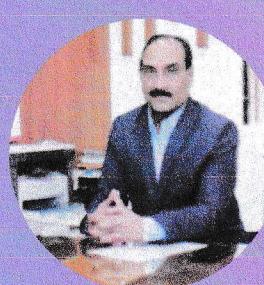
## OUR INSPIRATION



**DR S C GULHANE**  
**SECRETARY**  
PRERNA SEWA MANDAL



**MS ABHLASHA GUDADHE**  
**CEO**  
PRERNA SEWA MANDAL



**DR PRAVIN JOSHI**  
**DIRECTOR**  
DR S C GULHANE PRERNA  
COLLEGE OF COMMERCE,  
SCIENCE & ARTS



**DR RATNA SARKAR**  
**PRINCIPAL**  
DR S C GULHANE PRERNA  
COLLEGE OF COMMERCE,  
SCIENCE & ARTS



**DR S.C. GULHANE PRERNA COLLEGE**

**OF**

**COMMERCE, SCIENCE & ARTS, RESHIMBAGH, NAGPUR.**

(RUN BY PRERNA SEWA MANDAL) NAAC ACCREDITED WITH "B GRADE"



**National/International Days Celebration Committee**

**&**

**EXTRA-CURRICULAR ACTIVITY COMMITTEE**

**Celebrates**

**Dr Babasaheb Ambedkar Jayanti**

**&**

**VALEDICTORY FUNCTION**

**OF**

**TEN DAY CERTIFICATE COURSE IN BASIC LIFE SKILLS**

**Tue, 16th April, 2024.**

**from 10:00 am onwards**

**OUR HON'BLE CHIEF GUEST**



**DR. ASHOK KALE**

**President**

**Social Science Department**

**Datta Meghe Institute of Higher  
Education & Research, Sawangi Meghe,  
Wardha**



**SHRI VILAS GAJGHATE**

**Member**

**Deekshabhoomi Trust**

**Ambedkar College**

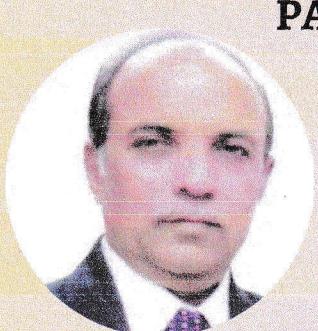
**Nagpur**



**SHRI PRABHAKAR DUPARE**

**Ex-sub Editor**

**Lokmat, Nagpur.**



**PATRON**



**DR S.C. GULHANE**

**SECRETARY**

**PRERNA SEWA MANDAL**



**MS ABHLASHA GUDADHE**

**CEO**

**PRERNA SEWA MANDAL**



**DR PRAVIN JOSHI**

**DIRECTOR**

**PRERNA COLLEGE**

**DR RATNA SARKAR**

**PRINCIPAL**

**PRERNA COLLEGE**

**Committee Coordinator**



**Course Coordinator**





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## CERTIFICATE

This Certificate is proudly being given to

Atharva Lakhé

for having actively participated in the Ten Day Certificate Course in '**Basic Life Skills**' organized by the Extra Curricular Activity Committee of the college from 20th March to 3rd April 2024.

Hearty congratulations !

Pravin Joshi  
Director

Dr Ratna Sarkar  
Principal

*Ratna Sarkar*  
Ms. Neha Samundre  
Coordinator  
Extra Curriculae Activity  
Committee

*Neha Samundre*  
Ms. Pooja Gadwe  
Course Coordinator



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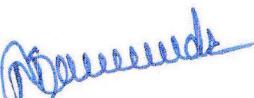
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Pravin Joshi  
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### REPORT ON 10 DAY CERTIFICATE COURSE IN BASIC LIFE SKILLS

**Department :** Commerce and Management

**Program:** Certificate course in Basic life skills

**Resource Person:** Ms. Arti Goswami, HR Manager of Prerna Sewa Mandal

**Date and Time:** 20<sup>th</sup> March to 3<sup>rd</sup> April 2024 from 10am to 12 pm.

#### **Objectives: -**

1. To make students understand about the importance of life skills.
2. To grasp all the important of life skills and also its importance in day to day life.
3. To cover the aspects of communication skills
4. To know various professional skill .
5. To make students aware about self esteemed and self reliance.
6. To make students understand the importance of critical thinking .
7. To also acquaint students with leadership and management skils which will help students to lead their lives.
8. Also to help students to develop universal human values.
9. To tell the students the importance of critical thinking in lives.

#### **Highlights: -**

- **Day 1 (Topic: What are life skills? Significance of Life skills? Positive impact of life skills on life)**

Ms. Arti Goswami conducted a introductory session on What are life skills and its significance .In her talk she explained meaning, definition and features of life skill, she also explained the impact life skills have in one's life .

- **Day 2 (Topic:Communication skills )**

Ms. Neha Samudre in her talk explained about Skill of communication, and the impact of good communication skills in shaping ones future and also explained the impact of power of communication to build one's charater.

- **Day 3(Topic:Professional skills )**



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Ms. Arti Goswami explained professionalism one should have and also to behave professionally when at work to grow in life.

- **Day 4 (Topic: Leadership and Management skills)**

Ms. Sakshi Shivhare explained in her session the leadership and management skills where the students at time have to take the responsibility and come in front to guide others and also encouraging group of people to work together.

- **Day 5 (Topic: Universal Human Values)**

Dr Pravin Joshi in very simple way made the students understand ethical principles that overcomes religion, cast, cred, gender. These values, shared by people of diverse backgrounds, promote harmony, empathy, and cooperation in our global society.

- **Day 6 (Topic: Self –esteemed and Self reliance)**

Ms. Arti Goswami in her session explained about Self-esteem which is how we value and pensive ourself. It's based on our opinions and beliefs about ourselves, which can feel difficult to change and also about self sufficiency.

- **Day 7 (Topic: Critical thinking)**

Ms. Arti Goswami explained meaning, importance of Critical thinking in students life, to think about every thing from every possible perspective possible in all the situation.

- **Day 8 (Topic: Social skills)**

Ms. Arti Goswami in her session talk about importance of social skill ie way of interacting to each other in a particular way as human is a social animal, to live in a society in a particular manner

- **Day 9 (Topic: The role of family values, school and media in shaping human values )**

Ms Deepa Upadhyay explain the role a values one get from family plays to build character, values schools taught us values of discipline, punctuality, and its importance it carry throughout one's life.

- **Day 10 (Topic: Gender Equality )**

Ms. Arti Goswami Conducted the session of Equality possessed by Men and Women in all the field and women nowhere is less than a men in any ways.

- **Day 11 (Topic: Exam)**

On the last day exam were conducted to examine how much students understand in the certificate course.

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## Valedictory Function:

1. On this occasion Dr. Ashok Kale, President social science department Data Meghe Institution of Higher Education and Research Sawangi Meghe Wardha, was the chief guest, Shri Vilas Gajghate member Deeksha Bhoomi trust Ambedkar College Nagpur, Shri Prabhakar Dupare ex- sub Editor Lokmat Nagpur was guest of honor, CEO of Prerna Sewa Mandal Ms. Abhilasha Guddhe, Director Dr Pravin Joshi, Principal Dr Ratna Sarkar, and HR Manager Ms. Arti Goswami were prominently present.
2. Ms Sharvari Ramteke compared the program.
3. Director Dr Pravin Joshi welcomed Shri Vilas Gajghate by offering floral bouquet and a memento as a token of love and respect.
4. CEO of Prerna Sewa Mandal Ms. Abhilasha Guddhe welcomed Dr. Ashok Kale by offering floral bouquet and a memento as a token of love and respect.
5. Principal Dr Ratna Sarkar welcome Shri Prabhakar Dupare by offering floral bouquet as a token of love and respect.
6. Dr Pravin Joshi in his introductory remarks explained the importance of life skills in our life.
7. Faculty members Ms Neha Samudre, Ms Sakshi Shivhare, Ms Deepa Upadhyaya were felicitated for educating students about life skills
8. Dr Ashok Kale gave memento to and HR Manager Ms. Arti Goswami as a token of gratitude
9. Finally, Mrs. Kalyani Kamble proposed a formal vote of thanks.

## Outcomes: -

1. Students got information on various necessary topics on Life skills.
2. Students learnt impact of Positive impact of life skills on life.
3. Students came to know about importance of communication skills and professional skills.
4. Students became aware about the Leadership and Management skills.



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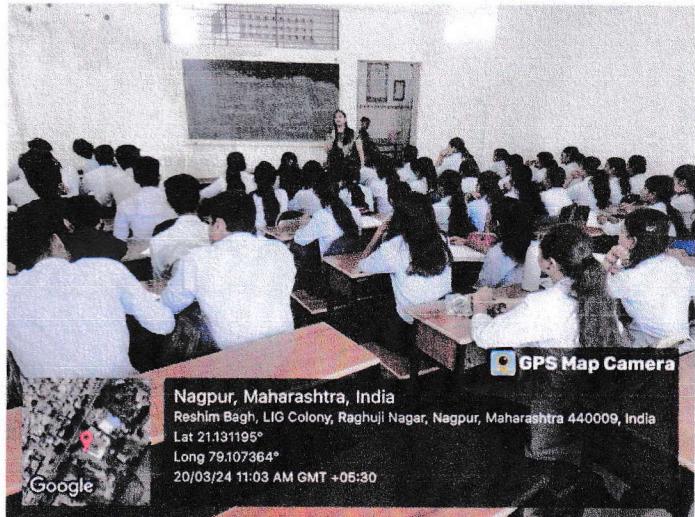
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5. Students got to know about role of family values, school, and media in shaping human being.

### Glimpses of Certificate Course in basic life skills





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GPS Map Camera Plus



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GPS Map Camera Plus



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Sweda  
(Sweda Gulhane)

Program Coordinator  
Dr. S. C. Gulhane Prerna College of  
Commerce, Science and Arts, Nagpur-24