

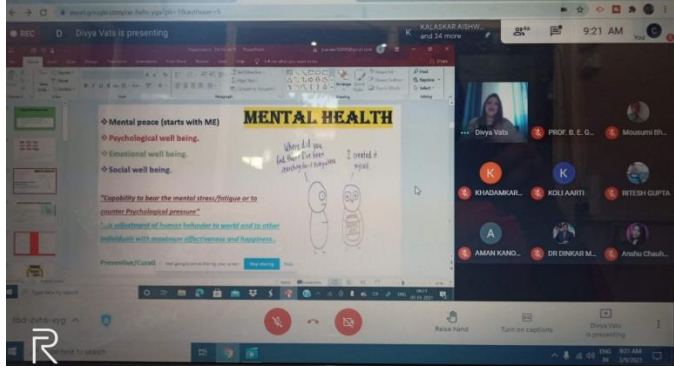
### 5.1.3 Capacity Building and Skills Enhancement Initiatives taken by the Institution

#### ONE DAY WEBINAR ON MENTAL HEALTH AND EMOTION MANAGEMENT ON 09.MARCH.2021

Department of Commerce and Research Centre under the banner of Commerce Association has organized one day webinar on “Mental Health and Emotion Management” on 09 March 2021 on the auspicious occasion of International Women’s Day. The key resource person of the webinar Hon. Divya Vats who is a writer, clinical psychologist, and motivational speaker from New Delhi; enlightens students about the importance of mental health and how effectively one can manage their emotions. The webinar emphasized on how can an individual will learn more about their mental health and how they will improve mental health. Also, students learn more about anxiety, depression, and the other illnesses that can affect one’s mind. Total 155 students registered for the webinar out of which some students are from Sharda University, Delhi University, S.V.G.P.G college, Lohaghat, Champawat, Uttarakhand, Department of Economics Bangalore University Jnana Bharathi Bengaluru Karnataka .

The Chief Guest of function respectable Principal Dr. R. J. Barnabas Sir motivates and encourages students to achieve great goals in their life. Dr. Shabnam Gurung, Co-ordinator of the Commerce Association welcomes and introduces the webinar. Dr. Mousmi Bhandari introduces the resource person of the webinar. Adv. Swati Katariya proposes a vote of thanks. Dr. D. B. More Sir, Head Department of Commerce, Dr. R. P. Deshmukh Sir, Co-ordinator Commerce Research Centre, Dr. Vinay Rananaware, Prof. Anand Raikwad, Dr. P.P.Bora, Dr. Neol Parge, Prof. B.E. Gouda, Dr. S.S.Kharat and Prof. Tushita Iyyer faculty members of the department were present.





## आयुष्यातील त्रास कमी करण्याचा एकमेव मार्ग म्हणजे मनाची शक्ती वाढविणे - डॉ. दिव्या वत्स

वै. पराक्रमी । प्रतिनिधी

अहमदनगर - देशात मानसिक आरोग्य हा दिवसेंदिवस एक चर्चेचा विषय बनत चालला आहे. मानसिक-आजारानी ग्रस्त असलेल्या व्यक्तींच्या संख्येत वाढ झाल्याने सुधारित कृती करण्याची मागणी वाढत आहे. विद्यार्थ्यांनी मानसिक आरोग्याचे महत्त्व आणि त्यांच्या भावना कशा प्रभावीपणे व्यवस्थापित कराव्यात यातील याचिची ज्ञान असणे गरजेचे आहे. एखादी व्यक्ती त्यांच्या मानसिक आरोग्याबद्दल आणि मानसिक आरोग्यामध्ये कशी सुधारित होईल याबद्दल अधिक जागृते महात्वाचे आहे. विद्यार्थी चिंता, त्रास आणि एखाद्याच्या मनावर परिणाम करू शकतील अशा इतर आजारांबद्दल अधिक माहिती

नवी दिल्लीच्या मानसशास्त्रज्ञ डॉ. दिव्या वत्स यांनी दिली.

कोर्स असोसिएशनच्या सहकाराने अहमदनगर महाविद्यालयाच्या वाणिज्य व संगोपन केंद्राने आंतरराष्ट्रीय महिला दिनानिमित्त 'मानसिक आरोग्य व भावना व्यवस्थापन' या विषयावर एक दिवसीय वेबिनर आयोजित करण्यात आला होता. यामध्ये नवी दिल्लीच्या मानसशास्त्रज्ञ डॉ. दिव्या वत्स यांनी यावेळी उपस्थितांना मार्गदर्शन केले.

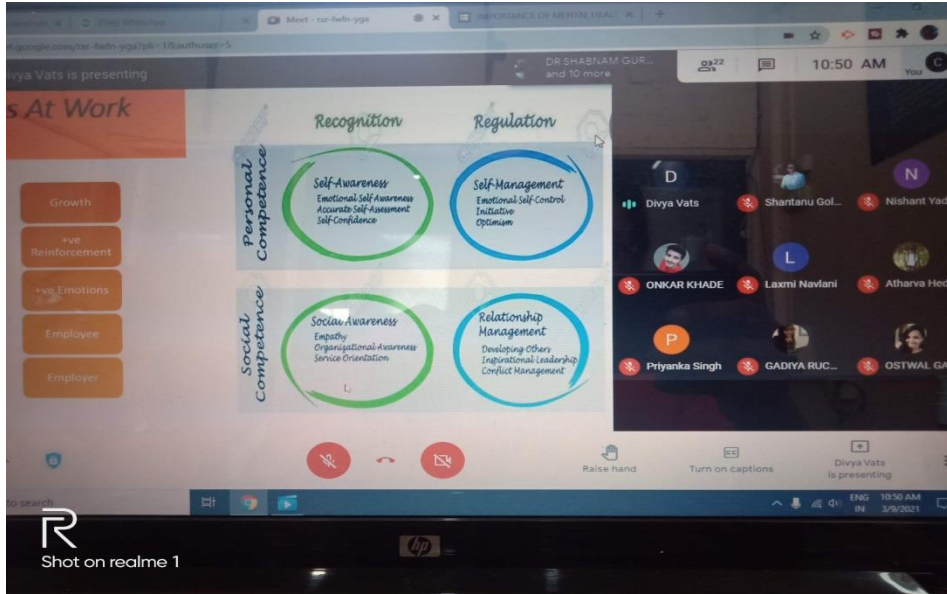
कार्यक्रमाचे प्रमुख पाहुणे प्राचार्य डॉ. आर. जे. बर्नबास सर विद्यार्थ्यांना त्यांच्या जीवनात उत्तम उद्दीष्टे साध्य करण्यासाठी अशा विविध



विषयांतील तज्ञांची व्याख्यानांचे आयोजन करण्यात येत असल्याचे सांगितले. कोर्स असोसिएशनचे समन्वयक डॉ. शबनम गुला यांनी स्वागत व परिचय करून दिला. डॉ. मीसमी भंडारी यांनी वेबिनारच्या रिसेस पर्सनची ओळख करून दिली. अॅड. स्वाती कटारिया यांनी आभार

मागले.

यावेळी डॉ. टी.बी.मोरे, डॉ.आर.पी. देशमुख, डॉ. विनय रमनकरे, प्रा. आनंद रावकरवाड, डॉ. पी.पी.बोरा, डॉ.नोएल पारो, प्रा.बी.ई. गौडा, डॉ.एस.एस.खरात आणि प्रा.तुजिता अय्यर विभागातील विद्याशाखा सदस्य उपस्थित होते.



**ONE WEEK STUDENT DEVELOPMENT PROGRAMME**  
(16.DEC.2020-22.DEC.2020)

Department of Commerce and Research Centre organized one week Student Development Programme from 16.Dec.2020 to 22. Dec. 2020. The objective of this SDP is to initiate the overall development of the students in all spheres. The details of resources person for the student development programme are provided below:

Sr.No	Name of the resource persons	Topics
1	Dr. Pritam Bedarkar, Associate Professor, Ahmednagar College	Career Counselling
2	Dr. Pronoti Telore Associate Professor, IMSCD&R, Ahmednagar	Personality Development
3	Dr. Meera Kulkarni, Head of Management Department IMSCD&R, Ahmednagar	Communication Skills
4	Dr. Shabnam Gurung Assistant Professor, Ahmednagar College	Career Opportunities in commerce
5	Dr. Abhijit Mancharkar Director, AISSMS Institute of Management, Pune	Leadership Development

**AHMEDNAGAR COLLEGE**  
DEPARTMENT OF COMMERCE AND RESEARCH  
CENTRE

**ONE WEEK ONLINE STUDENT  
DEVELOPMENT PROGRAMME 2020**  
(16.Dec.2020 -22.Dec.2020)

**DAY ONE**  
16.DEC.2020  
11.00a.m-12.p.m

**TOPIC:**  
CAREER COUNSELLING

**MODE OF PROGRAMME IS**  
GOOGLE MEET

**KEY NOTE SPEAKER**  
DR. PRITAM BEDARKAR,  
ASSOCIATE PROFESSOR,  
AHMEDNAGAR COLLEGE,  
AHMEDNAGAR

**AHMEDNAGAR COLLEGE**  
DEPARTMENT OF COMMERCE AND RESEARCH  
CENTRE

**ONE WEEK ONLINE STUDENT  
DEVELOPMENT PROGRAMME 2020**  
(16.Dec.2020 -22.Dec.2020)

Win this day to day  
struggle with personality growth.

**DAY TWO**  
17.DEC.2020  
11.00a.m-12.p.m

**TOPIC:**  
PERSONALITY DEVELOPMENT

**MODE OF PROGRAMME IS**  
GOOGLE MEET

**KEY NOTE SPEAKER**  
DR. PRONOTI TEORE  
ASSOCIATE PROFESSOR,  
IMSCD&R, AHMEDNAGAR



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DEPARTMENT OF COMMERCE AND RESEARCH  
CENTRE



**DAY FOURTH**  
19.DEC.2020  
11.00a.m-12.p.m

**TOPIC:**  
CAREER OPPORTUNITIES IN  
COMMERCE



MODE OF  
PROGRAMME IS  
GOOGLE MEET

KEY NOTE SPEAKER  
DR. SHABNAM GURUNG  
ASSISTANT PROFESSOR  
AHMEDNAGR COLLEGE



AHMEDNAGAR COLLEGE  
DEPARTMENT OF COMMERCE AND RESEARCH  
CENTRE



**DAY TWO**  
18.DEC.2020  
11.00a.m-12.p.m

**TOPIC:**  
COMMUNICATION SKILLS



MODE OF  
PROGRAMME IS  
GOOGLE MEET

KEY NOTE SPEAKER  
DR. MEERA KULKARNI  
HEAD OF MANAGEMENT  
DEPARTMENT,  
IMSCD&R, AHMEDNAGAR



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DEPARTMENT OF COMMERCE AND RESEARCH  
CENTRE



**DAY FIFTH**  
21.DEC.2020  
11.00a.m-12.p.m

**TOPIC:**  
LEADERSHIP DEVELOPMENT



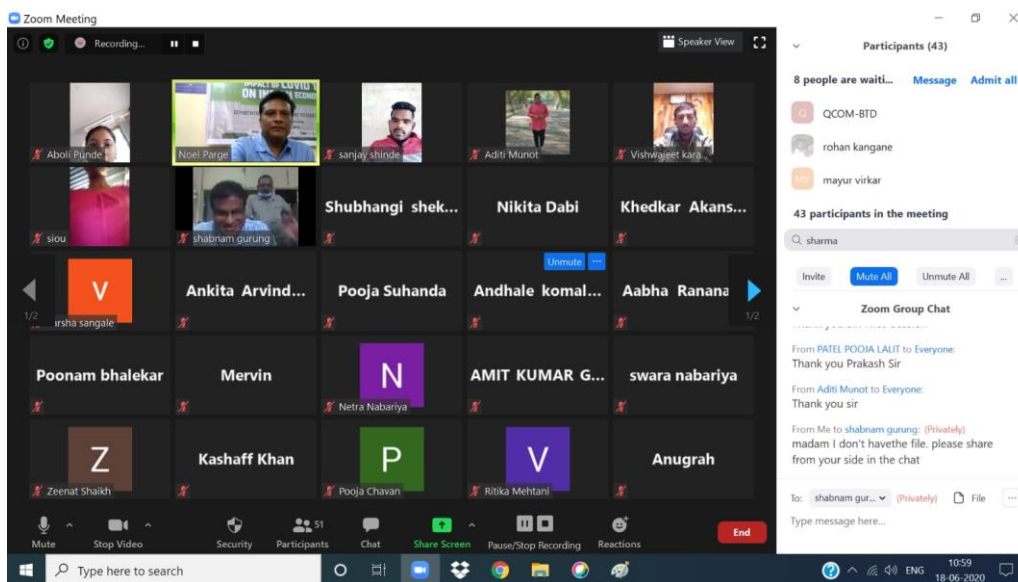
MODE OF  
PROGRAMME IS  
GOOGLE MEET

KEY NOTE SPEAKER  
DR. ABHIJIT MANCHARKAR,  
DIRECTOR,  
AISSMS INSTITUTE OF  
MANAGEMENT,  
PUNE



## Incubation Cell and Commerce Department

During the covid19 lockdown, the college Incubation Cell and the Commerce Department organised a Webinar on “How to Start your own Start-ups?” for Students. This was organized on 18-06-2020. Mr. Prakash Sharma, Director, Passion InfoTech and P-Combinator and Ms. Smita Sharma, Freelance Business Consultant conducted the online sessions. Around 43 students were present online for the seminar. Many students shared their business ideas with Mr. Sharma and he guided them on how these ideas can be converted into start-ups. Students also expressed their constraints about attending the program physically where Mr. Sharma assured that he will conduct physical seminar after the lockdown is lifted. Ms. Smita Sharma talked about management of startups in the earlier stages of its life. She guided students on how to perform data analysis and interpretation.



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Ahmednagar College,  
Ahmednagar  
NCC Unit, 17<sup>th</sup> Maharashtra  
NCC Bn, A' Nagar

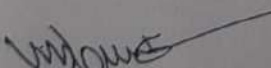
22<sup>nd</sup> June, 2020

### Report of Activity

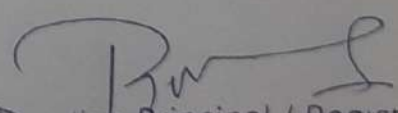
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Ahmednagar

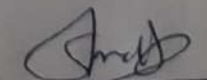
1. NCC Unit of Ahmednagar College, Ahmednagar has been successfully conducted following activity as per directions received from the 17<sup>th</sup> Maharashtra NCC Battalion, Ahmednagar.
2. Details of Activity are given below.

- Name of Activity : "International Day of Yoga 21st June, 2020"
- Date & time of Activity : 21<sup>st</sup> June, 2020 7.30am
- Name of Scheme : International Day of Yoga
- Organizing Authority : DG NCC, New Delhi, Gol
- Participation of Cdts. : SD: 42 SW: 10 Total: 52
- ANO & Teacher : ANO: 01 Teacher: 05

  
Company Commander  
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NCC Unit, Ahmednagar College  
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Lt. Dr. M.S. Jadhav  
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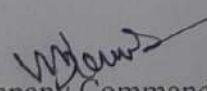
16<sup>th</sup> August,, 2020

### Report of Activity

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Ahmednagar

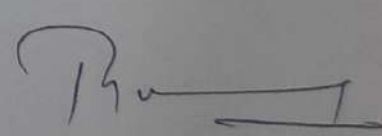
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2. Details of Activity are given below.

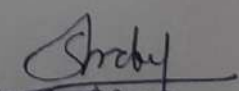
- Name of Activity : " Online campaign on 'Aatma Nirbhar Bharat' 01 Aug to 15 Aug 2020. "
- Date & time of Activity : 01 August to 15 August, 2020
- Name of Scheme : 'Aatma Nirbhar Bharat'
- Organizing Authority : Government of India
- Participation of Cdts. : SD: 32 SW: 23 Total: 55
- ANO & Teacher : ANO: 01 Teacher: 06

  
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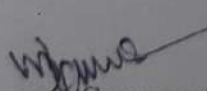
25<sup>th</sup> Oct, 2020

### Report of Activity

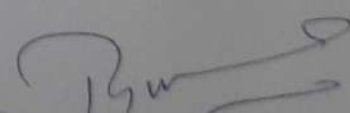
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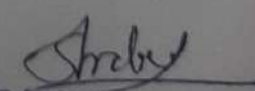
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2. Details of Activity are given below.

- Name of Activity : " Mask Making & Distribution "
- Date & time of Activity : 24 Oct 2020
- Name of Scheme : Mask Making & Distribution
- Organizing Authority : DG NCC, New Delhi, GoI
- Participation of Cdts. : SD: 21 SW: 07 Total: 28
- ANO & Teacher : ANO: 01 Teacher: 00

  
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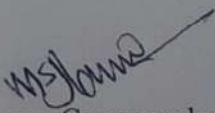
16<sup>th</sup> May, 2021

### Report of Activity

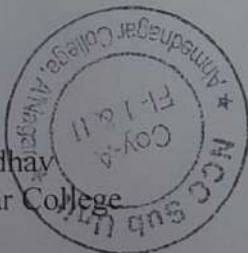
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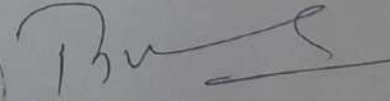
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2. Details of Activity are given below.

- Name of Activity : " Inter NCC Directorate Competition Article Writing on Experiences with NCC May 2021"
- Date & time of Activity : 1 to 15 May 2021
- Name of Scheme : Inter NCC Directorate Competition
- Organizing Authority : DG NCC, New Delhi, Gol
- Participation of Cdts. : SD: 20 SW: 29 Total: 49
- ANO & Teacher : ANO: 00 Teacher: 00

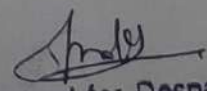
  
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Ahmednagar-414 00

  
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