



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
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PU/PN/AC/015/(1962)
College Code:- 013

5.1.3 Following Capacity development and skills enhancement activities are organised for improving students capability (8)

	2021-22	2020-21	2019-20	2018-19	2017-18
LINK TO SUPPORTING EVIDENCE:	https://naac.stmirascollegepune.edu.in/pdf/criterion5/5.1.3_2021-22.pdf	https://naac.stmirascollegepune.edu.in/pdf/criterion5/5.1.3_2020-21.pdf	https://naac.stmirascollegepune.edu.in/pdf/criterion5/5.1.3_2019-20.pdf	https://naac.stmirascollegepune.edu.in/pdf/criterion5/5.1.3_2018-19.pdf	https://naac.stmirascollegepune.edu.in/pdf/criterion5/5.1.3_2017-18.pdf

CATEGORY	TOTAL NUMBER OF ACTIVITIES
Soft Skills	25
Language and Communication Skills	40
Life Skills	85
Awareness of Trends in Technology	62



Jayak
Principal Incharge
St. Mira's College for Girls

	2021-22	2020-21	2019-20	2018-19	2017-18
SOFT SKILLS	° Study Abroad - How to build soft skills	° Email and Blog-Writing Skills	° Dr. M R Jaykar Soft Skills Programme	° Dr. M R Jayakar Employability Skills	° Credit Course on Image Management
	° Employability Skills Programme		° Corporate Ethics	° Business Etiquette	° Guest Lecture MBTI
	° Dissecting the Media-Podcast			° Listening Skills	° Personality Development Workshop
	° Digital Warriors: Tally and E-Resume Making			° Image Management Extra Credit course	° Interview Skills and Blogging Skills
	° You Only Have One Chance to Make First Impression				° Soft Skills Development Programme
	° Trends in Communication				° Multidimensional Skills
	° Business Planning Workshop				° Business Etiquette



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	° How to Build Vocabulary				° Personality Development Workshop
	° Exploring the World of Media				° Guest Lecture on 'Ethics in Media'

Soft Skills : 25



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	2021-22	2020-21	2019-20	2018-19	2017-18
LANGUAGE AND COMMUNICATION SKILLS	° The Mira Press	° English Grammar Skills	° Theatre Extra Credit Course	° Story Telling session on Ram Khilwan	° Project and Report Writing Workshop
	° Workshop on Granth, Natak, Chitrapat Samiksha	° Marathi Guest Lecture Series	° Editing Extra Credit Course	° Bridge Course	° Language Lab
	° SOUL - Teaching through Storytelling	° Webinar on Marathichi Trividh Rupe	° Grammar Skills	° Guest lecture on Editing	° Story Telling
	° Marathi Bhasha Sanvardhan Pandharwada	° Storytelling Session	° Spoken English Extra Credit Course	° Spoken Poetry Workshop	° Editing and Writing for Wikipedia
	° English Declamation	° Webinar - Hindi Department- NEP and Challenges of Hindi Language	° Content Writing Extra Credit Course	° Content Writing Extra Credit Course	° A workshop on Advertising
		° Writing an Article for the Press	° Listening Skills Extra Credit Course	° Script Writng Extra Credit Course	° Teach for India



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				° Story Telling Session, Choubali	° Slam Poetry
				° Editing Extra Course	° A field visit to Maharashtra Sahitya Parishad
				° Language Lab	° Nehru's Letters to Indira Gandhi
				° Project Report Writing	° A Drama Workshop
				° Storytelling	° A workshop on Voice as Career
					° Romeo and Juliet Drama Extra Credit Course

Language and Communication Skills: 40



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	2021-22	2020-21	2019-20	2018-19	2017-18
LIFE SKILLS	° Grief Support Group	° Webinar on" Nutrition and Diet"	° Regular Athletic Coaching	° Regular Athletic Coaching	° A workshop on Cognitive Skills
	° Keeping Calm no Matter What	° Webinar-Resistance Training	° Various Games Coaching	° Regular Self Defense Training	° Life Skill Education
	° Suicide Prevention- Aao Baat Kare	° Webinar on Suicide Prevention- Aao Baat Kare	° Self- Defence Training	° Various Games Coaching	° Credit Course on Early Childhood Care and Education
	° Why Ethics and Human Values Matter	° Healthy Lifestyle in Pandemic Situation	° Master of Threads - Embroidery Extra Credit Course	° Salsa Styling Credit Course	° Yoga Session
	° International Day of Persons with Disability	° A Leader is a Dealer in Hope	° Reiki Natural Healing Extra Credit Course	° Early Childhood Care & Education Extra Credit Course	° Style Intensive Dance - contemporary and Hip hop
	° Mira's FEM Med Health Programme- Menstrual Hygiene	° Managing Oneself to Manage Everything Else	° Workshop Steer	° Life Skill education	° Painting Workshop - Expressions
	° Suicide Awareness- Myths and Fallacies	° Practical Session of Power Yoga and its Benefits	° Early Childhood Care and Education Extra Credit Course	° Dance Extra Credit Course	° A workshop on Sexuality - Know your Body
	° Group therapy- Managing Stress Anxiety and Building Healthy Relationships	° Webinar / Guest Lecture- Reminiscing Everest	° Meditation Session	° Embroidery Extra Credit Course	° Nirbhaya Kanya Abhiyan Workshop
	° 21 Days Suryanamaskar Challenge	° Stress Buster Art Technique	° Guest lecture on Idea Management	° Nirbhaya Kanya Abhiyan	° A workshop on Peer Stress Management



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	° Community Mental Health	° Physical Fitness at Home Programme	° Classroom Sessions		° Regular Athletics Coaching
	° Art and Mental health	You Got This - Managing Exam Anxiety Session Series	° Group Therapy Sessions		° Self Defence Training class
	° Effective Asanas for Women's Health PCOD and PCOS	° Group Therapy Sessions	° Individual Sessions		° Games Coaching
	° The Secret of Fitness	° Guest Lecture- Mental Health and Physical Fitness during and after Covid-19 pandemic	° Mental Health Awareness Webinar Series		° Know Your Laws - Exhibition
	° TedX: Magic of Risks	° Classroom Awareness Sessions Data	° Online Support Group Sessions		° Guest Lecture on Intellectual Property Rights
	° Nirbhaya Kanya	° Individual Therapy Sessions	° Workshop - Cooperative Learning		
	° Sinhgad Trek	° Online Sharing Circle Sessions	° Workshop on Mindmapping		
	° Mental Health Awareness Classroom Sessions	° Workshop- Acrobatics Rock and Roll	° Nirbhaya Kanya Abhiyaan Workshop		
	° Individual Counseling Sessions		° Workshop - Graphology		
	° Regular Athletics Coaching				
	° Screening Green				
	° Green Ganesha				
	° Various Games Coaching				



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	° Adolescent Health and Nutrition				
	° Mental Well Being - Classroom Awareness sessions				
	° Individual Counseling Sessions by Mental Well being Programme				
	° Session AHAN				
	° Line Art as Stress Buster				

Life Skills : 85



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	2021-22	2020-21	2019-20	2018-19	2017-18
AWARENESS OF TRENDS IN TECHNOLOGY	° Leveraging Access to E-Resources of St. Mira's Library	° Basic Circuit Simulation using PSpice and CircuitMod	° Training Programme on searching EBSCO Database	° Accounts Extra Credit Course	° Workshop on Cyber security
	° Choose right Articles for Assignments and Finding Case Studies with EBSCO Resources	° How chips are made	° Insurance Practices Extra Credit Course	° Insurance Practices Extra Credit Course	° Digital Library Orientation for Students of FY
	° Workshop on E-Registration of Companies	° Digital Warriors: Virtual Commerce Lab	° Workshop 'Searching EBSCO Databases'	° Software Testing Extra Credit Course	° Workshop on Efficient Searching EBSCO Database
	° Research with EBSCO Databases for Music Therapy Topics	° Workshop on Arudino and IOT	° Android Programming Credit Course	° Tally 9 Extra Credit Course	° Training Programme on Efficient Searching of EBSCO Database
	° Telling a Data Story	° Trends in HRM	° Tally 9 Batch 1 Extra Credit Course	° Library Orientation Programme	° Credit Course Tally 9
	° Online Share Trading	° Entrepreneurship in the field of Computer Science	° Agile Development in Project Management	° IDS/IPS Firewall and cyber security attacks	° Basic course in Digital Marketing
	° Research Scholarly Articles with EBSCO Databases	° Training Session: How to search EBSCO Databases efficiently?	° UI and UX Design	° How to efficiently search Online Databases	° Credit Course Python Programming
	° Webinar on leveraging Access to E-resources of St.Mira's College	° Workshop on Java Programming with Spring	° Surviving and Thriving in a Technology Dominated World	° Digital Marketing and Leadership of women	



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	° A training session : Research with EBSCO databases for Dance Movement Therapy	° Leveraging Access to E-resources of St. Mira's College Library- Webinar	° Emerging Technologies in Communication and Network	° Workshop on cloud computing	
	° Research with EBSCO Databases for PG students	° A Training session on “EBSCO Mobile: Seamless access to your resources anytime anywhere”	° Tally 9 Batch 2 Extra Credit Course	° Ajax Programming	
	° Hand-On Training: E-Filing of Returns for Salaried Employees	° Workshop on cloud computing AWSservices		° Cyber Offenses and relevant sections of Information Technology Act 2000(2008)	
	° Trends in Digital Marketing	° Trends in Digital Marketing		° Applications of Statistical tools for research	
	° A Cyber Security Awareness Quiz	° A Training session on “Research with EBSCO Databases for Dance Movement Therapy topics”		° EBSCO Data Searching Workshop	
	° Marketing of Mutual Funds- Financial Service Product	° Robotics and Intelligent systems- Guest Lecture		° R and Weka Tool used in Data Mining	



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	° Analysis of Financial Statements and Revised Schedule III format for Financial Statements				
	° Basics of Stock Market and Stock Analysis				
	° Future of Finance				

Awareness of Trends in Technology : 62

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ST. MIRA'S COLLEGE FOR GIRLS

5.1.3 Distribution of Programmes

