

5.1.3. CAPACITY BUILDING AND SKILLS ENHANCEMENT INITIATIVES TAKEN BY THE INSTITUTIONS

LIFE SKILLS

Sr. No	Name of capability enhancement program	Date of Implementation	Number of students enrolled	Name of agencies / consultant involved with contact details
1	LIFE SKILL- YOGA	21/06/2016	43	N.S.S Unit , Smt Parmeshwaridevi Durgadutt Tibrewala LJ College
2	LIFE SKILL- YOGA	21/06/2017	62	Brahmakumaris Rajyoga J.B Nagar Andheri East
3	LIFE SKILL- YOGA	21/06/2018	74	Brahmakumaris Rajyoga J.B Nagar Andheri East
4	LIFE SKILL- YOGA	04/10/2018	85	Dev Prabha Bharti Seva Sanstha
5	LIFE SKILL- HEALTH	28/11/2019	150	Ms Arpita Chakraborty Sanjeevani-Life Beyond cancer
6	LIFE SKILL- HEALTH	18/02/2020	106	Fitness Planet



Trulla
PRINCIPAL
SHRI RAJASTHANI SEVA SANGH'S
 Smt. Parmeshwaridevi Durgadutt Tibrewala Utko J. B. Nagar, Andheri (East),
 College of Arts, Commerce & Science
 J. B. Nagar, Andheri (East),
 Mumbai - 400 059.

Yoga Day Report 2016-2017

The Second International Day of Yoga was celebrated on June 21, 2016 by the National Service Scheme unit of S.P.D.T. College with great enthusiasm. Introductory and practice sessions of Yoga for the same were organized on June 21, 2016 in the college Auditorium.

Ms. Karuna Shinde started the session with breathing exercise, followed by meditation. During these sessions the participants were apprised of the concept of yoga and were briefed about its benefits. Various 'Yoga Asanas' and 'Pranayama' as stated in the Common Yoga Protocol (CYP) given by the Ministry of AYUSH were practiced. The sessions continued nearly for two hours starting from 8 am in the morning and were well attended both by teachers and students alike.

The event on 21st June, 2016 began at 8:00 am in the Auditorium of the College with a motivating address by the Principal, Dr. Trishla Mehta.

The participants were apprised about the importance of Yoga and the general guidelines for yoga practice were also enumerated. There were a total of Forty three participants including NSS volunteers and teaching faculty.

As directed by UGC, CYP was broadly followed during the session. The Yoga session commenced with recitation of a prayer which rejuvenated the souls and left a positive effect on mind, body and soul. This was followed by loosening exercises and different postures of Yogasanas, such as, 'Taadaasan', 'Vajrasana', 'Makaarasana' and 'Shavaasana', 'Kapalabathi', 'Bhrahmari Pranayama' and 'Dhyana' were also performed.

While the participants were performing these yoga exercises, they were simultaneously briefed about their benefits and the precautions to be observed. They were also advised to practice Yoga on a daily basis for their overall well-being.

The Yoga session came to an end with a 'Sankalpa' and 'Shanti patha'.

The participants vowed to practice yoga daily in their life.

Sanjay Mishra

Sanjay Kumar Mishra

NSS Program Officer

Trishla Mehta

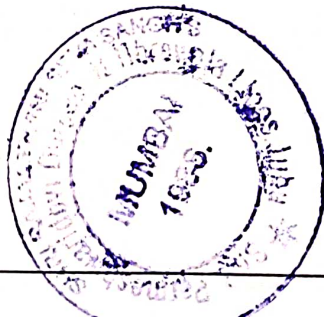
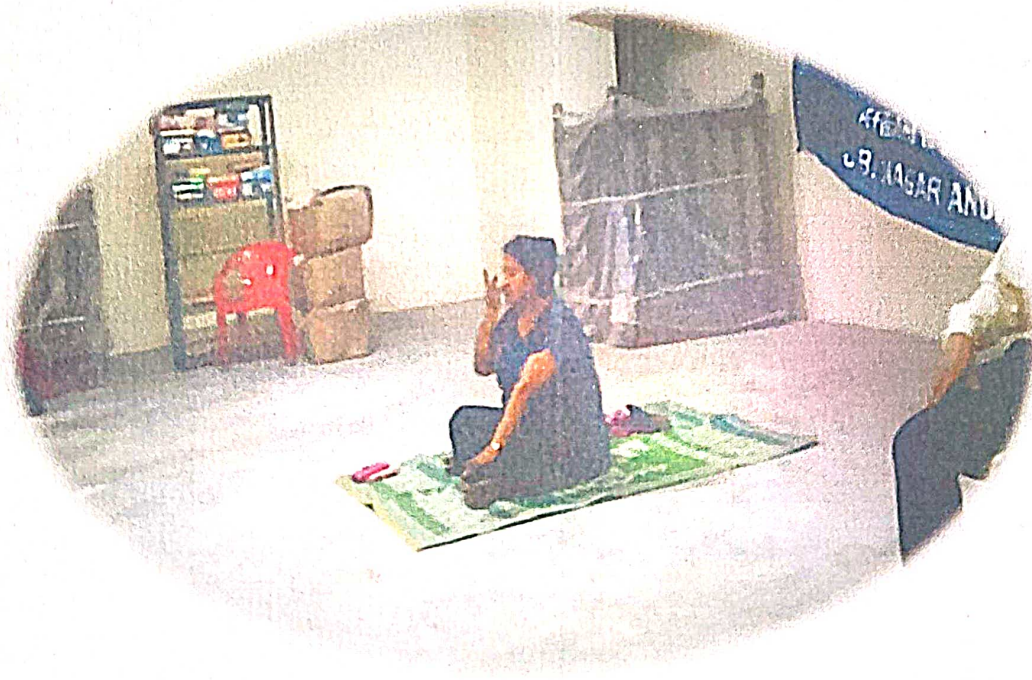
Dr. (Smt.) Trishla Mehta

Principal



Trishla Mehta
PRINCIPAL
SHRI RAJASTHANI SEVA SANGH
SMT. PARNESHWARI DEVI BURGADUTT TIBREWALA LIONS JUHU
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Yoga day on 21-6-2016



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Yoga Day Report 2017-2018

The Third International Day of Yoga was celebrated on June 21, 2017 by the National Service Scheme unit of S.P.D.T. College with great enthusiasm. Introductory and practice sessions of Yoga for the same were organized on June 21, 2017 by Brahmakumari's Rajyoga, J.B.Nagar Centre.

Dr. Alpa started the session with breathing exercise, followed by meditation. Mr. Rajgopal was invited for Laughter Yoga, which was enjoyed by students and staff.

During these sessions the participants were apprised of the concept of yoga and were briefed about its benefits. Various 'Yoga Asanas' and 'Pranayama' as stated in the Common Yoga Protocol (CYP) given by the Ministry of AYUSH were practiced. The sessions continued nearly for two hours starting from 8 am in the morning and were well attended both by teachers and students alike.

The event on 21st June, 2017 began at 8:00 AM in Room No 603 of the College with a motivating address by the BK Priti

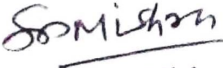
The participants were apprised about the importance of Yoga and the general guidelines for yoga practice were also enumerated. There were a total of Sixty Two participants including 41 NSS volunteers and teaching faculty.

As directed by UGC, CYP was broadly followed during the session. The Yoga session commenced with recitation of a prayer which rejuvenated the souls and left a positive effect on mind, body and soul. This was followed by loosening exercises and different postures of Yogasanas, such as, 'Taadaasan', 'Vajrasana', 'Makaarasana' and 'Shavaasana', 'Kapalabathi', 'Brahmari Pranayama' and 'Dhyana' were also performed

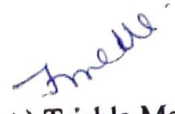
While the participants were performing these yoga exercises, they were simultaneously briefed about their benefits and the precautions to be observed. They were also advised to practice Yoga on a daily basis for their overall well-being.

The Yoga session came to an end with a 'Sankalpa' and 'Shanti patha'.

The participants vowed to practice yoga daily in their life.


Sanjay Kumar Mishra
NSS Program Officer




Dr. (Smt.) Trishla Mehta

Principal


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Yoga day 21-6-2017



Yoga Day Report 2018-2019

The Fourth International Day of Yoga was celebrated on June 21, 2018 by the National Service Scheme unit of S.P.D.T. College with great enthusiasm. Introductory and practice sessions of Yoga for the same were organized on June 21, 2018 by Brahmakumari's Rajyoga, J.B.Nagar Centre.

Dr. Alpa started the session with breathing exercise, followed by meditation. Mr. Rajgopal was invited for Laughter Yoga, which was enjoyed by students and staff.

During these sessions the participants were apprised of the concept of yoga and were briefed about its benefits. Various 'Yoga Asanas' and 'Pranayama' as stated in the Common Yoga Protocol (CYP) given by the Ministry of AYUSH were practiced. The sessions continued nearly for two hours starting from 8 am in the morning and were well attended both by teachers and students alike.

The event on 21st June, 2018 began at 8:00 AM in the Auditorium of the College with a motivating address by the Principal, Dr. Trishla Mehta.

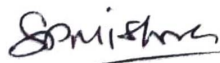
The participants were apprised about the importance of Yoga and the general guidelines for yoga practice were also enumerated. There were a total of Seventy four participants including NSS volunteers and teaching faculty.

As directed by UGC, CYP was broadly followed during the session. The Yoga session commenced with recitation of a prayer which rejuvenated the souls and left a positive effect on mind, body and soul. This was followed by loosening exercises and different postures of Yogasanas, such as, 'Taadaasan', 'Vajrasana', 'Makaarasana' and 'Shavaasana', 'Kapalabathi', 'Brahmari Pranayama' and 'Dhyana' were also performed.


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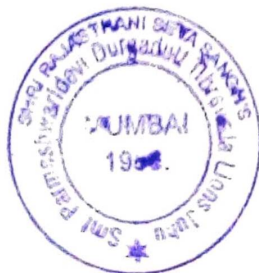
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Sanjay Kumar Mishra

NSS Program Officer

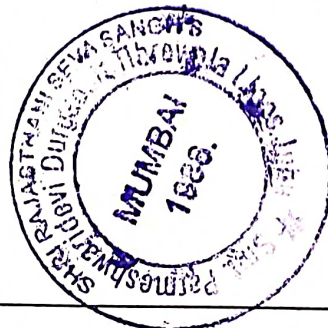

Dr. (Smt.) Trishla Mehta

Principal




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INTERNATIONAL DAY OF YOGA, JUNE 21, 2018
"MEDITATE, RELAX, REJUVENATE" NATIONAL SERVICE SCHEME
S.P.D.T. COLLEGE (UNIVERSITY OF MUMBAI)



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SHRI RAJASTHANI SEVA SANGH'S

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Affiliated to the University of Mumbai

Shriniwas Bagarka Marg, J. B. Nagar, Andheri (E), Mumbai - 400 059. • Mob: 7738319732 • Web : spdtcollege.ac.in

Date: 04/10/2018

Meditation Session Report

Meditation session for living better life was conducted by Kirit bhai of Dev Prabha Bharti Seva Sanstha on 4th October 2018, 85 students and 20 teachers participated in the event. Kirit Bhai explained the benefits of meditation in detail by giving various examples. He also explained the power of sub-conscious mind. Participants realised the importance of their inner power. Kirit Bhai also explained how meditation Technique reduces stress. At the end of session meditation technique was practised.

Sanjay Mishra

**Dr. SANJAYKUMAR MISHRA
NSS PROGRAMME OFFICER**

Trishla Mehta

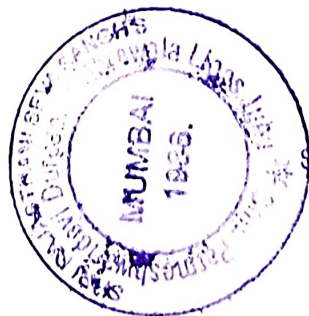
Dr. TRISHLA MEHTA

PRINCIPAL

**SHRI RAJASTHANI SEVA SANGH
SMT. PARMESHWARIDEVI DURGADUTT TIBREWALA LIONS JUHU**
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MEDITATION SESSION - 04/10/2018.



J. Miller

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Shri Rajasthani Seva Sangh's
Smt. Parmeshwaridevi Durgadutt Tibrewala Lions Juhu College of Arts,
Commerce and Science

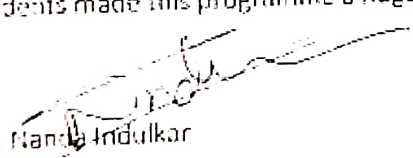
"Cancer and it's symptoms on human"

Awareness Programme

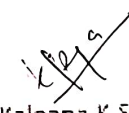
The Student Development Council (SDC) and Women Development Council (WDC) of Smt. Parmeshwaridevi Durgadutt Tibrewala Lions Juhu College (SPDT) cordially organized an awareness programme on "Cancer and it's symptoms on human" on 28th November 2019 at college premises. The in charge of Student Development Council (SDC), Dr. (Kumari) Nanda Indulkar and in charge of Women Development Council (WDC), Prof. (Smt.) Kalpana K. S. accompanied by other teachers conducted an awareness programme by arranging a session of Ms. Arpita Chakraborty, coordinator of 'Sanjeevani - Life Beyond Cancer', for the purpose of raising awareness among students so that they may contribute to fight against cancer.

At around 10 a.m., Ms. Arpita commenced the programme with introduction about 'Sanjeevani - Life Beyond Cancer' and its aims. She focused on importance of wellness of the body to prevent cancer. She discussed about meaning of cancer, its basic symptoms, risk factors and test for early detection and diagnosis of cancer with the help of a power point presentation. She also motivated the students to stay healthy since they face a lot of pressure regarding their studies and that they should know how to deal with it as excess pressure or stress are one of the main causes of cancer.

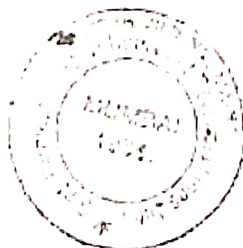
Teachers and students actively took part in this interactive session and cleared their doubts and misconceptions. The willingness and active participation of teachers, volunteers and students made this programme a huge success.


Dr. Nanda Indulkar

(In charge Student Development Council)

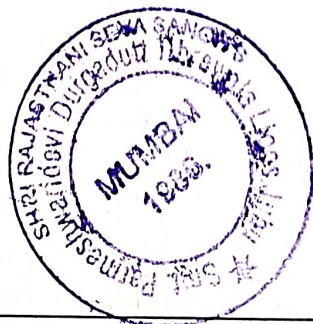

Mrs. Kalpana.K.S

(In charge CWDC)




Mrs. Kalpana K.S
Principal
Smt. Parmeshwaridevi Durgadutt Tibrewala Lions Juhu College of Arts,
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CANCER AWARENESS PROGRAMME- 28/11/2019



J. Mulla

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J. B. Nagar, Andheri (East),
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"SWA-RAKSHAN PROGRAMME"

Awareness Programme

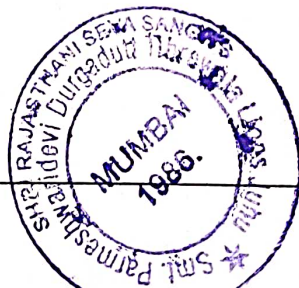
The Student Development Council (SDC) and Women Development Council (WDC) of Smt. Parmeshwaridevi Durgadutt Tibrewala Lions Juhu College (SPDT) cordially organized an awareness programme on "SWA-RAKSHAN" on 18TH FEB 2020 at college premises. The in-charge of Student Development Council (SDC), Dr. (Kumari) Nanda Indulkar and in-charge of Women Development Council (WDC), Prof. (Smt.) Kalpana K. S. accompanied by other teachers conducted an awareness programme by arranging a session of Mr. Deepak Mali, Director/chief institute of **FITNESS PLANET INSTITUTE-(FPI)** Joint secretary-all Mumbai suburban wushu association, for the purpose of raising awareness among students of fitness and Swa-rakshan.

At around 10 a.m., Mr. Deepak Mali the programme with introduction about 'fitness and how it's important for everyone to be fit and its aims. he focused on importance of wellness of the body and all age group should learn some tricks to protect their self. he discussed about different **Wushu Chinese martial Arts**, students of fitness planet institute have performed live for our students and showed them a wonder tricks. he also motivated the students to stay fit and healthy since they face a lot of pressure regarding their studies and that they should know how to deal with it as excess pressure.

Teachers and students actively took part in this interactive session. The willingness and active participation of teachers, volunteers and students made this programme a huge success.



"Swa-Rakshan Programme" 18/02/2020



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