



Prof. Dr. T. J. SAWANT
B.E. (Elec.), PGDM, PhD
Founder Secretary

JAYAWANT SHIKSHAN PRASARAK MANDAL'S
JAYAWANTRAO SAWANT COMMERCE AND SCIENCE COLLEGE

Sr. No. 58, Handewadi Road, Satavnagar, Hadapsar, Pune-411028

Phone: 7722045403 / 9175954032

Email Id: principal@jspmjscocs.edu.in Website: www.jspmjscocs.edu.in

Approved by Govt. of Maharashtra & Affiliated to SPPU, Pune-07

College Code: PU/PN/CS/485/2018



Prof. Dr. V. R. Kulkarni
M Com, MBA, Ph.D.
Principal

5.1.2 Following capacity development and skills enhancement activities are organized for improving students' capability

Report with photograph son Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills (Yoga, physical fitness, health and hygiene, self- employment and entrepreneurial skills)

1. Soft skills
2. Language and communication skills
3. Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

Index

Sr. No.	Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)	Digital Page No
Soft Skills						
1	2021-22	Soft Skill & Personality Development	31st January, 2022-14th February, 2022	116	Dr. Harish Kulkarni (9822757075)	2
2	2018-19	Soft Skill & Personality Development	14th January, 2019-9th February, 2019	77	Mr Sandip Gawte (9604349859)	4
Language and Communication Skills						
3	2022-23	Spoken English Course	5th September, 2022-17th September, 2022	93	Mr Sandip Gawte (9604349859)	7
4	2019-20	Spoken English Course	19th August, 2019-30th August, 2019	120	Mr Sandip Gawte (9604349859)	9
Life Skills						
5	2022-23	Yoga for Physical & Mental Health Course	27th June, 2022-9th July, 2022	91	Mr Banne Namdev (7058599744)	11
6	2021-22	Yoga for Physical & Mental Health Course	28th June, 2021-13th July, 2021	96	Mr Banne Namdev (7058599744)	14
7	2019-20	Yoga for Physical & Mental Health Course	24th June, 2019-6th July, 2019	89	Mr Banne Namdev (7058599744)	17



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JSPM's
Jayawant Shikshan Prasarak Mandal
Commerce & Science College
Hadapsar, Pune - 411 028.



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Date: 17/02/2022

Report on Soft Skill & Personality Development

Training on	:31/01/2022 – 14/02/2022
Number of Students Benefitted	: 116
Venue	: Jayawant Sabhagruh
Conducted By	: Dr. Harish Kulkarni

Soft Skills is a very popular term nowadays, used to indicate personal transversal competences such as social aptitudes, language and communication capability, friendliness and ability of working in team and other personality traits that characterize relationships between people. Soft Skills are traditionally considered complementary of Hard Skills, which are the abilities to perform a certain type of task or activity. Soft Skills are strategic to be successful in personal and professional life then is essential for the students when they try to obtain any kind of job. Enterprises generally hire new employees, in particular recent graduates, taking more in consideration their Soft Skills than their Hard Skills. This happens also for technical professions, because the company, in order to be competitive, needs to create good and effective teams and a collaborative working atmosphere. The departments of the college have organized various types of activities to develop the soft skills of the students enrolled with the institution. These activities of the departments and platforms available helped the learners to learn and acquire soft skills like Communication Skills, Presentation Skills, Written Communication, Interpersonal Skills, Creativity and Leadership etc.

Soft Skills is a very popular term nowadays, used to indicate personal transversal competences such as social aptitudes, language and communication capability, friendliness and ability of working in team and other personality traits that characterize relationships between people.

Soft Skills are traditionally considered complementary of Hard Skills, which are the abilities to perform a certain type of task or activity.

Soft Skills are strategic to be successful in personal and professional life then is essential for the students when they try to obtain any kind of job.

The departments of the college have organized various types of activities to develop the soft skills of the students enrolled with the institution.



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These activities of the departments and platforms available helped the learners to learn and acquire soft skills like Communication Skills, Presentation Skills, Written Communication, Interpersonal Skills, Creativity and Leadership etc.

The students are given in depth lessons by organizing workshops, group discussions and expert talks etc. To improve the Presentation Skills the departments conducted seminars of the students.

The students get participated and perform active role in the Seminars. Topics are given to them to prepare and present to assess their performance.

Every year the departments organize such seminars as a regular feature of the campus.

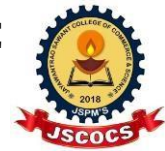
The main aim was to develop confidence in students and improve their communication skills. This session was taken for students to make them understand the importance of Public Speaking and develop stage daring as well.

More than 116 students benefitted from it.



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Jaywantrao Sawant College
of Commerce & Science, Pune


Date: 17/02/2019

Report on Soft Skill & Personality Development

Start: 14th January, 2019, 8:30AM

End: 15th February, 2019, 10:30AM

Address: JSCOCs, Handewadi, Hadapsar, Pune-28

Conducted by: Dr. Sandip Gawte

Venue: JSCOCs

No. of students: 77

Introduction:

Dr. Sandip Gawte is a distinguished figure known for his expertise and dedication in conducting programs aimed at enhancing soft skills and fostering personality development among individuals. His role in this domain has been instrumental in guiding and shaping individuals towards personal and professional growth.

Dr. Sandip Gawte brings a wealth of expertise and experience in the field of soft skills and personality development. His qualifications, certifications, and years of practical experience have equipped him with the necessary tools and insights to understand the nuances of individual development.

Soft skills are the interpersonal skills that facilitate interactions, communication, and relationships with others. They include communication skills, emotional intelligence, adaptability, problem-solving abilities, teamwork, time management, and more. These skills are highly valued in the workplace as they contribute to a positive work environment, improved productivity, and better collaboration among team members.

Personality development focuses on enhancing one's individual traits, behaviors, and attitudes. It involves self-improvement, building confidence, honing communication skills, fostering emotional intelligence, and developing a positive mindset. A well-rounded personality enables individuals to navigate various situations effectively and build strong relationships.

Methods of Development:

Dr. Sandip Gawte taught following methods:



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Training Programs: Organizing workshops, seminars, and training sessions dedicated to specific soft skills such as communication, leadership, conflict resolution, etc., can significantly enhance these skills among individuals.

Practice and Feedback: Regular practice and seeking constructive feedback help in improving soft skills. Role-playing exercises, mock interviews, and group discussions provide practical experience and opportunities for improvement.

Self-awareness and Reflection: Encouraging individuals to assess their strengths and areas for improvement fosters self-awareness. Journaling, self-reflection, and seeking mentorship can aid in this process.

Continuous Learning: Encouraging a culture of continuous learning helps individuals stay updated with the latest trends and developments in their respective fields, thereby boosting their skill sets.

Impact on Participants:

Participants who have undergone Dr. Sandip Gawte's programs testify to their transformative impact. His approach encourages self-reflection, instills confidence, improves interpersonal skills, and equips individuals with the necessary tools to navigate various professional and personal challenges.

Conclusion:

Dr. Sandip Gawte's commitment, expertise, and dedication in conducting programs for enhancing soft skills and personality development have been pivotal in empowering individuals to achieve their full potential. His contributions have made a substantial impact on the personal and professional lives of those she has worked with. Highlighting Dr. Sandip Gawte's role in enhancing soft skills and personality development emphasizes his impact on individuals' growth and the positive outcomes resulting from her programs and guidance.

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Sandip Gawte

Dr. Sandip Gawte

H.R. Kulkarni

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Date: 20/09/2022

Spoken English Course

Course Details

- **Start:** 5th September, 2022, 1:30AM
- **End:** 17th September, 2022, 3:30AM
- **Address:** JSCOCS, Handewadi, Hadapsar, Pune-28
- **Conducted by:** Dr Sandip Gavte
- **Venue:** JSCOCS
- **Number of Participants:** 93

Objectives of Course:

- To increase moral of students in English language and remove fear of speaking English.
- Personality Enhancement.
- To boost communication among students, students and faculties in English language.

Outcome of Course:

Students will be able to;

- Understand the importance English language in effective communication
- Effectively communicate in English language

Course description:

Jayawantrao Swant College of Commerce & Science, Pune has conducted a Spoken English Course for B. Com and B.Sc students. Dr. Sandip Gavte, who has been in the field of teaching English language, has conducted the session for students from 5th September, 2022 to 17th September, 2022.

The Spoken English course was a comprehensive and engaging program that aimed to enhance participants' proficiency in conversational English. The course spanned over two weeks and covered a wide range of topics, from basic greetings and introductions to more advanced communication skills. Dr Sandip Gavte were highly experienced and employed interactive teaching methods, including group discussions, role-play, and real-life situational conversations. Participants also had access to a variety of resources, such as audio and video materials, to practice listening and speaking. Throughout the course, students were encouraged to speak in English as much as possible, which significantly improved their confidence and fluency. By the end of the course, participants had noticeably improved their ability to express themselves effectively in English, and they were better equipped for various personal and professional situations requiring spoken English proficiency. Overall, the Spoken English course was a valuable learning experience that provided essential language skills and boosted participants' confidence in their conversational abilities.

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Glimpses of Course:



Dr. Sandip Gawte

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Date: 5/09/2019

Spoken English Course

Course Details

- **Start:** 19th August, 2019, 1:30AM
- **End:** 30th August, 2019, 3:30AM
- **Address:** JSCOCS, Handewadi, Hadapsar, Pune-28
- **Conducted by:** Dr Sandip Gavte
- **Venue:** JSCOCS
- **Number of Participants:** 120

Objectives of Course:

- To increase moral of students in English language and remove fear of speaking English.
- Personality Enhancement.
- To boost communication among students, students and faculties in English language.

Outcome of Course:

Students will be able to;

- Understand the importance English language in effective communication
- Effectively communicate in English language

Course description:

Jayawantrao Swant College of Commerce & Science, Pune has conducted a Spoken English Course for B. Com and B.Sc students.

The Spoken Language Course is interactive, activity-based where learners are encouraged to get rid of their inhibitions, are made to speak more, and the course aims at developing the four skills of language i.e., listening, speaking, reading & writing. Fluency and accuracy are both given great importance.

Dr. Sandip Gavte's Spoken English course was designed to cater to individuals with varying levels of English proficiency, from beginners to intermediate speakers. The course curriculum included components such as grammar, vocabulary building, pronunciation, and practical communication skills.

Dr. Sandip Gavte, who has been in the field of teaching English language, has conducted the session for students from 19th August, 2019 to 19th August, 2019.

Dr. Sandip Gavte utilized a variety of teaching methods, including lectures, interactive group activities, and multimedia resources to engage participants. His teaching style was engaging, and he encouraged active participation, making the classes enjoyable and informative.

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Glimpses of Course:



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Date: 15/07/2022

Yoga for Physical & Mental Health Course

Start: 28th June, 2022, 8:30AM

End: 13th July, 2022, 10:30AM

Address: JSCOCS, Handewadi, Hadapsar, Pune-28

Conducted by: Mr Banne Namdev (Physical Director)

Total No of students: 96

Venue: JSCOCS

OBJECTIVE:

Yoga is an ancient art for building up healthy mind. The concept of yoga indicates the connection of human soul to supreme power. The role of yoga in education as per the spiritual aspect helps the students to perform their daily duties in the day to day lives. It enhances the self-realization or self-awareness. It unfolds mental and spiritual attributes. It enhances the will power. Not only the spiritual upliftment is there but a lot of physical benefit a student can get from yoga. Nowadays stress is a great challenge before the students and yoga has a great role to reduce stress. Medical science always says that stress is the fundamental factor behind every disease. Stress plays a negative role in human body. Due to stress students could not perform in better way. So yoga helps in establishing a positive impact on students during education.

By considering the importance of Yoga & Meditation Jayawantrao Sawant College of Commerce & Science conducted "Yoga Course" for B.Com & B.Sc from 28th June 2022 to 13th July 2022. Total 96 students were present for the course. On 28th June, 2022 the course was initiated by our honorable Principal, Dr. H R Kulkarni. In his speech, he spoke about the importance of yoga in education system.



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• **Mr Banne Namdev told about syllabus of Yoga Course. He trained the following Yoga Aasans to the students:**

- Pranayama, Surya Namaskar, Dandasana,
- Baddha Konasana, Dhanurasana, Shavasana,
- Halasana, Malasana, Matsasana,
- Sarvangasan, Ustrasana, Sirsasana,
- Bhujangasana, Paschimottanasana, Ardha Matsyendrasana,
- Chakrasana, Dhanurasana, Simhasana, Trikonasana,
- Naukasana, Ardha Kapotasana,
- Gomukhasana, Marjariasana, etc.

In the valedictory speech, Dr. Sandip Gawte said that this type of program is much more important to have a balance between mind and body of any person. He also said that balance of mind is required to have a control of our internal and outward activity. Students enjoyed the Yoga course. They learned a lot. They were mostly benefited by Yoga. Students were provided certificates. At the end of course, Mr Pravin Babar HOD Chemistry motivated the students for the future. After the valedictory speech by the Teacher-In-Charge the course was closed.



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Date: 15/07/2021

Yoga for Physical & Mental Health Course

Start: 28th June, 2021, 8:30AM

End: 13th July, 2021, 10:30AM

Address: JSCOCS, Handewadi, Hadapsar, Pune-28

Conducted by: Mr Banne Namdev (Physical Director)

Total No of students: 96

Venue: JSCOCS

OBJECTIVE:

Yoga is an ancient art for building up healthy mind. The concept of yoga indicates the connection of human soul to supreme power. The role of yoga in education as per the spiritual aspect helps the students to perform their daily duties in the day to day lives. It enhances the self-realization or self-awareness. It unfolds mental and spiritual attributes. It enhances the will power. Not only the spiritual upliftment is there but a lot of physical benefit a student can get from yoga. Nowadays stress is a great challenge before the students and yoga has a great role to reduce stress. Medical science always says that stress is the fundamental factor behind every disease. Stress plays a negative role in human body. Due to stress students could not perform in better way. So yoga helps in establishing a positive impact on students during education.

By considering the importance of Yoga & Meditation Jayawantrao Sawant College of Commerce & Science conducted "Yoga Course" for B.Com & B.Sc from 28th June 2021 to 13th July 2021. Total 96 students were present for the course. On 28th June, 2021 the course was initiated by our honorable Principal, Dr. H R Kulkarni. In his speech, he spoke about the importance of yoga in education system.



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Mr. Namdev Banne

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Date: 08/07/2019

Yoga for Physical & Mental Health Course

Start: 24th June, 2019, 8:30AM

End: 6th July, 2019, 10:30AM

Address: JSCOCS, Handewadi, Hadapsar, Pune-28

Conducted by: Mr Banne Namdev (Physical Director)

Total students: 89

Venue: JSCOCS

AIM & OBJECTIVES

Yoga is an ancient art for building up healthy mind. The concept of yoga indicates the connection of human soul to supreme power. The role of yoga in education as per the spiritual aspect helps the students to perform their daily duties in the day to day lives. It enhances the self-realization or self-awareness. It unfolds mental and spiritual attributes. It enhances the will power. Not only the spiritual upliftment is there but a lot of physical benefit a student can get from yoga. Nowadays stress is a great challenge before the students and yoga has a great role to reduce stress. Medical science always says that stress is the fundamental factor behind every disease. Stress plays a negative role in human body. Due to stress students could not perform in better way. So yoga helps in establishing a positive impact on students during education.

By considering the importance of Yoga & Meditation Jayawantrao Sawant College of Commerce & Science conducted "Yoga Course" for B.Com & B.Sc from 24th June 2019 to 6th July 2019. Total 89 students were present for the course.

On 24th June, 2019 the course was initiated by our honorable Principal, Dr. H R Kulkarni. In his speech, he spoke about the importance of yoga in education system. Mr Banne Namdev told about syllabus of Yoga Course.

JAYAWANTRAO SAWANT COLLEGE OF COMMERCE AND SCIENCE

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PROF. DR. T.J. SAWANT
B.E, (Elect.), PGDM, Ph.D,
FOUNDER SECRETARY



PROF.DR.H.R. KULKARNI
M.Sc. Ph.D, PGDBM,
MBS, FAZI,
PRINCIPAL

He trained the followings Yoga Aasans to the students:

- Pranayama,
- Surya Namaskar,
- Dandasana, Baddha
- Konasana, Dhanurasana, Shavasana,
- Halasana, Malasana, Matsasana, Sarvangasana, Ustrasana,
- Sirsasana, Bhujangasana, Paschimottanasana,
- Ardha Matsyendrasana, Chakrasana,
- Dhanurasana, Simhasana, Trikonasana
- Naukasana, Ardha Kapotasana,
- Gomukhasana, Marjariasana, etc.

In the valedictory speech, Dr. Sandip Gawate, Head of Commerce Department said that this type of program is much more important to have a balance between mind and body of any person. He also said that balance of mind is required to have a control of our internal and outward activity. Students enjoyed the Yoga course.

They learned a lot. They were mostly benefited by Yoga. **Students were provided certificates.** At the end of course, It motivated the students for their healthy future.

After the valedictory speech by the Teacher-In-Charge the course was closed.

Mr. Namdev Banne

PRINCIPAL
Jaywantrao Sawant College
of Commerce & Science, Pune



JAYAWANT SHIKSHAN PRASARAK MANDAL'S
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