

**VPM'S B.N.BANDODKAR COLLEGE OF SCIENCE (AUTONOMOUS), THANE**

The following Capacity Development and Skill Enhancement activities are organized for improving student's capabilities:

Soft Skills

Sr.NO	Topic
1	The Power of being Positive – Safalta Ki Kunji
2	Workshop on enhancement of skills of anatomy diagrams
3	Department of Human Science - An equation and a triangle
4	Workshop on HOME SCALE PRODUCTION OF JAM, SQUASH AND SYRUP
5	Late Dr. V.N.Bedekar Colloquium Lecture on 'Plant Based Culture & Products vis-a-vis Pro-Ecological Economy'
6	Anubandh Alumni Association Guidance session on Facing Interview
7	Guidance session on Basic Leadership Traits for self-Development

**VPM's B. N. Bandodkar College of Science (Autonomous), Thane.**

**Department of Human Science Under Departmental Club SOHAM Organized**

Lecture on

## **“The Power of being Positive – Safalta Ki Kunji ”**

Date : 7<sup>th</sup> August , 2021.

Time : 6.00 p.m.. to 7.30 pm.

The Human Science and Interdisciplinary Science department under Departmental Club SOHAM of VPM's B. N. Bandodkar College of Science (Autonomous), Thane organized a webinar on "The Power of being Positive- Safalta ki Kunji" session.

The session was arranged on 7<sup>th</sup> August from 6.00 p.m. to 7.30 p.m. and was conducted by the students of SYB.sc and TyB.sc students of Human Science.

The session was hosted by Ms Tejal Parmar. She began the session by welcoming all the dignitaries and students and went on to introduce the topics of the session. Then, Miss Harshita yadav introduced the speaker of the session – Dr. Kiran Pariya. Dr. Kiran has completed Ph.D in the year 2005 by completing 15 research papers after completing MSc. Dr. Kiran was a NSS programme officer for the year 2009-2016, NSS Area coordinator of Thane city for the year 2013-2015 and cultural coordinator from 2019 till date.

After spending nearly 22 years in education industry as Zoology Professor where Dr. earned reputation as a teacher, mentor and successfully carried out “Change Management” for Teachers and students. Dr. Has completed Master Practitioner's, Emotional Intelligence Trainer and Hypnotherapist certification in due course. Dr. has nurtured and interacted with thousands of students in the field of zoology, social service, psychology and NLP through trainings, workshops and motivational sessions. Dr. started by specializing in Neuro Linguistic Programming, Emotional Intelligence, Meditation and Hypnotherapy over the course of my journey. Dr. Has incorporated the best practices from coaching, philosophy, psychology and neuroscience with many more advanced methodologies, research papers & fields of study. Dr. has worked as a visiting faculty at one of the world's first University Master's Degree Program in Emotional Intelligence & Life Coaching run by MasterMyLife with Industry Partner – University of Mumbai's GICED, Kalina Campus. Dr. began developing my own advanced, sophisticated programs, bringing together my two decades of experience, learning from renowned experts and most importantly demands of industry. As a result, many of doctor's students, became influential, coach, trainers and consultants, that too with tremendous speed. He very well explained the techniques to remain positive in challenging situations and how our unconscious mind plays role on our current mood and how to deal with it.

The entire session was very informative and many participants doubts were cleared via the question and answer session. The session came to an end with some encouraging words from Dr. Vinda Manjramkar , Principal Dr Moses Kolet followed by the Vote of thanks.

Registration for the webinar was free. The session was attended by 34 participants and it was held on Google Meet. After the completion of the webinar the students received E-certificates for attending the session through a feedback form and all the suggestions of the participants were replied via personal emails.

**Poster:-**



**VPM'S B.N.Bandodkar college of Science (Autonomous), Thane - 400601.**

Re-accredited "A" grade by NAAC (3rd Cycle); ISO 9001:2015 certified; Best College Award, University of Mumbai;  
"Milestone Merit Leadership" Award; Ramkrishna Bajaj National Quality Certification Award; Supported under FIST  
'O' Level; Funded under STAR College scheme of DBT; College with Potential for Excellence (CPE), BEQET Special  
Citation Award of NCQM.

ORGANISED BY THE DEPARTMENT OF  
HUMAN SCIENCE AND INTERDISCIPLINARY  
SCIENCE,  
UNDER THE DEPARTMENTAL CLUB SOHAM.

**Dr. Kiran Pariya**

# THE POWER OF BEING POSITIVE!

# सफलता की कुंजी



#IAMUNSTOPPABLE

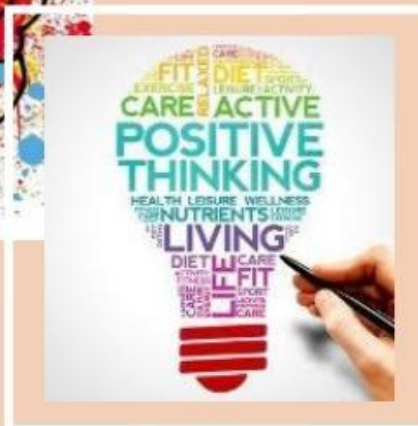
An Interactive session  
where we learn about the  
power of being positive.

**Register Now!!**

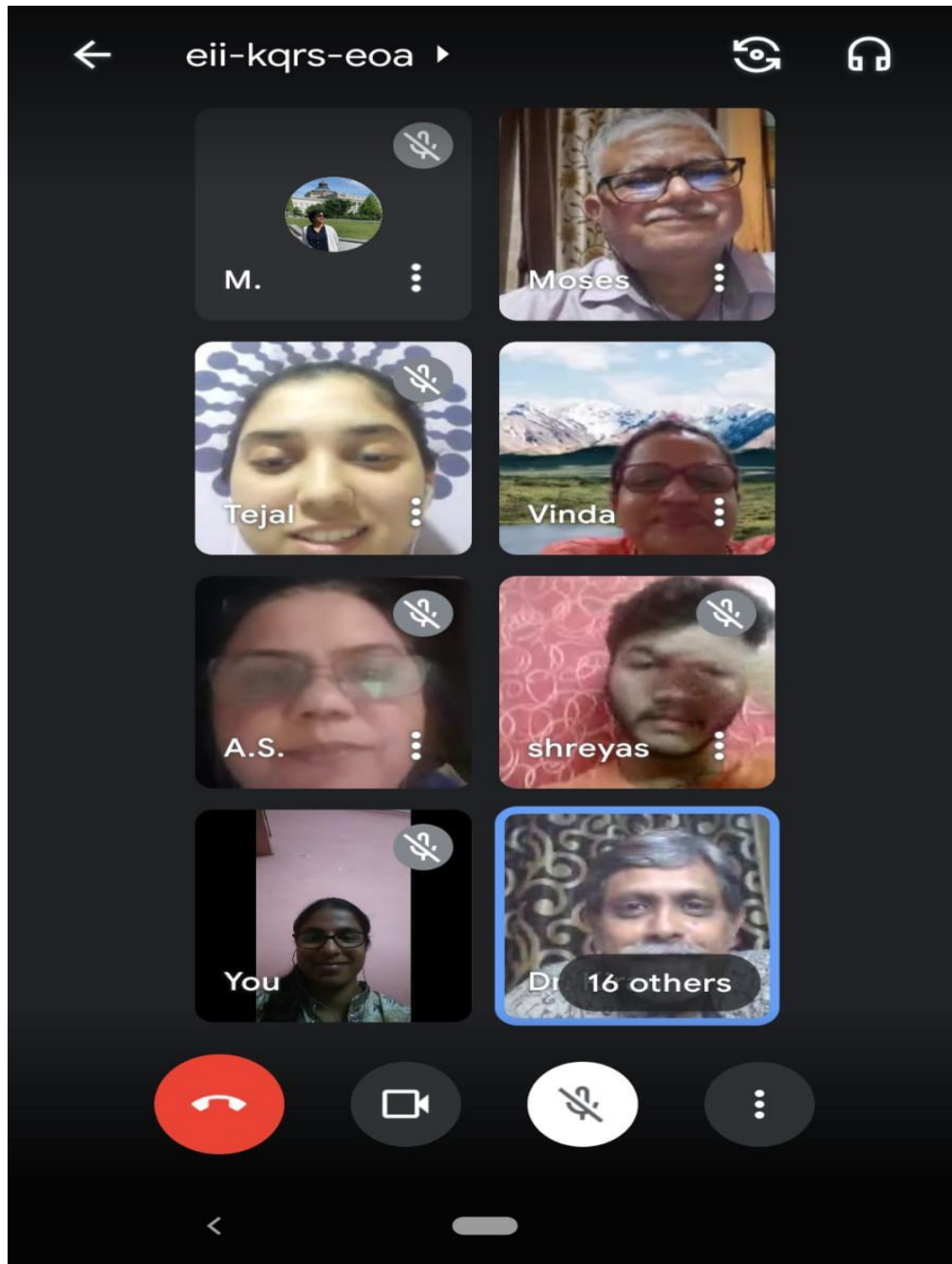
WHEN:

07 AUGUST 2021

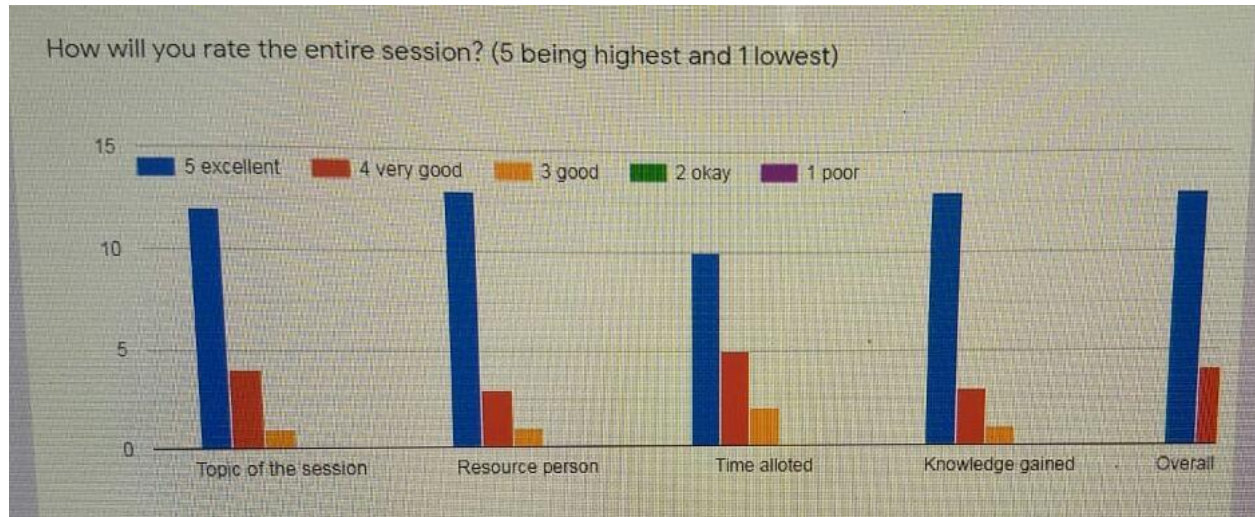
शाम 6:00 बजे से



Stills from the lecture :-



## Feedback analysis :-



## Report of Workshop on Enhancement of Skills of Anatomy Diagrams

**Date:** 13th August, 2021

**Name of the department conducting event:** Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

**Class –** T. Y. B. Sc

**Number of participants –** 17  
**teachers -** Nil

**Number of**

**Resource person:** Dr. Urmila Kumavat, Asst. Professor, Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

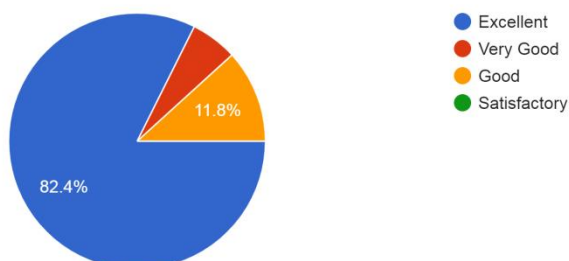
**Platform:** Google meet

[https://drive.google.com/file/d/1gnLdMdqTyYU9uko1brEqW1I9dYEEv\\_Qc/view?usp=sharing](https://drive.google.com/file/d/1gnLdMdqTyYU9uko1brEqW1I9dYEEv_Qc/view?usp=sharing)

Plant anatomy diagrams are an indispensable component for better understanding of topics based on plant sciences. It has been frequently observed that although students are good at the art of drawing but unable to make scientifically correct illustrations. Hence Dept. of Botany organized a Workshop on Enhancement of Skills of Anatomy Diagrams under the theme of 'Student skill development Programme'. It was conducted by Dr. Urmila Kumavat using online mode. It involved demonstration of diagram making skill with the help of MS-PowerPoint Presentation which was supported by a video. Anatomical features of all plant tissues were discussed along with illustrations. At the end of session, students were assigned to draw anatomical features on the basis of description of tissues.

**Feedback Analysis:** All the students appreciated the theme and the overall feedback of this session was excellent.

How was the overall Session?  
17 responses



**Outcomes:** The session was useful in improving plant anatomy skills.



VPM's B. N. Bandodkar College of Science (Autonomous), Thane.

Department of Human Science Under Departmental Club SOHAM Organized  
a lecture on

Topic : "An Equation and A Triangle "

Date : 14<sup>th</sup> August , 2021.

Time : 5.00 p.m.. to 6.30 pm.

The Human Science Department under Departmental Club SOHAM of VPM's B. N. Bandodkar College of Science (Autonomous),Thane organized a webinar on "An Equation and A Triangle ".

The session was arranged on 14<sup>th</sup> August from 6.00 p.m.. to 7.30 p.m. and was conducted by the students of SYB.Sc and TyB.Sc students of Human Science.

The session was hosted by our student Miss Shruti Kundal. She began the session by welcoming all the dignitaries ,students and went on to introduce the topics of the session. Then, Miss Shruti Sinha our student introduced the speaker of the session- Dr. Moses Kolet, our principal of B. N. Bandodkar college of science

Sir started the session by explaining a part of our life using an equation, " $A+B=C$ ". Later, he compared the analogy of a triangle and fire to anger. He also explained some fire management techniques Equations of life and encouraged, motivated the students to understand the situation of life and deal with it later on every body joined the discussion.Students actively participated in the discussion.

The entire session was very informative and thoughtful . The session came to an end with some encouraging words from Dr. Vinda Manjramkar ma'am,Dr. Neeta More mam followed by the Vote of thanks.

Registration for the webinar was free. The session was attended by 32 participants and it was held on Google Meet . After the completion of the webinar the students received E-certificates for attending the session through a feedbackform and all the suggestions of the participants were replied via personal email.



Poster:

VPM'S B.N.Bandodkar college of Science (Autonomous),  
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# AN EQUATION & A TRIANGLE

SPEAKER -  
**DR. MOSES KOLET**



**14 AUGUST  
SATURDAY**

ORGANISED BY DEPARTMENT OF  
HUMAN SCIENCE AND  
INTERDISCIPLINARY SCIENCE UNDER  
DEPARTMENTAL CLUB SOHAM

**REGISTER  
HERE**



**Time: 5 pm - 6:30pm**

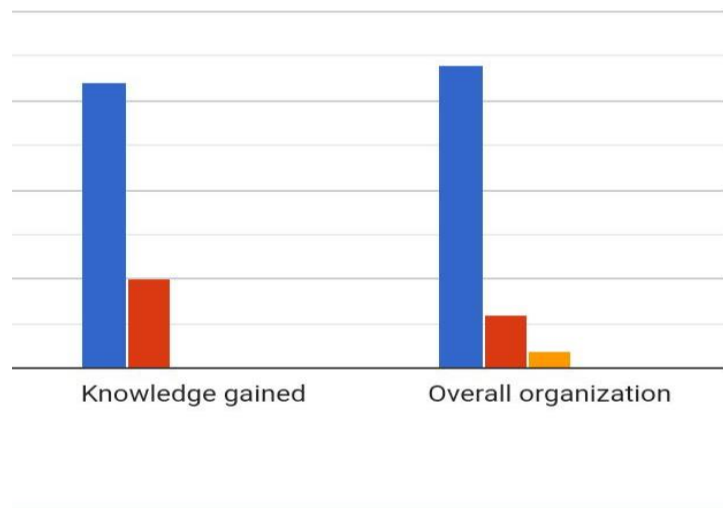
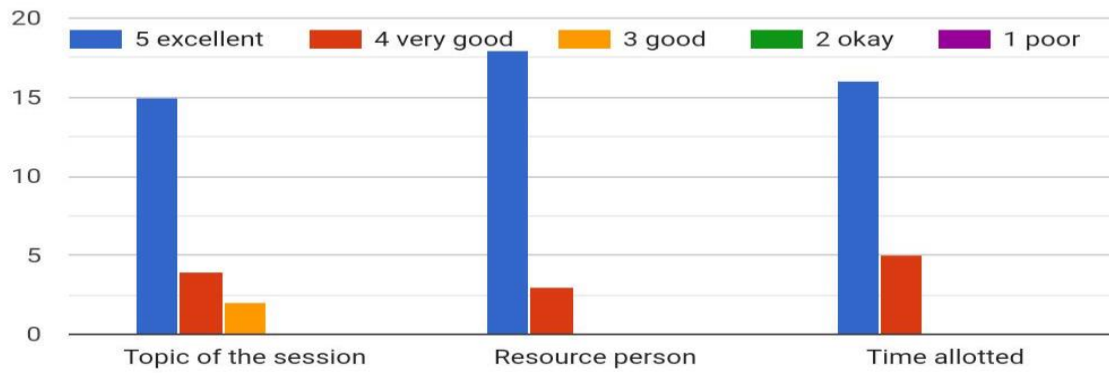
PLATFORM:  
**GOOGLE MEET**

stills from the session:



## Feedback Analysis:

How will you rate the entire session? (5 is highest and 1 is lowest)



**Report of**  
**WORKSHOP ON HOME SCALE PRODUCTION OF JAM, SQUASH AND SYRUP**

**Date:** 30th August, 2021, 3/9/2021

**Name of the department conducting event:** Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

**Class –** T. Y. B. Sc

**Number of Student participants –** 15 (Day 1), 6 (Day 2)

**Number of teacher participants -** Nil

**Resource person:** Dr. Urmila Kumavat, Asst. Professor, Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

**Platform:** Google meet

Day 1

<https://drive.google.com/file/d/14fofdcFj91iT8v0hAzr2nq97yUGn1Wmx/view?usp=sharing>

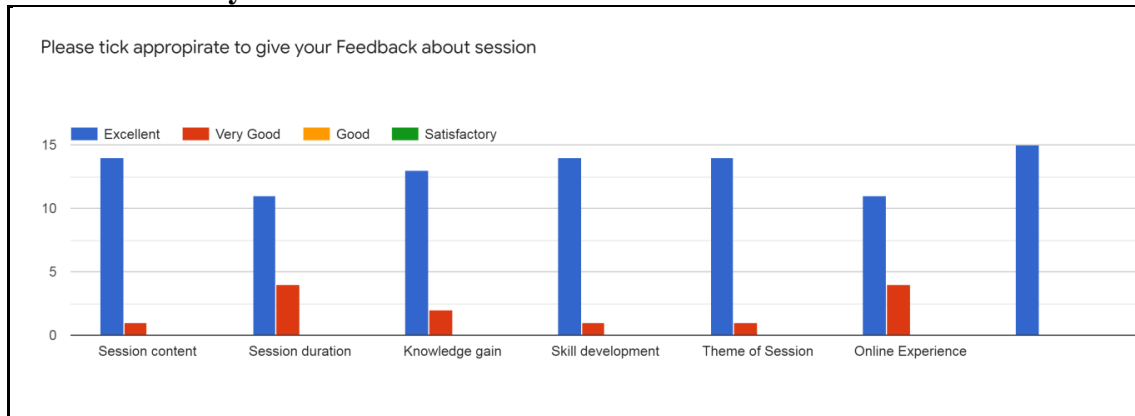
Day 2

<https://drive.google.com/file/d/1EfzUQasypmjVmkVVlsz0uikfifD8tj0/view?usp=sharing>

Post harvest technology is an important branch of Horticulture and Food Science. It involves food preservation techniques which help in increasing the shelf life of fruits and vegetables. It also allows food to be stored for future use with desired taste and flavour. At home level, simple preservatives like high concentration of sugar, salt and oil can be used to increase the shelf life and enhance the taste of food.

**The Department of Botany organized an 'Online workshop on Home Scale preparation of Jam, Squash and Syrup' in order to develop the entrepreneurial skill of students.** In this online session, a demonstration of food products such as Mango Jam, Squash and Syrup was given using a video. In addition to detailed procedures of products, students also got an idea about setting up a small business. Legal licensing required for the same was explained to them. This workshop helped the participants to gain scientific and legal knowledge about production of food products at home scale level. All the students enjoyed this activity thoroughly.

**Feedback Analysis:** The overall feedback received for the session was excellent.



**Workshop outcome** – Students gained knowledge of food preservation by addition of sugar. The standardized protocols of products and information about legal formalities will help them to set up a small business based of fruit products.

**Report of**  
**Late Dr. V.N.Bedekar Colloquium Lecture on**  
**‘Plant Based Culture & Products vis-a-vis Pro-Ecological Economy’**

**Date:** 4th Sept, 2021

**Name of the Department conducting event:** Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

**Total Participants – 28 (23 Females + 5 Males)**

**Number of Teachers - 10 (8 Females + 2 Males)**

**Number of Students - 18 (15 Females + 3 Males)**

**Resource person:** Dr. Suchandra Dutta, Asst. Professor, Department of Botany, R.D. & S.H. National College, Bandra (W), Mumbai 400050

**Platform:** Microsoft Teams

The speaker is an internationally renowned personality in the field of plant taxonomy. She presented valuable information on medicinal plants which have religious importance and are involved in celebration of various Indian festivals such as Ganesh Festival, Guri-Pujan, Durga-Puja, Dashera, etc. The purpose of such rituals is to introduce medicinal plants to laymen through festivals. She nicely narrated the science involved in usage of medicinal plants during festival times which have peculiar climatic conditions. But in recent times, traditional knowledge of medicinal plants is diminishing due to urbanization, deforestation and lack of transfer of knowledge from one generation to another. Such practices will hamper the traditional medicinal knowledge and their applications.

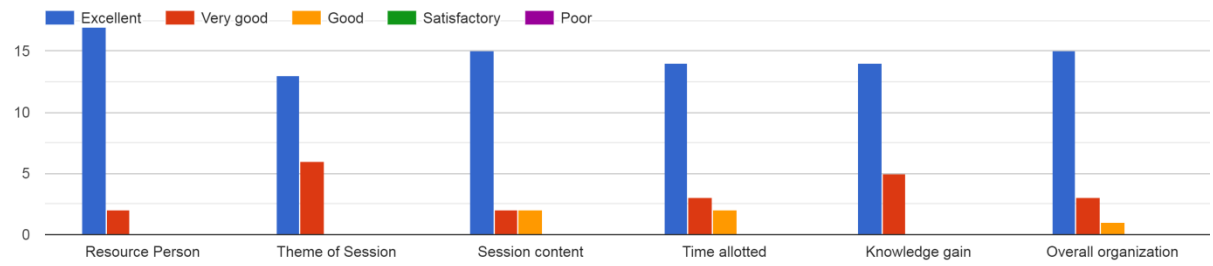
Another interesting facet of the lecture was plant based economy. She showed beautiful artifacts and tribal artwork pertaining to very common plants like Vetiver, Sabai grass, Kora grass. She discussed the role of plants in making creative Bio-Jewellery and Musical instruments. In miscellaneous articles, she gave glimpses of fruit paintings, carving and wood crafts. At the end of the talk, Dr. Dutta elaborated on concerns regarding conservation of traditional culture, appreciating natural articles and promoting plant based economy. She suggested many workable solutions for encouraging entrepreneurship of plant artifacts and improving socioeconomic status of all.

**Session Outcomes -** The overall lecture was quite motivating for teachers as well as students to undertake research on the role of plants in Indian tradition and rituals, ethnobotany and medicinal plant applications. It also ignited interest in natural artifacts' and plant based entrepreneurship.

**Feedback Analysis:** The overall feedback received for the session was excellent.



Please tick appropriate to give your Feedback about session



## **VPM'S B. N. BANDODKAR COLLEGE OF SCIENCE, (AUTONOMOUS) THANE**

### **ANUBANDH ALUMNI ASSOCIATION**

#### **Guidance Session on 'Facing Interviews'**

Anubandh: Alumni Association of VPM's B. N. Bandodkar College of Science, Thane had organized a Guidance Session on "Facing Interviews of Corporate Sector and Competitive Examinations" on 29<sup>th</sup> January 2022 at 3 pm in Patanjali Auditorium. The offline session was arranged for student leaders and alumni following all the COVID norms.

Ms. Saloni Seth, Asst. Prof., Department of Environmental Sciences, compered the event. The event began by lighting of lamp in hands of honourable Principal Dr. Moses Kolet and the esteemed guests. Principal Sir in his welcome address mentioned that the guidance session was being organized on request by last year alumni and he highlighted the usefulness of such sessions. Ms. Judith Talkar, Asst. Prof., Department of Biotechnology and Microbiology formally introduced both the speakers to the audience.

Shri. Devdutt Kadrekar, CEO, Humane HR consulting, was the first speaker of the session. He enlightened the gathering on 'Practical tips on success in facing interviews of corporate sector'. Highly experienced personnel in corporate sector, he guided the students on various aspects of interview, 'the employer concerns', behavioural competencies and skills preferred by corporates, mind conditioning to avoid anxiety and the 'dos and don'ts' to be followed before and during interview. He stressed on trainings and internships to gain practical experience during undergraduate and post-graduate studies.

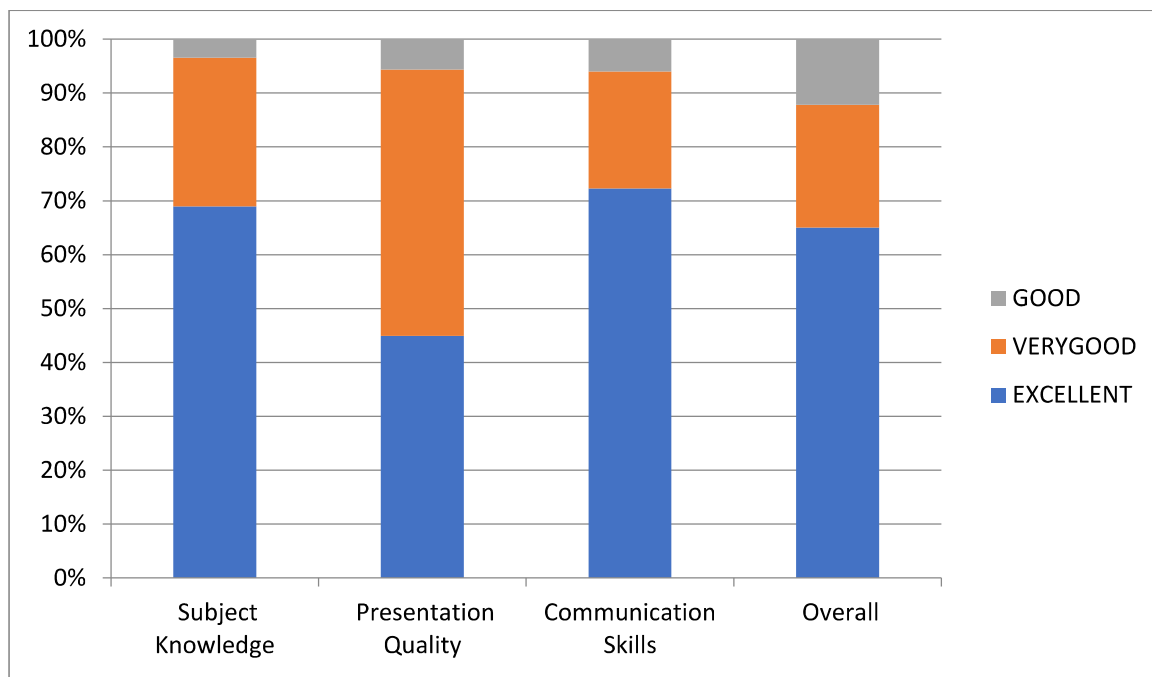
The second session was by Shri. Sanjay Athavale, Former Official, Govt. of Maharashtra, and Sports Observer. In his lucid speech, he gave valuable tips for successfully facing and cracking interviews of competitive examinations. He discussed probable questions mentioning tricky questions. He emphasized on appearing for all the exams and interviews as a learning experience. He also stressed on knowing the marking scheme before giving any exam. He urged the students to have confidence and aim for the highest.

Both the talks were followed by intensive question answer sessions.

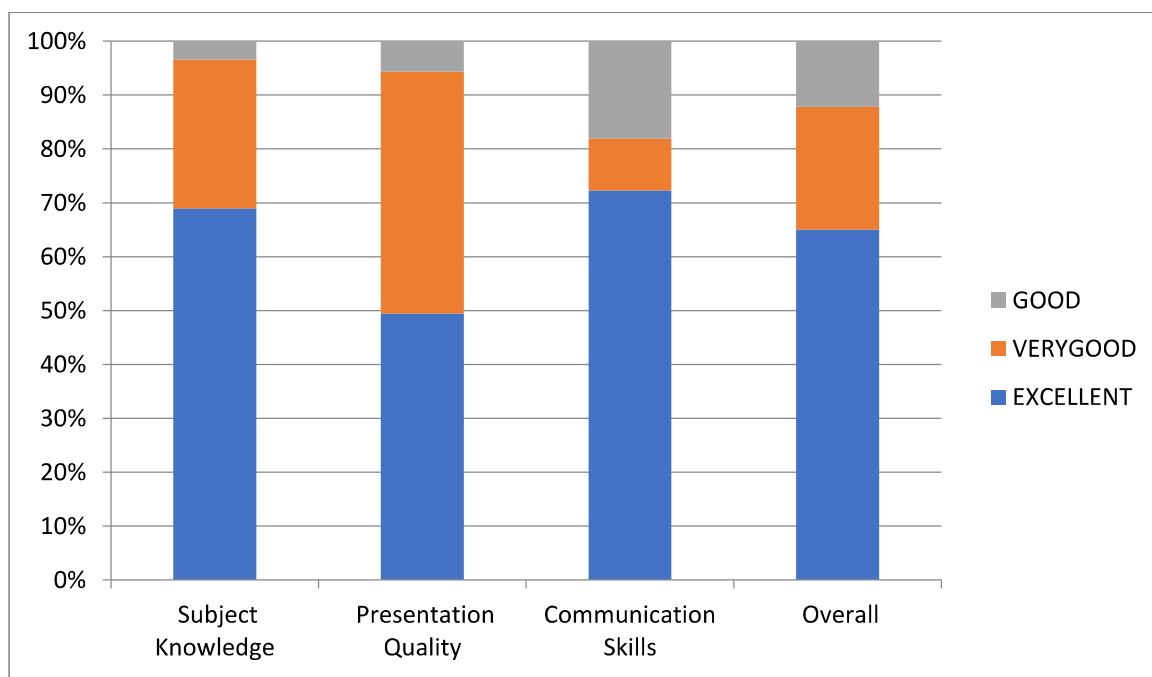
52 students, 2 Alumni and 9 Teachers attended the event.



## FEEDBACK ANALYSIS



Resource Person : Shri Devdutt Kadrekar



Resource person: Shri Sanjay Athavale

## Activity Report Format

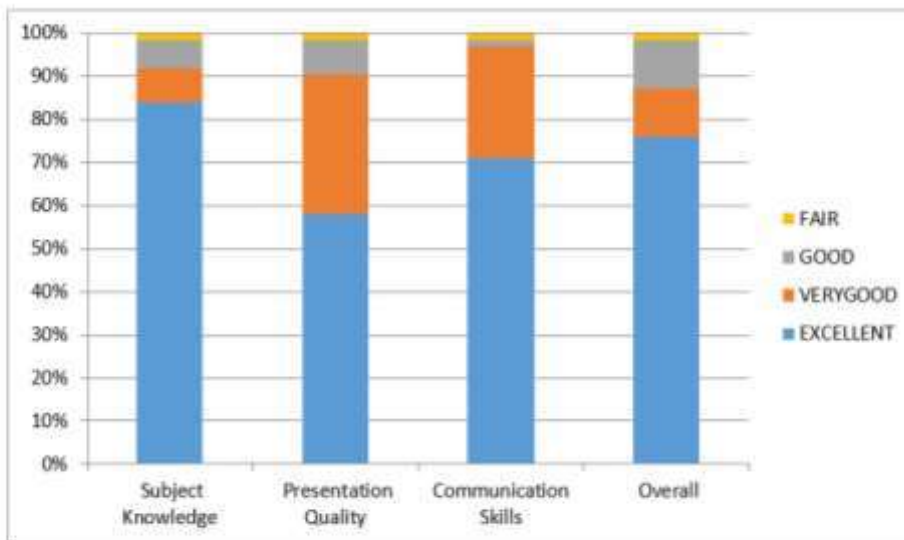
<b>Name of activity</b>	Guidance session on “Basic Leadership Traits for Self-Development”
<b>Objectives of the activity (maximum 40 words)</b>	Guiding students about traits that are required by an individual to fare better in his/her career and life.
<b>Organizing department/s</b>	Anubandh Alumni Association
<b>Collaborative institute</b>	NA
<b>Date ( DD / MM / YYYY )</b>	26/02/2022
<b>Venue</b>	Patanjali Auditorium
<b>Mode</b>	Offline
<b>Details of Resource person (name, designation, institution)</b>	Shri. Sanjay Mandlik HR Consultant Retired Alumnus
<b>Key Participants</b>	Students
<b>Remarkable outcomes/ key take-away messages (max. three)</b>	<ul style="list-style-type: none"> <li>• Self-realisation and introspection is important to define what is top for oneself and then try to achieve it</li> <li>• Look for happiness and it will bring you success</li> <li>• Reduce the need to get acceptance from others</li> </ul>
<b>Details of participants</b>	
Total Number	92
Outsiders	Nil
In-house	92
	Faculty members: 9 Male: 2      Female: 7      Others: Nil
	Total students: 83 Male: 41      Female: 42      Others: Nil
<b>Additional information</b>	

Name of Coordinator/ teacher in-charge: Mrs. Umalaxmi Patne

Two Geo tagged photos:



Graphical representation of feed-back:



**BASIC LEADERSHIP TRAITS FOR SELF DEVELOPMENT BY Shri Sanjay Mandlik.**

**DATE : 26 FEB. 2022 4.00PM TO 5.00PM**