

5.1.2

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

1. Soft skills
2. Language and communication skills
3. Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)
4. Awareness of trends in technology

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)
	Bridging Language and Communication Gap (for semester -1 students)	23/09/2023 to 30/09/2023	59	Prin. M. C. Shah Commerce College
	Basic Learnings of AI	11/12/2023 to 12/12/2023	60	Prin. M. C. Shah Commerce College
	Emotional Intelligence (for semester-3 students)	18/12/2023 to 23/12/2023	60	Prin. M. C. Shah Commerce College
	A Seminar on Importance of Exercise in Human Life	11th March 2024	54	Prin. M. C. Shah Commerce College

PRIN. M. C. SHAH COMMERCE COLLEGE



Capacity Building and Skill Enhancement Program on Bridging Language and Communication Gap

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David V. Trivedi
Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.



[Signature]
Principal (I/C)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014



Snehal Shah
MANAGING TRUSTEE

विद्याभवन ट्रस्ट

प्रि. एम. सी. शाह कॉमर्स कोलेज

PRIN. M. C. SHAH.COMMERCE COLLEGE

NAVGUJARAT CAMPUS, ASHIRAM ROAD, AHMEDABAD-380014.

E-mail: primcshah@yahoo.com Website: www.meshahcommerce.com

College Code: UNI: 059, Govt. 041. Phone: 27540189

Date: 22/09/2023

Ref. No. 60111 mcs / 2023-24

Notice

Capacity Building and Skill Enhancement Program

Title of the Program: **Bridging Language and Communication Gap**

Dear Students,

Prin. M. C. Shah Commerce College is organizing a Capacity Building and Skill Enhancement Program on "Bridging Language and Communication Gap" from **23/09/2023** to **30/09/2023**.

Interested students are instructed to contact the In-charge faculty Prof. Sonal V. Thakar, register your name within a week.

Sonal V. Thakar
Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.



Signature of Principal

[Signature]
Principal (E/C)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College

Capacity Building and Skill Enhancement Program

Title of the Program: Bridging Language and Communication Gap

Principal (2/c)

List of Participated Students

Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

For Semester-1

Sr. No.	Name of Students	Signature
1.	Parikh Dev. D.	Dev.
2.	Momin Junedbheli Kalsambhai	J.K. Momin
3.	Chauhan Dipal V.	Dipal V.
4.	Joshi. Keshav Buldevbhai	Joshi Keshav
5.	Parth Rammanuj.	P.S. Rammanuj
6.	Chauhan Pankaj Hariharan	Pankaj
7.	Dave Hiral P.	Hiral
8.	Desai Sagar Gremurbhai	Sagar
9.	Pandya meek P.	P.M.B.
10.	Paradiya Hetal Narsimbhai	Hetal
11.	Bhayani Pallavi Kishorbhai	Pallavi
12.	Parmer Nishtha Dhirajbhai	Nishtha
13.	Sagar Urmila Shunibhai	Urmila
14.	Balsari Sneha Bipinbhai	Sneha
15.	Dand Jaini S.	Jaini
16.	Rajput Mangusinh P.	Mangusinh
17.	Parmanar Komal P.	Komal
18.	Dharamniya Riya P.	Riya.
19.	Hezan F. Kamani	Hezan
20.	Dhamecha Yash J	Yash
21.	Rajput Hina V.	Hina
22.	Jalaja Trupti V.	Trupti
23.	Abdasi Sameer K.	Sameer
24.	Darzi Arjun G.	Arjun
25.	Vaniya Sunil	Sunil
26.	Patel Arjun	Arjun
27.	Parmer Yashin B.	Yashin
28.	Solanki Vikram J	Vikram
29.	Mali Nikhil D.	Nikhil
30.	Nai Divyansh R.	Divyansh
31.	Dantani Ankit S.	Ankit
32.	Dantani Sachin B.	Sachin
33.	Patel Tarak R.	Tarak
34.	Patel Shyam. H.	Shyam
35.	Mai Pintu H.	Pintu
36.	Rabari Ajay Kamalibhai	Ajay
37.	Soni Kushish G.	Kushish
38.	Makwana Mohit H.	Mohit
39.	Katheriya Zonal. A	Zonal

Vandana K. Thakur
Event Coordinator
Prin. M. C. Shah Commerce College
Ahmedabad

40.	Bhatt Jay B.	Jay.
41.	PARMAR Saloni V.	Saloni
42.	Bhavsar Nandini K.	Nandini K.B.
43.	PURABIYA Riya R.	Riya
44.	Desai Corina G	Corina
45.	Vyas Trishita S.	Trishita
46.	Desai Jatin A.	J.A. Desai
47.	Lodhey Janki S.	Janki
48.	Pandey Jay Nidhi B.	Jay
49.	Pandey Mihir B.	M.B. Pandey
50.	Luthra Khushi V.	Khushi
51.	Vaibhav. S. Shah	Vaibhav
52.	Hiddar Harman R.	Harman
53.	Pratap Hetal A	Hetal
54.	Patel Om Nishith Kumar	O.M.N. Patel
55.	Parmar Trishita G	Trishita
56.	Pandey Virek P.	Virek
57.	Isaria Kamini H.	Kamini
58.	Khare Khushi V.	Khushi
59.	Desai Nehal D.	Nehal
60.		

B.No: 03

Prof. In-Charge.

Prof. Sand V. Thaker
Prof. Sahal V. Thaker

Sand V. Thaker
Prin: M. C. Shah Commerce College
Ahmedabad.



Principal (I/c)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

PRIN. M. C. SHAH COMMERCE COLLEGE



Capacity Building and Skill Enhancement Program
on
"Bridging the Language and Communication Gap"

Course Content



Objectives of the Course:

1. **Enhance Communication Skills:** To improve participants' verbal and non-verbal communication abilities in various professional and social contexts.
2. **Bridge Language Barriers:** To address linguistic challenges, helping participants speak clearly, listen actively, and understand diverse accents and dialects.
3. **Increase Confidence in Interaction:** To help participants gain confidence when interacting in different languages or dialects, particularly in professional and multicultural environments.
4. **Develop Active Listening Skills:** To improve participants' ability to listen, understand, and respond effectively in conversations with individuals from various linguistic backgrounds.

A six-day program titled "Bridging the Language and Communication Gap" is designed to enhance the participants' language proficiency and communication skills, aiming to overcome barriers that may exist due to linguistic or cultural differences. The following is the structure with clear objectives and detailed course content for each day.

Day 1: Introduction to Communication and Language Barriers

Objective: Understand the fundamentals of communication and the challenges posed by language and cultural barriers.

Content:

- **What is Communication?** Key components of effective communication (sender, message, medium, receiver, feedback).
- **Types of Communication:**
 - Verbal and non-verbal communication.
 - Written and spoken communication.
- **Barriers to Communication:** Common language barriers, including misunderstandings due to vocabulary, grammar, and accents.
- **Cultural Barriers:** Understanding how cultural differences shape communication styles.

Principal (૨)૯)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

David V. Thomas
Principal
Prin. M. C. Shah Commerce College
Ahmedabad.

- **Overcoming Barriers:** Strategies for enhancing clarity and reducing misunderstandings. B. N

Activities:

- Ice-breaking session: participants share language-related challenges.
- Group discussion on communication challenges in their professional context.

Day 2: Verbal Communication: Clarity and Precision

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Ahmedabad - 380 014

Objective: Improve verbal communication skills, focusing on clarity and precision.

Content:

- **Effective Speaking Techniques:** Pronunciation, enunciation, and tone modulation.
- **Building Vocabulary:** Expanding word choices and improving fluency.
- **Contextual Use of Language:** Choosing the right words for different situations.
- **Language Register:** Understanding formal, informal, and professional language use.
- **Accent and Intonation:** Addressing challenges posed by different accents and dialects.

Activities:

- Pronunciation exercises and tongue twisters.
- Role-playing scenarios: practicing formal and informal conversations.



Day 3: Active Listening and Understanding Non-Verbal Communication

Objective: Develop active listening skills and understand the importance of non-verbal cues in communication.

Content:

- **Active Listening:** Techniques to improve listening skills (e.g., paraphrasing, questioning, and summarizing).
- **The Role of Non-Verbal Communication:** Understanding body language, facial expressions, and gestures.
- **Cultural Influences on Non-Verbal Communication:** How body language and gestures differ across cultures.
- **Building Empathy in Communication:** Enhancing understanding through active listening and empathy.

Activities:

- Listening exercises with feedback.
- Analyzing videos of cross-cultural interactions to identify non-verbal cues.

Day 4: Written Communication Skills

Objective: Improve written communication skills in a professional context.

Content:

- AIM- on
- Writing for Different Audiences:** Tailoring written communication to suit the reader (e.g., formal letters, emails, reports).
- Clarity and Precision in Writing:** Structuring sentences for maximum clarity and minimizing ambiguity.
- Tone in Written Communication:** Understanding the importance of tone, and how to adjust it for different situations.
- Cultural Sensitivity in Writing:** Writing with awareness of cultural expectations and norms.

Activities:

- Writing practice: drafting emails, reports, and other professional documents.
- Peer review sessions to provide feedback on written content.

[Signature]
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Day 5: Practical Communication Strategies and Role-Playing

Objective: Apply learned communication strategies in real-life situations through role-playing and practical exercises.

Content:

- **Effective Communication in Meetings and Presentations:** Best practices for verbal and non-verbal communication in meetings, presentations, and public speaking.
- **Conflict Resolution and Negotiation:** Using communication skills to resolve conflicts and negotiate effectively.
- **Building Professional Relationships:** Networking and building rapport through effective communication.
- **Personal Action Plan:** Developing a personal communication improvement plan.

Activities:

- Role-playing in different professional contexts (e.g., a business meeting, negotiation).
- Feedback session on communication improvement.

Day-6: Program Evaluation and Wrap-Up:

- Group discussion on the key takeaways and action steps for improving communication post-program.
- Closing ceremony and certificate distribution.

[Signature]
Event Co-ordinator
M. C. Shah Commerce College
Ahmedabad.



[Signature]
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014



Snehal Shah
MANAGING TRUSTEE

વિદ્યાભવન ટ્રસ્ટ

પ્રિ. એમ. સી. શાહ કોમર્સ કોલેજ

PRIN. M. C. SHAH COMMERCE COLLEGE

NAVGUJARAT CAMPUS, ASHIRAM ROAD, AHMEDABAD-380014.

E-mail: prinmeshah@yahoo.com Website: www.meshahcommerce.com

College Code: UNI: 059, Govt. 041, Phone: 27540189

Ref. No. 6011 / M.C.S / 2023-24

Date: 22/01/23

Invitation Letter

To,
Prof. Dr. Nikhil Bhatt,
Associate Professor
Department of English
Shree Sahjanad Arts and Commerce College,
Ahmedabad.

Subject: *Invitation as a Resource Person for Capacity Building Programme on 'Bridging the Language and Communication Gap'.*

Respected Sir,

We are pleased to invite you as a Resource Person for Capacity Building Programme on the topic of 'Bridging the Language and Communication Gap.' which is going to be held 23/12/2023 to 30/12/2023. It would be great chance for the students to interact with you.

Time: 10:15 a.m. to 3:30 p.m.

Venue: Room No-21, Prin. M.C. Shah Commerce College.

We genuinely hope that you would accept our invitation.




Principal (સી.સી.)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College
Capacity Building and Skill Enhancement Program
Title of the Program: Bridging Language and Communication Gap

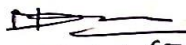
Program Schedule

TIME: 10:15am to 3:30pm

Room No: 21

SR. NO.	DAY	DATE	Content	Resource Person
1.	Saturday	23/09/2023	Day:1 Introduction to Communication and Language Barriers	Dr. Nikhil Bhatt
2.	Monday	25/09/2023	Day:2 Verbal Communication: Clarity and Precision	Dr. Nikhil Bhatt
3.	Tuesday	26/09/2023	Day:3 Active Listening and Understanding Non-Verbal Communication	Dr. Nikhil Bhatt
4.	Wednesday	27/09/2023	Day:4 Written Communication Skills	Dr. Nikhil Bhatt
5.	Friday	29/09/2023	Day-5: Practical Communication Strategies and Role-Playing	Dr. Nikhil Bhatt
6.	Saturday	30/09/2023	Day-6: Program Evaluation and Wrap-Up	Dr. Nikhil Bhatt




Principal (I/c)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014



Snehal Shah
MANAGING TRUSTEE

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પ્રિ. એમ. સી. શાહ કોમર્સ કોલેજ
PRIN. M. C. SHAH COMMERCE COLLEGE

NAVGUJARAT CAMPUS, ASHIRAM ROAD, AHMEDABAD-380014.

E-mail: prinmeshah@yahoo.com Website: www.meshahcommerce.com

College Code: UNI: 059, Govt. 041, Phone: 27540189

Ref. No. 62/3 | MCS | 2023-24

Date: 30/9/23

Thanks Letter

To,
Prof. Dr. Nikhil Bhatt,
Associate Professor
Department of English
Shree Sahjanad Arts and Commerce College,
Ahmedabad.

Respected Sir,

On behalf of Prin. M. C. Shah Commerce College, we express our gratitude for accepting our invitation and sharing your valuable time with us by motivating our students by inspiring words.

With all our best wishes to you.

David V. Thaler
Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.



(Principal)

~~_____~~
Principal (૫૮)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College

Capacity Building and Skill Enhancement Program

on

Bridging Language and Skill Enhancement Program

Program Completion Report

Prin. M. C. Shah Commerce College conducted a week-long Capacity building and skill enhancement program for semester-1 students from 23rd September 2023 to 30th September, 2023. Participants were assessed based on their engagement in activities, role-playing exercises, and overall participation. Feedback was gathered.

Key Takeaways:

- Enhanced understanding of communication barriers and techniques to overcome them.
- Improved verbal and non-verbal communication skills, particularly in cross-cultural contexts.
- Increased confidence in written and oral communication in professional environments.
- Practical strategies for effective communication in a variety of real-world settings.

The "Bridging the Language and Communication Gap" program successfully met its objectives by providing participants with essential skills to enhance their communication abilities. Through interactive activities, case studies, and role-playing, participants gained valuable insights into effective communication and overcoming language barriers. This training will have a long-term impact, equipping participants to communicate more effectively and build stronger relationships in their professional and social lives.

Dr. V. Thakur
Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.



[Signature]
Principal (P/C)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College
 Navgujarat College Campus, Near Prin. M. C. Shah Marg, Ashram Road, Ahmedabad-380014

Capacity Building and Skill Enhancement Program
 on

"Bridging Language and Communication Gap"

Attendance Sheet

Handwritten Signature
 Event Coordinator
 Prin. M. C. Shah Commerce College
 Ahmedabad.

Prin. M. C. Shah Commerce College
 Ahmedabad - 380014

Sr. No.	Name of Students	DAY-1	DAY-2	DAY-3	DAY-4	DAY-5
1	Pratikh Dev. D					
2	Momin Jinedbhai Karsimalli	J.K.momin	J.K.momin	J.K.momin	J.K.momin	J.K.momin
3	Joshi Karam. B	Joshi Karam	Joshi Karam	Joshi Karam	Joshi Karam	Joshi Karam
4	Chauban Dipal V	Dipal V	Dipal V	Dipal V	Dipal V	Dipal V
5	Ramdev Pith S	Ramdev	Ramdev	Ramdev	Ramdev	Ramdev
6	Charbhai Pankaj H.	Pankaj	Pankaj	Pankaj	Pankaj	Pankaj
7	Pankaj Dev. A.	Dev	Dev	Dev	Dev	Dev
8	Pankaj Parth S.	Parth	Parth	Parth	Parth	Parth
9	Dev Hiral P.	Hiral	Hiral	Hiral	Hiral	Hiral
10	Dev Sagar G.	Sagar	Sagar	Sagar	Sagar	Sagar
11	Ramdev Meht R	R.M.R	R.M.R	R.M.R	R.M.R	R.M.R
12	Haradiga Hetal N	Hetal	Hetal	Hetal	Hetal	Hetal
13	Bhargavi Pallavi K	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
14	Ramdev Nishtha D	Nishtha	Nishtha	Nishtha	Nishtha	Nishtha
15	Sagar Umika S.	Umika	Umika	Umika	Umika	Umika
16	Balsari Sneha B.	Sneha	Sneha	Sneha	Sneha	Sneha

10/08/2019

7

13-10-19
DAY-5

Sr. No.	Name of Students	DAY-1	DAY-2	DAY-3	DAY-4	DAY-5
17	RANCI TANVI S.	RANCI	RANCI	RANCI	RANCI	RANCI
18	RAJPUT ANJUSINGH	ANJUS	ANJUS	ANJUS	ANJUS	ANJUS
19	RAJNAG KAMEL P.	KAMEL	KAMEL	KAMEL	KAMEL	KAMEL
20	OHANADIBA RIYA P.	RIYA	RIYA	RIYA	RIYA	RIYA
21	HEBAN F. KAMANI.	HEBAN	HEBAN	HEBAN	HEBAN	HEBAN
22	DHAMECHA YASH J.	YASH	YASH	YASH	YASH	YASH
23	BAHARI GANIL K.	SAMEER	SAMEER	SAMEER	SAMEER	SAMEER
24	DARST ARYAN. G.	ARYAN	ARYAN	ARYAN	ARYAN	ARYAN
25	RAJPUT HIND V.	ANUS	ANUS	ANUS	ANUS	ANUS
26	JADEJA TRUPTI V.	TRUPTI	TRUPTI	TRUPTI	TRUPTI	TRUPTI
27	VANIYA SABIL V.	SABIL	SABIL	SABIL	SABIL	SABIL
28	RAJNAG YATIN. B.	ANUS	ANUS	ANUS	ANUS	ANUS
29	SALANKI VIKRAM T	VIKRAM	VIKRAM	VIKRAM	VIKRAM	VIKRAM
30	MALI NIKHIL	NIKHIL	NIKHIL	NIKHIL	NIKHIL	NIKHIL
31	PATEL AARAV	AARAV	AARAV	AARAV	AARAV	AARAV
32	RAMDAS ANKITA S.	ANKITA	ANKITA	ANKITA	ANKITA	ANKITA
33	DANDEMI SACHIN B.	SACHIN	SACHIN	SACHIN	SACHIN	SACHIN
34	NEI DIVYANG R.	DIVYANG	DIVYANG	DIVYANG	DIVYANG	DIVYANG
35	NYAI ARIRESH V.	ARIRESH	ARIRESH	ARIRESH	ARIRESH	ARIRESH
36	PATEL SHYAM. H.	SHYAM	SHYAM	SHYAM	SHYAM	SHYAM
37	PATEL TANK. R.	TANK	TANK	TANK	TANK	TANK
38	RAJALI ANJAY KAMARIBHAI.	ANJAY	ANJAY	ANJAY	ANJAY	ANJAY
39	BLAKHAT JAY G.	JAY	JAY	JAY	JAY	JAY
40	RAJTHENY TANVI Z.	TANVI	TANVI	TANVI	TANVI	TANVI



057-1

9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 51

No.	Name of Students	DAY-1	DAY-2	DAY-3	DAY-4	DAY-5
41	Mai Pinky Akreshabhai	Pinky	Pinky	Pinky	Pinky	Pinky
42	Soni Kashish S.	Kashish	Kashish	Kashish	Kashish	Kashish
43	Makwana Mohit H.	Mohit	Mohit	Mohit	Mohit	Mohit
44	PARMAR SALONI V.	Saloni	Saloni	Saloni	Saloni	Saloni
45	Desui Govind C.	Govind	Govind	Govind	Govind	Govind
46	Jyots Desai S.	Jyots	Jyots	Jyots	Jyots	Jyots
47	Desui JATNIN A.	J.A. Desai	J.A. Desai	J.A. Desai	J.A. Desai	J.A. Desai
48	Godhey Jarekh S.	Jarekh	Jarekh	Jarekh	Jarekh	Jarekh
49	Parfeni Jyoti Nitishbhai	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti
50	Parmer Mihir B.	M.B. Parmer	M.B. Parmer	M.B. Parmer	M.B. Parmer	M.B. Parmer
51	Kutub Khyal V.	Khyal	Khyal	Khyal	Khyal	Khyal
52	Vaibhav J. Shah	Vaibhav	Vaibhav	Vaibhav	Vaibhav	Vaibhav
53	Hirddas Harmeet R.	Harmeet	Harmeet	Harmeet	Harmeet	Harmeet
54	Pratyarsi Hetal A.	Hetal	Hetal	Hetal	Hetal	Hetal
55	Patel Om Nishithkumar	Om.m.Patel	Om.m.Patel	Om.m.Patel	Om.m.Patel	Om.m.Patel
56	Parmer Trishul C.	Trishul	Trishul	Trishul	Trishul	Trishul
57	Dandani Vivek P.	Vivek	Vivek	Vivek	Vivek	Vivek
58	Sadia Kamini H.	Kamini	Kamini	Kamini	Kamini	Kamini
59	Khure Khushi V.	Khushi	Khushi	Khushi	Khushi	Khushi
60	Desui Nehal D.	Nehal	Nehal	Nehal	Nehal	Nehal

Handwritten signature

Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.



Principal (e)
Prin. M. C. Shah Commerce College
Ahmedabad - 390 014

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that CHADHAN PANKAJ H. has actively participated in the Capacity Building and Skill Enhancement Program on "BRIDGING LANGUAGE AND COMMUNICATION GAP" held on 23/09/2023 to 30/09/2023.

Don't Know

PROGRAM IN-CHARGE

[Signature]

PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that PARIKH DEV D. has actively participated in the Capacity Building and Skill Enhancement Program on "BRIDGING LANGUAGE AND COMMUNICATION GAP" held on 23/09/2023 to 30/09/2023.

Dant V. Indar

PROGRAM IN-CHARGE

[Signature]

PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that MOVIN JUNEGBHAI K. has actively participated in the Capacity Building and Skill Enhancement Program on "BRIDGING LANGUAGE AND COMMUNICATION GAP" held on 23/09/2023 to 30/09/2023.

Don't know

PROGRAM IN-CHARGE

[Signature]

PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that CHAUDHAN DIGPAL has actively participated in the Capacity Building and Skill Enhancement Program on "BRIDGING LANGUAGE AND COMMUNICATION GAP" held on 23/09/2023 to 30/09/2023.

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PROGRAM IN-CHARGE

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PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that PARTH RAMANUJ has actively participated in the Capacity Building and Skill Enhancement Program on "BRIDGING LANGUAGE AND COMMUNICATION GAP" held on 23/09/2023 to 30/09/2023.

David V. V.

PROGRAM IN-CHARGE

PRINCIPAL



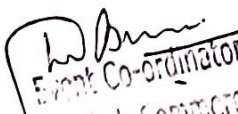
PRIN. M. C. SHAH COMMERCE COLLEGE




Capacity Building and Skill Enhancement Program
For Semester -- ^{1st} ~~2nd~~
on
"Emotional Intelligence" (EI)

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Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.


Principal (I/C)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014





વિદ્યાભવન ટ્રસ્ટ

પ્રિ. એમ. સી. શાહ કોમર્સ કોલેજ
PRIN. M. C. SHAH COMMERCE COLLEGE

NAVGUJARAT CAMPUS, ASHRAM ROAD, AHMEDABAD-380014.

E-mail: prinmcsahh@yahoo.com Website: www.mcsahhcommerce.com

College Code: UNI: 059, Govt. 041. Phone: 27540189

Ref. No. 110/1-2/mcs/2023-24

Date: 16/12/2023

Notice

Capacity Building and Skill Enhancement Program

Title of the Program: "Emotional Intelligence" (EI)

Dear Students,

Prin. M. C. Shah Commerce College is organizing a Capacity Building and Skill Enhancement Program on "Emotional Intelligence" (EI) from 18/12/2023 to 23/12/2023.

Interested students are instructed to contact the In-charge faculty Prof. L. D. Baria, and register your name within a week.


Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.



Signature of Principal



Principal (P/C)

Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College

Capacity Building and Skill Enhancement Program (For Semester-1)

Title of the Program: "Emotional Intelligence" (EI)

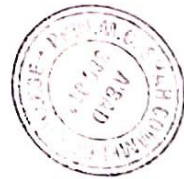
4th
~~3rd~~

List of Registered Students

Sr. No.	Name of Students	Contact No.	Signature
1.	Dolase Harsh S	8460918431	Harsh
2.	Desai Ganesh G.	9809284477	Ganesh
3.	Dhole Ganesh S.	9511921157	Dhole
4.	Gaurav Sharma	8866785653	Gaurav
5.	Prasarpati Harsh	9726862533	Harsh
6.	Prasarpati Girish B.	9978447937	Girish
7.	Patel Gokishma M.	9274878824	Gokishma
8.	Parmer Harshik J	7016594284	Harshik
9.	Panchal Harshik A.	8866045653	Harshik
10.	Yadav Gunjan	9528053270	Gunjan
11.	Harsh Joshi	6359230462	Harsh
12.	Harsh Acharya	990913435	Harsh
13.	Bachliya Harshik A.	9909363472	Harshik
14.	Mohani Diya	932090154	Diya
15.	Shah Prishita M.	9054529155	Prishita
16.	Mehra Diya G.	6356433361	Diya
17.	Patel Anuguni K.	9974666744	Anuguni
18.	Shah Diya C.	9510778521	Diya
19.	Suryavasthi Anuguni	9728602841	Anuguni
20.	Patel Diya C.	9313538740	Diya
21.	Rajput Direct M.	7435945543	Direct
22.	Rana Diya Anuraj	9316826602	Diya Anuraj
23.	Rangupati Feroz	4408370127	Feroz
24.	Makwana Fiyani	9428737443	Fiyani
25.	DPLA Divyanshu M.	635903922	Divyanshu
26.	Diya Prasarpati	799093787	Diya
27.	Diya Chauhan	7573899009	Diya S.
28.	Faram Khatri	9409388193	Faram
29.	Prasarpati Faram	6355560112	Faram
30.	Thakkar Disha	8160257164	Thakkar
31.	Nagi Dhruv	9316880752	Dhruv
32.	Dhruv M. Sen	9327493358	Dhruv
33.	Patel Dip Kumar Rameshbhai	6355816992	Dip
34.	DiPesh. K. Athwani	6356550420	DiPesh
35.	Leipali B. Desai	8799477196	Leipali
36.	Chaudhary Dhruv D.	9265223975	Dhruv
37.	Dimpal T. Shukla	9409285142	Dimpal
38.	Dhruvika Jadeja	9428491903	Dhruvika
39.	Dhruv Patel	9327582945	D.P. Patel
40.	Dhruvi Patel	8141029556	Dhruvi
✓41.	Bazot Dhruv	9773105415	Dhruv

Principal (EI/C)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Principal
Prin. M. C. Shah Commerce College
Ahmedabad.



42.	Patel Dhvani Pradibhai	9990580622	Patel
43.	Patel Dhayvi Yogeshwar	9157762310	D.V. Patil
44.	Modi Dhayvi Rajesh.	9106969609	D.R. Modi
45.	Rutnod Dhruv Ashokk	9327539747	Rutnod
46.	Shah Rishi Falguni M. Asif	8200529152	F.A. Shahidh.
47.	Shah Anjee Manishbhai	9099461401	Anjee
48.	Vyas Anjali Mukeshbhai	9979895373	Anjali
49.	Serani Anish Arun	9123595015	A. Serani
50.	Delhi Anshi Laxmanbhai	9737822852	Anshi
51.	Koshti Anjali Paemchand	9586559224	A.P. Koshti
52.	Anjali J. Rathor	9924640872	Anjali
53.	Aashresha S. Prajapati	9687663011	Aashresha
54.	Aastha S. Joshi	8320331215	Aastha
55.	Aaysha Shaikh	7041411265	Aaysha
56.	Aayushi Soni	7226883682	Aayushi
57.	Aayushi Patel	9408781688	Aayushi
58.	Nishaal Aditi	8320593097	Nishaal
59.	Zila A.J.A	9200116131	Zila
60.	Akash Patel	8160003823	U.P.

Prof. In-charge -

Prof. L. D. Baria

Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.

Principal (C.I.C.)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014



PRIN. M. C. SHAH COMMERCE COLLEGE



Capacity Building and Skill Enhancement Program

on

"Emotional Intelligence (EI)"



Principal (ઈ/ક)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Course Content

Coordinator
Prin. M. C. Shah Commerce College
Ahmedabad.

Objectives of the Course:

Course Objective:

This 6-day program on Emotional Intelligence (EI) is designed to provide participants with the knowledge, skills, and practical tools to enhance their emotional intelligence, improve interpersonal relationships, and enhance personal and professional effectiveness. By the end of the course, participants will be able to:

- Understand the concept of emotional intelligence and its importance in both personal and professional life.
- Develop self-awareness and self-regulation to manage emotions effectively.
- Improve empathy and social skills for better communication and collaboration.
- Apply emotional intelligence techniques to enhance decision-making and conflict resolution.
- Cultivate emotional resilience to cope with stress and adversity.

Day 1: Introduction to Emotional Intelligence & Self-Awareness

Objective:

- Understand the foundations of emotional intelligence (EI).
- Explore the components of emotional intelligence and their role in personal and professional growth.
- Develop skills for enhancing self-awareness.

Course Content:

1. **What is Emotional Intelligence?**
 - Definition and history of emotional intelligence.
 - Overview of Daniel Goleman's 5 components of EI: Self-awareness, self-regulation, motivation, empathy, and social skills.
2. **The Importance of Emotional Intelligence in Personal & Professional Life**

- o Impact of EI on decision-making, leadership, relationships, and work performance.
- o EI in workplace dynamics and team collaboration.
- 3. **Self-Awareness: The Key to Emotional Intelligence**
 - o The role of self-awareness in managing emotions.
 - o Techniques for developing self-awareness: Mindfulness, journaling, and reflection exercises.
 - o Identifying personal emotional triggers and patterns.
- 4. **Activity: Emotional Self-Assessment**
 - o Participants assess their emotional strengths and areas for improvement.



Assignments/Exercises:

- Group discussion on personal experiences of self-awareness.

Day 2: Self-Regulation and Managing Emotions

Objective:

- Learn strategies to manage and regulate emotions effectively.
- Develop techniques to stay calm and focused under stress.

Course Content:

1. **Self-Regulation: The Power of Control**
 - o Understanding emotional impulses and their effects on behaviour.
 - o Key strategies for self-regulation: Deep breathing, cognitive reframing, and relaxation techniques.
2. **The Connection Between Self-Awareness and Self-Regulation**
 - o How awareness of emotions helps in controlling reactions.
 - o Identifying common emotional reactions in stressful situations and their impact.
3. **Managing Stress and Emotional Triggers**
 - o Techniques to reduce stress: Time management, mindfulness, and relaxation exercises.
 - o How to handle difficult situations without overreacting or suppressing emotions.
4. **Activity: Stress Management Techniques**
 - o Guided breathing and relaxation exercises.
 - o Role-playing scenarios to practice emotional regulation.

Handwritten signature
Principal
P.M.C. College
Amroha

Principal (P.M.C.)
P.M.C. College
Amroha - 380 014

Assignments/Exercises:

- Practice mindfulness or meditation for 10 minutes daily.
- Participants identify and apply one self-regulation technique in real-life situations.

Day 3: Motivation and Building Emotional Resilience

Objective:

- Develop intrinsic motivation to enhance performance.
- Build emotional resilience to bounce back from challenges and setbacks.

Course Content:

1. **Intrinsic vs. Extrinsic Motivation**
 - Understanding the role of motivation in emotional intelligence.
 - How emotional intelligence influences goal-setting, drive, and achievement.
2. **The Importance of Emotional Resilience**
 - What is emotional resilience?
 - The role of EI in building resilience to stress, failure, and adversity.
 - The cycle of growth through emotional challenges.
3. **Strategies to Build Motivation and Resilience**
 - Setting meaningful and achievable goals.
 - Developing a growth mindset.
 - Building mental toughness and optimism.
4. **Activity: Motivation Mapping**
 - Identifying personal drivers of motivation and resilience.
 - Creating a plan to enhance resilience and stay motivated during challenges.



Assignments/Exercises:

- Set one personal or professional goal and create a plan to achieve it using motivation techniques.
- Daily journal reflections on moments of resilience and how they were managed.

Day 4: Empathy and Understanding Others' Emotions

Objective:

- Improve the ability to recognize and understand others' emotions.
- Enhance interpersonal communication through empathy.

P. M. C. Shah
Principal
P. M. C. Shah Commerce College
Ahmedabad.

Course Content:

1. **Empathy: The Heart of Emotional Intelligence**
 - Defining empathy and its significance in relationships.
 - The role of empathy in conflict resolution and communication.
2. **Developing Empathy in Interpersonal Interactions**
 - Active listening skills and non-verbal communication.
 - Techniques for building rapport and trust.
 - Identifying emotional cues from others: Body language, tone, facial expressions.
3. **Cultural Sensitivity and Empathy**
 - How cultural backgrounds affect emotional expressions and empathy.
 - Recognizing and respecting cultural differences in emotional expression.
4. **Activity: Empathy Role-Playing**
 - Practicing empathy in real-world scenarios (e.g., resolving conflicts, team collaboration).

P. M. C. Shah
Principal (I/C)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Assignments/Exercises:

- Practice active listening in a conversation with a peer or colleague.
- Empathy journaling: Reflect on a conversation where empathy was used effectively.

Day 5: Social Skills, Conflict Resolution, and EI in Leadership

Objective:

...positive social skills for effective communication and relationship-building.
...with conflict resolution strategies and how to use EI in leadership.

6.00:00

Course Content

1. **The Role of Social Skills in Emotional Intelligence**
 - o The importance of effective communication in building strong relationships.
 - o The role of influence, negotiation, and collaboration in social skills.
2. **Conflict Resolution and Negotiation**
 - o EI in handling conflicts: Identifying emotional triggers and managing disagreements.
 - o Techniques for finding common ground, negotiating effectively, and maintaining positive relationships.
3. **Emotional Intelligence in Leadership**
 - o How emotionally intelligent leaders inspire and motivate others.
 - o The impact of EI on leadership styles and decision-making.
 - o Leading with empathy and emotional resilience.
4. **Activity: Conflict Resolution Simulation**
 - o Role-play different conflict scenarios and practice resolution techniques.
5. **Review and Final Evaluation**
 - o Recap of key concepts learned.
 - o Final group discussions on how to implement EI in daily life and work.



Assignments/Exercises

- Develop a plan to enhance one social skill (communication, collaboration, or conflict resolution).
- Final reflective journaling on the emotional intelligence journey and personal growth.

Day-6: Program Evaluation and Wrap-Up

- Group discussion on the key takeaways and action steps for improving communication post-program.
- Closing ceremony and certificate distribution.

Date: 11/18/2024

[Handwritten signature]



11/18/2024

[Handwritten signature]
Principal (Vice)
P.O. Box 1000, ...
...

Date: 11/18/2024
[Handwritten signature]
Principal

Prin. M. C. Shah Commerce College

Capacity Building and Skill Enhancement Program

Title of the Program: "Emotional Intelligence" (EI)


Program Schedule

TIME: 10:15 am to 3.30 pm

Room No: 21

SR. NO.	DAY	DATE	Content	Resource Person
1.	Monday	18/12/2023	Day 1: Introduction to Emotional Intelligence & Self-Awareness	PROF. B. K. PALAS
2.	Tuesday	19/12/2023	Day 2: Self-Regulation and Managing Emotions	PROF. B. K. PALAS
3.	Wednesday	20/12/2023	Day 3: Motivation and Building Emotional Resilience	PROF. B. K. PALAS
4.	Thursday	21/12/2023	Day 4: Empathy and Understanding Others' Emotions	PROF. B. K. PALAS
5.	Friday	22/12/2023	Day 5: Social Skills, Conflict Resolution, and EI in Leadership	PROF. B. K. PALAS
6.	Saturday	23/12/2023	Day-6: Program Evaluation and Wrap-Up	PROF. B. K. PALAS




Principal (21/12/23)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

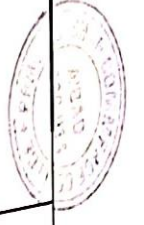
Prin. M. C. Shah Commerce College
 Navgujarat College Campus, Near Prin. M. C. Shah Marg, Ashram Road, Ahmedabad
 380014

(Affiliated to Gujarat University)

Capacity Building and Skill Enhancement Program
 (For Semester - 3rd)

on

"Emotional Intelligence (EI)"



Sr. No.	Name of Students	Attendance Sheet				
		DAY-1	DAY-2	DAY-3	DAY-4	DAY-5
1	Dhase Harsh S	Harsh	Harsh	Harsh	Harsh	Harsh
2	Desai Ganesh G.	Ganesh	Ganesh	Ganesh	Ganesh	Ganesh
3	Dhase Ganesh S.	Ganesh	Ganesh	Ganesh	Ganesh	Ganesh
4	Ganav Sharma	Ganav	Ganav	Ganav	Ganav	Ganav
5	Pratapati Harsh.	Harsh	Harsh	Harsh	Harsh	Harsh
6	Pratapati Girish B.	Girish	Girish	Girish	Girish	Girish
7	Patel Girishma M.	Girishma	Girishma	Girishma	Girishma	Girishma
8	Parmar Harshik J	Harshik	Harshik	Harshik	Harshik	Harshik
9	Parmar Harshik A	Harshik	Harshik	Harshik	Harshik	Harshik
10	Yadav Gunjam R.	Gunjam	Gunjam	Gunjam	Gunjam	Gunjam
11	Harad Jashu	Jashu	Jashu	Jashu	Jashu	Jashu
12	Harad Acharya	Acharya	Acharya	Acharya	Acharya	Acharya
13	Bodaliya Hemi A.	Hemi	Hemi	Hemi	Hemi	Hemi
14	Mankani Diya S	Diya	Diya	Diya	Diya	Diya

Prin. M. C. Shah
 Commerce College
 Ahmedabad
 380014

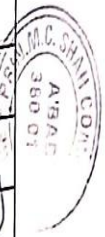
Sr. No.	Name of Students	DAY-1	DAY-2	DAY-3	DAY-4	DAY-5
15	Shah Onishli M.	Onishli.	Onishli.	Onishli.	Onishli.	Onishli.
16	Mehta Diya G	Diya	Diya	Diya	Diya	Diya
17	Patel Falguni K.	Falguni	Falguni	Falguni	Falguni	Falguni
18	Shah Diya C.	Diya	Diya	Diya	Diya	Diya
19	Patel Diya C.	Diya	Diya	Diya	Diya	Diya
20	Suryavanshi Kelvini	Kelvini	Kelvini	Kelvini	Kelvini	Kelvini
21	Shahikh Fatima Mo. Asif	F.A.Shahikh	F.A.Shahikh	F.A.Shahikh	F.A.Shahikh	F.A.Shahikh
22	Rajput Divyanka M.	Divyanka	Divyanka	Divyanka	Divyanka	Divyanka
23	RENA Divyanshi U	Divyanshi	Divyanshi	Divyanshi	Divyanshi	Divyanshi
24	Rajputi Fena Rameshbhai	Fena	Fena	Fena	Fena	Fena
25	Makwana Fiyani M	Fiyani	Fiyani	Fiyani	Fiyani	Fiyani
26	UPLA Divyanshi M.	Divyanshi	Divyanshi	Divyanshi	Divyanshi	Divyanshi
27	Diya Nanambhai Prajapati	Diya	Diya	Diya	Diya	Diya
28	Diya Bhargav Chawani	Diya.C	Diya.C	Diya.C	Diya.C	Diya.C
29	Foram Umangbhai Khatri	Foram	Foram	Foram	Foram	Foram
30	Rajputi Forum Madheshbhai	F.M.Rajputi	F.M.Rajputi	F.M.Rajputi	F.M.Rajputi	F.M.Rajputi
31	Tuakkar Nishu A.	Tuakkar	Tuakkar	Tuakkar	Tuakkar	Tuakkar
32	Dhruv M. Nayi	Dhruv	Dhruv	Dhruv	Dhruv	Dhruv
33	Dhruv M. Son	Dhruv	Dhruv	Dhruv	Dhruv	Dhruv
34	Patel Dipkumar Rameshbhai	Dip	Dip	Dip	Dip	Dip
35	Dipesh. K. Athlani	Dipesh	Dipesh	Dipesh	Dipesh	Dipesh
36	Dhruv A. Rathod	Dhruv	Dhruv	Dhruv	Dhruv	Dhruv



Principal (I/C)
Pimpri Chinchwad Education Trust
300 01

Sr. No.	Name of Students	DAY-1	DAY-2	DAY-3	DAY-4	DAY-5
37	Madi Dhouri Rajesh	DR.Modi	DR.Modi	DR.Modi	DR.Modi	DR.Modi
38	Lesali Dipali Bhulabhai	Lipali	Lipali	Lipali	Lipali	Lipali
39	Chaudhary Dinesh Durgaram	Dinesh	Dinesh	Dinesh	Dinesh	Dinesh
40	Dimpal J. Shah.	Dimpal	Dimpal	Dimpal	Dimpal	Dimpal
41	Dhruvika H. Jadedea	D.sadeja	D.sadeja	D.sadeja	D.sadeja	D.sadeja
42	Dhruvi. Y. Patel	D.Y.Patel	D.Y.Patel	D.Y.Patel	D.Y.Patel	D.Y.Patel
43	Dhvani Patel	Dhvani	Dhvani	Dhvani	Dhvani	Dhvani
44	Dhruv Kumar P. Patel.	D.P.Patel	D.P.Patel	D.P.Patel	D.P.Patel	D.P.Patel
45	Dhruv Kumar V. Bhat					
46	Patel Dhvani P.	Patel	Patel	Patel	Patel	Patel
47	Shah Aangee M.	Shah	Shah	Shah	Shah	Shah
48	Vyas Anjali M.	Anjali	Anjali	Anjali	Anjali	Anjali
49	Shah Anshuman	Anshuman	Anshuman	Anshuman	Anshuman	Anshuman
50	Dubhi Ananti Luxmumbhai	Ananti	Ananti	Ananti	Ananti	Ananti
51	Kashtri Anjali Premchand	A.P.Kashtri	A.P.Kashtri	A.P.Kashtri	A.P.Kashtri	A.P.Kashtri
52	Anjali J. Kethor	Anjal	Anjal	Anjal	Anjal	Anjal
53	Kashitka S. prajapati	Kashitka	Kashitka	Kashitka	Kashitka	Kashitka
54	Aastha S. Joshi	Aastha	Aastha	Aastha	Aastha	Aastha
55	Aayesha S. Shaikh	Aayesha	Aayesha	Aayesha	Aayesha	Aayesha
56	Aayushi Soni	Aayushi	Aayushi	Aayushi	Aayushi	Aayushi
57	Aayushi Patel	Aayushi	Aayushi	Aayushi	Aayushi	Aayushi
58	Nishchal Aditi	Aditi	Aditi	Aditi	Aditi	Aditi

13.10.20




Patel (TIC)
Number: 380
380

M. C. Shah College
Ahmedabad

Sr. No.	Name of Students	DAY-1	DAY-2	DAY-3	DAY-4	DAY-5
59	ZALCA ASAG	↓	↓	↓	↓	↓
60	Aakash Patel	CP.	CP.	CP.	CP.	CP.

Prof. In-Charge



Prof. L. D. Basia



Principal
Prin. M. C. Shah Commerce College
Ahmedabad.



~~Principal~~

Principal (I/C)

Prin. M. C. Shah Commerce College
Ahmedabad - 380 014


PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that DOLASE HARSH S has actively participated in the Capacity Building and Skill Enhancement Program on "EMOTIONAL INTELLIGENCE" held on 18/12/2023 to 23/12/2023.


PROGRAM IN-CHARGE


PRINCIPAL


PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that DESAI GANESH G has actively participated in the Capacity Building and Skill Enhancement Program on "EMOTIONAL INTELLIGENCE" held on 18/12/2023 to 23/12/2023.


PROGRAM IN-CHARGE


PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that GIAURAV SHARMA has actively participated in the Capacity Building and Skill Enhancement Program on "EMOTIONAL INTELLIGENCE" held on 18/12/2023 to 23/12/2023.

PROGRAM IN-CHARGE

PRINCIPAL


PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that PRAJAPATI HARSH has actively participated in the Capacity Building and Skill Enhancement Program on "EMOTIONAL INTELLIGENCE" held on 18/12/2023 to 23/12/2023.


PROGRAM IN-CHARGE


PRINCIPAL


PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that PATEL GRISHMA M has actively participated in the Capacity Building and Skill Enhancement Program on "EMOTIONAL INTELLIGENCE" held on 18/12/2023 to 23/12/2023.


PROGRAM IN-CHARGE


PRINCIPAL



Sneh Shah
MANAGING TRUSTEE

વિદ્યાભવન ટ્રસ્ટ

પ્રિ. એમ. સી. શાહ કોમર્સ કોલેજ

PRIN. M. C. SHAH COMMERCE COLLEGE

NAVGLIARAT CAMPUS, ASHRAM ROAD, AHMEDABAD-380014.

E-mail: prinmeshah@yahoo.com Website: www.meshahcommerce.com

College Code: UNI. 059, Govt. 041. Phone: 27540189

Ref. No. 111/4/MCS/2023-24

Date: 24/12/23

To,
Prof. B. K. Palas,
Associate Professor & HoD
Department of Psychology
S. R. Mehta Arts College,
Ahmedabad.

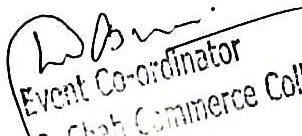
THANKS LETTER

Respected Sir,


On behalf of Prin. M. C. Shah Commerce College, we express our gratitude for accepting our invitation and sharing your valuable time with us by motivating our students by inspiring words.

With all our best wishes to you.

(Principal)


Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.




Principal (સી/સી)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College

Capacity Building and Skill Enhancement Program

on


“Emotional Intelligence (EI)”

Program Completion Report

Prin. M. C. Shah Commerce College conducted a week-long Capacity building and skill enhancement program for the students from 18/12/2023 to 23/12/2023. Participants were assessed based on their engagement in activities, role-playing exercises, and overall participation. Feedback was gathered.

The Six-day program on Emotional Intelligence (EI) focused on enhancing participants' self-awareness, self-regulation, empathy, and social skills. Through interactive sessions, practical exercises, and group discussions, attendees developed a deeper understanding of EI's impact on personal and professional growth. The program successfully equipped participants with tools to manage emotions, improve communication, and foster better relationships. Feedback highlighted increased emotional awareness and practical application in daily life.


Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.


Principal (I/C)
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014





Prin. M. C. Shah Commerce College

Capacity Building and Skill Enhancement Program

on

A seminar on "Importance of Physical Exercise in Human Life"

INDEX

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6.	Thanks letter of Resourced Person	8
7.	Program Completion Report	9



R. R. Ghugade
 Program Coordinator
 Prin. M. C. Shah Commerce College
 Ahmedabad.

[Signature]
 Principal
 Prin. M. C. Shah Commerce College
 Ahmedabad - 380 014



विद्यालय ट्रस्ट

प्रि. एम. सी. शाह कॉमर्स कोलेज

PRIN. M. C. SHAH COMMERCE COLLEGE

NAVGUJARAT CAMPUS, ASHRAM ROAD, AHMEDABAD-380014.

E-mail: prinmcshah@yahoo.com Website: www.mshahcommerce.com

College Code: UNI-059 Govt. 041 Phone: 27540189


Ref. No. 17811/MCS/2023-24

Date: 03/03/2024

Notice for B.Com Students

The college has organized a seminar on Importance of Exercise in Human Life " on 11th March, 2024 Monday at 9:30 a.m. The seminar will be chaired by Dr. P. C. Chavda - Retired Professor, Physical Education, Bhavans Arts & Commerce College, Ahmedabad.

All the students are, hereby, invited to attend the seminar.


Y.C. Principal
Prin. M. C. Shah Comm. College,
Ahmedabad-380 014



Snehal Shah
MANAGING TRUSTEE

વિદ્યાભવન ટ્રસ્ટ

પ્રિ. એમ. સી. શાહ કોમર્સ કોલેજ⁶⁻²

PRIN. M. C. SHAH COMMERCE COLLEGE

NAVGUJARAT CAMPUS, ASHIRAM ROAD, AHMEDABAD-380014.

E-mail: prinmshah@yahoo.com Website: www.meshahcommerce.com

College Code: UNI: 059, Govt. 041. Phone: 27540189

Ref. No. 178/1/MCS/2023-24

Date: 09/03/2024

Invitation Letter

To,
Prof. P. C. Chavda
Retd. Professor
Physical Instructor
Bhavan's College,
Ahmedabad.

Subject: *Invitation as a Resource Person for A Seminar on "Importance of Exercise in Human Life".*

Greetings from Prin. M. C. Shah Commerce College!

We are pleased to invite you as a Guest Speaker for our one-day seminar on "The Importance of Exercise in Human Life," scheduled on 11th March 2024 at our college auditorium.

Your expertise and valuable insights on fitness and health will greatly benefit our students and faculty in understanding the significance of regular exercise. We would be honored to have you share your knowledge and practical tips on leading a healthy lifestyle.

We sincerely hope you accept our invitation and look forward to your confirmation. Kindly let us know your availability at your earliest convenience.

Looking forward to your positive response.

With warm regards,

Time: 9:30 a.m. to 12:30 p.m.

Venue: Room No-42, Prin. M.C. Shah Commerce College.

We genuinely hope that you would accept our invitation.

R. R. Ghungwa
Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.



[Signature]
Principal
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Program Schedule

One-Day Seminar on the Importance of Exercise in Human Life

Date: 11th March 2024

Venue: College Classroom

Time: 09:00 AM – 12:30 PM

9:00 AM – 9:30AM | Registration

- Participants arrive and register.

9:30 AM – 9:45 AM | Inauguration & Welcome Speech

- Welcome address by the Principal.
- Introduction to the seminar theme by the Coordinator.

9:45 AM – 10:30 AM | Keynote Address: "Exercise – The Key to a Healthy Life"

- **Speaker:** Dr. P.C. Chavda (Retd. Prof.)
- Discussion on the importance of physical activity for overall well-being.

11:30 PM – 12:30 PM | Closing Session & Certificate Distribution

- Vote of thanks by the seminar coordinator.
 - Distribution of participation certificates.
-

Expected Outcomes:

- ⇒ Awareness about the importance of regular exercise.
- ⇒ Practical knowledge of different exercise routines.
- ⇒ Inspiration to adopt a healthier lifestyle.

Program In-Charge
R.R. Ghugherawade

Prin. M. C. Shah Commerce College
Ahmedabad.

Prof. R.R. Ghugherawade,



Principal
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College

Navgujarat Campus, Ashram Road, Ahmedabad.

Seminar / Lecture / Workshop on Importance of Exercise in Human Life

Attendance Sheet

Date: 11/03/2024

Time: 9:30 to 10:45 12:30 pm

Venue: Room No. 44

Coordinators: Prof. R.R. Ghughrwala

Name of the Resource Person: P. C. Chavda

Sr. No.	Student's Name	Roll No.	SEM	DIV	Mobile No.	Email ID	Signature
1	Ruthod Tounji M.	424	2	C	9727819296	truptiruthod154@gmail.com	Tounji
2	Prajapati Ishita B.	146	2	A	8734045690	iishitcbprajapati8@gmail.com	Ishita
3	Ragnya J Dangri	334	2	C	9638364571	madhvi dangri@2718	Ragnya
4	Modi G. Dipika	87	2	A	9601728593	amiyabem@gmail.com	Dipika
5	Ghanchi Bhumika C.	42	2	A	8487892589	Pasaneenghanchi8@gmail.com	Bhumika
6	Kalex Inderepreet J.	144	2	A	9173560554	Preetkalexdecabin17345@gmail.com	Inderepreet
7	Mevada Hary H.	125	2	A	9313227061	Hasmaktrmevadu80@gmail.com	Hary
8	Pandya Sneha S.	397	2	C	9925155204	SnehaPandya1376@gmail.com	Sneha
9	Soni Ankita D.	2606	6	D	8200699334	Soni Ankita D	Ankita
10	Prajapati Amita U.	2603	6	D	8328008347	amraprajapati19@gmail.com	Amita
11	Patel Vishwa G.	1414	4	C	9327442259	patelVishwa@gmail.com	Vishwa
12	Patel Rishu S.	344	2	C	8866464923	rishuPatel@gmail.com	Rishu
13	Pandya Nikita C.	278	2	B	8140156140	chandrkant Pandya@gmail.com	Nikita
14	Patel Priyanka P.	324	2	C	9510811120	PatelPriyanka946@gmail.com	Priyanka
15	Patel Namelini V.	263	2	B	6355719265	NameliniPatel@gmail.com	Namelini
16	Jinani M. Vamiya	190	2	B	8401142526	JinaniVamiya2006@gmail.com	Jinani
17	Prajapati Komchem R	178	2	B	8780675623	keelchambprajapati126@gmail.com	Komchem
18	MOXA Mishy	058	2	B	9327630991	moxaMishy11@gmail.com	Mishy
19	Hexambha Payal	299	2	B	6359368877	HexambhaPayal970@gmail.com	Payal
20	Parmar Bhavna	037	2	A	8511974136	Parvimal Bhavna02@gmail.com	Bhavna

R.R. Ghughrwala
Prin. M. C. Shah Commerce College
Ahmedabad.

Principal
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Sr. No.	Student's Name	Roll No.	SEM	DIV	Mobile No.	Email ID	Signature
21	Lohar Muskan	260	2	B	989832394	muskanlohar21@gmail.com	
22	Lohar priyanka	322	2	C	9106611029	priyankamahivara043@gmail.com	
23	Zadek chauhan	468	2	C	9316244106	zadekchauhan252@gmail.com	
24	Tilhi Parmar	421	2	C	6356005711	tilhiparmar0203@gmail.com	
25	Tejul solanki	828	2	D	9909085624	tejulsolanki@gmail.com	
26	Dattaniya Kinjal	782	2	D	7285880155	kinjaldattaniya407@gmail.com	
27	Pankaj chauhan	781	2	D	845808065	Pankajchauhan2007@gmail.com	
28	Pramod Anand	1558	2	D	8780094114	Pramodanand@gmail.com	
29	Bajaj Jaemin	1535	4	D	9724086342	BajajJaemin7@gmail.com	
30	Desai Anish	25	2	A	9558395197	desaianish67@gmail.com	
31	Somala Khem	195	2	B	7043411816	somalakhem06@gmail.com	
32	Prasruti vishal	450	2	C	9157821484	vishalpr217@gmail.com	
33	Himanshu Parmar	134	2	A	8783082491	hdparmar1103@gmail.com	
34	Makawano paresh N.	292	2	B	9978283369	kanzariyadipak@gmail.com	
35	Gajjar Dharmik N.	65	2	A	9724542005	gajjardharmik1005@gmail.com	
36	Prasruti Ashish A.	26	2	A	9998415933	ashish12412R@gmail.com	
37	Ratnod Harshad S.	111	2	A	7265015185	ratnodharshad@gmail.com	
38	Goyal musum .v	773	2	D	9739479466	GoyalMusum@gmail.com	
39	Berva Dharmesh m	722	2	D	6351836004	admeshberv41111@gmail.com	
40	Berva Dharmesh T.	064	2	A	7600504208	dharmeshberv49@gmail.com	
41	lalnecha mehit Y.	780	2	D	9998504168		
42	Ruburi meet R	243	2	B	8780542304	meetdesai14@gmail.com	
43	Purnima Arjun R.	24	2	A	9712310306	PurnimaArjun3112@gmail.com	
44	Sharma Dev S.	727	2	D	9409840348	devsharmaambaj@gmail.com	
45	Dhobi Sahid Ymushir	873	2	D	8735860373	sahiddhobi12@gmail.com	
46	Chauhan Aarfridi M.	701	2	D	9925828069	chauhanaarfridi@gmail.com	
47	Patel Tarak . R	827	2	D	9173972798	tarakpatel1995@gmail.com	
48	Chauhan Jygesh	752	2	D	9904100147		
49	Shakti Vaghela	378	2	C	7990912824	shaktiV09@gmail.com	
50	Balupa Maulin	774	2	D	7435036810	MaulinBalupa@gmail.com	

Prin. M. C. Shah Commerce College

Navgujarat Campus, Ashram Road, Ahmedabad.

seminar / Lecture / Workshop on 'Importance of Exercise in Human Life'

Attendance Sheet

Date: 11/03/2024

Time: 9:30 to 12:30 pm

Venue: _____

Coordinators: Prof. R. P. Ghughravala

Name of the Resource Person: Prof. P. C. Chavda

Sr No.	Student's Name	Roll No.	SEM	DIV	Mobile No.	Email ID	Signature
1	Solanki Harshraj S.	121	2	A	9104850451	sharshrajsin@gmail.com	[Signature]
2	Raval Dipan A.	084	2	A	7041259903	dipam53467@gmail.com	[Signature]
3	Ansoibhan Riya J	341	2	C	9173094636	ansoibhan5274@gmail.com	[Signature]
4	Sorumiya Sourabh	377	2	C	990769962		[Signature]
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R. P. Ghughravala
Event Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.

[Signature]
Principal
Prin. M. C. Shah Commerce College
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પ્રિ. એમ. સી. શાહ કોમર્સ કોલેજ

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College Code: UNI: 059, Govt. 041. Phone: 27540189

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Date: 11/3/2024

Ref No. 178/1/MCS/2023-24

Thanks Letter

To,
Prof. P. C. Chavda
Retd. Professor
Physical Instructor
Bhavan's College,
Ahmedabad.

Subject: Heartfelt Thanks for Your Valuable Contribution as a Speaker

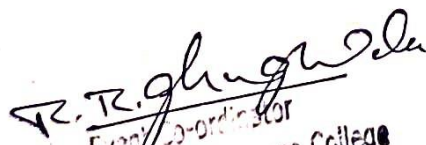
Dear Mr. Chavda,

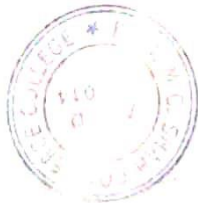
On behalf of *Prin. M. C. Shah Commerce College*, we extend our heartfelt gratitude for your invaluable contribution as a **Guest Speaker** in our seminar on "**The Importance of Exercise in Human Life**" held on **11th March 2024**.


Your expert insights and engaging session provided immense knowledge and motivation to our students and faculty. The practical guidance and real-life examples you shared have inspired many to incorporate exercise into their daily routines.

We truly appreciate your time, effort, and commitment to promoting health and wellness. Your presence made the seminar a grand success, and we hope to collaborate with you again for future events.

Once again, thank you for your support and expertise. We look forward to staying connected.


Evening Co-ordinator
Prin. M. C. Shah Commerce College
Ahmedabad.




Principal
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College

Capacity Building and Skill Enhancement Program

on

A Seminar on "Importance of Exercise in Human Life"

Program Completion Report

Date: 12th March 2024

The one-day seminar on the Importance of Exercise in Human Life was successfully conducted on 11th March 2024 at Prin. M. C. Shah Commerce College. The seminar aimed to educate participants on the health benefits of regular exercise and its role in preventing lifestyle diseases.

The event featured expert talks, live demonstrations, and an interactive panel discussion on physical and mental well-being. Approximately 60 participants attended, including students and faculty members. Speakers from the health and fitness industry provided valuable insights and practical fitness tips.

The seminar concluded with a certificate distribution ceremony and a vote of thanks. Participants expressed positive feedback and requested more fitness awareness sessions in the future.

The event was a great success, encouraging attendees to adopt a healthier and more active lifestyle.

Program In-Charge
R.R. Ghughraewala
Prin. M. C. Shah Commerce College
Ahmedabad.
Prof. R.R. Ghughraewala




Principal
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

Prin. M. C. Shah Commerce College

Capacity Building and Skill Enhancement Program

on

A Seminar on "Importance of Exercise in Human Life" Program Completion Report

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Program In-Charge
R. R. Ghughraewala
Prin. M. C. Shah Commerce College

Prof. R. R. Ghughraewala
Ahmedabad.



Principal
Prin. M. C. Shah Commerce College
Ahmedabad - 380 014

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that Rathod Tejpti M. has actively participated in the One-Day Seminar on "Importance of Exercise in Human Life" organized under the Capacity Building and Skill Enhancement Program on 11th March 2024.

R. R. Ghugade
PROGRAM IN-CHARGE

[Signature]
PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that Prajapati Ishita B. has actively participated in the One-Day Seminar on "Importance of Exercise in Human Life" organized under the Capacity Building and Skill Enhancement Program on 11th March 2024.

R. T. Ghugwala

PROGRAM IN-CHARGE

[Signature]

PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that Ragnya J. Dangal has actively participated in the One-Day Seminar on "Importance of Exercise in Human Life" organized under the Capacity Building and Skill Enhancement Program on 11th March 2024.

R.R. Ghugade
PROGRAM IN-CHARGE

[Signature]
PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that Modi G. Dipika has actively participated in the One-Day Seminar on "Importance of Exercise in Human Life" organized under the Capacity Building and Skill Enhancement Program on 11th March 2024.

R. R. Ghungrela
PROGRAM IN-CHARGE


PRINCIPAL

PRIN. M. C. SHAH COMMERCE COLLEGE



CERTIFICATE of PARTICIPATION

This is to certify that Ghanchi Bhumika C. has actively participated in the One-Day Seminar on "Importance of Exercise in Human Life" organized under the Capacity Building and Skill Enhancement Program on 11th March 2024.

R. R. Ghugherda
PROGRAM IN-CHARGE


PRINCIPAL

