



# Murgaon Education Society's COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa - 403726

Accredited by NAAC with 'B+' Grade : CGPA 2.68 (4th cycle)

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5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills

Sr. No	Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
<b>1. Soft skills</b>				
1	Webinar on "Career and Personal Development"	15-12-2021	109	CA. Aanchal Jhunjhunwala, Dr. Atmaram Tarpe, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa ( 08322555772)
2	Online webinar on "IT IS YOU" as a part of Azadi Ka Amrith Mohatsav	27-01-2022	94	Dr. Cidalia Bodade, Dr. Champa R. Parab. Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa ( 08322555772)
3	As a part of Azadi Ka Amrith Mohatsav Lecture series #01 on Community Resilience : 'Forgiveness and Inner Healing for Community Resilience in Covid Times'	10-02-2022	77	Prof. Shanmukh V. Kamble, Professor, Karnataka University, Dharwad, Ms. Cedila Gomes, Assistant Professor, M.E.S College of Arts & Commerce, 4Zuarinagar -Goa ( 08322555772)
4	Short Term Certificate Course in 'Tools and Techniques to Work Smart' (UG and PG students) as a part of Azadi Ka Amrith Mohatsav	04-03-2022 to 22-03-22	19	Ms. Thomasin D'Souza, Ms. Sanjana Halarnkar, Ms. Shubhada Parab, Shri. Vasant Pednekar, Shri. Suraj Tuyekar, Ms. Madhumita Dhar, Shri. Satish Gangavati, Johann Rodrigues, Assistant Professors, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R. Parab, Associate Professor, M.E.S



				College of Arts & Commerce, Zuarinagar -Goa( 08322555772)
5	Lecture series #02 on Community Resilience : 'Heal-Thy self, Heal-Thy community' as a part of Azadi Ka Amrith Mohatsav	21-03-2022	39	Ms. Noella Fernandes, Phychologist, Vice President of W.O.W Foundation (Wonders of Outstanding Womens). Ms. Cedila Gomes, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
6	Seminar on 'Grow to Glow'	05-04-2022	36	JC Nirmesh Tyagi, Mr. Pranit Naik, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R. Parab, Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
7	Webinar on 'CVs, Resumes and Cover Letter for Freshers' (UG and PG Students) as a part of Azadi Ka Amrith Mohatsav	11-04-2022	147	Ms. Priscilla David, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R. Parab, Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
8	Workshop on Need of Cognitive Therapy to improve Mental health	21-04-2022	81	Ms. Wajeeda Shaikh, Consultant Psychologist, Dr. Freda Cota e Pereira, Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
9	Lecture series #03 on Community Resilience : 'Improving Memory Power for Enhanced Resilience' as a part of Azadi Ka Amrith Mohatsav	30-04-2022	31	Ms.Nezima Lawrence, Faculty at Goa College of Home Science, Altinho, Ms. Cedila Gomes, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)

## 2. Language and communication skills

1	Online Webinar on 'Communication skills for workplace success' as a part of Azadi Ka Amrith Mohatsav	20-01-2022	97	Ms. Sibel Almeida, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R. Parab, Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
2	Online Webinar on 'The essentials of Business Etiquette' as a part of Azadi Ka Amrith Mohatsav	22-01-2022	93	Ms. Sibel Almeida, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R. Parab, Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)



3	Webinar on 'Literature Review and Referencing Writing'	17-03-2022	173	Dr. Gopakumar V., University Librarian at Digital University of Kerala, Thiruvananthapuram, Dr. Champa R. Parab, Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
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### 3. Life Skills (Yoga, physical fitness, health and hygiene)

1	Webinar on 'Exhale- worry, Inhale-Peace Let's Break up Exam Stress'	22-01-2022	40	Ms. Ankita Vengurlekar, College Counselor, M.E.S College of Arts & Commerce, Zuarinagar -Goa , Ms. Swiszel Fernandes, Counselor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
2	Awareness on 'Menstrual Hygiene' as a part of Azadi Ka Amrith Mohatsav	26-03-2022	29	Dr.Amita Talaulikar (MBBS,DGO,DNB), Ms.Sandhya Ghogale, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
3	Awareness on 'Menstrual Hygiene' as a part of Azadi Ka Amrith Mohatsav	01-04-2022	40	Ms.Smita Ransubhe (Team leader Ladytly Goa), Ms.Mamta Kavlekar, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
4	Guest Lecture on 'Life Skills' as a part of Azadi Ka Amrith Mohatsav	18-04-2022	104	Shri. Pravin Sabnis, Life Coach, Unlearning Unlimited, Goa, Dr. Rohita Kamat, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
5	Celebration of International Yoga Day as a part of Azadi Ka Amrith Mohatsav	21-06-2022	63	Ms. Maura Alphonso, Yoga Trainer From Isha Foundation, Vasco, Ms. Maria Fatima D'Costa Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)

### 4. ICT/ Computing Skills

1	4 Day Workshop on 'SPSS'	26-10-2021 to 29-10-2021	61	Mr.Suraj Prakash Tuyekar, Ms. Shveta Desai, Assistant Professors, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
2	Online Webinar on Advanced GST Course for M.Com part I and part II students as a part of Azadi Ka Amrith Mohatsav	23-11-2021	38	CA Bimal Jain, Ms.Madhumeeta Dhar, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)



3	Workshop on 'Data Analysis using SPSS' organized for M.Com part II students	25-11-21 to 27-11-2021	10	Mr. Suraj P. Tuyekar, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R. Parab Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
4	Short Term Certificate Course in 'Aptitude and Reasoning' as a part of Azadi Ka Amrith Mohatsav	27-11-2021 to 10-02-2022	18	Mr. Pranit S. Naik, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R. Parab, Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
5	Workshop on 'Data Management and Presentation' as a part of Azadi Ka Amrith Mohatsav	29-11-2021	44	Mr. Vasant Pednekar, Ms. Thomasin D'Souza, Assistant Professors, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
6	Workshop on 'Developing a questionnaire for survey Based study'	1-12-21 and 02-12-21	71	Dr. Kirti Tyagi, Ms. Shubhada Parab, Assistant Professors, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
7	Certificate Course in 'Quantitative Methods and Basics of Econometrics' as a part of Azadi Ka Amrith Mohatsav	8-12-21 to 05-03-22	19	Mr. Hussain Yasser, Assistant Professor, Economics Department, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
8	Talk on 'Business Analytics using Spreadsheet and Statistical Package Gretl' as a part of Azadi Ka Amrith Mohatsav	08-01-2022	21	Mr. Hussain Yaseer Razak, Assistant Professor, Mrs. Nilam M. Shetye, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
9	Online Two Days Workshop on 'Data Analysis using E-Views Software' as a part of Azadi Ka Amrith Mohatsav	08-02-22 and 09-02-22	18	Mr. Suraj P Tuyekar, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
10	A Webinar on 'Digital Marketing' as a part of Azadi Ka Amrith Mohatsav	15-02-2022	51	Shri. Mithil Parab, Assistant Prof. Don Bosco College of Engineering, Mrs. Nilam M. Shetye, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
11	Short Term Certificate Course on 'Filing of Income Tax Returns' for UG and PG students as a part of Azadi Ka Amrith Mohatsav	04-03-2022 to 28-03-2022	37	Mr. Shilpesh Tirodkar (CA), Ms. Komal Bandekar (Taxation Manager), Dr. Sancheliana Faria, Dr. Ashish Joshi, Associate Professors, Shri. Sanjiv K. Shirodkar, Ms. Swati Shigaonker, Ms. Shveta Desai, Assistant Professors, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R.



				Parab Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
12	Seven Days Workshop on Data Analysis and Management (Skills) as a part of Azadi Ka Amrith Mohatsav	04-03-2022 to 11-03-2022	36	Mr. Suraj P. Tuyekar, Mr. Pranit S. Naik, Ms. Madhumeeta Dhar, Assistant Professors, M.E.S College of Arts & Commerce, Dr. Champa R. Parab Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
13	Online Session on Time series analysis using Gretl software as a part of Azadi Ka Amrith Mohatsav	11-04-2022	22	Ms. Shruti Nayak, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
14	Certificate Course in "Tally ERP.9 with GST" for UG and PG students	18-04-22 to 24-05-22	49	Ms. Thomasin D'Souza, Ms. Sanjana Halarnkar, Ms. Sheetal Mandrekar, Ms. Aarti Popkar, Assistant Professors, M.E.S College of Arts & Commerce, Zuarinagar -Goa, Dr. Champa R. Parab, Associate Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
15	State Level Webinar on "The Overview of Capital Market" (7 Days) as a part of Azadi Ka Amrith Mohatsav	18-04-22 to 25-04-22	197	Dr. Aditya Srinivas, Chief Operating Officer and Economist, BSE Brokers Forum, Ms. Shubhada Parab, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)
16	Talk on 'ERP'	07-05-2022	19	Shri Sanjay Amonkar, Director General, Goa Chamber of Commerce & Industry, Mrs. Nilam M. Shetye, Assistant Professor, M.E.S College of Arts & Commerce, Zuarinagar -Goa (08322555772)



*(Signature)*  
(Dr. Manasvi M. Kamat)

Principal