

Capacity Building and Skill Enhancement Activities

2019-20

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शहीद राजगुरु कॉलेज ऑफ
एप्लाइड साइंसेस फॉर वुमैन
SHAHEED RAJGURU COLLEGE OF
APPLIED SCIENCES FOR WOMEN
(दिल्ली विश्वविद्यालय/University of Delhi)
जसवंत एनक्लेव, नई दिल्ली-110096
Vasundhara Enclave, New Delhi-110096

Capacity building and Skill enhancement activities
Session-2019-20

Soft Skills

1. Networking for Global Professionals - The Department of Management and Financial Studies, in alliance with the Training & Placement Cell of Shaheed Rajguru College of Applied Sciences for Women organized a webinar on "Networking for Global Professionals" on June 2, 2020. The session was hosted by Ms. Nidhi Nagori CA, CPA (US), YouTuber. She gave tips on how to become a Global Professional.

- **Resource Person-** Ms. Nidhi Nagori CA, CPA (US), You Tuber.
- **No. of students attended-** 52
- **Faculty Coordinator-** Dr. Nidhi Nijhawan Dhaka

Training and Placement Cell
in alliance with
Department of Management and Financial Studies
of
Shaheed Rajguru College of Applied Sciences for Women
University of Delhi
Under the aegis of IQAC

invites you to attend the webinar on

NETWORKING FOR GLOBAL PROFESSIONALS

JUNE 2 ' 2020
4:00 - 6:00 PM
Registrations are open
on 1st June 2020,
4 PM (IST)

E- certification to all the participants

Ms. Nidhi Nagori
CA | CPA (USA) |
B.COM | YOUTUBER |
COACH | SPEAKER

Registration link-
<http://bit.ly/3c0n22M>

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Vasundhara Enclave, New Delhi-110046

SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI


Student Enrolled in Event Held

S.No.	Roll No.	Networking for Global Professions 2-Jun-20
		Name
1	20171204	Apoorva Saigal
2	20171207	Bhawini Bhardwaj
3	20171209	Deepali Arora
4	20171214	Divya Gupta
5	20171213	Diya Dhanik
6	20171215	Gargi Thakur
7	20171218	Jasmine Devgun
8	20171219	Jagruti
9	20171221	Kanika Saini
10	20171222	Kalindi Sagar
11	20171223	Khushboo Mehta
12	20171227	Paridhi Mehra
13	20171230	Prachi Rani
14	20171232	Priyal Jindal
15	20171233	Priya Yadav
16	20171234	Radhika Verma
17	20171235	Rashi Agarwal
18	20171237	Sachi Vats
19	20171239	Seemon Yadav
20	20171241	Sneha Gupta
21	20171242	Srishti Pal
22	20171243	Sujata Gautam
23	20171244	Yashika Pokhriyal
24	20171301	Aashna Malhotra
25	20171302	Akanksha
26	20171304	Ananya Thukral
27	20171305	Anushka Jain
28	20171306	Arushi Thakur
29	20171307	Ashi Arya
30	20171308	Ashmika Yadav
31	20171310	Bhumika
32	20171311	Disha Khattar
33	20171313	Ishika Gupta
34	20171314	Jasleen Kaur
35	20171315	Lavanya
36	20171316	Kashish Gupta
37	20171317	Khushi
38	20171319	Komal Tanwar
39	20171321	ManshikhaBhama
40	20171322	Mitali Garg
41	20171324	Priya Arora
42	20171326	Priyanka Chauhan
43	20171329	Rishika Yadav
44	20171330	RituMendiratta



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 G.Sundhara Enclave, New Delhi-110096

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45	20171331	Riya Kuchhal
46	20171332	Sejal Gupta
47	20171334	Shubhangi
48	20171335	Siddhi R
49	20171337	Sudeeti Kapadia
50	20171338	Swati Saini
51	20171339	S. Jothika
52	20171340	Tejaswi Varshney
No. of Students Attended		52
Faculty Coordinators		Dr. Nidhi Nijhawan Dhaka
		



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Jas.Indhira Enclave, New Delhi-110096

Capacity building and Skill enhancement activities

Session 2019-20

Soft Skills

2. Healthy Mindset for a better tomorrow- A webinar on 'Healthy Mindset for a better tomorrow' was held on 24th April, 2020.


- **Resource Person-**Dr. S. Lakshmi Devi, Founder and Ex-Principal, SRCASW & Dr. Tara Devi S. Ashok, Retired Senior Lecturer II, Biology and Anthropology Departments, University of Massachusetts, Boston, USA
- **No. of students attended-**30
- **Faculty Coordinator-**Dr. Rekha Mehrotra



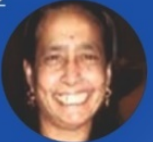
SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN
UNIVERSITY OF DELHI
DEPARTMENT OF MICROBIOLOGY
organizes A WEBINAR

HEALTHY MINDSET FOR A BETTER TOMORROW
On 24th April 2020, Friday at 08:30 AM IST

SPEAKERS



Dr. S. Lakshmi Devi
Founder and Ex-Principal
SRCASW
Topic: Enriching Lives through Value Education



Dr. Tara Devi S. Ashok
Retired Senior Lecturer II
Biology and Anthropology Departments
University of Massachusetts, Boston
Boston MA 02125, USA
Topic: Era of the Mind

A Healthy Mindset

Register here : <https://forms.gle/jHip4rSo5fGZ6tSB9>
(Last Date to Register: 23rd April 2020)
(Webinar ID will be mailed to all the participants)

For more queries contact:
Dr. Ashwini K Ray (9013183743)
Dr. Yamini Agrawal (9711169572)
Dr. Nitin Chauhan (7703848299)

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Vasundhara Enclave, New Delhi-110006

SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI

Student Enrolled in Event Held

Healthy Mindset for a better tomorrow 24/04/2020		
S.No	Roll Num	Name
1	2017901	Aastha Pal
2	2017902	Aditi Chauhan
3	2017903	Amrita Singh
4	2017904	Anushika
5	2017906	Babita Kumari
6	2017907	Bharti Golchha
7	2017908	Deesha Gupta
8	2017910	Iqra Hakeem
9	2017912	Kaushiki Tiwari
10	2017914	Kritika Verma
11	2017915	Meenakshi
12	2017916	Namrata Prakash
13	2017917	Nikita Joshi
14	2017918	Nikita Saini
15	2017919	Nikita Singh
16	2017921	Pratibha Gautam
17	2017923	Prerna Arya
18	2017924	Raksha Dipinti
19	2017926	Riddhi Gupta
20	2017928	Ritu Sagar
21	2017929	Satyam Yadav
22	2017930	Shaba
23	2017933	Sonali Bhatt
24	2017934	Srinjoyee Singh Pawar
25	2017935	Srishti Sood
26	2017936	Surbhi Suman
27	2017937	Sweta Sirohi
28	2017938	Vinisha Yadav
29	2017939	Saima Mushtaq
30	2017940	Aishath Shaman Ali
Total		30
Faculty Coordinators		Dr. Rekha Mehrotra
		



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Uas.andhra Enclave, New Delhi-110096

Capacity building and Skill enhancement activities

Session 2019-2020

Soft Skills

3. Everything about Relationship- Department jointly organized technical fest TRAP with Departments of Mathematics, Physics, and Statistics on October 3rd - 4th, 2019. An interactive talk was delivered on “Everything about Relationship” on October 4, 2019.

- **Resource Person:** Mr. Harjas Singh, Life Skill Coach.
- **Number of students attended:** 41
- **Faculty Coordinator:** Dr. Jasjeet Kaur (Teacher-Incharge, Department of Chemistry)

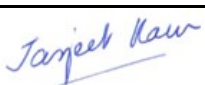


Student Enrolled in Event Held

		“Everything about Relationships” 04-10-2019
S. No.	Roll No	Name of Student
1	2017601	AashnaKapur
2	2017602	Aditi Yadav
3	2017603	Akanksha
4	2017605	Anjali Verma
5	2017604	Anjali Saini
6	2017606	Ankita
7	2017607	Aradhana Kumari
8	2017608	AsthaBaliyan
9	2017609	BabeetaChamyal

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10	2017610	Beena Joshi
11	2017611	Bhavshi Yadav
12	2017612	Bhawna Singh
13	2017613	Chhaya Prajapati
14	2017614	Chitra Tamboli
15	2017615	Deeksha Dwivedi
16	2017616	Diksha Singla
17	2017617	Divyanshi Anand
18	2017618	Garima Sachan
19	2017619	Harshita
20	2017620	Ishita Attri
21	2017621	Jyoti Verma
22	2017622	Komal
23	2017623	Manisha Choudhary
24	2017624	Nancy Sharma
25	2017625	Nishat Malik
26	2017626	Payal Yadav
27	2017627	Prachi Pathak
28	2017628	Prerna Goel
29	2017629	Priya Sharma
30	2017630	Ragini Shakya
31	2017631	RituKatiyar
32	2017632	Riya Nagpal
33	2017633	Roshni Rathore
34	2017634	Sandhya Kaushik
35	2017635	Shammi Chandra
36	2017636	Shiva Pandey
37	2017637	Shivani
38	2017638	Shreya Yadav
39	2017639	Sonal Rajput
40	2017640	Tanisha Saini
41	2017641	Tanu
Total		41
Faculty Coordinator		Dr.Jasjeet Kaur
		

Capacity building and Skill enhancement activities

Session 2019-20

Language and Communication Skills

4. **German Language Courses** (September 2019 - July 2020) - A batch of about 50 students of various colleges were enrolled and have appeared for examination during this academic session at SRCSAW. Out of 50 students 5 opted for college level certification course, 45 opted for A1+1/2 A2 DU certification course.

- **Resource Person:** Ms. Neha Sharma
- **No. of students participated from our college:** 25
- **Faculty Coordinator:** Dr. Bhawana Sharma



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List of Student's Enrolled in German Language Classes

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S. No.	Roll No.	Name	Course
1	20191001	Aashna Varshney	B.A. (H) Psychology
2	20171102	Anjum Agarwal	B.Sc. (H) Statistics
3	2017710	Anshika Gupta	B.Sc. (H) Mathematics

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4	20191204	Anshika Pundir	Bachelor of Management Studies
5	2018102	Arushi Chaubey	B.Sc. (H) Instrumentation
6	2017559	Atheena S Sarma	B.Sc. (H) Physics
7	20191113	Divya Arora	B.Sc. (H) Statistics
8	2019314	Ekanshi Pal	B.Sc. (H) Computer Science
9	2019811	Kanak Kaul	B.Sc. (H) Biochemistry
10	2019321	Kanika Gupta	B.Sc. (H) Computer Science
11	20191319	Kavya Mishra	Bachelor of Business Administration (FIA)
12	20181211	Kritika Verma	Bachelor of Management Studies
13	2018215	Lovenya Sadana	B.Sc. (H) Food Technology
14	20191123	Mahak Mahajan	B.Sc. (H) Statistics
15	2019815	Meenakshi J	B.Sc. (H) Biochemistry
16	20191127	Neha Ranjan	B.Sc. (H) Statistics
17	2018337	Prachi Bhardwaj	B.Sc. (H) Computer Science
18	20191334	Riya Gupta	Bachelor of Business Administration (FIA)
19	2018224	Saumya Kaushik	B.Sc. (H) Food Technology
20	20191146	Soumi Bhattacharyya	B.Sc. (H) Statistics
21	2017934	Srinjoyee Singh Pawar	B.Sc. (H) Microbiology
22	2018943	Surabhi	B.Sc. (H) Microbiology
23	20171340	Tejaswi Varshney	Bachelor in Business Administration (FIA)
24	2014240	Vandana	B.Sc. (H) Food Technology
25	2016221	Prachi	B.Sc. (H) Food Technology
Faculty Coordinator		Dr. Bhawana Sharma	
		<i>Bhawana</i>	



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Capacity building and Skill enhancement activities

Session 2019-20

Language and Communication Skills

5. English Language Proficiency classes

दूरभाष/फैक्स : 22623504 Phone/Fax : 22623504
 संदर्भ सं./Ref. No. SRCASW/19/ELPC/19 दिनांक/Date 15 October 2019

ELPC
Shaheed Rajguru College of Applied Sciences for Women

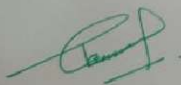
NOTICE


15 October, 2019

The English Language Proficiency Classes will commence from 16 October'19. Following are the other details:

Name of teacher	Name of the Departments	Days	Timings	Venue
Mr. Rituraj Anand	Biochemistry, Chemistry, Electronics, Physics, Mathematics, Biomedical Sciences	MONDAY	08:30 am – 10:00 am	LT 04
		WEDNESDAY	03:30 pm – 05:00 pm	
Mr. Piyush B. Chaudhary	Computer Science, Instrumentation, Statistics	THURSDAY	03:30 pm - 5:00 pm	LT 04
		FRIDAY	02:30 pm – 04:00 pm	

It is mandatory for the selected students to attend these classes. Certificates will be provided to the students on the successful completion of the course.


 (Dr. Payal Mago)
 Principal


 (Mr. Rituraj Anand)
 Coordinator, ELPC


Student Enrolled in Event Held

S.No.	College Roll No.	Student Name	Department
1	2019803	Deepika Pant	Biochemistry
2	2019623	Rimple Rani	Chemistry
3	2019613	Mahima Choudhary	Chemistry
4	2019605	Annu Rani	Chemistry
5	2019011	Km. Saumya	Electronics
6	2019017	Preeti	Electronics
7	2019026	Shobha Kumari	Electronics



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8	2019032	Uma Rajpoot	Electronics
9	2019029	Shrishty Thakur	Electronics
10	2019014	Neha Yadav	Electronics
11	2019012	Kusum Singh	Electronics
12	2019527	Pratishtha	Physics
13	2019538	Sonu Chahar	Physics
14	2019529	Rachna	Physics
15	2019755	Vaishnavi Rathaur	Mathematics
16	2019707	Avni Saini	Mathematics
17	2019702	Akanksha	Mathematics
18	2019748	Sonia	Mathematics
19	2019419	Pratibha Singh Lodhi	Biomedical Sciences
20	2019437	Rashmi Sagar	Biomedical Sciences
21	2019311	Deeksha Shukla	Computer Science
22	2019354	Vaishnavi	Computer Science
23	2019306	Aradhna Kumari	Computer Science
24	20191133	Preeti	Statistics
25	2019127	Uma Bharti	Instrumentation
26	2019131	Vineeta Oli	Instrumentation
27	2019101	Aanchal Shah	Instrumentation
28	2019110	Khushboo	Instrumentation
29	2019111	Khushboo	Instrumentation
30	2019106	Chanchal	Instrumentation
31	2019118	Prerna	Instrumentation
Faculty Coordinator		Mr. Rituraj Anand	
			



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 Vas.Indora Enclave, New Delhi-110096

Capacity building and Skill enhancement activities
Session 2019-2020

Life Skills

6. Time Management- Lecture on —Time Management: To develop time management skills in the students, a lecture on —Time Management was delivered by former principal of our college Dr. Lakshmi Devi on 30th January 2020.

- **Number of students attended-** 41
- **Faculty Coordinator-** Dr.Sadhna Jain



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(UNIVERSITY OF DELHI)

(दिल्ली विश्वविद्यालय)
वसुंधरा एनक्लेव (चिल्ला स्पोर्ट्स कॉम्प्लेक्स के पास) Vasundhara Enclave (Adjoining Chilla Sports Complex)
दिल्ली-110096 Delhi-110096
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दूरभाष/फैक्स : 22623504 Phone/Fax : 22623504


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
NOTICE


The Department of Biochemistry under the aegis of IQAC is organizing a lecture by Dr. Lakshmi Devi, former principal SRCASW on,

Title- Time management
Date- 30th January 2020
Time- 10 a.m. onwards
Venue- SRG.

We hope to enjoy your company in gaining wisdom from our esteemed guest.


Dr. Payal Mago
(Principal)


Dr. Sadhna Jain
(T.I.C., Department of Biochemistry)


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Student Enrolled in Event Held

		Time management 30/1/2020
S. No.	Roll No	Student Name
1	2017802	Aditi
2	2017803	Akankshi Verma
3	2017804	Akansha
4	2017806	Anjali Sharma
5	2017805	Anjali Maurya
6	2017807	Ankita Yadav
7	2017808	Arzoo
8	2017809	AspiaraRoosmin
9	2017810	Diksha
10	2017811	Divya Gupta
11	2017812	Diya Bisht
12	2017813	Gayatri Banerjee
13	2017814	JabeckyKhithie
14	2017815	Janhvi Singh
15	2017816	Jaskiran Kaur
16	2017818	Maria K Beireisai
17	2017819	Meghali Tyagi
18	2017820	Mittali Tyagi
19	2017821	Muskan Saini
20	2017822	Parul Aggarwal
21	2017825	Priya Sinha
22	2017824	Priya Bansal
23	2017823	Priya
24	2017826	Priyanka
25	2017827	Radhika Nair
26	2017828	Reena Kumari Bairwa
27	2017829	Ritika Bassi
28	2017830	Ritu
29	2017831	Ruby



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30	2017832	Rupal
31	2017833	Saloni Joshi
32	2017834	Shalini Mondal
33	2017835	Shashi
34	2017836	Sidra Anjum
35	2017837	Sonika Singh
36	2017838	Surbhi Chauhan
37	2017839	Syed Aasiya Izhar
38	2017840	Uma Singh
39	2017841	Yamini
40	2017842	Yogyta Kumari
41	2017843	Anjali Jaiswal
Total		41
Faculty Coordinators		Dr.Sadhna Jain
		<i>Sadhna</i>



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Capacity building and skills enhancement initiatives
Session 2019-2020

Life Skills

7. **Depression-** The Department of Psychology organized a lecture on 'Depression' on 27-01-2020. The talk covered details such as depression as a disorder and a clinical entity touching upon its symptoms.

- **Resource Person:**Dr. Sanjay Sidharth, Chief of Psychiatry, Miramichi Hospital, Canada.
- **Number of students attended:** 42
- **Faculty Coordinator:** Dr. Radhika Bakhshi

www.rajgurucollege.com

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वसुंधरा एनक्लेव (विकास संदर्भ कॉम्प्लेक्स में पास) Vasundhara Enclave (Adjoining CHFit Sports Complex)
दिल्ली-110096
दूरभाष : 22623503, 22623505 Phone(s) : 22623503, 22623505
दूरभाष/फैक्स : 22623504 Phone/Fax : 22623504

संदर्भ सं./Ref. No. SRGASW/2775/2020

दिनांक/Date... 15/1/2020

NOTICE

The Department of Psychology, Shaheed Rajguru College of Applied Sciences for Women under the aegis of IQAC is organizing a lecture on "Depression" by Dr. Sanjay Sidharth, Chief of Psychiatry, Miramichi Hospital, Canada.

It is compulsory for all students of Psychology to attend the same.

Date: 27th January, 2020

Time: 12:00 pm onwards

Venue: Seminar Room- Ground Floor

All Faculty members and Students are cordially invited.



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Dr. Payal Mago
Principal




Student Enrolled in Event Held

Depression 27-01-2020		
S. No	Roll. No.	Name of Student
1.	20171001	Aakanksha Verma
2.	20171002	Aakriti Labra
3.	20171003	Aayushi Agarwal
4.	20171004	Aditi Saxena
5.	20171005	Anam Khan
6.	20171006	Ananya Tripathi
7.	20171008	Anoushka Malviya
8.	20171009	Anshica Aron
9.	20171010	Anshika Verma
10.	20171011	Ashita Anil
11.	20171013	Divya Chadha
12.	20171014	Esha Iyer
13.	20171015	Faima Khalid
14.	20171016	Gaural Gupta
15.	20171017	Harshita Kapoor
16.	20171018	HimaniPundir
17.	20171019	Jameema John
18.	20171020	Kriti Budhiraja
19.	20171021	Kriti Shukla
20.	20171022	Madhurima Kashyap
21.	20171023	Mitisha Banerjee
22.	20171026	Namita
23.	20171027	Nidhi Mathur
24.	20171031	Prarthana Oberoi
25.	20171033	Riddhi Sharma
26.	20171034	Saani Zehra
27.	20171035	Sagarika Moullick
28.	20171036	Sangeeta Bisht
29.	20171037	Sania Siddiqui
30.	20171039	Shivangi Singh
31.	20171040	Shivani Dhariwal
32.	20171041	Shivani Sharma
33.	20171042	Shovna Mukhopadhyay
34.	20171043	Shree Goel
35.	20171045	Simran Nair
36.	20171046	Smriti Bisht
37.	20171047	Somya Jain
38.	20171048	Srishti Singh Kaira

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39.	20171049	SV Vaishnavi
40.	20171050	Tina Nautiyal
41.	20171051	Toshisingla Jamir
42.	20171053	VratikaSheoran
Total		42
Faculty Coordinator		Dr. Radhika Bakhshi
		



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Capacity building and Skill enhancement activities

Session 2019-20

Life Skills

8. Life is a game- play it- Talk by Mr. LVM Kishore, Vice President of Times of India and State coordinator Sri Satya Seva Organization on the topic “Life is a game, play it” was organized on 12th September 2019. **Resource Person-**Mr. LVM Kishore, Vice President of Times of India and State Coordinator Sri Satya Seva Organization.

- **No. of students attended-** 29
- **Faculty Coordinator –**Dr. Rekha Mehrotra



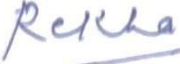
**Life is a game, play it”
organized on 12th September 2019**

Student Enrolled in Event Held

Life is a game-Play it 13/09/2019		
S.No	Roll No.	Name
1	2017901	Aastha Pal
2	2017902	Aditi Chauhan
3	2017903	Amrita Singh
4	2017904	Anushika
5	2017906	Babita Kumari
6	2017907	Bharti Golchha
7	2017908	Deesha Gupta
8	2017912	Kaushiki Tiwari
9	2017914	Kritika Verma
10	2017915	Meenakshi

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11	2017916	Namrata Prakash
12	2017917	Nikita Joshi
13	2017918	Nikita Saini
14	2017919	Nikita Singh
15	2017921	Pratibha Gautam
16	2017923	Prerna Arya
17	2017924	Raksha Dipinti
18	2017926	Riddhi Gupta
19	2017928	Ritu Sagar
20	2017929	Satyam Yadav
21	2017930	Shaba
22	2017933	Sonali Bhatt
23	2017934	Srinjoyee Singh Pawar
24	2017935	Srishti Sood
25	2017936	Surbhi Suman
26	2017937	Sweta Sirohi
27	2017938	Vinisha Yadav
28	2017939	Saima Mushtaq
29	2017940	Aishath Shaman Ali
Total		29
Faculty Coordinator		Dr. Rekha Mehrotra
		



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Capacity building and skills enhancement initiatives

Session 2019-2020

Life Skills

9. Certificate course in Foundation of Yoga- The Department of Physical Education and Sports organized a ‘**CERTIFICATE COURSE IN THERAPEUTIC YOGA**’ from 06 August, 2019 to 15 September, 2019 everyday (Monday to Friday) from 7:30 am to 9:00 am in the college premises for college students and staff members.

The duration of the course was 40 hours, over a period of one month. Classes were conducted five days per week, Monday to Friday for one and half hours from 7:30 am to 9:00 am each day.

Course Fee: For Students Rs.100/-

For Staff Rs.250/-

There were 62 students, staff members enrolled in the course.

At the end of the course there was a practical and theory exam, who had secured minimum 90% attendance were eligible for appearing in the practical examination. Certificates were awarded to the candidates who cleared the practical examination.

Course Description: Theory & Asanas

➤ Standing Posture	Tadasana, Padahastana, Katichakrasana, Trikonasana, Utkatasana, Hanumanasana and Trikonasana
➤ Sitting Posture	Dandasana, Padmasana, Vajrasana, Shashankasana, Ushtrasana, Paschimottanasana, Ardhamatsyendrasana, Suptavajrasana, and Yoga mudra.
➤ Supine Posture	Shavasana, Sarvangasana, Halasana, Karna Peedasana, Chakrasana, and Pawanmuktasana.
➤ Prone Posture	Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Nourkasana,
➤ Balancing Postures	Vrikshasana, Natarajasana, Ashvasthasana, utkatasana (in variation),
➤ Pranayama	Anulom- vilom, Suryabheden, Ujjayi, Bhrameri, Shetaali, Sheetkari
➤ Others	Suryanamaskar & Niti (Jal & Sutra)

- **Resource Person-**Ms. Archana Mann
- **Total no. of participants-** 62
- **Faculty Coordinator-** Dr. Bimla Pawar



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‘CERTIFICATE COURSE IN THERAPEUTIC YOGA’ from 06 August, 2019 to
15 September, 2019



A handwritten signature in blue ink, appearing to be 'Sanyal', is written above the address text.

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SCIENCES FOR WOMEN
OF DELHI)
विवविद्यालय)
REGISTER
रजिस्टर

Month and Year.....
महीना एवं वर्ष

Department.....
विभाग

Serial No. क्रमांक	Name नाम	Designation पद	Days																	No. of days on leave अवकाश के दिन			Remarks टिप्पणियाँ											
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	Casual आवृत्त	Compen- satory सन्तुलक	Earned अर्जित												
54	Yashika - P	Psych-II	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	3	4	5	6	7	9	11	12	Total	6				
55	Saxena - P	Psych-II	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	5			
56	Vaishnavi - P	Math-I	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
57	Vaishali - P	Math-II	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
58	Shubhi	CS-III	P	A	P	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
59	Rashi - P	Psych-II	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
60	Susmita - P	CS-III	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
31	Shubhi Tiwari	Micro-II	P	A	P	A	A	A	A	A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
180	Bratkesh - P	Maths-II	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
88	Rishi Jainwal	Psych-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
34	Sanaina Nigta	Micro	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
35	Tani	Phisip	A	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
36	Poal	E.T	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
37	Shirani Yadav	Maths-	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
38	Mahima Sinha	E.T-I	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
39	Vaishani	Maths-I	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
40	Shreeta	B.M.S.-II	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
41	Mona	" II	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
42	Mahima Narain	Psych-I	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
43	Sunanda - P	B. Edu II	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
44	Deepika Singh	Arts (Hons)	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
12	Prashasti - P	Ba Panch	P	A	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
46	Charandika	BMS (Hons)	A	A	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	

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Capacity building and skills enhancement initiatives

Session-2018-19

Soft Skills

1. Soft Skills for Employability—The Department of Management and Financial Studies, in collaboration with IBS – ICFAI Business School, organized a seminar on "Soft Skills for Employability" on October 8, 2018 in the Seminar Room of the College. The speaker focused on the Importance of Soft Skills.

- **Resource Person-** IBS – ICFAI Business School
- **No. of students attended-** 54
- **Faculty Coordinator-** Ms. Sanjana Monga




Student Enrolled in Event Held

S.No.	Roll No.	Soft Skills for Employability: IBS ICFAI Business School 8/10/2018
		Name
1	20171202	Abhiramy S.M.
2	20171204	Apoorva Saigal
3	20171207	Bhawini Bhardwaj
4	20171210	Deepali Gupta
5	20171209	Deepali Arora
6	20171214	Divya Gupta
7	20171213	Diya Dhanik

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8	20171215	Gargi Thakur
9	20171218	Jasmine Devgun
10	20171219	Jagriti
11	20171221	Kanika Saini
12	20171222	Kalindi Sagar
13	20171223	Khushboo Mehta
14	20171227	Paridhi Mehra
15	20171230	Prachi Rani
16	20171232	Priyal Jindal
17	20171233	Priya Yadav
18	20171234	Radhika Verma
19	20171235	Rashi Agarwal
20	20171237	Sachi Vats
21	20171239	Seemon Yadav
22	20171240	Simranjeet Kaur Saini
23	20171241	Sneha Gupta
24	20171242	Srishti Pal
25	20171243	Sujata Gautam
26	20171244	YashikaPokhriyal
27	20171301	Aashna Malhotra
28	20171302	Akanksha
29	20171304	Ananya Thukral
30	20171305	Anushka Jain
31	20171306	Arushi Thakur
32	20171310	Bhumika
33	20171311	Disha Khattar
34	20171314	Jasleen Kaur
35	20171315	Lavanya
36	20171316	Kashish Gupta
37	20171317	Khushi
38	20171320	Mahima Joshi
39	20171323	Nishtha Pandey
40	20171324	Nitika Aggarwal
41	20171324	Priya Arora
42	20171326	Priyanka
43	20171329	Rishika Yadav
44	20171330	RituMendiratta
45	20171331	Riya Kuchhal
46	20171332	Sejal Gupta

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47	20171333	Shreya Goyal
48	20171334	Shubhangi
49	20171335	Siddhi R
50	20171336	Simar Kaur Chhabra
51	20171337	Sudeeti Kapadia
52	20171338	Swati Saini
53	20171339	S. Jothika
54	20171340	Tejaswi Varshney
No. of Students Attended		54
Faculty Coordinators		Ms. Sanjana Monga
		



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Capacity building and skills enhancement initiatives

Session-2018-19

Soft Skills

2. Team Management - The Department of Management and Financial Studies, in association with Chinmaya Mission, Noida, conducted a talk on "Team Management" on February 25, 2019 in the Seminar Room of the College. The talk was delivered by Swami Chidrupanada, the Current Acharya of Chinmaya Mission, Noida and Secretary General and Director-North Zone of All India Chinmaya Yuva Kendra.

- **Resource Person-** Swami Chidrupanada (Current Acharya of Chinmaya Mission, Noida)
- **No. of students attended-** 54
- **Faculty Coordinator-** Ms. Yuthika Agarwal




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Student Enrolled in Event Held

S.No.	Roll No.	Team Management: Chinmaya Mission 25/2/2019
		Name
1	20171201	Aafreen Hossain
2	20171202	Abhiramy S.M.
3	20171204	Apoorva Saigal
4	20171206	Bhavya
5	20171207	Bhawini Bhardwaj
6	20171209	Deepali Arora
7	20171214	Divya Gupta
8	20171215	Gargi Thakur
9	20171216	Garima Mehta
10	20171218	Jasmine Devgun
11	20171219	Jagriti
12	20171225	Maryam
13	20171224	Kirtika
14	20171226	Nisha
15	20171227	Paridhi Mehra
16	20171229	Prabhjeet Kaur
17	20171232	Priyal Jindal
18	20171233	Priya Yadav
19	20171234	Radhika Verma
20	20171235	Rashi Agarwal
21	20171236	Riya Malik
22	20171237	Sachi Vats
23	20171239	Seemon Yadav
24	20171240	Simranjeet Kaur Saini
25	20171241	Sneha Gupta
26	20171242	Srishti Pal
27	20171243	Sujata Gautam
28	20171244	Yashika Pokhriyal
29	20171302	Akanksha
30	20171304	Ananya Thukral
31	20171306	Arushi Thakur
32	20171307	Ashi Arya
33	20171310	Bhumika
34	20171311	Disha Khattar
35	20171313	Ishika Gupta
36	20171314	Jasleen Kaur
37	20171316	Kashish Gupta
38	20171317	Khushi

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39	20171319	Komal Tanwar
40	20171321	Manshikha Bhama
41	20171322	Mitali Garg
42	20171324	Priya Arora
43	20171326	Priyanka Chauhan
44	20171329	Rishika Yadav
45	20171330	Ritu Mendiratta
46	20171331	Riya Kuchhal
47	20171332	Sejal Gupta
48	20171334	Shubhangi
49	20171335	Siddhi R
50	20171336	Simar Kaur Chhabra
51	20171337	Sudeeti Kapadia
52	20171338	Swati Saini
53	20171339	S. Jothika
54	20171340	Tejaswi Varshney
No. of Students Attended		54
Faculty Coordinators		Ms. Yuthika Agarwal
		



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Capacity building and Skill enhancement activities

Session 2018-19

Language and Communication Skills

3. German Language Course (February 2018 - August 2018) -We observed our first batch of 24 students who successfully completed the college certification course (A1 level) for German language during the month of August 2018.

- **Resource Person-** Ms. Arushi Chhabra
- **Teacher Coordinator-** Dr. Bhawana Sharma and Ms. Sonia Ahlawat



List of Students Enrolled in the German Language Course from SRCASW

S. No.	Roll No.	Name	Course
1	20171133	Sanskriti Jain	B.Sc. (H) Statistics
2	20171123	Neetika Shukla	B.Sc. (H) Statistics
3	20171124	Palak Goel	B.Sc. (H) Statistics
4	2019410	Karishma	B.Sc. (H) Biomedical Science
5	20171120	Madhu Yadav	B.Sc. (H) Statistics
6	20171113	Jyoti Pandey	B.Sc. (H) Statistics
7	20171056	Zainab Shabir	B.A. (H) Psychology
8	20171110	Harshita Mehta	B.Sc. (H) Statistics
9	20171112	Isha Jain	B.Sc. (H) Statistics
10	2017520	Mamta	B.Sc. (H) Physics
11	2017522	Meenakshi	B.Sc. (H) Physics
12	2017901	Aastha	B.Sc. (H) Microbiology
13	20171144	Swarnima Mazumdar	B.Sc. (H) Statistics
14	20171101	Ananya Gupta	B.Sc. (H) Statistics
15	2017428	Saloni Chawla	B.Sc. (H) Biomedical Science
16	2017406	Arufi Singh	B.Sc. (H) Biomedical Science
17	2017718	Diksha Jaiswal	B.Sc. (H) Mathematics
18	20171122	Nandita Pundir	B.Sc. (H) Statistics

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19	2017110	Lakshmi Gayathri	B.Sc. (H) Instrumentation
20	20171111	Harshleen Kaur Chadha	B.Sc. (H) Statistics
21	20171141	Shreya Shruti	B.Sc. (H) Statistics
22	20171147	Naurin Naqvi	B.Sc. (H) Statistics
23	20171043	Shree Goel	B.A. (H) Psychology
24	2017535	Priyanka	B.Sc. (H) Physics
	Faculty Coordinator	Dr. Bhawana Sharma and Ms. Sonia Ahlawat	<i>Bhawana</i>

German Language Course (September 2018 - July 2019) - To continue with the tradition, we had another batch of 24 students in the following year who successfully completed the German A1 certification course.

- **Resource Person-** Ms. Neha Sharma
- **Faculty Coordinator-** Dr. Bhawana Sharma

**German
Language
Course
(September
2018 - July
2019)**



List of Students Enrolled in the German Language Course from SRCASW

S. No.	Roll No.	Name	Course
1	2018515	Ganga Bhatia	B.Sc. (H) Physics
2	2018918	Khyati Rastogi	B.Sc. (H) Microbiology
3	2018611	Lavanya Nambissan	B.Sc. (H) Chemistry
4	2018215	Lovenya Sadana	B.Sc. (H) Food Technology
5	20181027	Mariyah Zubair Khan	B.A. (H) Psychology
6	2018613	Meetul Sharma	B.Sc. (H) Chemistry
7	2017523	Mehak Sharma	B.Sc. (H) Physics
8	2018616	Naina Bharti	B.Sc. (H) Chemistry
9	20181030	Namrah Wani	B.A. (H) Psychology
10	2018623	Riyansha Verma	B.Sc. (H) Chemistry
11	20181052	Srishti Sabharwal	B.A. (H) Psychology
12	2018637	Vidhi Tyagi	B.Sc. (H) Chemistry
14	2018204	Anjali Bangar	B.Sc. (H) Food Technology

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15	20181304	Anubhuti	Bachelor of Business Administration (FIA)
17	2018603	Asmita Singh	B.Sc. (H) Chemistry
18	2018605	Bhawna	B.Sc. (H) Chemistry
20	20181317	Nancy	Bachelor of Business Administration (FIA)
21	2018541	Sandhya	B.Sc. (H) Physics
22	2017125	Sajia Hussain	B.Sc. (H) Instrumentation
23	20181335	Shreya Gupta	Bachelor of Business Administration (FIA)
	Faculty Coordinator	Dr. Bhawana Sharma	<i>Bhawana</i>



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Capacity building and skills enhancement initiatives
Session 2018-2019

Life Skills

4. Success Formulas in Life and Importance of Mantra Chanting- Seminar on Success Formulas in Life and Importance of Mantra Chanting held on 7th February 2019 – Under the aegis of IQAC, the Department of Electronics organized a seminar on the “Success Formulas in Life and Importance of Mantra Chanting”. The guest of honour for day was Dr. Suresh Bhalla, Professor at Department of Civil Engineering, IIT Delhi, who enlightened the students about the success formulas in life and helped them in developing a different vision of life. The Department also invited Mr. AsitNema, Civil Engineer and a member of ISKCON Temple, who enlightened the students and the teachers with the importance of Mantra Chanting.

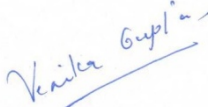
- **No. of students attended-** 28
- **Faculty Coordinator:** Ms. Venika Gupta



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Student Enrolled in Event Held

Success Formulas in Life and Importance of Mantra Chanting 7/2/2019		
S.No.	Roll No.	Name of the students
1	2016001	Ananya Sharma
2	2016002	Anjana Benny
3	2016003	Ankita Ulshai
4	2016005	Astha Mishra
5	2016008	Chanchal
6	2016010	Garima Negi
7	2016011	Greeshma R Pillai
8	2016014	Kanika Tomar
9	2016015	Kavita Lakhera
10	2016016	Kavita Mishra
11	2016018	Kritika Sati
12	2016019	Manisha Khandelwal
13	2016020	Mansi Rajawat
14	2016022	Neha
15	2016023	Neha Yadav
16	2016024	Nikita Sharma
17	2016025	Nisha Sharma
18	2016027	Preeti Gupta
19	2016028	Rashi Khandelwal
20	2016029	Reshma
21	2016032	Saumya Srivastava
22	2016033	Shadmani Sagheer
23	2016034	Shaifali
24	2016035	Shalini Bhardwaj
25	2016036	Shambhavi Gupta
26	2016041	Surbhi Sharma
27	2016043	Vaishnavi Pandey
28	2016044	Vatika Singh
Total Student Participation		28
Faculty Coordinator		Ms. Venika Gupta
		



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Capacity building and skills enhancement initiatives
Session 2018-2019

Life Skills


5. Workshop on CPR (Cardiopulmonary resuscitation) Health and Hygiene - The Department of Food Technology celebrated World Heart Day on 29th September, 2018. The main aim of the event was to sensitize people about various cardiovascular diseases and ways to prevent them. Workshop on CPR was conducted for the students. There was a poster and race competition organized to spur students towards a healthy lifestyle

- **Resource Person:** Ms. Neelima Raj Tamta, Ms. Bushra Ansari and Ms. Taranjeet Kaur
- **Number of students attended:** 25
- **Faculty Coordinator:** Dr Deepa Joshi



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Student Enrolled in Event Held

Workshop on CPR (Cardiopulmonary resuscitation) Health and Hygiene 29-09-2018		
S.No	Roll Number	Name
1	2016201	Aditi Sharma
2	2016202	Anjali Gautam
3	2016206	Ayushi
4	2016208	Ayushi Yogi
5	2016212	Kriti Nagwani
6	2016213	Lavanya Verma
7	2016215	Manisha Vashishtha
8	2016217	Nidhi Prasad
19	2016218	Nisha
10	2016220	Pallavi
11	2016221	Prachi
12	2016223	Priya Dhyani
13	2016225	Rakhshinda
14	2016226	RashiBhuraria
15	2016229	Roshni Mathur
16	2016230	Roslin Kamei
17	2016231	Rupam Khurana
18	2016233	Shefali Tripathi
19	2016234	Shikha Dwivedi
20	2016235	Shivani Chourasia
21	2016237	Simran Sankla
22	2016243	Archana Singh
23	2016240	Pragya Singh
24	2016242	Shriya Singh
25	2015209	Ayushi Bansal
	Total	25
	Faculty Coordinators	Dr. Deepa Joshi 



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Capacity building and skills enhancement initiatives
Session 2018-2019

Life Skills

6. Open House Discussion on Depression-The Department of Psychology in association with mental health society 'AARAMBH' organized an open house discussion on 'Depression' on 10-10-2018. The resource person interacted with the college students on various myths and facts around depression. It was an interactive session where the students participated in quiz around the topic and spoke about their journeys towards mental health and also learnt the importance of mental health.

- **Resource Person-**Dr. Amit Sen and Ms. Priyanka Mittal, Children's First Organization
- **Number of students attended-** 57
- **Faculty Coordinator-**Dr. Radhika Bakhshi

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दूरभाष : 22623503, 22623505 Phone(s) : 22623503, 22623505
दूरभाष/फैक्स : 22623504 Phone/Fax : 22623504

संदर्भ सं./Ref. No. SRCASW/..... दिनांक/Date.....

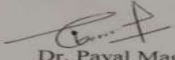
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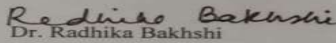
Aarambh in association with Psymenia under the aegis of IQAC of Shaheed Rajguru College of Applied Sciences for Women is organizing an **Open House session: Let's get to know about Depression** by Children First Organization on **Wednesday, 10th October, 2018** in the college auditorium.

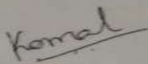
It is compulsory for I year students to attend the same.

All are cordially invited.

Venue: College Auditorium
Date: 10th October, 2018
Time: 11:00 a.m. to 1:00 p.m.


Dr. Payal Mago
(Principal)


Dr. Radhika Bakhshi
(Department Coordinator)


Dr. Komal Chandiramani
(Convenor-Aarambh)





Open House Discussion On
'Depression' On 10-10-2018

Student Enrolled in Event Held

S. No	Roll. No.	Depression 10/10/2018 Name of Student
1	20171001	Aakanksha Verma
2	20171002	Aakriti Labra
3	20171003	Aayushi Agarwal
4	20171004	Aditi Saxena
5	20171005	Anam Khan
6	20171006	Ananya Tripathi
7	20171007	Ankita Singh
8	20171008	Anoushka Malviya
9	20171009	Anshica Aron
10	20171010	Anshika Verma
11	20171011	Ashita Anil
12	20171012	Bhavana Yadav
13	20171013	Divya Chadha
14	20171014	Esha Iyer
15	20171015	Faima Khalid
16	20171016	Gaural Gupta
17	20171017	Harshita Kapoor
18	20171018	HimaniPundir
19	20171019	Jameema John
20	20171020	Kriti Budhiraja
21	20171021	Kriti Shukla
22	20171022	Madhurima Kashyap
23	20171023	Mitisha Banerjee

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24	20171024	Monika Mall
25	20171025	MuskanJuneja
26	20171026	Namita
27	20171027	Nidhi Mathur
28	20171028	Nupur Gupta
29	20171029	Parshti Srivastav
30	20171030	Poonam Baruah
31	20171031	Prarthana Oberoi
32	20171032	Rakhi Singh
33	20171033	Riddhi Sharma
34	20171034	Saani Zehra
35	20171035	Sagarika Moullick
36	20171036	Sangeeta Bisht
37	20171037	Sania Siddiqui
38	20171038	Sheetal
39	20171039	Shivangi Singh
40	20171040	Shivani Dhariwal
41	20171041	Shivani Sharma
42	20171042	Shovna Mukhopadhyay
43	20171043	Shree Goel
44	20171044	Shweta Sharma
45	20171045	Simran Nair
46	20171046	Smriti Bisht
47	20171047	Somya Jain
48	20171048	Srishti Singh Kaira
49	20171049	SV Vaishnavi
50	20171050	Tina Nautiyal
51	20171051	Toshisangla Jamir
52	20171053	VratikaSheoran
53	20171054	Yashibenla T Longchar
54	20171055	Zainab Batool
55	20171056	Zainab Shabir
56	20171057	Neha
57	20171059	Shivani N
	Total	57
	Faculty Coordinator	Dr. Radhika Bakhshi 



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Capacity building and skills enhancement initiatives
Session 2017-2018

Soft Skills

1. Stress Management- The Department of Psychology organized an interactive session on 'Stress Management' on 11-01-2018. The resource person interacted with the college students on the importance of stress management and equipping them with necessary information to cope with stress in their day to day lives.

- **Resource Person-** Ms. Rashi Ahuja, Senior Psychologist and Founding Team Member, I Will powered by epsyclinic
- **Number of students attended-** 52
- **Faculty Coordinator-**Dr. Daya Bhardwaj



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संदर्भ सं./Ref. No. SRCASW/3851/IQAC/18

दिनांक/Date..09/01/2018

An interactive session on **Stress Management** is being organized by IQAC, Shaheed Rajguru College of Applied Sciences for Women in association with Department of Psychology on **January 11, 2018 (Thursday)** at 1:30 PM in the **Seminar Room (Ground Floor)**.

The session is open for all the students, faculty members and non-teaching staff of the college.


(Dr. Payal Mago)
Principal


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Student Enrolled in Event Held

S. No	Roll. No.	Stress Management 11/1/2018 Name
1.	20171001	Aakanksha Verma
2.	20171002	Aakriti Labra
3.	20171003	Aayushi Agarwal
4.	20171004	Aditi Saxena
5.	20171005	Anam Khan
6.	20171006	Ananya Tripathi
7.	20171007	Ankita Singh
8.	20171008	Anoushka Malviya
9.	20171009	Anshica Aron
10.	20171010	Anshika Verma
11.	20171011	Ashita Anil
12.	20171012	Bhavana Yadav
13.	20171013	Divya Chadha
14.	20171014	Esha Iyer
15.	20171015	Faima Khalid
16.	20171016	Gaural Gupta
17.	20171017	Harshita Kapoor
18.	20171018	Himani Pundir
19.	20171019	Jameema John
20.	20171020	Kriti Budhiraja
21.	20171022	Madhurima Kashyap
22.	20171023	Mitisha Banerjee
23.	20171024	Monika Mall
24.	20171025	Muskan Juneja
25.	20171026	Namita
26.	20171027	Nidhi Mathur

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27.	20171028	Nupur Gupta
28.	20171029	Parshti Srivastav
29.	20171030	Poonam Baruah
30.	20171031	Prarthana Oberoi
31.	20171033	Riddhi Sharma
32.	20171034	Saani Zehra
33.	20171035	Sagarika Moullick
34.	20171036	Sangeeta Bisht
35.	20171038	Sheetal
36.	20171039	Shivangi Singh
37.	20171040	Shivani Dhariwal
38.	20171041	Shivani Sharma
39.	20171042	Shovna Mukhopadhyay
40.	20171043	Shree Goel
41.	20171044	Shweta Sharma
42.	20171045	Simran Nair
43.	20171046	Smriti Bisht
44.	20171047	Somya Jain
45.	20171048	Srishti Singh Kaira
46.	20171049	SV Vaishnavi
47.	20171050	Tina Nautiyal
48.	20171051	Toshisangla Jamir
49.	20171053	Vratika Sheoran
50.	20171054	Yashibenla T Longchar
51.	20171055	Zainab Batool
52.	20171056	Zainab Shabir
	Total	52
	Faculty Coordinator	Dr. Daya Bhardwaj 



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Capacity building and skills enhancement initiatives
Session 2017-2018

Soft Skills

2. Enhancing Interpersonal Relationships-The Department of Psychology organized a session on 'Enhancing Interpersonal Relationships' on 29-08-2017. The session helped the students to learn the skill of developing strong and healthy relationship with others.

- **Resource Person-** Dr. Poonam Phogat, Assistant Professor, Gargi College, University of Delhi
- **Number of students attended-** 50
- **Faculty Coordinator-** Dr. Daya Bhardwaj

August 24, 2017

The Coordinator
DBT Star College Scheme
Shaheed Rajguru College of Applied Sciences for Women
Vasundhara Enclave
Delhi-110096

Sub: Request to sponsor a one day talk on Interpersonal Relationships

Dear Madam

The Department of Psychology under its association 'PSYMENTIA' proposes to organize a one day talk on 29th August, 2017 at 1:30 PM in the Seminar Room (Ground Floor). The resource person for the session will be Dr. Poonam Phogat (Department of Psychology, Gargi College).

It is requested that the event be please sponsored by the DBT Star College Scheme. Please find enclosed the proposed budget.

Thanking you with regards,

Shivani Vij
Dr. Shivani Vij

(Asst. Professor, Department of Psychology)

funds for moments & food could be aporied from DBT - star scheme funds.

*Dr. Daya
24/8/17.
Please look into the matter if this could be accomodated in star scheme.*


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Daya
शाहीद राजगुरु कॉलेज ऑफ
एप्लाइड साइंसेस फॉर वुमैन
SHAHEED RAJGURU COLLEGE OF
APPLIED SCIENCES FOR WOMEN
(दिल्ली विश्वविद्यालय/University of Delhi)
वसुंधरा एनक्लेव, नई दिल्ली-110096
Vasundhara Enclave, New Delhi-110096

SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI


Students Enrolled in the Event held

S. No	Roll. No.	Enhancing Interpersonal Relationships 29-08-2017 Name
1.	20171001	Aakanksha Verma
2.	20171002	Aakriti Labra
3.	20171003	Aayushi Agarwal
4.	20171004	Aditi Saxena
5.	20171005	Anam Khan
6.	20171006	Ananya Tripathi
7.	20171007	Ankita Singh
8.	20171008	Anoushka Malviya
9.	20171009	Anshica Aron
10.	20171010	Anshika Verma
11.	20171011	Ashita Anil
12.	20171012	Bhavana Yadav
13.	20171013	Divya Chadha
14.	20171014	Esha Iyer
15.	20171015	Faima Khalid
16.	20171016	Gaural Gupta
17.	20171017	Harshita Kapoor
18.	20171018	Himani Pundir
19.	20171019	Jameema John
20.	20171020	Kriti Budhiraja
21.	20171021	Kriti Shukla
22.	20171022	Madhurima Kashyap
23.	20171023	Mitisha Banerjee
24.	20171024	Monika Mall
25.	20171025	Muskan Juneja
26.	20171026	Namita
27.	20171027	Nidhi Mathur
28.	20171029	Parshti Srivastav
29.	20171030	Poonam Baruah
30.	20171031	Prarthana Oberoi
31.	20171032	Rakhi Singh
32.	20171033	Riddhi Sharma
33.	20171034	Saani Zehra
34.	20171035	Sagarika Moullick
35.	20171036	Sangeeta Bisht
36.	20171039	Shivangi Singh
37.	20171040	Shivani Dhariwal
38.	20171041	Shivani Sharma
39.	20171042	Shovna Mukhopadhyay
40.	20171043	Shree Goel
41.	20171044	Shweta Sharma
42.	20171045	Simran Nair
43.	20171046	Smriti Bisht
44.	20171047	Somya Jain



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JAS, Indhara Enclave, New Delhi-110046

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45.	20171048	Srishti Singh Kaira
46.	20171049	SV Vaishnavi
47.	20171050	Tina Nautiyal
48.	20171053	Vratika Sheoran
49.	20171055	Zainab Batool
50.	20171056	Zainab Shabir
	Total	50
	Faculty Coordinator	Dr. Daya Bhardwaj 



शाहीद राजगुरु कॉलेज ऑफ,
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Vasudeva Enclave, New Delhi-110096

Capacity building and skills enhancement initiatives

Session 2017-2018

Soft Skills

3. Self-effectiveness- The Department jointly organized technical fest “TRAP” with Departments of Mathematics, Physics, and Statistics on 27th October, 2017. The fest began with an interactive talk on “*Self-effectiveness*”, which focused on making students realize that they may not be effective in their actions due to lack of complete concentration. The speaker demonstrated few meditation practices which help in remaining focused, calm and leading to a more attentive state of mind. This was followed by various events organized by participating departments.

- **Resource Person:** Professor S.K. Palhan, the founder-director of The Great Lakes Institute of Management, Gurugram.
- **Number of student attended:** 30
- **Faculty Coordinator:** Dr. Jasjeet Kaur (Teacher-Incharge, Department of Chemistry)



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Vas.Indiana Enclave, New Delhi-110006

SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI

Students Enrolled in the Event held

S. No.	Roll No	Name of Event: "Self Effectiveness" 27-10-2017
		Name of Student
1	2016601	Ayushi Aggarwal
2	2016602	Babita
3	2016603	Gayatri Choudhary
4	2016604	Jyoti Beniwal
5	2016606	Km Manpriti Jadon
6	2016608	Monika
7	2016609	Nazra
8	2016610	Neha
9	2016611	Pallavi Dutt
10	2016615	Priya Verma
11	2016616	Saumya Singh
12	2016617	Shalini
13	2016618	Shikha
14	2016619	Shreya Tyagi
15	2016620	Simran Arora
16	2016621	Tripti Mishra
17	2016623	Akansha
18	2016624	Anjali Yadav
19	2016625	Charu Dhingra
20	2016626	Gargi Rohilla
21	2016627	Jyoti
22	2016628	Kavita
23	2016629	Komal
24	2016630	Neetesh Kumari
25	2016631	Niti
26	2016632	Ritika
27	2016633	Shivani Chaudhary
28	2016634	Shweta Chitkara
29	2016635	Tania
30	2016636	Tejaswini Maurya
	Total	30
Faculty Coordinator		Dr Jasjeet Kaur
		<i>Jasjeet Kaur</i>



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Vasundhara Enclave, New Delhi-110096

Capacity building and skills enhancement initiatives
Session 2017-2018

Life Skills

4. 7 Daylong Workshop and Competitions on 'Mental Health Awareness Week-The Department of Psychology organized workshop and competitions on 'Mental Health Awareness Week' from 11-10-2017 to 17-10-2017.It included various events, competitions, and activities for the students focussed towards increasing the awareness towards Mental Health. It also included a Workshop on one of the alternate therapies on the topic of Art Therapy

- **Resource Person-** Dr. Meena Gupta, Art Therapist
- **Total no.of participants-**55
- **Faculty Coordinator-**Dr. Daya Bhardwaj

October 10, 2017

The Principal
Shaheed Rajguru College of Applied Sciences for Women
Vasundhara Enclave
Delhi-110096

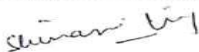
Sub: Permission to organize Mental Health Awareness Week

Dear Madam,

The Department of Psychology under its society 'PSYMENTIA' proposes to organize Mental Health Awareness Week (an inter college event)- HEAL-THY SELF from 11th to 17th October, 2017. The tentative schedule of the events is enclosed herewith for your kind perusal.

Kindly grant permission for the same and sanction the required funds (enclosed)


Thanking you with regards


Dr. Shivani Vij

(Asst. Professor, Department of Psychology)

CC:

- 1) Convener, Student Development Committee
- 2) IQAC

ok

13/10/17





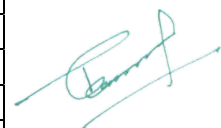
7-Day Long Workshop & Competitions on 'Mental Health Awareness Week' by Dr. Meena Gupta (11-10-2017 to 17-10-2017)



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI


Students Enrolled in Event Held

S. No	Roll. No.	Mental Health Awareness Week 11-10-2017 to 17-10-2017 Name of Student
1	20171001	Aakanksha Verma
2	20171002	Aakriti Labra
3	20171003	Aayushi Agarwal
4	20171004	Aditi Saxena
5	20171005	Anam Khan
6	20171006	Ananya Tripathi
7	20171007	Ankita Singh
8	20171008	Anoushka Malviya
9	20171009	Anshica Aron
10	20171010	Anshika Verma
11	20171011	Ashita Anil
12	20171012	Bhavana Yadav
13	20171013	Divya Chadha
14	20171014	Esha Iyer
15	20171015	Faima Khalid
16	20171016	Gaural Gupta
17	20171017	Harshita Kapoor
18	20171018	Himani Pundir
19	20171019	Jameema John
20	20171020	Kriti Budhiraja
21	20171021	Kriti Shukla
22	20171022	Madhurima Kashyap
23	20171023	Mitisha Banerjee
24	20171024	Monika Mall
25	20171025	Muskan Juneja
26	20171026	Namita
27	20171027	Nidhi Mathur
28	20171028	Nupur Gupta
29	20171029	Parshti Srivastav
30	20171030	Poonam Baruah
31	20171031	Prarthana Oberoi
32	20171032	Rakhi Singh
33	20171033	Riddhi Sharma
34	20171034	Saani Zehra
	20171035	Sagarika Moullick
35		
36	20171036	Sangeeta Bisht
37	20171037	Sania Siddiqui
38	20171038	Sheetal
39	20171039	Shivangi Singh
40	20171040	Shivani Dhariwal
41	20171041	Shivani Sharma
	20171042	Shovna Mukhopadhyay
42		
43	20171043	Shree Goel
44	20171044	Shweta Sharma



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Vas.undhara Enclave, New Delhi-110006

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45	20171045	Simran Nair
46	20171046	Smriti Bisht
47	20171047	Somya Jain
48	20171048	Srishti Singh Kaira
49	20171049	SV Vaishnavi
50	20171050	Tina Nautiyal
51	20171051	Toshisangla Jamir
52	20171053	Vratika Sheoran
53	20171054	Yashibenla T Longchar
54	20171055	Zainab Batool
55	20171056	Zainab Shabir
	Total	55
	Faculty Coordinator	Dr. Daya Bhardwaj
		



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Capacity building and skills enhancement initiatives
Session 2017-2018

Life Skills

5. Workshop on Music Therapy: Musicology- The Department of Psychology organized ‘Workshop on Music Therapy: Musicology’ on 26-09-2017. The session helped the students to get hands on experience and exposure of Music Therapy. It encouraged students to actively participate to help understand the concept and learn more about themselves.

- **Resource Person-** Dr. Meena Gupta, Art Therapist
- **Total no.of participants-**55
- **Faculty Coordinator-**Dr. Daya Bhardwaj

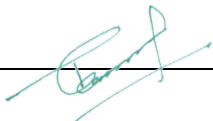


Students Enrolled in Event Held

S. No	Roll. No.	Workshop on Music Therapy: Musicology 26-09-2017 Name of Student
1	20171001	Aakanksha Verma
2	20171002	Aakriti Labra
3	20171003	Aayushi Agarwal
4	20171004	Aditi Saxena
5	20171005	Anam Khan
6	20171006	Ananya Tripathi
7	20171007	Ankita Singh
8	20171008	Anoushka Malviya
9	20171009	Anshica Aron
10	20171010	Anshika Verma
11	20171011	Ashita Anil
12	20171012	Bhavana Yadav
13	20171013	Divya Chadha

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14	20171014	Esha Iyer
15	20171015	Faima Khalid
16	20171016	Gaural Gupta
17	20171017	Harshita Kapoor
18	20171018	Himani Pundir
19	20171019	Jameema John
20	20171020	Kriti Budhiraja
21	20171021	Kriti Shukla
22	20171022	Madhurima Kashyap
23	20171023	Mitisha Banerjee
24	20171024	Monika Mall
25	20171025	Muskan Juneja
26	20171026	Namita
27	20171027	Nidhi Mathur
28	20171028	Nupur Gupta
29	20171029	Parshiti Srivastav
30	20171030	Poonam Baruah
31	20171031	Prarthana Oberoi
32	20171032	Rakhi Singh
33	20171033	Riddhi Sharma
34	20171034	Saani Zehra
35	20171035	Sagarika Moullick
36	20171036	Sangeeta Bisht
37	20171037	Sania Siddiqui
38	20171038	Sheetal
39	20171039	Shivangi Singh
40	20171040	Shivani Dhariwal
41	20171041	Shivani Sharma
42	20171042	Shovna Mukhopadhyay
43	20171043	Shree Goel
44	20171044	Shweta Sharma
45	20171045	Simran Nair
46	20171046	Smriti Bisht
47	20171047	Somya Jain
48	20171048	Srishti Singh Kaira
49	20171049	SV Vaishnavi
50	20171050	Tina Nautiyal
51	20171051	Toshisangla Jamir
52	20171053	Vratika Sheoran
53	20171054	Yashibenla T Longchar
54	20171055	Zainab Batool
55	20171056	Zainab Shabir
	Total	55
	Faculty Coordinator	Dr. Daya Bhardwaj
		



Capacity building and skills enhancement initiatives
Session 2016-17

Language and Communication Skills

1. English Proficiency Classes

ENGLISH PROFICIENCY CLASSES REPORT

English Proficiency classes are being held in the college for students as well as non teaching and administrative staff with the aim of helping them to improve their English communication and interactive skills.

In the previous term (July- December 2016) classes were held from September to November. There were four classes a week for students and 2 classes a week for non teaching staff. Two guest teachers were appointed to take these classes. A group of about 40 students from the 1st year of various departments were selected on the basis of their requirements and they were divided into two batches of 20 each. Also 25 non teaching and administrative staff members opted to join the classes. The students found these classes very useful and informative, but some of them could not attend the classes scheduled at 8am due to long travelling times from their homes. The non teaching staff also found these classes very useful but they could not attend the classes sometimes during the regular semester when they had important assignments in their laboratories or office.

To overcome the above problem faced by non-teaching staff, a 10 day capsule course was organised for them during the semester break of December 2016. These classes were found to be very useful, interactive and informative by the staff members.

Classes are being held in the present term (January 2017 onwards). About 20 non teaching staff and a batch of 25 students are attending the classes. A guest teacher has been appointed for taking the classes. Two classes per week are held for students as well as for non teaching staff on Friday afternoon.

Ahamed
(Saunyo-Chatwadi)
(Convener, English
Proficiency classes)




प्राचार्य/Principal

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SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN, UNIVERSITY OF DELHI

Following is the list of students who attended the classes–

Students

S.No.	Name
1	Rashmi
2	Roslyn
3	Nisha
4	Manisha
5	Anjali
6	Prachi
7	Saumya
8	Anamika
9	PriyaSahay
10	Neha
11	Yashika
12	ShwetaKumari
13	Kajal
14	Neha
15	Priya
16	SaumyaSingh
17	Manpreeti
18	Babita
19	Shalu
Faculty Coordinator	Ms. Saumya Chaturvedi
	



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Nursing Enclave, New Delhi-110096