



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara
Academic Year: 2024-25

Report on the Workshop on Life Skills
Organized by IQAC and Women Empowerment Cell: "Beyond the Boundaries"

Day & Date: Saturday, 4th January 2025

Time: 10 am

A workshop on *Life Skills* titled "**Beyond the Boundaries**" was organized by the IQAC (Internal Quality Assurance Cell) and Women Empowerment Cell of Savitribai Phule Mahila Mahavidyalaya, Satara, on **4th January 2025**. The event commenced at **10:00 AM** in **Hall No. S-6** with active participation from students and faculty members.

Objective of the Workshop

The primary aim of the workshop was to empower participants with essential life skills, fostering personal and professional growth. It sought to create awareness about self-confidence, communication, decision-making, and resilience, which are integral to navigating challenges effectively.

Key Highlights

1. Inaugural Session

The program began with a welcome address by **Shri. Dilip Pawar**, the head department of Psychology. She emphasized the importance of life skills in today's dynamic world. This was followed by an inspiring keynote speech by the Resource Person, **Dr. Chitra Dabholkar**, and her colleagues, who highlighted the transformative power of self-awareness and empowerment.

2. Interactive Sessions

The workshop featured engaging sessions conducted by Dr. Chitra Dabholkar and her team. Notable sessions included:

- *Effective Communication and Leadership Skills*
- *Decision-Making and Problem-Solving Techniques*
- *Emotional Intelligence and Stress Management*

3. Activities and Group Exercises

The participants actively engaged in various interactive activities designed to enhance teamwork, creative thinking, and stress management. These hands-on exercises provided practical insights, ensuring a deeper understanding of life skills.

4. **Comperer and Vote of Thanks**

The workshop was gracefully compered by **Mr. Roopesh Tanksale**, whose eloquent anchoring kept the event vibrant and engaging. The formal *Vote of Thanks* was delivered by **Mr. Ravindra Gaikwad**, who expressed gratitude to the resource persons, organizers, and participants for their contributions to the success of the workshop.

Outcomes of the Workshop

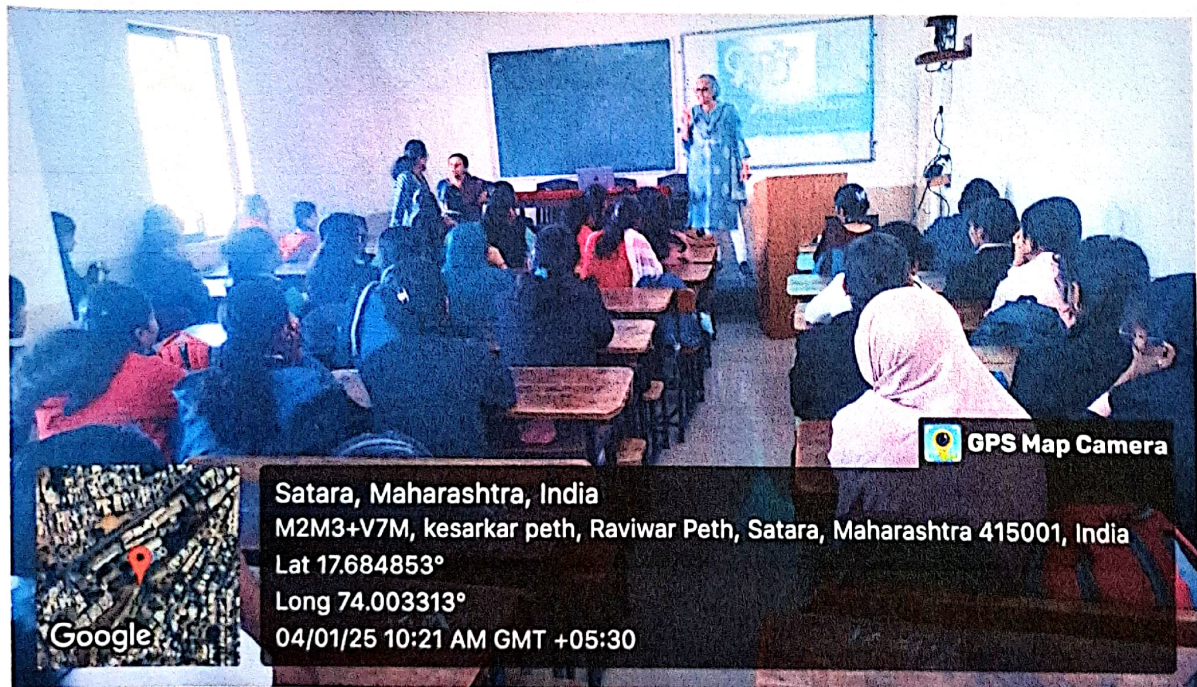
The workshop was highly successful in meeting its objectives. Participants expressed increased confidence in applying life skills in their daily lives. It inspired them to embrace personal growth and professional development actively.

The event's success was a result of the dedicated efforts of the IQAC and Women Empowerment Cell teams. Special thanks were extended to the faculty members, volunteers, and the organizing committee for their seamless coordination.

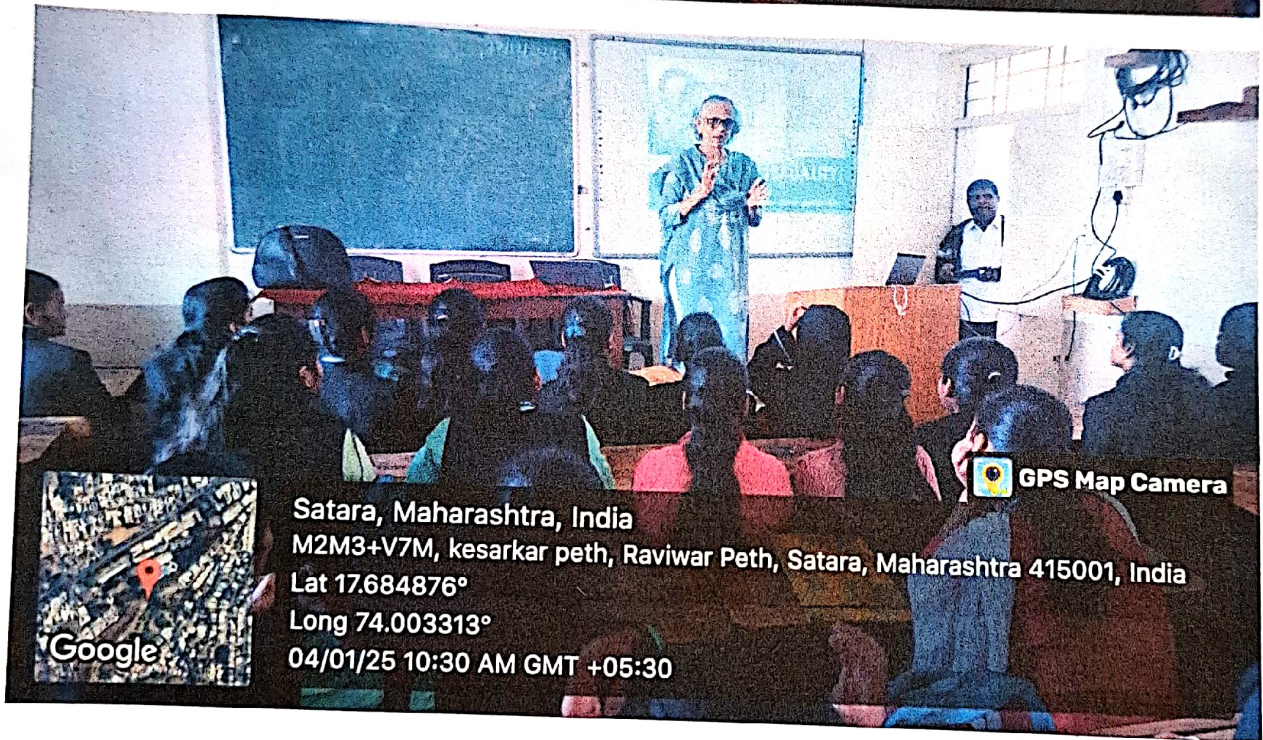
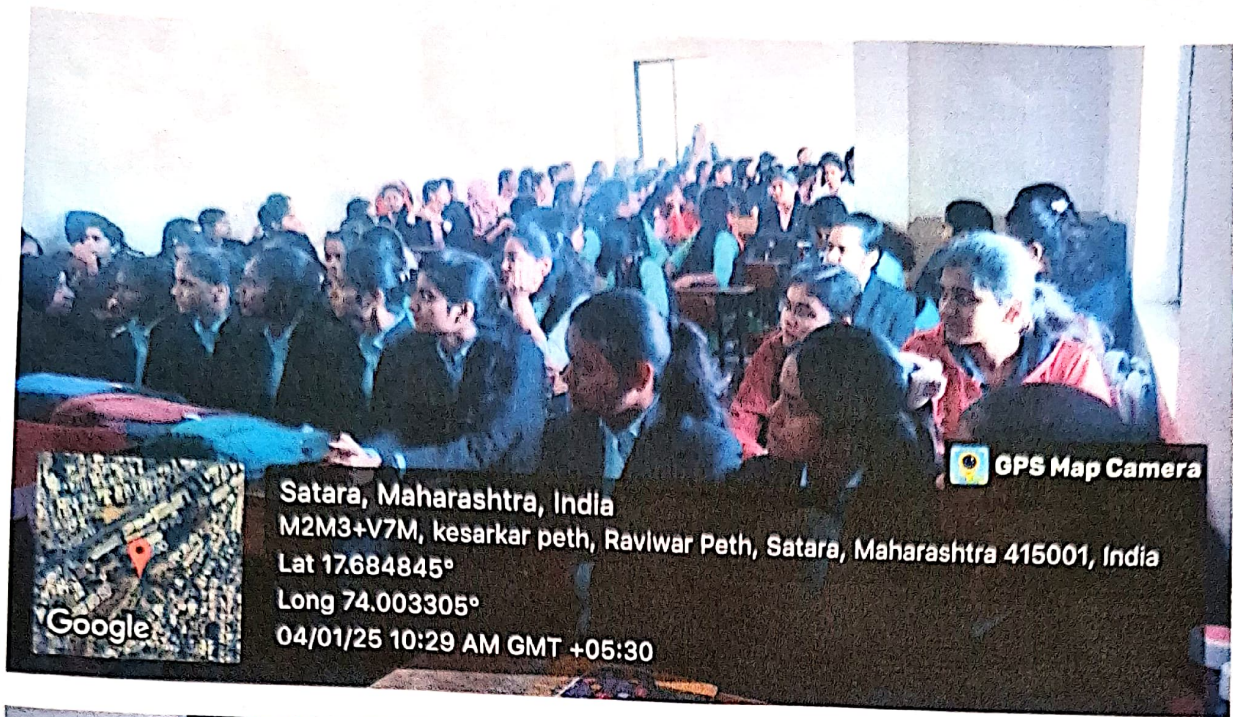
Conclusion

The workshop "Beyond the Boundaries" proved to be an enriching experience, equipping participants with crucial skills to excel in life and career. It underscored the importance of such initiatives in academic institutions, leaving a lasting impact on the attendees.

Photos:



Dr. Chitra Dabholkar, Adv. Beena Shaha, Vaishali Devi guiding the participants



A Workshop on Life Skills

Smpalki
Co-ordinator
Women Empowerment cell

Smpalki
IQAC
Co-ordinator

Savitribai Phule
Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA.



Savitribai Phule Mahila Mahavidyalaya, Satara

2024-25

IQAC and Women Empowerment Cell Jointly organized

Lecture Series Beyond The Boundaries

Session 2 – Life Skills

Date- 04/01/2025

Time- 10.00 am

Sr. No	Name of Students	Class	Sign.
1.	shinde Dhanuhti vikas	B.A. III	shinde
2.	Kadam Pradnya Hindumao	B.A. III	P.H.Kadam
3.	Sawant Gitanjali Bajirao	B.A. III	@Sawant
4.	Rasal Shreya Anil	B.A. III	RSasal
5.	Kamble Anuja Ajay	B.A. III	AKamble
6.	Sonawane Sonika Lahu	B.A. III	Sonika
7.	Mansi Sambhaji Shinde	B.A. III	MShinde
8.	Fomas Soniya Jainuddin	B.A. III	S.J. Fomas
9.	Sutar Ashwini Madyappa	B.A. III	A.M. Sutar
10.	Swati Digambar Mahamuni	B.A. III	S.D. Mahamuni
11)	siya sandip kamble	B.A. III	SKamble
12)	madhavi shankar salant-hp	B.A. III	MS
13)	Payal Anil Pawar	B.A. III	Payal
14)	Pooja Sandip Nikam.	B.A. III	P.S. Nikam.
15)	Pranali Shailesh Randive.	B.A. III	Pranali
16	Vaishnavi Ankush shinde	B.A. III	Vshinde
17	Jagtap Seeta Vasant	B.Com II	Seeta
18	Borate Rupali Rajendra	B.Com II	R.R.B.
19.	Goze Divya Shrikant	B.Com II	Divya
20	Mane Najuka Dipak	B.Com II	NT
21.	Mohite Shradha Shahaji	B.Com II	SMohite
22.	Bhande Apurva shankar	B.Com II	A.S.B.

Sr. No	Name of Students	Class	Sign.
23.	Nikam Dhanashti sunil	B.com-II	D.S.Nikam
24	Pawar Shtaddha Santosh	B.com-II	S.S.Pawar
25.	Jadhav Kamishma Bhanat	B.com-II	Bhadhu
26.	Yadav Vaishnavi chandrakant	B.A-I	v.c.yadav
27.	Lohar Vaishnavi Ramdas	B.A-I	Lohar
28.	kalyani Dipak Atar	B.A-I	Kalyani
29	Santoshi Pandurang Khude	B.A-I	S.Khude
30	Prabhya BalRam Babar	B.A-I	P.B.Babar
31.	sakshi Sunil phadare	B.A-I	Sakshi
32]	pooja shabaji Babar.	B.A-I	Phabaje
33)	Aarti Machhidra Naghamale	B.A-I	Aarti
34)	Pooja Ashok Desai	B.A-I	P.A.Desai
35)	Supriya Shankar Waghmare	B.A-I	SW
36]	Afsana balakant mukani	B.A-I	Abmukani
37]	shtutika chandrakant Indalkar	B.A-I	Shtutika
38]	Sanika Dhansaji ghadge	B.A-I	S.D.Ghadge
39]	Ahjali umesh Jadhav	B.A-I	A.U.Jadhav
40)	sakshi shama Shinde.	B.A-I	S.S.Shinde
41)	Ranbagle shouvi sanjay	BA-I	S.S.Ranbagle
42]	Bamane sapana Balkurshna	BA-I	S.B.Bamane
43]	Gore Akshata Anand	BA-I	Akshata
44)	Naziya Firoj Shaikh	BCA-I	N.F.Shaikh

Sr. No	Name of Students	Class	Sign.
45]	Shevate Samida Sunil	BCA-I	Samida
46]	Shinde Anushka Kumar	BCA-I	Anushka.
47]	Shaikh Mariya Rizwan Ahmad	BCA-I	Mariya
48]	Patel Majida Vajir	BCA-I	Majida
49]	Shaikh Sadaf Aja's	BCA-I	Sadaf
50]	Bhosale Saee Vikas	BCA-I	S.V.Bhosale
51]	Mulla Jiya Samir	BCA-I	J.S.mulla.
52]	Kalange Namrata Sachin	BCA-I	Kalange
53]	Rangat Dipika Satish	BCA-I	Rangat
54]	Patil Samruddhi Vijay	BCA-I	Patil
55]	Mose Kajal Pandurang	BCA-I	K.P.mose.
56]	Momin Ammara Rafik	BCA-I	Ammara
57]	Mane Vishranti Madhukar	BCA-I	Mane
58]	Pawar Payal Jeevan	BCA-I	P.J.Pawar
59]	Nanaware Diksha Nitin	BCA-I	Nanaware
60]	Sawant Vaishnavi Santosh	BCA-I	Sawant
61]	Nikam Srushti Balkrushna	BCA-I	S.B.Nikam
62]	Nikam Sanika Sandip	BCA-I	Sanika
63]	Renuse Prachi Prakash	BCA-I	P.P.RENUSE
64]	kumbhar Pranjali Dipak	BCA-I	P.D.Kumbhar
65]	Kumbhar Gayatri Bharat	BCA-I	G.Kumbhar
66]	Ghadage Rupali Shiraji	BCA-I	R.Ghadage.

