



## LIFE SKILLS ACTIVITIES CONDUCTED BY THE COLLEGE

Sr.No.	Name of the activity	Date of the activity	Name of the Agencies/ Consultants involved	Link to the Relevant Document
<b>2022-23</b>				
1.	Self-Defense Workshop	29-09-2022	Mr. Rhys Vaz, Krav Maga Instructor	<a href="#">View</a>
2.	Entrepreneurship - Mindset and Roadmap	30-08-2022	Mr. Royal D'Souza, organized by YWCA Byculla	<a href="#">View</a>
<b>2021-22</b>				
1.	Workshop on - Standup against Street Harassment	06-12-2021	Mr. Salman, Trained & Certified Trainer by Hollback Foundation	<a href="#">View</a>
2.	Webinar on - Woman Health Invisible illness PCOD	29-01-2022	Dr. PoonamDinde & Ms. Seema Khandale, Akshara Social Group	<a href="#">View</a>
<b>2020-21</b>				
1.	Radiate positivity with Yogi Kush Webinar	29-08-2020	Dr. Kush Panchal, PhD in DyanYog	<a href="#">View</a>
2.	Self-Defense Workshop	07-11-2020	Mr. Rhys Vaz, Krav Maga Instructor	<a href="#">View</a>
3.	International Yoga Day Celebration	21-06-2021	NSS XIE	<a href="#">View</a>
<b>2019-20</b>				
1.	Seminar on Entrepreneurship Essentials	29-08-2019	Mr. Aditya Kumbhare, Freelancer movie-maker & script writer	<a href="#">View</a>
2.	Informative talk on- Women against violence	04-03-2020	Adv. Alieen Marques	<a href="#">View</a>
3.	Meditation Session	10-10-2019	Fr.Fabian Barreto,S.J. XIE	<a href="#">View</a>
<b>2018-19</b>				
1.	Waste Management drive on National Science Day	28th February 2019	Dept of Applied Science & Humanities	<a href="#">View</a>