



**Workshop Report  
On  
Yoga for Health and Fitness  
Duration: 2 Days**

**From: 21<sup>st</sup> Nov, 2023 to 22<sup>nd</sup> Nov, 2023**

**Objective:** To introduce and encourage healthy living practices among girl students by focusing on physical fitness, personal hygiene, and yoga. This program aimed to provide practical knowledge and tools to adopt a healthier lifestyle.

**Outcome:** The health and wellness program successfully engaged students in multiple facets of physical fitness, hygiene, and yoga, encouraging them to view these as vital elements of their everyday lives. Through interactive sessions and hands-on activities, participants gained practical knowledge and skills to adopt healthier habits. This approach empowered students to integrate physical fitness routines, hygiene practices, and yoga into their daily routines, promoting overall well-being. It not only equipped students with the tools to maintain a balanced lifestyle but also fostered a sense of community and collective well-being.

**No. of Participants: 35**

**FIRST DAY**

**THEORY SESSION**



**SECOND DAY**



  
**Incharge Principal  
S. B. Mahila Arts College  
Himatnagar**



**Seminar Report  
On  
Communicating with Confidence**

**Duration: One Day  
(8:30 AM – 12:00 Noon)**

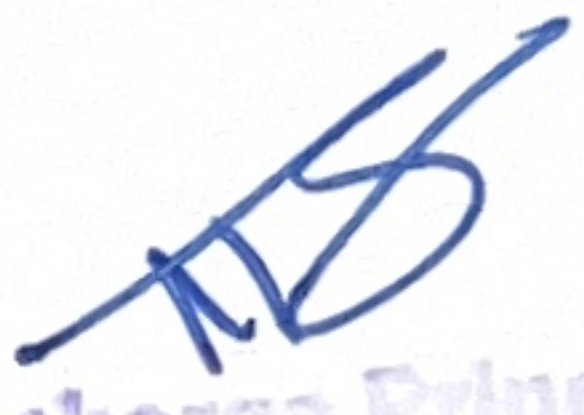
**Date: 14<sup>th</sup> Dec, 2023**

**Objective:** The seminar on Communicating with Confidence aimed to enhance participants' communication skills by building their confidence in expressing themselves effectively. The session focused on understanding the importance of confidence in communication, overcoming barriers, and mastering body language, active listening, and public speaking. The seminar provided practical techniques and exercises to help participants improve their communication and engage in empathetic, clear, and confident conversations.

**Outcome:** The seminar successfully enhanced participants' confidence in communication. Students reported improvements in both verbal and non-verbal communication, particularly in body language and active listening. They found the public speaking activity valuable for building self-assurance, while role-playing exercises helped them become more empathetic listeners. Peer feedback sessions offered actionable insights for further improvement. Overall, the seminar helped participants become more effective and confident communicators, ready to apply these skills in various contexts.

**No. of Participants: 25**



  
Incharge Principal  
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## Workshop Report

On

## MS Office Essentials

**Duration: 1 Day (8:30 AM – 12:00 Noon)**

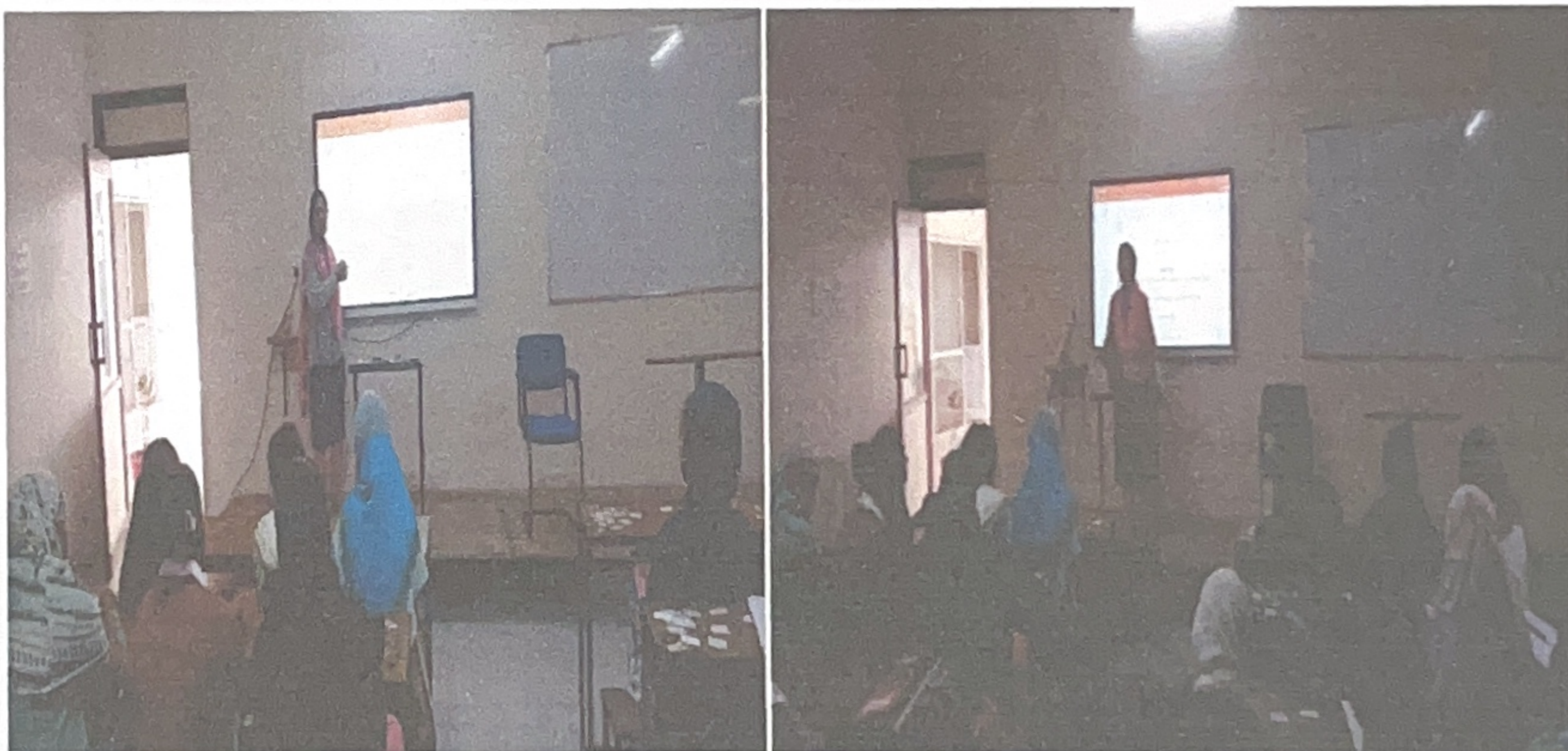
**Date: 17<sup>th</sup> Jan, 2024**

**Objectives:** The MS Office Essentials workshop aimed to provide participants with a foundational understanding of key Microsoft Office tools: Word, Excel, and PowerPoint. The goal was to enhance their computing skills, enabling them to effectively create documents, manage data, and design presentations.

**Outcomes:** By the end of the workshop, participants gained valuable skills in Microsoft Word, Excel, and PowerPoint. They learned to create and format documents, manage data through spreadsheets, and design effective presentations. Through hands-on activities and live demonstrations, participants gained practical experience and confidence in applying these tools to academic, professional, and personal tasks. The interactive approach fostered a positive learning environment, ensuring participants left with enhanced computing skills.

**No. of Participants: 32**

**Photos:**



  
Incharge Principal  
S. B. Mahila Arts College  
Himatnagar



## Workshop Report

On

### Building Confidence Soft Skills

Duration: 3 Days (8:30 AM – 12:00 Noon)

From: 21<sup>st</sup> Feb, 2024 to 23<sup>rd</sup> Feb, 2024.

**Objective:** The Building Confidence Soft Skills Workshop, conducted over three days, aimed to enhance essential soft skills, including communication, leadership, time management, and emotional intelligence, among girl students. The workshop sought to empower participants to develop greater self-confidence, improve interpersonal effectiveness, and strengthen their ability to work collaboratively. Activities such as role-plays, goal-setting exercises, and public speaking sessions were designed to foster personal growth and professional readiness.

**Outcomes:** By the end of the workshop, participants reported significant improvements in their communication skills, leadership capabilities, time management strategies, and emotional intelligence. They expressed increased confidence, particularly in public speaking, and appreciated the interactive nature of the sessions. Many students indicated a desire for extended group discussions and more advanced sessions in future workshops. Overall, the workshop successfully achieved its goal of building confidence and equipping students with the soft skills necessary for both personal and professional success.

**No. of Participants: 26**

**Day 1: Personality Development**

**Day 2: Time Management**

**Day 3: Emotional Intelligence**



  
In-charge Principal  
S. B. Mahila Arts College  
Himatnagar