

# Life Skills

1) **Yoga , Physical Fitness , Health and Hygiene:** Yoga is a mind and body practice with a 5,000 years history in ancient Indian philosophy ,physical postures breathing techniques and meditation or relaxation. In more recent year's form of physical exercise based on poses that promote improved control of the mind. Being modern yoga has evolved with a focus on exercise, strength, flexibility and breathing-exercise and mental well-being. There was several importance of Yoga given by the expert.

So, to promote importance of yoga Pratapsinh Mohite-Patil Mahavidyalaya organized different programs online for students during academic year 2021-22.

Name of Guest	Program	Date	Participants
Miss .Pooja Zole	Celebration of international Yoga Day	21/06/2021	46
Miss. Pooja Zole	Importance of Yoga	22/06/2021	40
Mr. Waghmare M.S.	Physical fitness	09/12/2021	39
Mr. Kapil Bhalerao	Health &Hygiene	05/12/2021	60



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## Soft Skills

Soft skills are essential in the professional arena as well as in daily life of a person. These skills can be established and developed. Most of the employers in these days want to hire, retain, promote persons who are dependable, resourceful, ethical, self-directed, having effective communication, willing to work and learn having positive attitude. So, the attributes of soft skills need to be imbibed in students to show their real potential. Soft skills are also important to live a happy and peaceful life without any mental stress.

In the academic year 2021-22 our college organized online lectures for the soft skill development among the students.

### List of Lectures organized on soft skills: -

Sr.No.	Name of the lecturer	Subject of Lecture	Date	Number of students
1	Dr. S.D. Patil	Personality development	20/08/2021	45
2	Mr. S.M Jadhav	Soft skill development	23/09/2021	53
3	Mr. D.G. Bhosale.	Soft skill management	15/10/2021	41
4	Dr. P.V. Deshmukh	Soft skills and importance of it in corporate sector	20/01/2022	60
5	Mr. A.S. Chopade	Time management	05/02/2022	55



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# Language And communication

Language is a vital part of human connection. Although all species have their ways of communicating, humans are the only ones that have mastered cognitive language communication. Language allows us to share our ideas, thoughts, and feelings with others. It has the power to build societies, but also tear them down. Language is what makes us human. It is how people communicate. By learning a language, it means you have mastered a complex system of words, structure, and grammar to effectively communicate with others. To most people, language comes naturally. We learn how to communicate even before we can talk and as we grow older, we find ways to manipulate language to truly convey what we want to say with words and complex sentences. Of course, not all communication is through language, but mastering a language certainly helps speed up the process. This is one of the many reasons why language is important.

In academic year 2021-22 for the betterment of English language and its communication in the students of rural areas we organized several online guest lectures on the English language and communication.

Sr.No.	Name of the Guest	Subject of Lecture	Date	Number of students
1	Mr. Kharade D.M	Spoken English	24/08/2021	41
2	Dr.D.G.Shahane	English Language in day today life	28/09/2021	35
3	Mr.U.V.Sawant	Development of Communications Skill	05/12/2021	40
4	Mr.Kharade D.M.	How to speak fluently in English Language	27/01/2022	29



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