

The following Capacity Development and Skill Enhancement activities are organized for improving students' capabilities:

Soft Skills

Sr.No.	Topic
01	Session on "Heal Your Mind " under the Motivational Lecture Series
02	Session on "Introduction to Art and Botanical Illustration "
03	Session on "Soft Skills for Students " under the Motivational Lecture Series

VPM's B.N.Bandodkar College of Science (Autonomous), Thane

Report of

Motivational Lecture Series 2020-2021

Topic - Heal your mind

Date: 7th August, 2020

Name of the department conducting event: Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

Class & Number of participants – S. Y. B. Sc + Research Scholar Programme=Total 46
Number of teachers - 1

Resource person: Dr. M. Saha, Head, Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

Platform: Google meet

As a part of the Motivational Lecture Series, a lecture on the topic Heal your mind was conducted by the Department of Botany for S.Y.B.Sc and RSP students. At the beginning of Covid-19 Pandemic when the students were in a state of confusion and stress, this lecture guided students to find positivity in hard times. Teenage students often undergo peer pressure, self resentment, guilt and many other negative thoughts which in turn affects their health and social behaviour. To make students realise the importance of keeping the mind happy and joyful, a few simple tricks were taught. They were told about the 'Law of attraction' and how simply by surrounding the mind with positive thoughts one can overcome negativity. Many questions were asked by students related to stress and anxiety. Students found the lecture interesting and they enjoyed it thoroughly.

Session outcomes

- Students learned simple tricks to remain calm and joyful in difficult situations
- The lecture taught students to think positively even in adverse condition
- Students started thinking in a new perspective towards the pandemic situation

VPM's B.N.Bandodkar College of Science (Autonomous), Thane

Report of

Motivational Lecture Series 2020-2021

Topic - Introduction to Botanical art and illustration

Date: 11th August, 2020

Name of the department conducting event: Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

Class & Number of participants – S. Y. B. Sc 27 + T. Y. B. Sc. 14 = Total 41

Number of teachers - NIL

Resource person: Ms. Priyanka Varma Asst. Professor, Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

Platform: Google meet

A lecture on 'Introduction to Botanical art and illustration' was conducted under the Motivational lecture series. Students were introduced to an interesting and new topic Botanical illustration which is an art of depicting scientifically accurate paintings of plant species. The scope and career as Botanical illustrator was discussed to students. Sample images of paintings of botanical illustrations were shown to students. Videos of how a botanical illustrator works were shown to students to get a clear idea. Students who are hobby painters were encouraged to take up a career as Botanical illustrator. Students curiously asked more details of the topic. The lecture was informative and enlightening for the students.

Outcomes :

- Students understand the topic very well.
- They were inspired to take up a career as a Botanical illustrator.
- Students who are hobby painters were fascinated to know about the scope and career as a Botanical illustrator.

VPM's B.N.Bandodkar College of Science (Autonomous), Thane

Report of

Motivational Lecture Series 2020-2021

Topic - Soft Skills for Students

Date: 14th August, 2020

Name of the department conducting event: Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane.

Class & Number of participants – S. Y. B. Sc + RSP = Total 40

Number of teachers - Nil

Resource person: MS. Chetana Shetty, Asst. Professor, Department of Botany, VPM's B. N. Bandodkar College of Science (Autonomous), Thane

Platform: Google meet

A lecture on "**Soft Skills for Students**" was organized as a part of the Motivational Lecture Series. Interpersonal skills that define a person's relationships with others are referred to as soft skills. Soft skills are recognized as equally important as hard skills at the workplace in today's time. It has become an essential component of any business relationship. Soft skills include communication abilities, time management, teamwork, and leadership traits, among other things. Soft skills such as empathy, accountability, and critical thinking have taken centre stage today. The Covid-19 crisis necessitated the need for soft skills for a better and positive social environment at home, school and work. Students were the silent sufferer. The whole point of this effort was to make students aware of the value of soft skills in everyday life. This session provided students with an enriching experience.

Outcomes:

- The session was useful in building empathy in students.
- It helped students learn effective communication abilities.
- It aided in polishing the overall personality of a student.