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**KAMLA NEHRU MAHAVIDYALAYA**  
**Title: Comprehensive Multi-Skill Development Program: Empowering Students for**  
**Diverse Career Paths**  
**21<sup>st</sup> March 2024 To 3<sup>rd</sup> April 2024**



**Introduction:**

In response to the growing demand for versatile skills in today's job market, a comprehensive multi-skill development program was initiated for students across different disciplines. This program aimed to equip participants with a diverse range of practical skills which includes hardware and software solutions, CPR (Cardiopulmonary Resuscitation), disaster management, basic electrical and electronics repairing, plumbing services, and app development. By offering training in these areas, the program aimed to prepare students for various career opportunities and empower them to tackle real-world challenges effectively.

## Components of the Program

The program was Inaugurated by the hands of Kumar Zilpelwar, President of JCI, Founder of Arya Vaishya Management Association, Founder of Fire safety Association of Nagpur, Presidents of Disha Knowledge Foundation. He is well known faculty for Leadership, Chairmanship and Parliamentary Procedures. He is well known motivational speaker.

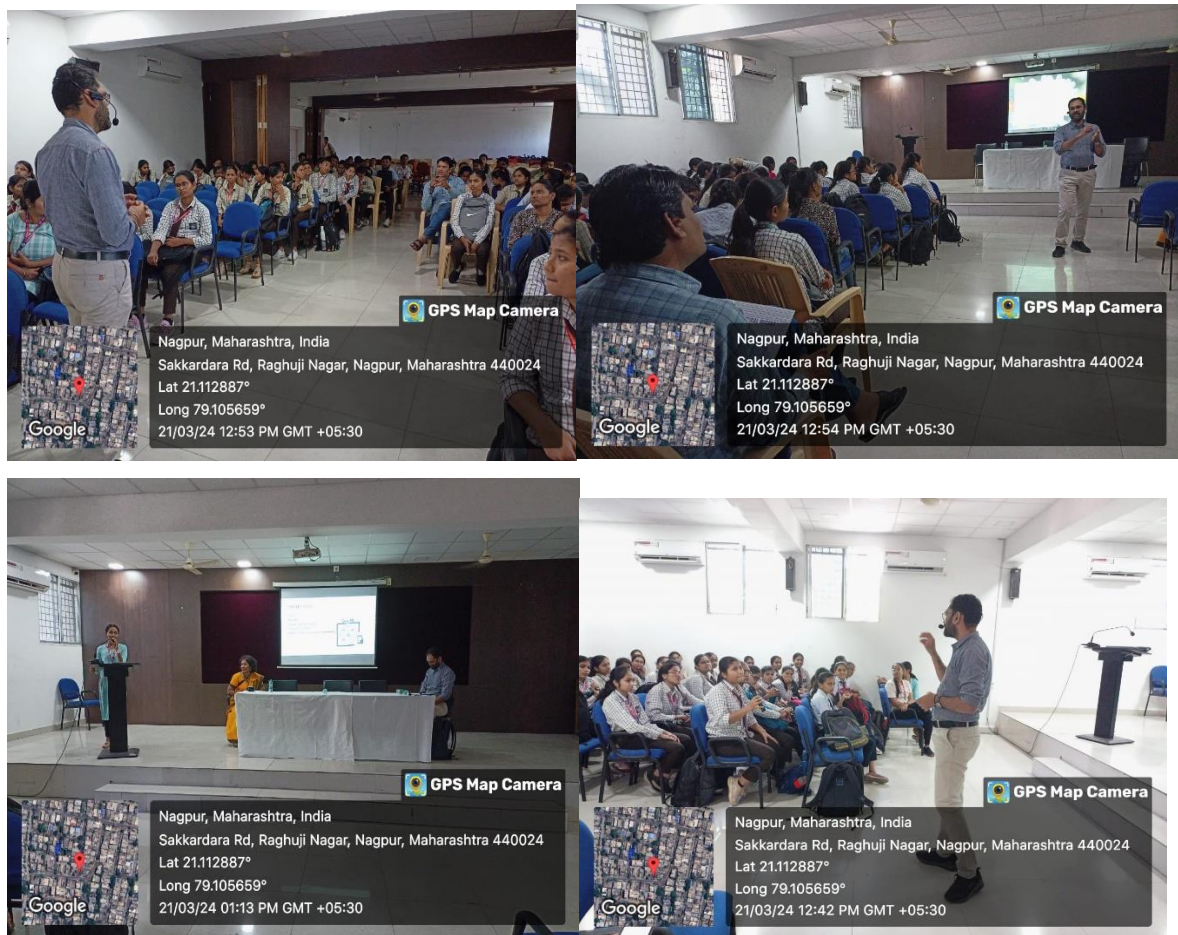


### (A) Hardware and Software Solutions:

Participants received hands-on training in hardware assembly, troubleshooting, and software installation.

They learned about computer architecture, peripheral devices, and maintenance procedures.

Software training covered operating systems, productivity software, and basic programming concepts. Mr. Upendra Singh, Dealer of CC+ Company delivered the hands-on Training on Printer repairing, Replacement of Cartilage, Hardware components of the computer.



## (B) Diet & Nutrition in Young Generation

A proper diet consisting of fruits, vegetables, whole grains, lean proteins, and healthy fats helps in weight management and reduces the risk of obesity-related health issues.

**Prevention of Chronic Diseases:** Healthy eating habits established during youth can significantly lower the risk of developing chronic diseases later in life, such as heart disease, diabetes, and certain types of cancer.

**Mood Regulation:** Diet can influence mood and emotional well-being. Nutrient-dense foods support the production of neurotransmitters like serotonin, which regulate mood, stress levels, and overall mental health.

**Establishing Lifelong Habits:** Young adulthood is a crucial time for establishing lifelong habits. Adopting a balanced diet early on sets the foundation for a healthy lifestyle in the future.

**Bone Health:** Adequate intake of calcium, vitamin D, and other nutrients is crucial for bone development and strength, reducing the risk of osteoporosis and fractures later in life.



Overall Quality of Life: A proper diet contributes to overall quality of life by promoting physical health, mental well-being, and longevity. It allows youngsters to feel their best and enjoy life to the fullest. Ms. Yogita Dharmik Certifies Clinical Nutritionist & Dietician at Neurons hospital, Nagpur and currently associated with many reputed Hospitals.



### **(C) Basic Electrical and Electronics Repairing:**

Practical workshops covered the fundamentals of electrical circuits, components, and troubleshooting techniques.

Participants learned how to repair common electrical and electronic devices, such as switches, sockets, and circuit boards. Chetan Nahate & N.W. Warkhade, Lecturer MCVC (Electrical ) Kamla Nehru Mahavidyalaya, Nagpur explained about Earthing and its importance, check the circuit board, fuse repairing etc.



#### **(D) Plumbing Services:**

Plumbing training modules provided participants with skills in pipe fitting, leak detection, fixture installation, and maintenance.



Emphasis was placed on water conservation, sanitation practices, and safety precaution. How to fix tap etc. Dr. B. P. Koche, Craft Instructor (Retired) Govt. Industrial Training Institute Gave the hands-on training on this topic.



## (E) App Development:

App development workshops introduced participants to the fundamentals of mobile app development. They learned programming languages, app design principles, and software development tools to create functional mobile applications. Some free software's like MIT App

Inventor, Kodular were used in developing app. Hand on training was delivered Dr. Sarang Dhote, Assistant Professor, Department of Chemistry, Shivaji Science College, Nagpur.





## (F) CPR (Cardiopulmonary Resuscitation):

Certified instructors conducted CPR training sessions to teach participants life-saving techniques in emergency situations.

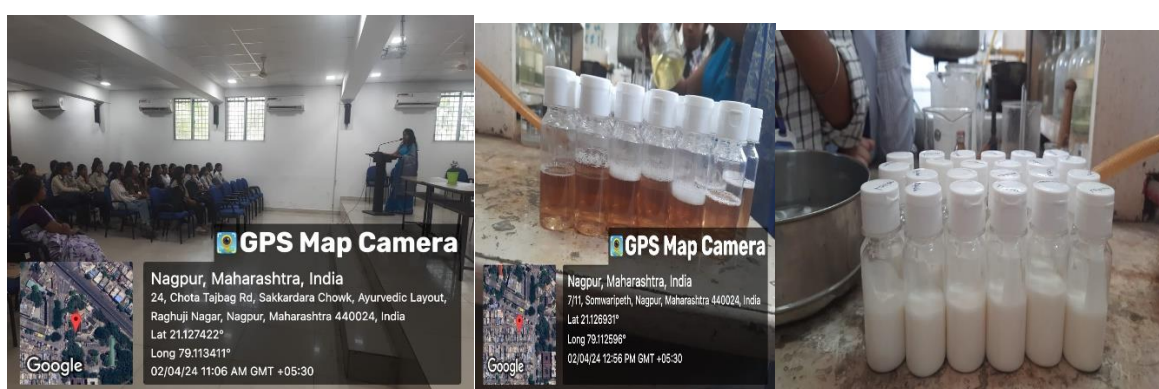
Participants learned how to perform chest compressions, rescue breaths, and use automated external defibrillators (AEDs). Dr. Gauri Arora, Director of Arora Hospital, President of Indian Society of Anaesthesiologists Nagpur City Branch delivered the hands-on training on CPR



## (G) Formulation of Shampoo & Moisturizing lotion

Dr. Smita Parate, Assistant Professor, LAD College Nagpur gave the live demonstration on formulation of Shampoo (Herbal) & Moisturizing Lotion. She has delivered and explained the importance of Cosmetics in everyday life.





## (H) Art & Craft

Devyani Bangadkar, Fevicry, Commercial Artist gave the hands-on training on best out of waste. She has told the importance of art and craft activities such as drawing, painting, or crafting can act as a form of stress relief. These activities allow individuals to focus their minds on creative tasks, helping to reduce anxiety and promote relaxation.

Creativity and Problem-Solving: Art and craft activities encourage creative thinking and problem-solving skills. By experimenting with different materials, colors, and techniques,

individuals learn to think outside the box and develop innovative solutions to challenges they may encounter in daily life.



### **Implementation and Impact:**

The multi-skill development program was implemented through a combination of classroom instruction, practical demonstrations, and hands-on workshops. Experienced trainers and industry experts facilitated the sessions, providing personalized guidance and mentorship to participants.

Number of Beneficiaries; Total 285 Students were benefitted by the Program. The students gave many suggestions to improve the program, which will be implemented in coming session.

The program has had a transformative impact on the students:

**Enhanced Employability:** Participants have gained a versatile skill set that enhances their employability across various industries. They are equipped to pursue careers in IT, healthcare, construction, and emergency services, among others.

**Improved Community Resilience:** Training in CPR, disaster management, and plumbing services has empowered participants to contribute to community resilience and disaster preparedness. They are prepared to respond effectively to emergencies and provide essential services in times of crisis.

**Entrepreneurial Opportunities:** The program has inspired entrepreneurial spirit among participants, encouraging them to start their own businesses in hardware repair, plumbing services, or app development. They have the skills and confidence to pursue entrepreneurial ventures and create employment opportunities for others.

**Number of Beneficiaries: Total 285 Students were benefitted by the activity.**