



## REPORT ON SKILL ENHANCEMENT SEMINAR “YOGA – MIND & BODY CONNECTIONS”

On  
21<sup>st</sup> JUNE, 2018  
(08:00 am – 09:00 am)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “YOGA – MIND & BODY CONNECTIONS” on 21<sup>st</sup> June, 2018, in Room no. 304. The seminar was organized by the Department of BCOM in association with Brahmakumaris and was attended by F.Y.B.COM, S.Y.B.COM, and T.Y.B.COM students.

The session aimed to help participants focus on the mind-body connection, which can improve an individual's overall mood and well-being.

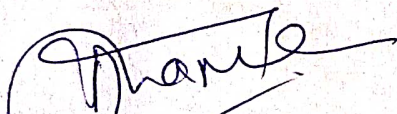
Key concepts discussed include:

- Understanding the mind-body connection
- Benefits of yoga for mental and physical health
- Techniques for improving concentration and relaxation


The seminar concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into the mind-body connection through yoga.

They also explained the students that the purpose of Yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being. In the foregoing pages of this book, I have described the Technique of relaxation in different postures viz., standing, lying and sitting postures which brings in this harmony. Yoga is not mere practice for an hour or two in a day but it is the most scientific way of living, all the twenty-four hours of the day. During the whole day you may be only in one of these three postures and hence a skillful adjustment in them will affect the required harmony. It was an very informative session.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
**Mr. Mohitkumar Sharma,**  
**Coordinator**



  
**Ms. Nirja Sharan,**  
**I/C Principal**  
**I/C PRINCIPAL**  
ST. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE-DAY SEMINAR  
UNLOCKING THE POWER OF EFFECTIVE  
COMMUNICATION**

**ON**

**14<sup>TH</sup> JULY, 2018**

St. Rock's College of Commerce & Science organized a one-day seminar "Unlocking the power of effective communication" on 14<sup>th</sup> July 2018 in Room No. 403.

Effective communication is the cornerstone of success in various aspects of life, be it personal relationships, professional endeavours, or societal interactions. The seminar titled "Unlocking the Power of Effective Communication" aimed to delve into the intricacies of communication, emphasizing its significance and providing participants with tools and strategies to enhance their communication skills. The program started at 11:00 am with the welcome address by Dept of BAF by the speaker Ms. Sonal Santosh Kadam

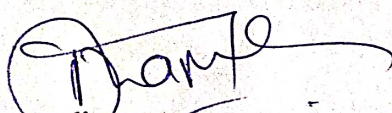
The Seminar was organized by the Department of BAF in Association with LN College. Class of FYBCOM, SYBCOM, and FYBAF attended the seminar.

**Leaning from Seminar:**

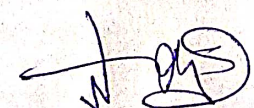
The seminar on "Unlocking the Power of Effective Communication" proved to be a resounding success, leaving participants with enhanced communication skills and a deeper appreciation for the various facets of effective communication. As communication is a lifelong learning process, this event served as a stepping stone for individuals to continue refining and applying their newfound skills in both personal and professional spheres.

To understand how to express thoughts and ideas clearly, resolve conflicts peacefully, and build strong connections through effective communication

The Programme wrapped up around 12:30 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
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## “HOW TO CULTIVATE RESILIENCE AT WORK”

On

3<sup>rd</sup> AUGUST, 2018  
(11:00am to 12:00pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “HOW TO CULTIVATE RESILIENCE AT WORK” on 3<sup>rd</sup> August, 2018, in Room no. 304. The seminar was organized by the Department of BFM in association with UBS Education and was attended by F.Y.B.M.S. and F.Y.B.F.M. students.

The session was conducted by Prof. Ghanshyam Jha from UBS Education.

Key concepts discussed include:

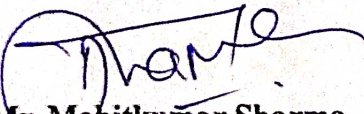
- Resilience training can help develop resilience and encourage resilience in others.
- It can help people react calmly to change and challenges.

The seminar aimed to help participants cultivate resilience in the workplace, enabling them to face challenges with a positive mindset.


Cultivating resilience is a journey in itself. It's about equipping yourself with the mindset and tools to not only overcome challenges but also to grow stronger from them. The challenge arises from our tendency to overlook the fact that failure is not a final destination but rather a chance for personal growth and advancement. It is not failure itself that intimidates us, but rather the potential consequences that follow was explained very well.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into cultivating resilience at work.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Mr. Mohitkumar Sharma,  
Coordinator,



  
Ms. Nirja Sharan,  
I/C Principal,  
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**REPORT ON ONE-DAY SEMINAR  
NAVIGATING THE ACADEMIC LANDSCAPE  
ON  
6<sup>TH</sup> AUGUST 2018**

St. Rock's College of Commerce & Science organized a one-day seminar on "Navigating the Academic Landscape" in Room No. 304.

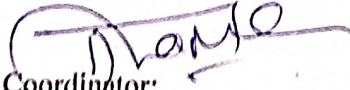
The seminar titled "Navigating the Academic Landscape" was conducted to provide students and educators with valuable insights into the challenges and opportunities within the educational realm. The event, held on 6<sup>th</sup> August, 2018 at St Rocks College. The program started at 10:00 am with the welcome address by Dept of BAF by the speaker Ms. Pawar Swati.

**The Seminar was organized by the Department of BCOM in Association with MM Jagtap College. Class of FYBCOM, SYBCOM, and TYBCOM attended the seminar.**


To understand the various components of the academic environment, including educational institutions, research activities, scholarly communication, and professional development.

The seminar on "Navigating the Academic Landscape" proved to be an enriching and informative experience for all participants. By addressing critical aspects of academic life, the event contributed to the personal and educational development of attendees. As students and educators continue their journey in the academic landscape, the knowledge and skills acquired during this seminar will serve as valuable resources to navigate challenges and embrace opportunities effectively.

The Programme wrapped up around 11:00 am with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
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**REPORT ON ONE DAY SEMINAR  
"DATA SCIENCE FOR BEGINNERS"**

**ON**

**7<sup>th</sup> SEPTEMBER 2018**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on "DATA SCIENCE FOR BEGINNER" on **SEPTEMBER 7, 2018** in Room no. **503**.

The seminar focused to Understand, how to explore, sort and analyse Mega data from various sources in order to take advantages of them and reach conclusions to optimize business processes or for decision support.

The programme started at **10:00AM** presented by **Mr. ASHISH SHAH** from **JM Patel College**. The Seminar Organized by the Dept. of B.Sc.I.T. in association with JM Patel College. The Seminar was attended by students of F.Y.B.M.S, S.Y.B.M.S, and F.Y.B.Sc.I.T. & S.Y.B.Sc.I.T.

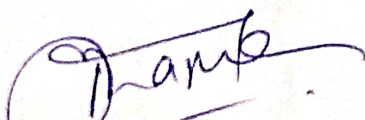
**Key Points from Seminar:**

To understand how to explore, sort and analyse mega data from various sources in order to take advantage of them and reach conclusions to optimize business processes or for decision support In conclusion, the seminar on "Data Science for Beginners" provided a comprehensive overview of the foundational concepts, tools, and techniques essential for individuals venturing into the field of data science.

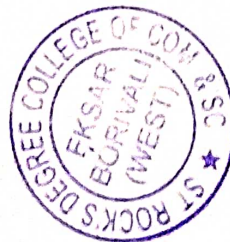
Participants gained insights into the definition and scope of data science, its significance in today's digital landscape, and its applications across various domains.

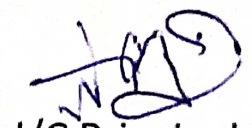
Moreover, the seminar emphasized the importance of ethical considerations in data science, highlighting the need for responsible data handling practices and addressing privacy concerns.

The Seminar was very helpful for the students. Students were very much interested in the seminar The Programme wrapped up around 11:00AM with a vote of thanks was given by Mr Mohitkumar Sharma, Coordinator and I/C Principal Mrs.Nirja sharan of St. Rock's College.

  
Coordinator:

**Mr. Mohitkumar Sharma**



  
I/C Principal:

**Mrs. Nirja Sharan**  
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A one day seminar was conducted on 'Stress management'. This Seminar was attended by the students of S.Y.B.M.S., T.Y.B.Sc..I.T., T.Y.B.Com St. Rock's Degree College of Commerce and Science. The details of seminar are as given below.

**Name of seminar: Stress management-Ways to handle stress**

**Date: 18<sup>th</sup> September, 2018**

**Conducted by: Ms. Shinde Kalyani Baburao(M.M. Jagtap College)**

**Organized by: Dept. of B.M.S. in association with M. M. Jagtap College**

Physical comforts are increasing day by day but at the cost of increase in mental stress. Students spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. They may have headaches, they are tired, and they are so exhausted that they just want to crawl into bed and sleep. Yoga not only releases mental stress, but it also give strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind.

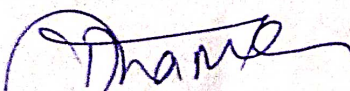
Around these thoughts, the one hour session began with light exercise and some music for the participants. It helped the students relax and concentrate which was the mantra for the day "Relaxing and therapies helps reduce stress".

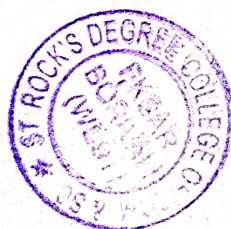
Following are the tips given by Ms. Shinde Kalyani Babaurao on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.


- Structure each day to include a minimum of 20 minutes of aerobic exercise.
- Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.
- Substitute fruits for desserts.
- Avoid caffeine.
- Get at least 7 hours of sleep.
- Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.
- Take a warm bath or shower.
- Go for a walk. Get in touch! Hug someone, hold hands, or stroke a pet. Physical contact is a great way to relieve stress.

All of the above tips given in the session seemed very useful and efficient to reduce the stress. The participants of the workshop had a wonderful experience during various practice and exercises. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved.

The session gave the students and the faculty members an opportunity to learn how to manage stress in their daily lives.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Giran  
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A one day seminar was conducted on 'Improving Negotiation Skills'. This Seminar was attended by the students of S.Y.BMS, S.Y.B.COM and T.Y.BMS of St. Rock's Degree College of Commerce and Science. The details of seminar are as given below.

**Name of workshop: Improving Negotiation Skills**

**Date: 5<sup>th</sup> December, 2018**

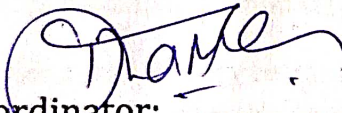
**Conducted by: Mr. Rakesh C. Jain (Career Managers)**

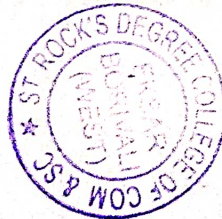
**Organized by: Dept. of B.M.S. in association with Career Managers**

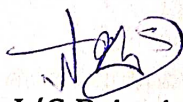
Managers devote a great deal of their time in negotiating with various interest parties on a day to day basis. It is often claimed that 'in business you do not get what you deserve, you get what you negotiate'. Negotiation Skills was conducted to address the same. This seminar was designed to help participants develop the right strategy to negotiate by providing them with a framework for approaching the negotiation process with confidence. The objectives included:

- Understand the basics of negotiations and getting an insight into the negotiation processes
- Understand fundamental rules of negotiation
- Understand the difference between distributive and integrative negotiation
- Understand the role of power in negotiation
- Appreciate the dynamics of multi-party negotiation

Seminar was successfully concluded with positive response from students. Question answer session was conducted to help students understand the topic better.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
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**REPORT ON ONE DAY SEMINAR ON  
"WEB DEVELOPMENT TRENDS"**

**ON**

**8<sup>th</sup>, DECEMBER 2018**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on "WEB DEVELOPMENT TRENDS" on **DECEMBER 8, 2018** in Room no. 503.

The seminar on "Web Development Trends" aimed to explore the latest advancements and emerging technologies shaping the field of web development. It provided insights into current trends, best practices, and future directions in creating modern web applications.

The programme started at 11:00AM presented By **Ms. ANUJA PATIL**

Organized by the Dept. of B.Sc. I.T. in association with VIVA College.

The Seminar was attended by Students of class F.Y.B.M.S, SY.B.M.S, S.Y.B.Sc.I.T.

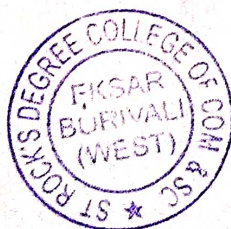
Overview of Jam stack architecture emphasizing pre-built mark-up, server less functions, and client-side rendering. Tools like Gatsby, Next.js, and Nuxt.js for Jam stack development.

The Speaker also explained about Responsive Web Design, Progressive Web Design, cyber security measures. The Seminar was very helpful for the students. In conclusion, the seminar provided an in-depth exploration of the latest trends and technologies in web development, equipping participants with valuable insights into creating modern, scalable, and efficient web applications by embracing responsive design principles.

The Seminar was very helpful for the students. Students were very much interested in the seminar. The Programme wrapped up around 01:00 PM with a vote of thanks was given by Mr Mohitkumar Sharma, Coordinator and I/C Principal Mrs.Nirja Sharan of St Rock's College.

**Coordinator:**

**Mr. Mohitkumar Sharma**



**I/C Principal:**

**Mrs. Nirja Sharan**  
**I/C PRINCIPAL**

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**REPORT ON ONE-DAY SEMINAR  
MASTERING LANGUAGES & COMMUNICATION STRATEGIES  
ON  
12<sup>TH</sup> JANUARY, 2019**

St. Rock's College of Commerce & Science organized a one-day seminar "Mastering Languages & Communication Strategies" in Room No. 503.

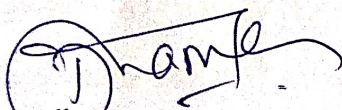
The seminar is titled "Mastering Languages & Communication Strategies". The seminar, organized by Dept of BMS, brought together language enthusiasts, professionals, and educators to explore effective approaches to language learning and communication. The program started at 11:00 am with the welcome address by Dept of BAF by the speaker Ms. Ayesha Mohta Sawant

The Seminar was organized by the Department of BMS in Association with Ramanath Payyade College. Class of SYBMS, TYBMS & and FYBAF attended the seminar.

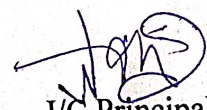
**KEY POINT FROM THE SEMINAR**

The "Mastering Languages & Communication Strategies" seminar was a well-organized and informative event. The diverse range of speakers, interactive sessions, and practical takeaways provided valuable insights for participants of all levels. Students left the seminar feeling motivated to apply the learned strategies to language learning and communication endeavours. To improve written communication, verbal skills, or overall language proficiency.

The Programme wrapped up around 12:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
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**REPORT ON ONE DAY SEMINAR  
"USE OF AI IN CYBER SECURITY"**

**ON**

**8<sup>th</sup>, FEBRUARY 2019**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on "USE OF AI IN CYBER SECURITY" on **FEBRUARY 8, 2019** in Room no. 503.

The seminar focused on analysing vast datasets to identify patterns and anomalies, enabling the detection of malicious activities.

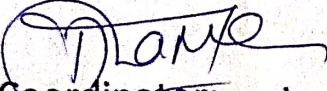
The Seminar was started at **10:00AM** presented by **Ms. RESHMA SHAIKH (SARAF COLLEGE)**.

Organized by the Dept. of B.Sc. IT in association with **SARAF COLLEGE**. The Seminar was attended by students of class **F.Y.B.Sc.I.T., S.Y.B.Sc.I.T., T.Y..B.Sc.I.T.**

The Speaker also explained about that today's digitally connected world, cyber security has become a paramount concern for individuals, businesses, and governments alike. As cyber threats grow in sophistication and frequency, traditional security measures alone are insufficient to defend against evolving attacks. This seminar explores the role of artificial intelligence (AI) in bolstering cyber security defences, highlighting its capabilities, applications, and implications.

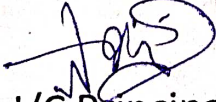
In conclusion, the seminar provided valuable insights into the diverse applications of AI in cyber security, showcasing its pivotal role in augmenting traditional defence mechanisms and strengthening resilience against evolving cyber threats. By harnessing the power of machine learning, behavioural analysis, vulnerability management, fraud detection, malware analysis, security automation, and defence evasion mitigation, organizations can enhance their cyber defence posture and effectively safeguard their digital assets and networks in an increasingly complex threat landscape.

The Seminar was very helpful for the students. Students were very much interested in the seminar. The Programme wrapped up around 11:00 AM with a vote of thanks was given by **Mr. Mohitkumar Sharma**, Coordinator and I/C Principal **Mrs.Nirja Sharan** of **St. Rock's College of commerce and science**.

  
Coordinator:

**Mr. Mohitkumar Sharma**



  
I/C Principal:

**Mrs. Nirja Sharan**  
I/C PRINCIPAL  
**ST. ROCK'S DEGREE COLLEGE  
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## “DECISION MAKING SKILLS”

On

9<sup>th</sup> FEBRUARY, 2019

(11:00am to 12:00pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “DECISION MAKING SKILLS” on 9<sup>th</sup> February, 2019, in Room no. 304. The seminar was organized by the Department of BAF in association with GPM College and was attended by FYBMS, SYBMS, and TYBMS students.

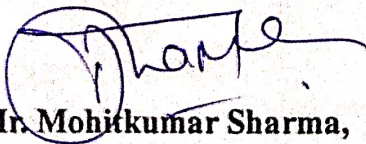
The session was conducted by Prof. Suryaprakash Upadhaya from GPM College. Key concepts discussed include:

- Problem-solving skills
- Future planning
- Avoiding choices with negative consequences

The seminar aimed to help students solve problems effectively, plan for the future, and avoid making choices that could have negative consequences. When it comes to making decisions, one should always weigh the positive and negative business consequences and should favour the positive outcomes. This avoids the possible losses to the organization and keeps the company running with a sustained growth. It was an very informative session. Decision-making is important, not only in organizations, but in everyday life. Decisions are made on a daily basis, some which carry more weight than others, but it is imperative that leaders understand that the decisions made have an effect on individuals, and so there must be accountability for all those involved.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into decision-making skills.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Ms. Nirja Sharan, I/C Principal of St. Rock's College.



Mr. Mohitkumar Sharma,  
Coordinator



Ms. Nirja Sharan,  
I/C Principal

I/C PRINCIPAL  
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A one day seminar was conducted on 'Improving Negotiation Skills'. This Seminar was attended by the students of F.Y.BAF, S.Y. BAF and T.Y.B.Com of St. Rock's Degree College of Commerce and Science. The details of seminar are as given below.

**Name of Seminar: How to Cultivate Effective Listening Skills**

**Date: 14<sup>th</sup> March, 2019**

**Conducted by: Ms. Khushbu Piyush Ruparel**

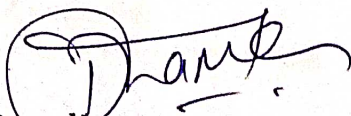
**Organized by: Dept. of B.Com in association with LN College**

Listening is so important that many top employers give regular listening skills training for their employees. This is not surprising when you consider that good listening skills can lead to: better customer satisfaction, greater productivity with fewer mistakes, increased sharing of information that in turn can lead to more creative and innovative work.

Ms. Khushbu Ruparel has introduced about a basic question Why Listening is important? Then she presented about Communication process. In Communication there is a vital role of Listening. Listening is the ability to accurately interpret the message in communication. She has differentiated the hearing and listening. We can hear even when we are sleeping and Listen means hearing with attention. Parallel to listening we can think also, so that we may derive a new idea from the existing things. Normally out of our working hours for 30% of time we don't communicate, but for 70% of time we communicate and out of that 70% of communication, we contribute 45% to Listening, 9% to Writing, 16% to Reading and 30% to Speaking. So Listening is the most important.

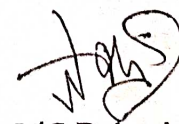
Then, she showed a corporate report of employees when they are being trained, 30% of their work get reduced if they understand it properly and implement in the exact way discussed in the meeting or training.

Students had attended this session with a high concentration. They have got the idea about Listening Skills. Tremendous response was observed from students.

  
Coordinator:

Mr. Mohitkumar Sharma





I/C Principal:

Mrs. Nirja Sharan  
I/C PRINCIPAL

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OF COMMERCE & SCIENCE  
M.M.C. SCHOOL BLDG: EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE-DAY SEMINAR  
PUBLIC SPEAKING AND PRESENTATION SKILLS  
ON  
4<sup>TH</sup> OCTOBER 2019**

St. Rock's College of Commerce & Science organized a one-day seminar on "Academic Writing Excellence" on 4<sup>th</sup> October 2019, in Room No. 304.

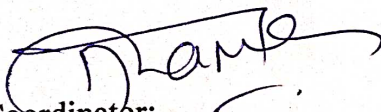
The seminar on Public Speaking and Presentation Skills offered a comprehensive and engaging exploration of communication techniques for both formal and informal speaking situations. Attendees, representing a diverse range of backgrounds and professions, participated actively in discussions and practical exercises throughout the day. The program started at 10:00 am with the welcome address by Dept of BAF by the speaker Mr. Anjay Dhanawade

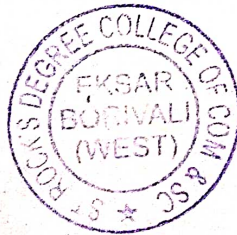
**The Seminar was organized by the Department of BAF in Association with MM Jagtap College. Class of FYBAF and TYBAF attended the seminar.**


**Highlights From Seminar**

The seminar on Public Speaking and Presentation Skills provided a valuable learning experience for attendees of all levels. Participants gained practical knowledge and confidence to become more effective communicators in diverse contexts. The interactive format and comprehensive approach ensured a successful and impactful program.

The Programme wrapped up around 12:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



The seminar aimed to help students prepare for giving better job interviews and highlighted the impotence of internships through importance of soft skills. Students from F.Y. BAF, S.Y. BAF, S.Y.BMS participated in this seminar. The resource person was Mr. Nilesh Ghonasgi from Byramjee Jeejeebhoy College.

**Name of Seminar: Importance of Soft Skills in Professions.**

**Date: 10<sup>th</sup> October, 2019**

**Conducted by: Mr. Nilesh Ghonasgi**

**Organized by: Dept. of B.M.S. in association with Byramjee Jeejeebhoy College**

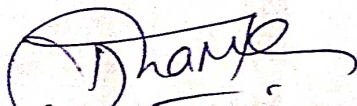
The main objective of this seminar was to sensitize the students with the interview and internship process by explaining them importance of soft skills.

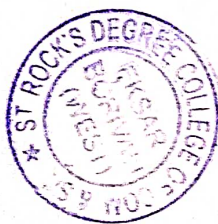
The seminar began with a brief introduction of the participants. The students were then enlightened on the significance of "Soft Skills", such as body language, leadership qualities, team work, time management, multi-tasking etc. required for the one's personality development and integral for better performance in an interview.

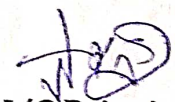
Students were given tips on making an attractive resume, how to respond to various common questions asked in an interview process by different departments of an organization.

The session was an interactive one as the speaker welcomed the questions from students and responded with effective answers. The speaker then laid stress on the body postures one should maintain while giving an interview along with etiquette to be followed.

The seminar ended with a question answer round. They found the seminar very informative and useful.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG: EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE DAY SEMINAR  
“BASIC COMPUTER LITERACY”**

**ON**

**30<sup>th</sup>, SEPTEMBER 2019**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on “BASIC COMPUTER LITERACY” on **SEPTEMBER 30, 2019** in Room no. 503.

The seminar focused on analysing vast datasets to identify patterns and anomalies, enabling the detection of malicious activities and it was started at **10:00AM** presented by **Ms.KHUSHBOO RUPARREL**. The Seminar was organized by the Dept. of BSc. IT in association with LN COLLEGE.

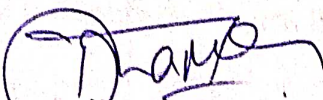
The Seminar was attended by class of F.Y.B.Sc.I.T., S.Y.B.Sc.I.T., and T.Y.B.Sc.I.T.

The seminar on Basic Computer Literacy aimed to provide participants with fundamental knowledge and skills essential for navigating the digital world confidently. In today's technology-driven society, understanding computers and their basic functions is crucial for personal, academic, and professional development.

The Speaker also explained about that today's digitally age, possessing basic computer literacy has become essential for individuals to participate effectively in modern society. The Speaker also explored the importance of basic computer literacy, its components, and the benefits it offers to individuals and communities.

The Seminar was very informative and helpful to students.

The Seminar wrapped up around 12:00noon with a vote of thanks was given by Mr Mohitkumar Sharma, Coordinator and I/C Principal Mrs.Nirja Sharan, of St. Rock's College.

  
Coordinator:

**Mr. Mohitkumar Sharma**





I/C Principal:

**Mrs. Nirja Sharan**  
I/C PRINCIPAL

ST. ROCK'S DEGREE COLLEGE  
OF COMM & SCIENCE  
M.M.C. SCHOOL BLDG.; EKSAR  
BORIVALI (W), MUMBAI-92



## “MINDFULNESS AND WELL-BEING”

On

10<sup>th</sup> JANUARY, 2020

(10:00am – 12:00pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “MINDFULNESS AND WELL-BEING” on 10<sup>th</sup> January, 2020, in Room no. 304. The seminar was organized by the Department of BMS and was attended by F.Y.B.Sc.I.T., S.Y.B.Sc.I.T., F.Y.B.M.S., and S.Y.B.M.S. students, The seminar was conducted by Brahma Kumaris.

The session aimed to introduce mindfulness practices for mental well-being and explore the connection between physical and mental health.

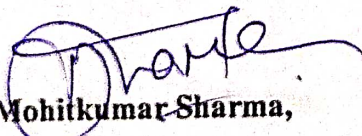
Key concepts discussed include:

- Introduction to mindfulness and its benefits
  - Techniques for practicing mindfulness in daily life
  - Understanding the mind-body connection for overall well-being
- Mindfulness is a practice that involves increasing awareness of the present moment by focusing on thoughts, feelings, and sensations.

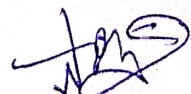
It can also refer to focusing on one task at a time without distraction. People can use a variety of techniques to practice mindfulness. These may include meditation, breathing practices, and mind-body exercises. Practicing mindfulness can reduce stress, improve focus, and encourage mental growth.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into mindfulness and its applications for well-being.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

  
Mr. Mohitkumar Sharma,  
Coordinator,



  
Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92





The body language seminar was aimed at benefiting students in all areas who want to use and understand non-verbal communication signals in a targeted manner. Students from F.Y.BAF, F.Y. B.com, S.Y.B.com attended the seminar conducted by Jaihind Janjagruti Pratisthan

**Name of Seminar: Development of Body Language.**

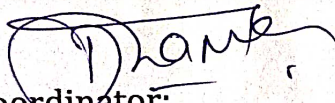
**Date: 29<sup>th</sup> January, 2020**

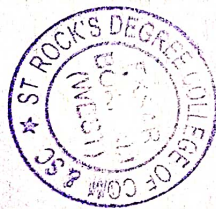
**Conducted by: Ms. Bhagyashree Raut**

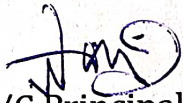
**Organized by: Dept. of B.A.F. in association with Jaihind Janjagruti Pratisthan**

The objective behind this session was to impart the skills to interpret the body language of the people around us while perfecting our own personal nonverbal communication. Students received both theoretical knowledge and practical experience of identifying and decoding the body language of a fellow man. Various types of gestures and postures demonstrated to them included personal space and territory; seating positions, eye contact, hand movements, standing position etc. The session imparted knowledge about reading and interpreting people's nonverbal behaviour and improve their own. Games on non-verbal communication made the session lively and interesting.

Session ended on a very good note with interactive session with the speaker. Students could solve their doubts and gave a positive response for the seminar.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG.; EKSAR  
BORIVALI (W), MUMBAI-92



## “MASTERING ESSENTIAL LIFE SKILLS FOR SUCCESS & WELLBEING”

On

8<sup>th</sup> FEBRUARY, 2020

(11:00 am – 12:00 pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “MASTERING ESSENTIAL LIFE SKILLS FOR SUCCESS & WELLBEING” on 8<sup>th</sup> February, 2020, in Room no. 304. The seminar was organized by the Department of BFM in association with Career Manager and was attended by F.Y.B.M.S., S.Y.B.M.S., T.Y.B.M.S., and F.Y.B.F.M. students.

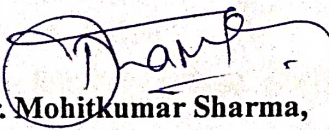
The session aimed to help students master essential life skills for success and well-being. Key concepts discussed include:

- Time management
- Effective communication
- Stress management
- Goal setting
- Decision making
- Emotional intelligence


The seminar was conducted by Mr. Rakesh C Jain from Career Manager. The seminar helped participants understand how to increase their knowledge and awareness of emotional competency and emotional intelligence in their place of study/work.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into mastering essential life skills.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

  
Mr. Mohitkumar Sharma,  
Coordinator,



  
Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE DAY SEMINAR**  
**“INTRODUCTION TO DATA STRUCTURE”**  
**ON**  
**13<sup>th</sup>, FEBRUARY 2020**

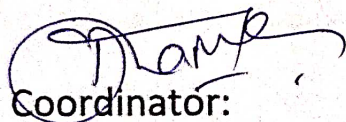
ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one day seminar on “INTRODUCTION TO DATA STRUCTURE” on FEBRUARY 13, 2020 in Room no. 503.

The seminar focused on providing a systematic way to organize and store data elements and the selection of an appropriate data structure hinges on the anticipated usage patterns of the data. In the realm of computer science, understanding data structures is fundamental. Data structures serve as the backbone for organizing and manipulating data efficiently.

The programme started at 11:00AM presented By **Mr BASIT SOLANKI** (IT EXPERT & BUSINESS TRAINER). The Seminar Organized by the Dept. of B.Sc. I.T. The Seminar was attended by students of class S.Y.B.Sc.I.T.

The Speaker explained about data structures, Linear Data Structures, comprehensive introduction to data structures, elucidating their significance, basic concepts, and common implementations. Data structures are the foundation upon which efficient algorithms are built. This seminar provides a comprehensive introduction to various data structures, equipping attendees with the knowledge to design, implement, and optimize algorithms effectively. As technology continues to advance, a solid understanding of data structures remains invaluable for aspiring software engineers and developers.

The Programme wrapped up around 12:00 noon with a Vote of thanks which was given by Mr. Mohitkumar Sharma, Coordinator and I/C Principal Mrs. Nirja Sharan, of St. Rock's College.

  
Coordinator:

Mr. Mohitkumar Sharma





I/C Principal:

Mrs. Nirja Sharan  
I/C PRINCIPAL

ST. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SCHOOL BLDG; EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE-DAY SEMINAR  
ACADEMIC WRITING EXCELLENCE  
ON  
20<sup>TH</sup> FEBRUARY, 2020,**

St. Rock's College of Commerce & Science organized a one-day seminar on "Academic Writing Excellence" on 20<sup>th</sup> February 2020 in Room No. 403.

The seminar focused on. The program started at 10:00 am with the welcome address by Dept of BAF by the speaker Ms. Priya Jaiswal

The seminar on Academic Writing Excellence aimed to provide participants with the necessary skills and insights to enhance their academic writing proficiency. The event focused on various aspects of academic writing, including structure, clarity, coherence, and effective communication of ideas. Attendees were equipped with strategies to improve their writing skills and produce high-quality academic work.

**The Seminar was organized by the Department of BAF in Association with Jai Bharat College**

Class of FYBMS, SYBMS, and TYBAF attended the seminar.

**Highlights From Seminar**

The seminar on Academic Writing Excellence provided a comprehensive platform for participants to develop and refine their academic writing skills. Through a blend of theoretical insights, practical exercises, and interactive sessions, attendees gained valuable knowledge and techniques to elevate their academic writing proficiency.

The positive feedback received from participants highlighted the seminar's effectiveness in addressing the intricacies of academic writing. Attendees appreciated the practical approach of the seminar, allowing them to implement learned strategies in their writing immediately.

This report encapsulates the key elements covered during the seminar and serves as a testament to the success of the event in fostering improved academic writing skills among participants. The knowledge gained is expected to positively impact their academic pursuits and professional development in various fields. The Programme wrapped up around 1:00 pm with Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

Coordinator:  
Mr. Mohitkumar Sharma



I/C Principal:  
Mrs. Nirja Sharan

**I/C PRINCIPAL**  
ST. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SOCIETY BLDG, EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE-DAY SEMINAR  
PEER COLLABORATION & GROUP COMMUNICATION  
ON  
18<sup>TH</sup> MARCH, 2020**

St. Rock's College of Commerce & Science organized a one-day seminar on "Peer Collaboration & Group Communication " on 18th March, 2020 in Room No. 503.

The seminar focuses the objective of exploring effective strategies and fostering better communication among peers in group settings. The event aimed to enhance participants' abilities to collaborate efficiently, communicate effectively, resolve conflicts, and achieve common goals in a group environment. The program started at 11:00 am with the welcome address by Dept of BMS by the speaker Prof. Smitali Sanndeeep Yadav

The Seminar was organized by the Department of BMS in Association with Nirmala College. The class of FYBMS SYBMS FYBAF attended the seminar.

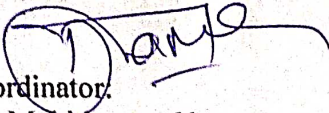
**Highlights From Seminar**

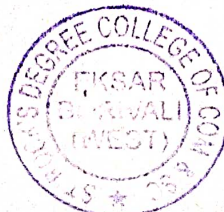
The seminar on Peer Collaboration & Group Communication provided an insightful platform for participants to develop essential skills for effective group interactions. The blend of theoretical knowledge, practical exercises, and discussions allowed attendees to gain valuable insights and techniques to enhance their collaborative abilities.


Participants expressed appreciation for the interactive nature of the seminar, which provided them with practical tools and strategies applicable in diverse group settings. The positive feedback highlighted the relevance and effectiveness of the seminar in addressing the challenges associated with peer collaboration and group communication.

This report summarizes the key elements covered during the seminar and serves as a testament to the success of the event in empowering participants to communicate effectively, collaborate efficiently, and navigate group dynamics skillfully.

The Programme wrapped up around 12:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator,  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
St. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE DAY SEMINAR**  
**“CYBERSECURITY: CHALLENGES & AWARENESS”**  
**ON**  
**3<sup>rd</sup>, MARCH 2020**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on **“CYBERSECURITY: CHALLENGES & AWARENESS”** on **MARCH 3, 2020** in Room no. 503. The seminar focused to ensure compliance with relevant laws, regulation and industry standards.

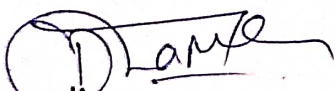
The programme started at **11:00AM** presented by **Ms. KIRTI PARMAR (MK COLLEGE)**. Organized the Dept. of B.Sc.I.T. in association with **MK COLLEGE**. The Seminar was attended by students of class **F.Y.B.Sc.I.T.**

In an era of digital interconnectedness, cyber security has become a critical concern for individuals, organizations, and governments alike. This seminar aims to delve into the myriad challenges faced in the realm of cyber security, while also fostering awareness and understanding of best practices to mitigate risks and safeguard against cyber threats.


A report of today's increasingly interconnected world, cyber security has emerged as a critical concern for individuals, businesses, and governments. This report delves into the multifaceted challenges facing cyber security and underscores the importance of promoting awareness to mitigate risks and enhance digital resilience.

As cyber threats continue to evolve in sophistication and frequency, it is imperative for individuals and organizations to remain vigilant and proactive in safeguarding their digital assets. This seminar serves as a primer on the various challenges faced in the realm of cyber security, while also emphasizing the importance of awareness, education, and collaboration in mitigating risks and strengthening cyber defences. By staying informed and adopting best practices, we can collectively work towards a more secure digital future.

The Programme wrapped up around 01:00 PM with a vote of thanks was given by **Mr. Mohitkumar Sharma**, Coordinator and I/C Principal **Mrs. Nirja Sharan**, of **St. Rock's College of Commerce and Science**.

  
Coordinator:  
**Mr. Mohitkumar Sharma**



  
I/C Principal:  
**Mrs. Nirja Sharan**  
**I/C PRINCIPAL**  
**St. ROCK'S DEGREE COLLEGE**  
**OF COMM & SCIENCE**  
**M.M.C. SCHOOL, TLOGA, EKSAR**  
**BORIVALI (W.), MUMBAI-92**



## “PERSONALITY DEVELOPMENT SKILLS”

On

2<sup>nd</sup> APRIL, 2020

(10:00 am – 11:00 am)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “PERSONALITY DEVELOPMENT SKILLS” on 2<sup>nd</sup> April, 2020, in Room no. 304. The seminar was organized by the Department of BAF in association with Nirmala College and was attended by T.Y.B.A.F. and T.Y.B.Sc.I.T. students. The seminar was conducted by Mr. Satish Pandey from Nirmala College.

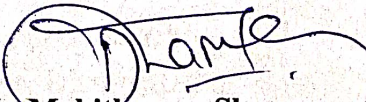
The session aimed to help individuals build confidence in their abilities and develop a positive self-image.

Key concepts discussed include:

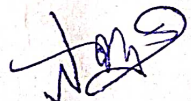
- Self-awareness
- Communication skills
- Emotional intelligence
- Interpersonal skills
- Leadership skills
- Professional etiquette

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into personality development skills. Personality development refers to the process by which the organized thought and behavior patterns that make up a person's unique personality emerge over time. Many factors influence personality, including genetics and environment, how we were parented, and societal variables

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

  
Mr. Mohitkumar Sharma,  
Coordinator,



  
Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



One day seminar on “How to write effective research papers” was organized at St. Rock’s College of commerce and science in association with UBS Education. The primary aim of organizing this seminar was to familiarize with writing effective research papers in journals and to familiarize to write effective research proposals based on the requirements of different funding agencies. Students of F.Y.BMS, S.Y.BMS, S.Y. BAF attended the seminar.

**Name of Seminar: How to Write Research Papers**

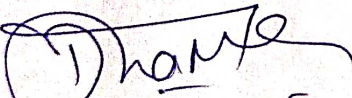
**Date: 11<sup>th</sup> December, 2020**

**Conducted by: Mr. Bramhadin Mishra (UBS Education)**


**Organized by: Dept. of B.A.F. in association with UBS Education**

Mr. Mohit Sharma, Co-ordinator, St. Rocks College of Commerce and Science welcomed Mr. Mishra for one day seminar. Mr. Bramhadin Mishra briefed about the importance of publication and encouraged all students for their active participation. He emphasized that writing the quality papers helps advancing knowledge and encouraging communication. Session was started with the topic Writing Effective Research Papers for Journals. During the session he also explained about research methodology, selection of a journal, structure of a journal, language issues, presentation of results and discussion, tools for quality improvement. During the session he explained the method of writing with examples of sample exercises. He also briefed about how to avoid plagiarism during the paper writing process. During the session he explained about the importance of funding and challenges in the process of acquiring grants for sponsored research and salient point to remember when they write a proposal. The topic was discussed with a sample exercises for the effective grant proposal to various funding schemes

The session was very interactive and received well with the participants. Participation certificates were distributed to all the participants.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SCHOOL BLDG, ENBAR  
BORIVALI (W), MUMBAI-42





REPORT ON WEBINAR  
"BLOCK CHAIN PROFICIENCY"  
ON  
1<sup>st</sup>, AUGUST 2020

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized webinar on  
"BLOCK CHAIN PROFICIENCY" on AUGUST 1, 2020 on Zoom.

The webinar focused to ensure how to implement effective consensus protocols and how to build decentralized applications and smart contracts. The programme started at 10:00AM presented by Mr.DARSHAN PATIL (LN COLLEGE).

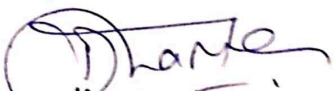
Organized by the Dept. of BSc. IT in association with LN COLLEGE. The webinar was attended by students of class F.Y.B.Sc.I.T.

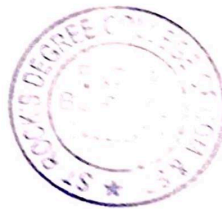
Block chain technology has emerged as a revolutionary force, promising transformative changes across various industries. This webinar aims to provide a comprehensive understanding of block chain technology, covering its fundamentals, underlying principles, practical applications, and avenues for proficiency development.


A report of Block chain technology has emerged as a transformative force, revolutionizing industries and reshaping digital transactions. This report explores the significance of block chain proficiency, its diverse applications, and the opportunities it presents for individuals and businesses in the modern digital economy.

Block chain technology holds immense potential to revolutionize industries and reshape the way we transact, collaborate, and secure data. This webinar serves as a stepping stone for individuals looking to deepen their understanding of block chain technology and develop proficiency in this transformative field. By mastering block chain fundamentals, exploring practical applications, and staying abreast of emerging trends, attendees can position themselves as key contributors to the on-going block chain revolution.

The Programme wrapped up around 11:00 AM with a vote of thanks was given by Mr. Mohitkumar Sharma, Coordinator and I/C Principal Mrs. Nirja Sharan, of St. Rock's College

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
ST. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SCHOOL, D.D.G. EKHSAR  
BORIVALI (W), MUMBAI-92



## REPORT ON ONE-DAY WEBINAR

# NAVIGATING THE DYNAMICS OF LANGUAGE IN A GLOBALIZED WORLD ON 8<sup>TH</sup> SEPTEMBER, 2020

St. Rock's College of Commerce & Science organized a one-day webinar on "Navigating the Dynamics of Language in a Globalized World" on 8<sup>th</sup> September 2020.

The seminar focused on conducted to address the multifaceted role of language in the context of globalization. The event aimed to explore the complexities, challenges, and opportunities presented by linguistic diversity in an increasingly interconnected world. The program started at 10:00 am with the welcome address by Dept of BAF

The Webinar was organized by the Department of BAF and conducted by the speaker Shivani Arora in Association with Ramanath Payyade College. Class of FYBAF, SYBAF, and TYBAF attended the seminar.

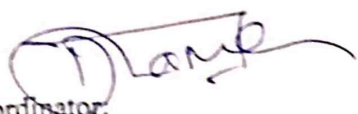
### Highlights From Webinar

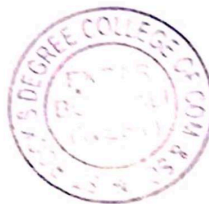
The webinar on Navigating the Dynamics of Language in a Globalized World provided a comprehensive platform for participants to explore and comprehend the complexities associated with linguistic diversity. Attendees gained valuable insights into the multifaceted role of language in shaping global interactions, cultural understanding, and business engagements.


Participants appreciated the diverse perspectives shared during the seminar, highlighting its relevance in addressing the challenges posed by linguistic diversity in today's interconnected world. The interactive nature of the event allowed for engaging discussions and practical applications of strategies for effective cross-cultural communication.

This report encapsulates the key elements covered during the webinar and serves as a testament to the success of the event in fostering a deeper understanding of language dynamics in the context of globalization.

The session wrapped up around 11:00 am with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator,  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
ST. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.A.D. COLLEGE ROAD, EKSHAR  
BANGALORE, KARNATAKA-560092



## “GOAL SETTING & PLANNING”

On

12<sup>th</sup> SEPTEMBER, 2020

(11:00 am – 12:00 pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day webinar on “GOAL SETTING & PLANNING” on 12<sup>th</sup> September, 2020, in Room no. 304. The webinar was organized by the Department of BCOM in association with Byramjee Jeejeebhoy College and was attended by F.Y.B.COM, S.Y.B.COM, and T.Y.B.COM students.

The webinar aimed to help align individuals' focus and promote a sense of self-mastery.

The webinar was conducted by Prof. Amita Kulkarni from Byramjee Jeejeebhoy College. Key concepts discussed include:

- Importance of goal setting
- Strategies for effective goal setting
- Action planning
- Time management
- Overcoming obstacles

It involves identifying the desired outcomes and developing a plan for achieving them. Goals provide a framework for action and direction. They help identify what needs to be done, by when, and why. Goal setting process also serves as a that helps people focus their efforts, stay on track, and measure their progress.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into goal setting and planning.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

Mr. Mohitkumar Sharma,  
Coordinator,



Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMM & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92.



As the pandemic of COVID-19 is spreading all over the globe rapidly, a timely initiative to conduct a webinar on "How to cope with COVID-19" was organized at St. Rock's College of commerce and science by Dept. of Commerce in association with Bharatiya Jain Sanghathan. The objective was to provide a comprehensive and up-to-date assessment of the COVID-19 pandemic.

**Name of Webinar: How to cope up with COVID19**

**Date: 05<sup>th</sup> October, 2020**

**Conducted by: Mr. Shantilal Muththa (Bharatiya Jain Sanghathan )**

**Organized by: Dept. of B.Com in association with Bharatiya Jain Sanghathan**

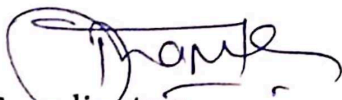
Principal, Ms. Nirja Sharan introduced Mr. Muththa for to all the students who joined remotely via a weblink.

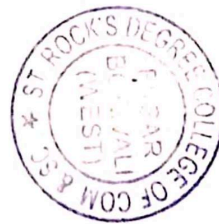
Session started on time with excellent participation. Following are the measures that Mr. Muththa suggested to cope up with COVID-19.


- Get vaccinated as soon as it's your turn and follow local guidance on vaccination.
- Keep physical distance of at least 1 metre from others.
- Wear a properly fitted mask when physical distancing is not possible and in poorly ventilated settings.
- Clean your hands frequently with alcohol-based hand rub or soap and water.
- Cover your mouth and nose with a bent elbow or tissue when you cough or sneeze. Dispose of used tissues immediately and clean hands regularly.
- If you develop symptoms or test positive for COVID-19, self-isolate until you recover.
- Don't Panic
- Don't spread rumours and only trust trusted sources for information on COVID-19
- Be well informed

The message was very simple. Prevention is better than cure. Practice hand washing. Cough etiquette. social distancing, avoid travel and report if any symptoms arise. Follow Govt. advice only. Together we fight and we win.

It was a very successful Webinar with an excellent response from all the students.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
ST. ROCK'S DEGREE COLLEGE  
OF COM & SCIENCE  
M.M.C. SCHOOL BLDG. EKSAR  
BORIVALI (W), MUMBAI-42



We only say that God has created all, but never think that animals too are the creatures of God as we are. To sensitize the youth on animal abuse, St. Rock's College of Commerce and Science organized a webinar to discuss the same.

**Name of Webinar : Educating the Youth on Animal Abuse**

**Date: 10<sup>th</sup> November, 2020**

**Conducted by: Ms. Bhagyashree Raut**

**Organized by: Dept. of B.A.F. in association with Jaihind Janjagruati Pratisthan**

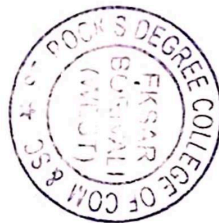
Ms. Bhagyashree was warmly welcomed by Mr. Mohit Sharma, Co-Ordinator. She was briefly introduced to S.Y. BAF students.

Students learnt the ways through which they can protect animals.

The session also pointed out how different animals play an important role in the ecosystem. It was also highlighted how mixed-breed dogs are suffering from illness and people should adopt Indian dogs.

The response was heartening with several students showing interest. At the end of the Seminar the students took a pledge to protect animals.

**Coordinator:**  
**Mr. Mohitkumar Sharma**



**I/C Principal:**

**Mrs. Nirja Sharan**  
**I/C PRINCIPAL**

**St. ROCK'S DEGREE COLLEGE**  
**OF COM & SCIENCE**  
**M.M.C. SOCIETY, BORJALGAON, DINDORI**  
**BORJALGAON, NEAR DINDORI**



## “ADAPTABILITY & FLEXIBILITY”

On

5<sup>th</sup> DECEMBER, 2020

(09:00 am – 11:00 am)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day webinar on “ADAPTABILITY & FLEXIBILITY” on 5<sup>th</sup> December, 2020, in Room no. 304. The webinar was organized by the Department of BMS in association with Thakur Shyamnarayan College and was attended by F.Y.B.M.S., S.Y.B.M.S., and T.Y.B.M.S. students.

The session aimed to help participants embrace change and develop adaptability skills. Key concepts discussed include:

- Understanding adaptability and flexibility
- Strategies for adapting to change
- Developing resilience
- Embracing new opportunities
- Thriving in dynamic and uncertain environments

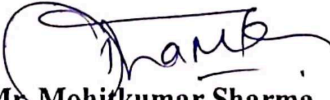
The webinar was conducted by Ms. Ankita Tiwari from Thakur Shyamnarayan College.

Adaptability often implies anticipating and planning ahead to allow for contingencies, while flexibility can be more immediate and situational, often with a need to accommodate others.


Both approaches are of immense value to employers as they allow for a more agile form of working while coping well with transition.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into adaptability and flexibility.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

  
Mr. Mohitkumar Sharma,  
Coordinator,



  
Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
St. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE-DAY WEBINAR  
UNVEILING THE ART OF PERSUASION  
ON  
7<sup>TH</sup> DECEMBER, 2020**

St. Rock's College of Commerce & Science organized a one-day webinar on "Unveiling the art of persuasion" on 7th December 2020. The webinar on the art of persuasion is a powerful tool that can be used to influence decisions, change minds, and achieve goals. Understanding how persuasion works can be beneficial in various aspects of life, from business and marketing to everyday communication.

The webinar brought together experts, scholars, and practitioners to discuss the evolving landscape. The program started at 11:00 am with the welcome address by Dept of BCOM

The Webinar was organized by the Department of BCOM in Association LN College and conducted by the speaker Ms. Priyanka Gadiya  
Class of FYBCOM, SYBCOM, and TYBCOM attended the seminar.

**Highlights From Webinar**

The webinar "Unveiling the Art of Persuasion" provided valuable insights into the psychology and techniques of effective persuasion. Participants gained practical skills and knowledge that they can apply in various aspects of their lives.

The speaker incorporated various interactive activities to help participants apply the learned concepts. These activities may have included Participants discussing real-world examples of persuasion and analyzing how the six principles were applied. Role-playing exercises: Students practiced delivering persuasive messages in simulated scenarios, such as a sales pitch or a job interview. The speaker presented case studies of successful persuasion campaigns and discussed the strategies used Skilful copywriting taps into the emotions of the reader, creating a connection that compels them to take action .

The session wrapped up around 12:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

Coordinator:  
Mr. Mohitkumar Sharma



I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
St. ROCK'S DEGREE COLLEGE  
OF COMM & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON WEBINAR**  
**“MOBILE APP DEVELOPMENT FUNDAMENTALS”**  
**ON**  
**8<sup>th</sup>, DECEMBER 2020**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a webinar on **“MOBILE APP DEVELOPMENT FUNDAMENTALS”** on **DECEMBER 8, 2020** on Zoom. The webinar focused to improve the user experience by offering a streamlined and intuitive interface that is tailored for mobile platforms.

The programme started at **11:00AM** presented by **Mr.PRATHAMESH GUPTA (QUINNOX CO)**. Organized by the Dept. of B.Sc.IT. The Webinar was attended by students of class **FY.B.Sc.IT, S.Y.B.Sc.IT, T.Y.B.Sc.IT**


This webinar aims to provide participants with a solid foundation in mobile app development, covering essential concepts, tools, and best practices necessary to embark on the journey of creating successful mobile applications.

Evolution of mobile apps. Importance of mobile-first approach. Overview of mobile platforms: iOS, android, cross-platform


Mobile development has become an integral part of the modern technological landscape, shaping how individuals interact with digital content and services. With the proliferation of smartphones and tablets, businesses and developers alike are increasingly recognizing the importance of building robust and user-friendly mobile applications.

This webinar aims to provide an overview of the fundamental concepts and practices in mobile development, highlighting key aspects essential for aspiring developers and businesses entering the mobile space.

The Programme wrapped up around **01:00 PM** with a vote of thanks was given by **Mr. Mohitkumar Sharma**, Coordinator and **I/C Principal Mrs..Nirja Sharan**, of **St. Rock's College of Commerce and Science**

  
Coordinator:  
**Mr. Mohitkumar Sharma**



  
I/C Principal:  
**Mrs. Nirja Sharan**  
**I/C PRINCIPAL**  
**St. ROCK'S DEGREE COLLEGE**  
**OF COMM & SCIENCE**  
**M.M.C. SCHOOL BLDG., EKSAR**  
**BORIVALI (W), MUMBAI-92**





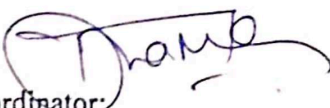
**REPORT ON ONE-DAY WEBINAR  
EFFECTIVE COMMUNICATION IN THE DIGITAL AGE  
ON  
4<sup>TH</sup> JANUARY, 2021**

St. Rock's College of Commerce & Science organized a one-day webinar on "**Effective Communication in the Digital Age**" on 4<sup>th</sup> January, 2021. The ever-evolving digital landscape has revolutionized the way we connect and communicate. In this context, the webinar on "Effective Communication in the Digital Age" explored the challenges and opportunities presented by this transformation, equipping attendees with actionable strategies to navigate the digital communication landscape effectively. The program started at 10:00 am with the welcome address by Dept of BFM Dept of BFM in association with Anjuman Islam College And conducted by the speaker Ms. Kranti Bhangre. Class of FYBFM, SYBFM & TYBFM attended the seminar.


**Highlights From Webinar**

The webinar focuses on Exploring specific challenges related to digital communication in different industries or professions. Offer advanced sessions on topics such as managing online reputation or mastering specific digital communication platforms. Provide personalized feedback opportunities through follow-up sessions or mentoring programs.

The webinar on "Effective Communication in the Digital Age" provided valuable insights and practical tools to help individuals thrive in the ever-evolving digital communication landscape. By embracing clarity, active listening, and a strategic approach to channel selection and visual communication, we can connect meaningfully, collaborate effectively, and achieve our goals in the digital age. The session wrapped up around 11:00 am with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



Conflict is a state of unsettled differences within an individual, between human beings, an individual and a group, or two or more groups. Conflict of various types may happen all through one's profession. While conflict is a natural part of the work environment, it is most important that there are individuals who understand conflicts and identify the coping strategies to resolve it. One day webinar was organized by St. Rock's college of commerce and science in association with career managers to address the same.

**Name of workshop: Personality Conflicts**

**Date: 11<sup>th</sup> January, 2021**

**Conducted by: Mr. Rakesh C. Jain (Career Managers)**

**Organized by: Dept. of B.Sc.I.T. in association with Career Managers**


Ms. Nirja Sharan and Mr. Mohit Sharma introduced the speaker Mr. Rakesh Jain. Students shared their expectations regarding the workshop and said that they are expecting to learn new approaches and techniques towards conflict resolution and management.

During the discussion, various definitions of conflict were discussed. A few of the discussed definitions included "A situation in which someone believes that his / her own needs have been denied", "Conflict as a disagreement through which the parties involved perceive a threat to their needs, interests or concerns" and "It is a process that begins when one party or a person perceives that another party or a person has negatively affected or is about to negatively affect something that the first party cares about".


During the discussion, students also shared their field experiences and explained several scenarios, wherein, how come two or more parties feel deprived and believe that their rights are being violated.

Few techniques were taught to resolve conflicts and to work amicably with everyone. This would help them become better team players.

Students gave a fantastic response to the discussion and thanked the speaker for showing them a way forward to conflict resolution.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG.; EKSAR  
BORIVALI (W), MUMBAI-92



REPORT ON ONE DAY WEBINAR  
“CLOUD COMPUTING TRENDS”

ON

12<sup>th</sup>, FEBRUARY 2021

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one day webinar on “CLOUD COMPUTING TRENDS “on FEBRUARY 12, 2021 in Room no. 503.

The webinar focused to promote environmental sustainability cloud providers can save energy costs and reduce their carbon footprint by consolidating workloads onto shared infrastructure. Cloud computing continues to revolutionize the way businesses operate, offering scalability, flexibility, and cost-efficiency like never before. This webinar aims to delve into the latest trends shaping the cloud computing landscape, from cutting-edge technologies to evolving paradigms, empowering participants to stay ahead in this dynamic and rapidly evolving field.

The programme started at 11:00AM presented By **Mr. ARYA JOSHI**. Organized by the Dept of BSc. IT the webinar was attended by F.Y.B.Sc.IT, S.Y.B.Sc.IT, T.Y.B.Sc.IT

A report of Cloud computing has become a cornerstone of modern IT infrastructure, enabling organizations to scale resources, enhance agility, and drive innovation. This report explores the latest trends in cloud computing, highlighting advancements, challenges, and emerging paradigms shaping the future of cloud technology.

As cloud computing continues to evolve, staying abreast of emerging trends and innovations are crucial for businesses and IT professionals alike. This webinar serves as a comprehensive exploration of the latest trends shaping the cloud computing landscape, providing attendees with valuable insights and perspectives to navigate the future of cloud computing successfully. By embracing these trends and leveraging them effectively, organizations can unlock new opportunities for innovation, efficiency, and growth in the digital era.

The Programme wrapped up around 1:00 PM with vote of thanks was given by Mr. Mohitkumar Sharma, Coordinator and I/C Principal Mrs.Nirja Sharan, of St. Rock's College

  
Coordinator:

Mr. Mohitkumar Sharma





I/C Principal:

Mrs. Nirja Sharan  
I/C PRINCIPAL

St. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SCHOOL BLDG: EKSAR  
BORIVALI (W), MUMBAI-92



## "EMPOWERING YOUTH FOR A BETTER FUTURE"

On

1<sup>st</sup> MARCH, 2021

(10:00 am – 11:00 am)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day webinar on "EMPOWERING YOUTH FOR A BETTER FUTURE" on 1<sup>st</sup> March, 2021, in Room no. 304. The webinar was organized by the Department of B.Sc.I.T. in association with UBS Education and was attended by F.Y.B.Sc.I.T., S.Y.B.Sc.I.T., and T.Y.B.Sc.I.T. students.

The session aimed to empower youth for a better future. Key concepts discussed include:

- Building greater trust in leadership
- Encouraging employee motivation
- Fostering greater creativity
- Developing leadership skills
- Enhancing problem-solving abilities

We've got to inspire and empower a whole bunch of young minds. So, let's dig into why it's important to give children the chance to connect with their environment, ignite their interest in engineering, understanding and empathy are the key to shaping their future.

The webinar was conducted by Prof. Ramapati Tripathi from UBS Education. It was an very effective session for students.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into empowering youth for a better future.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

Mr. Mohitkumar Sharma,  
Coordinator,



Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE DAY WEBINAR**  
**“INTRODUCTION TO KEY COMPUTING CONCEPTS”**

**ON**

**6<sup>th</sup>, AUGUST 2021**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day webinar on **“INTRODUCTION TO KEY COMPUTING CONCEPTS”** on **AUGUST 6, 2021** in Room no. 503.

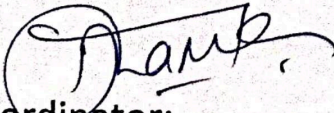
The webinar focused to explore fundamental computing concepts relevant to management and understand the role of technology in shaping modern business strategies. The objective of this webinar is to provide participants with a foundational understanding of key computing concepts, including hardware, software, algorithms, and data structures. By the end of the webinar, participants should have a clear grasp of these fundamental concepts and their significance in the field of computer science. The programme started at **10:00AM** presented by **Mr. ANKIT NAINA (MAHATMA COLLEGE)**.

Organized by the Dept. of B.Sc. IT in association with **MAHATMA COLLEGE**. The webinar attended by **F.Y.B.Sc.IT, SY.B.Sc.IT**.

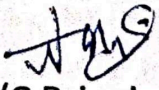
A report of computing concepts serves as the foundation of modern technology, shaping the way we interact with digital systems and devices. This report aims to provide a comprehensive introduction to key computing concepts, elucidating their significance, principles, and applications in the realm of technology.

By providing participants with a solid understanding of key computing concepts, this webinar aims to equip them with the knowledge necessary to navigate the ever-evolving landscape of technology and its applications in various fields. Through interactive discussions and practical examples, participants will gain insights that can enhance their problem-solving skills and decision-making abilities in both academic and professional settings.

The Programme wrapped up around 12:00noon with a vote of thanks was given by **Mr. Mohitkumar Sharma, Coordinator and I/C Principal Mrs. Nirja Sharan, of St. Rock's College**

  
Coordinator:  
**Mr. Mohitkumar Sharma**



  
I/C Principal:  
**Mrs. Nirja Sharan**  
I/C PRINCIPAL  
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BORIVALI (W), MUMBAI-92



Interpersonal skills affect job performance, which in turn helps to decide the outcome of a company's success. One day seminar was conducted by St. Rocks College in association with UBS Education to help students develop their interpersonal skills.

**Name of workshop:** Interpersonal skills Influence Business Culture

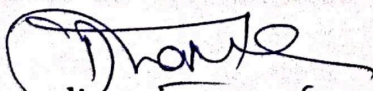
**Date:** 18<sup>th</sup> August, 2021

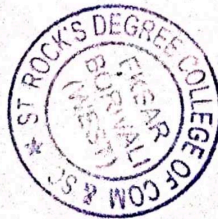
**Conducted by:** Mr.Nitin Agarwal (UBS Education)

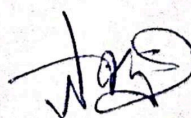
**Organized by:** Dept. of B.M.S. in association with UBS Education

Speaker Mr. Nitin Agarwal was warmly welcomed by the co-ordinator, Mr. Mohit Sharma. Mr. Agarwal spoke on how Interpersonal communication skills are the set of abilities needed in the interpersonal exchange of information; a two-way exchange requiring skill in both expressing and assimilating information. They not only involve listening, speaking, writing, and sending/receiving nonverbal signals, but doing so empathetically, attentively, responsively, directly, and confidently during the social interaction.

Students heard him very attentively and gave an affirmative response.

  
**Coordinator:**  
Mr. Mohitkumar Sharma



  
**I/C Principal:**  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
ST. ROCK'S DEGREE COLLEGE  
OF COMM & SCIENCE  
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BORIVALI (W), MUMBAI-92



## “TIME MANAGEMENT AND GOAL SETTING”

On

17<sup>th</sup> SEPTEMBER, 2021

(10:00 am – 12:00 pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “TIME MANAGEMENT AND GOAL SETTING” on 17<sup>th</sup> September, 2021, in Room no. 404. The seminar was organized by the Department of BMS in association with Jai Bharat College and was attended by F.Y.B.M.S., S.Y.B.M.S., and T.Y.B.M.S. students. The seminar was conducted by Mr. Felix Anthony Samy from Jai Bharat College.

The session aimed to help students develop practical time management techniques and set SMART goals for personal and professional achievements. Key concepts discussed include:

- Importance of time management
- Strategies for effective time management
- Setting SMART goals
- Creating action plans for goal achievement
- Prioritizing tasks

“Time management refers to a range of skills, tools, and techniques utilized to accomplish specific tasks, projects and goals. This set encompass a wide scope of activities, and these include planning, setting goals, delegation, analysis of time spent, monitoring, organizing, scheduling, and prioritizing. Initially time management referred to just business or work activities, but eventually the term broadened to include personal activities also. A time management system is a designed combination of processes, tools and techniques.”

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into time management and goal setting.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

Mr. Mohitkumar Sharma,  
Coordinator,



Mrs. Nirja Sharan,  
I/C Principal,

I/C PRINCIPAL

St. ROCK'S DEGREE COLLEGE  
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M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE-DAY SEMINAR  
STRESS MANAGEMENT THROUGH EFFECTIVE  
COMMUNICATION  
ON  
22<sup>ND</sup> SEPTEMBER, 2021**

St. Rock's College of Commerce & Science organized a one-day seminar on the "Stress Management through Effective Communication " on 22<sup>nd</sup> September, 2021 in Room No. 304.

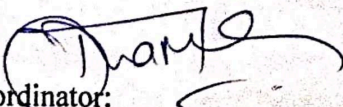
The seminar focused on "Stress Management through Effective Communication" was held on 22<sup>nd</sup> September, 2021 at [venue], organized by [organizing body/organization]. The event aimed to shed light on the intricate relationship between stress and communication, offering strategies and insights to manage stress through improved communication skills.

The program started at 10:00 am with the welcome address by Dept of BAF conducted by Ms. Akshada Gopal Mistry. **The Seminar was organized by the Department of BAF in Association with the Balbharati Degree College And conducted by the speaker Ms. Akshada Gopal Mistry.** Class of FYBAF And SYBAF attended the seminar.

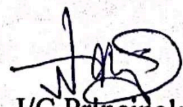
**Key points From Seminar**

The seminar on "Stress Management Through Effective Communication" proved to be a valuable platform for understanding the vital link between communication and stress. The event successfully equipped attendees with actionable strategies to enhance their communication skills and mitigate stress in various spheres of life. It emphasized the need for continual practice and application of these skills to foster a stress-resilient environment.

The Programme wrapped up around 12:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92





One day seminar on ethical issues in research publishing and to understand the format of research papers was conducted by St. Rock's college of commerce and science in association with Nirmala College. Students of F.Y.BAF, S.Y. BAF and F.Y.BFM attended the seminar.

**Name of workshop: How to write a research paper.**

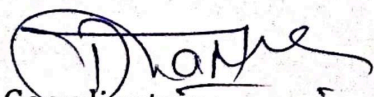
**Date: 29th November, 2021**

**Conducted by: Ms Neeta Rajkumar Singh, Nirmala College**

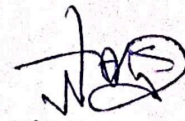
**Organized by: Dept. of B.A.F. in association with Nirmala College**

A seminar started with welcoming the speaker, Ms Neeta R. Singh. The main aim of the talk was to focus on the need of research and its relevancy. Ms. Singh shared a lot of important aspect like significance and procedure of writing a research paper and she also mentioned certain tips and tricks to make any research paper more presentable and authenticated. She also facilitated the knowledge of different statistical tools used in research. Then, the importance of literature survey and the process of doing it was explained with various examples. Attendees were then explained on how to develop outline for review paper, write its summary and communicate the reviewer's proposed solution/architecture/techniques. The attendees were guided on how to write conclusion, acknowledgement, and references and were explained about the paper submission process.

This seminar helped the students learn about the entire flow of effectively writing a good review paper.



Coordinator:  
Mr. Mohitkumar Sharma



I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
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**REPORT ON ONE-DAY SEMINAR  
CULTURAL SENSITIVITY AND INCLUSIVE  
COMMUNICATION  
ON  
8<sup>TH</sup> DECEMBER, 2021**

St. Rock's College of Commerce & Science organized a one-day seminar on the "Cultural Sensitivity and Inclusive Communication" on 8<sup>th</sup> December, 2021 in Room No. 503.

The seminar focus on cultural anthropology, delivered a keynote speech on the importance of cultural sensitivity. He highlighted the nuances of cultural differences and their impact on communication, stressing the need for empathy and understanding in interactions across cultures.

The program started at 11:00 am with the welcome address by Dept of BCOM. **The Seminar was organized by the Department of BCOM in Association with Uttar Bhartiya Sangh College and conducted by the speaker Mr. Ashish Chauhan Class of FYBSCIT ,SYBCOM and TYBCOM attended the seminar.**

**Key points From Seminar**

The seminar on "Cultural Sensitivity and Inclusive Communication" was instrumental in emphasizing the pivotal role of cultural awareness in fostering inclusive and respectful communication. It effectively equipped attendees with practical strategies to navigate cultural differences and communicate more effectively in diverse environments.

The seminar received overwhelmingly positive feedback from students. Students expressed appreciation for the depth of insights provided by the speakers and the practical strategies offered. Many highlighted how the seminar expanded their understanding of cultural diversity and provided actionable tools to enhance their communication in multicultural settings. The Programme wrapped up around 12:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

Coordinator:  
Mr. Mohitkumar Sharma



I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
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## “NETWORKING AND RELATIONSHIP BUILDING”

On

9<sup>th</sup> DECEMBER, 2021

(11:00 am – 12:00 pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “NETWORKING AND RELATIONSHIP BUILDING” on 9<sup>th</sup> December, 2021, in Room no. 504. The seminar was organized by the Department of BAF in association with Anjuman Islam College and was attended by FYBAF and F.Y.B.COM students. The seminar was conducted by Mr. Manoj Barbhai from Anjuman Islam College.

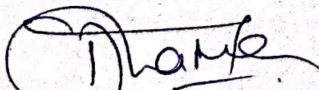
The session aimed to help students develop networking skills for personal and professional growth and cultivate meaningful relationships that contribute to success. Key concepts discussed include:

- Importance of networking
- Strategies for effective networking
- Building and maintaining relationships
- Networking etiquette
- Leveraging networks for career advancement

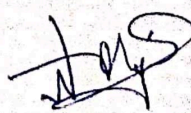
Networking plays an important part in our professional lives, starting from our job search, continuing to joining and working in a company, and finally, advancing our careers. Contentment and success in the workplace can be made possible by networking and building relationships with our co-workers.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into networking and relationship building.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

  
Mr. Mohitkumar Sharma,  
Coordinator,



  
Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE-DAY WEBINAR  
TECHNIQUES FOR TOOLS IMPROVING STUDENTS VERBAL  
COMMUNICATION SKILLS  
ON  
8<sup>TH</sup> FEBRUARY, 2022**

St. Rock's College of Commerce & Science organized a one-day webinar on the "Techniques for tools improving students verbal communication skills" 8<sup>th</sup> February, 2022.

The webinar focused on The primary objective was to equip students with effective tools and strategies to enhance their verbal communication abilities.

The program started at 10:00 am with the welcome address by Dept of BFM

**The webinar was organized by the Department of BFM in association with LP Raval College and conducted by the speaker Ms. Suparna Roy.**

Class of FYBFM, SYBFM And TYBFM attended the webinar.

**Key points From webinar**

The webinar on "Techniques for Improving Students' Verbal Communication Skills" served as a valuable platform to equip students with practical tools and strategies to enhance their verbal communication abilities. It effectively emphasized the importance of effective communication in various facets of life and provided actionable techniques for students to implement in their academic and professional journeys. The Programme wrapped up around 11:00 am with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

Coordinator:  
Mr. Mohitkumar Sharma



I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**

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## REPORT ON ONE DAY SEMINAR

### “DATA LITERACY”

ON

24<sup>th</sup>, FEBRUARY 2022

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on “**DATA LITERACY**” on **FEBRUARY 24, 2022** in Room no. 503.

The objective of this seminar is to enhance participants' data literacy by providing them with the necessary skills and knowledge to understand, interpret, and critically evaluate data. In today's data-driven world, being data literate is essential for making informed decisions and effectively communicating insights.

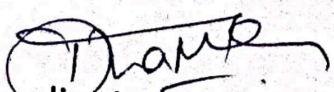
The programme started at **11:00AM** presented by **Mr. BASIT SOLANKI (IT EXPERT & BUSINESS TRAINER)**. Organized by the Dept. of B.Sc.IT. The seminar was attended by students of class T.Y.B.Sc.IT, S.Y.B.Com, T.Y.B.A.F.

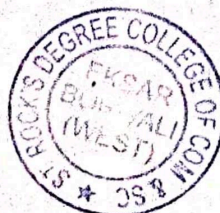
In conclusion, data literacy is a vital skill set in today's data-driven world. This seminar has provided participants with a comprehensive understanding of key concepts such as data analysis, visualization, interpretation, ethics, and practical applications.

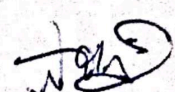
By enhancing data literacy, participants are better equipped to make informed decisions, extract meaningful insights from data, and navigate ethical considerations surrounding data usage. Armed with these skills, individuals across various sectors can contribute positively to their fields and stay ahead in an increasingly competitive landscape.

Remember, the journey towards data literacy is on-going, and continued learning and practice are essential for staying relevant and impactful in an ever-evolving digital environment. Thank you for your participation, and we encourage you to explore further resources and continue your journey towards mastering data literacy.

The Programme wrapped up around 12:00noon with a vote of thanks was given by Mr. Mohitkumar Sharma, Coordinator and I/C Principal Mrs.Nirja Sharan, of St. Rock's College Commerce and Science.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG.; EKSAR  
BORIVALI (W), MUMBAI-92



A one day webinar was conducted on 'Connecting Classroom to Careers'. This Webinar was organized by Department of Commerce especially for the students of F.Y.B.Com of St. Rock's Degree College of Commerce and Science. Coordinator, Mr. Mohit Sharma introduced the speaker, Ms. Mayuri Raut from L.P. Rawal College and warmly welcomed her. The details of seminar are as given below.

**Name of Webinar: Connecting Classroom to Careers**

**Date: 15th March 2022**

**Conducted by: Ms. Mayuri Raut L.P.Rawal College)**

**Organized by: Dept. of B.Com in association with L.P. Rawal College**

Your journey from the classroom to your career is a dynamic and multifaceted process. By self-exploration, goal setting, strategic education, networking, gaining practical experience, continuous learning, seeking mentorship, and remaining adaptable and resilient, you can successfully navigate this path.

To inculcate the same, below mentioned points were discussed for considering integration of career content into the classroom:

- Cover the top skills employers seek in candidates and on the resumes.
- Provide topics for research papers that focus on company and career research options.
- Outline the relevance of portfolios and encouraged students to save key projects to add to their professional portfolio.
- Encouraged discussions that loop back to how content may be included in job search documents, such as cover letters and resumes.

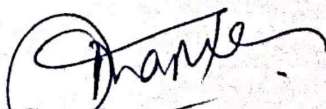
All of the above tips given in the session seemed very useful and efficient that would help students in every walk of life.

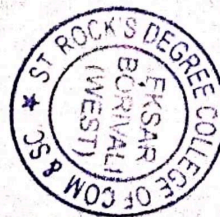
The participants of the webinar had a wonderful experience attending the session.

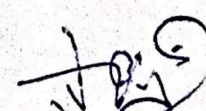
There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved.

The session gave the students and the faculty members an opportunity to learn how to connect classroom with careers.

Principal Ma'am, Mrs. Nirja Sharan thanked the speaker and concluded the webinar on a positive note.

  
Coordinator  
Mr. Mohit Sharma



  
I/C Principal  
Mrs. Nirja Sharan  
ST. ROCK'S DEGREE COLLEGE  
OF COMM & SCIENCE  
M.M.C. SCHOOL BLDG.; EKSAR  
BORIVALI (W), MUMBAI-92



## YOGA -MIND AND BODY CONNECTIONS

On

21<sup>st</sup> JUNE, 2022

(10:00 am – 12:00 pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on "YOGA – MIND & BODY CONNECTIONS" on 21<sup>st</sup> June, 2022, in Room no. 404. The seminar was organized by the Internal Quality Assurance Cell (IQAC) and Department of BAF and was attended by F.Y.B.Sc.I.T., F.Y.B.A.F., F.Y.B.M.S., and S.Y.B.M.S. students. The seminar was conducted by Brahma Kumaris.

The session focused on the rewards of yoga for disease prevention and health promotion, which have acquired special significance against the backdrop of Covid-19.

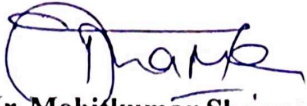
Key concepts discussed include:

- Benefits of yoga for mental and physical health
- Techniques for improving concentration and relaxation
- Importance of yoga for disease prevention and health promotion


They also explained the students that the purpose of Yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being. In the foregoing pages of this book, I have described the Technique of relaxation in different postures viz., standing, lying and sitting postures which brings in this harmony. Yoga is not mere practice for an hour or two in a day but it is the most scientific way of living, all the twenty-four hours of the day. During the whole day you may be only in one of these three postures and hence a skillful adjustment in them will affect the required harmony. It was an very informative session.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into the benefits of yoga.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, IQAC Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

  
Mr. Mohitkumar Sharma,  
IQAC Coordinator,



  
Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
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BORIVALI (W), MUMBAI-92



The objective of the Seminar was basically to ensure that the students develop critical thinking skills that will help them to recognize potential ethical dilemmas. This seminar was conducted by St. Rock's College in association with JES College to draw the attention of all towards the problems and challenges that are there in front of us at the levels of individual, family, society and nature. It was attended by F.Y. BMS and F.Y.B.Com students.

**Name of workshop: Ethics and Professional Conduct**

**Date: 2<sup>nd</sup> August, 2022**

**Conducted by: Ms Vaishali Ashish Trivedi (JES College)**

**Organized by: IQAC and Dept. of B.M.S. in association with JES College**

The opening remark was given by Ms.Nirja Sharan where she introduced the Speaker, Ms.Vaishali Ashish Trivedi .Further; the speaker took over the session and started off by diving right into the topic 'A layman's perspective on personal and professional ethics.' She emphasized that professional ethics are an extension of personal ethics. She also mentioned that ethics change from time to time and from situation to situation depending on the frame of reference. Something that is ethical in the oil industry might absolutely be unethical in the IT industry, she added. She further spoke about why She was qualified to give the session wherein she summarized her life experiences where she did not give up but kept going. She highlighted the importance of being optimistic even in challenging situations.

At the end of the session, Mr. Mohit Sharma, Co-ordinator gave our speaker a vote of gratitude and useful input on this information-packed seminar. The students had a better grasp of Professional Ethics and how to cope with ethical challenges as a result of this session.

**Coordinator:**  
**Mr. Mohitkumar Sharma**



**I/C Principal:**  
**Mrs. Nirja Sharan**  
**I/C PRINCIPAL**  
**St. ROCK'S DEGREE COLLEGE**  
**OF COM & SCIENCE**  
**M.M.C. SCHOOL BLDG BKSAR**  
**BORIVALI (W), MUMBAI-92**





**REPORT ON ONE DAY SEMINAR**  
**“DIGITAL COMMUNICATION AND COLLABORATION”**  
**ON**  
**22<sup>nd</sup>, AUGUST 2022**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on **“DIGITAL COMMUNICATION AND COLLABORATION ”** on **AUGUST 22, 2022** in Room no. **503**.

The objective of this seminar is to equip participants with the necessary skills and knowledge to effectively communicate and collaborate in digital environments. In today's interconnected world, mastering digital communication tools and fostering collaborative work dynamics are essential for success in both personal and professional contexts.

The programme started at **10:00AM** presented by **Ms RINKU PAL (LN COLLEGE)**. Organized by the **IQAC & Dept. of B.Sc. IT** in association with **LN COLLEGE**. The seminar was attended by the student **F.Y.B.Sc.IT, S.Y.B.Sc.IT, FY.BAF, S.Y.BMS**.

The seminar will be led by a knowledgeable facilitator with expertise in digital communication, collaboration, and remote work dynamics. The presenter will engage participants through interactive activities, case studies, and real-world examples, ensuring an engaging and informative learning experience

In conclusion, mastering digital communication and collaboration is essential for success in today's interconnected world. By understanding the tools, strategies, and best practices outlined in this seminar, participants will be better equipped to navigate virtual work environments, foster effective teamwork, and achieve their goals collaboratively. Remember, effective digital communication and collaboration requires continuous learning, adaptation to new technologies, and a commitment to building strong relationships within digital teams.

The Programme wrapped up around 12:00 noon with a vote of thanks was given by Mr. Mohitkumar Sharma, IQAC Coordinator and I/C Principal Mrs. Nirja Sharan of St. Rock's College Commerce and Science

Coordinator:  
Mr. Mohitkumar Sharma



I/C Principal:  
Mrs. Nirja Sharan

**I/C PRINCIPAL**  
**St. ROCK'S DEGREE COLLEGE**  
**OF COMM. & SCIENCE**  
**M.M.C. SCHOOL BLDG., EKSAR**  
**BORIVALI (W), MUMBAI-92**



**REPORT ON ONE-DAY SEMINAR**  
**Email Etiquette and Professional Correspondence**  
**On**  
**6<sup>th</sup> September, 2022**

St. Rock's College of Commerce & Science organized a one-day seminar on the "Email Etiquette and Professional Correspondence", 6<sup>th</sup> September, 2022 in Room No.503. The seminar focused on understanding the. The program started at 10:00 am with the welcome address by Dept of BFM

The Seminar was organized by the IQAC & Department of BFM in Association with Nirmala College and conducted by the speaker Ms. Glenna Vishal D'Silva. Class of FYBAF, SYBMS, SYBAF and SYBFM attended the seminar.


**Key points From Seminar**

The seminar on "Email Etiquette and Professional Correspondence" effectively equipped attendees with essential skills for navigating the intricacies of professional communication via email. It stressed the importance of clear, concise, and respectful communication in fostering positive professional relationships and avoiding misunderstandings.

The seminar successfully empowered participants with valuable insights and practical techniques for effective and professional email communication, enhancing their competence in professional correspondence. The Programme wrapped up around 12:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
St. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
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## “SMART GIRL PROGRAMME”

on

17th, 18th, 19th OCTOBER, 2022

(10:00 am – 12:00 pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a three-day seminar on “SMART GIRL PROGRAMME” on 17th, 18th, and 19th October, 2022, in Room no. 504. The seminar was organized by the Internal Quality Assurance Cell (IQAC) and Department of BCOM in association with Bharatiya Jain Sanghatan and was attended by S.Y.B.Com, T.Y.B.M.S., and S.Y.B.A.F. students. The seminar was conducted by Mr. Ratnakar Mahajan from Bharatiya Jain Sanghatan.

The Smart Girl Programme aimed to empower girls and young women with the skills, attitudes, and abilities to make the right choices and decisions. Key concepts discussed over the three days included:

- Personal development
- Self-awareness and confidence building
- Leadership skills
- Communication and interpersonal skills
- Career planning and goal setting
- Health and well-being

The programme concluded with a certificate distribution ceremony, recognizing the participation and achievement of the attendees.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, IQAC Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

Mr. Mohitkumar Sharma,  
IQAC Coordinator,



Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



## REPORT ON ONE DAY SEMINAR

### “AI AND CREATIVITY”

ON

25<sup>th</sup>, NOVEMBER 2022

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one day seminar on “AI AND CREATIVITY ”on 25<sup>th</sup> NOVEMBER, 2022 in Room no. 503

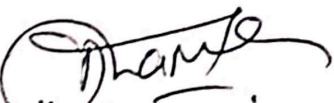
The objective of this seminar is to explore the intersection of artificial intelligence (AI) and creativity, examining how AI technologies are reshaping creative processes and opening up new possibilities for innovation across various domains.

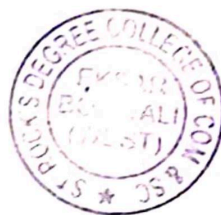
The programme started at 11:00AM presented by Mr. ANKIT NAINA (MAHATMA COLLEGE). Organized by the IQAC & Dept. of BSc. IT in association with MAHATMA COLLEGE the seminar attended by the students of class FY.BSc.IT


This seminar was suitable for various job creations like artists, designers, and creative professionals, and technologists, educators, interested in understanding the role of AI in shaping the future of creativity.

In conclusion, the integration of AI technologies into creative processes is revolutionizing the way we approach art, design, entertainment, and other creative endeavours. By exploring the intersection of AI and creativity in this seminar, participants have gained a deeper understanding of the potential applications, challenges, and ethical considerations surrounding AI-driven creativity. As AI continues to evolve, it presents exciting opportunities for innovation and collaboration across diverse fields. By embracing AI as a tool for augmenting human creativity, we can unlock new possibilities and push the boundaries of what is creatively achievable.

The Programme wrapped up around 12:00noon with a vote of thanks was given by Mr Mohitkumar Sharma,IQAC Coordinator and I/C Principal Mrs Nirja Sharan, of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMM & SCIENCE  
M.M.C. SCHOOL BLDG.; EKSAR  
BORNALI (W.), MUMBAI-92



To effectively prevent development of negativity in the workplace, managers should understand various beliefs or attitudes that different workers uphold. One day seminar was organized by St. Rocks College in association with Abhinav College to explain the importance of the same. Students of T.Y.B.Com, S.Y.B.Com and F.Y.BMS attended the seminar in good numbers

**Name of workshop: Manager's Role in averting negativity**

**Date: 1<sup>st</sup> December 2022**

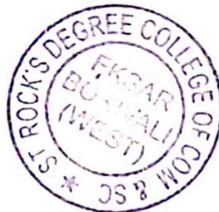
**Conducted by: Ms. Manju Gupta (Abhinav College)**

**Organized by: IQAC and Dept. of B.M.S. in association with Abhinav College**

Speaker, Ms. Manju Gupta from Abhinav Collge was warmly welcomed by Mr. Mohit Sharma, Co-ordinator. Participants learnt skills and techniques to improve employee attitudes, reduce complaining and griping, and create a more positive workplace. In this training session, future managers learnt how to confront negative employee behavior head on and turn it around.

Students showed a lot of enthusiasm in attending the session and were charged with lots of positivity in the outlook.

**Coordinator:**  
**Mr. Mohitkumar Sharma**



**I/C Principal:**  
**Mrs. Nirja Sharan**  
**I/C PRINCIPAL**  
**St. ROCK'S DEGREE COLLEGE**  
**OF COM. & SCIENCE**  
**M.M.C. SCHOOL BLDG.; EKSAR**  
**BORIVALI (W), MUMBAI-92**



## “BUILDING MENTAL STRENGTH FOR LIFE CHALLENGES”

On

9<sup>th</sup> DECEMBER, 2022

(11:00 am – 12:00 pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “BUILDING MENTAL STRENGTH FOR LIFE CHALLENGES” on 9<sup>th</sup> December, 2022, in Room no. 304. The seminar was organized by the Internal Quality Assurance Cell (IQAC) and Department of B.Sc.I.T. in association with Career Manager and was attended by F.Y.B.Sc.I.T. students. The seminar was conducted by Mr. Rakesh C. Jain from Career Manager.

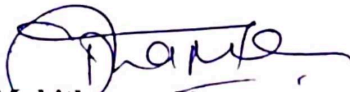
The session aimed to help students build mental strength to navigate challenges and setbacks, cope with stress and adversity, and achieve their goals.

Key concepts discussed include:


- Understanding mental strength
- Techniques for building mental resilience
- Coping strategies for stress and adversity
- Goal setting and achievement

Our mental toughness defines the way we handle challenges, stress, and pressure, no matter the circumstances. It's about being strong in the face of adversity and having the resilience to push through difficult times. When we're presented with challenges, mental toughness can help us face the challenges head-on. It's mental strength that can support us when dealing with a stressful job, tricky personal relationships, or the ups and downs of daily life. Mental toughness can be built upon several key characteristics that anyone can develop and strengthen over time, which can help us thrive and maintain a positive outlook in the face of adversity.

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into building mental strength for life challenges. The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, IQAC Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

  
Mr. Mohitkumar Sharma,  
IQAC Coordinator,



  
Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92



**REPORT ON ONE-DAY SEMINAR  
INTERVIEW PREPARATION AND COMMUNICATION  
ON  
4<sup>TH</sup> JANUARY, 2023**

St. Rock's College of Commerce & Science organized a one-day seminar. The seminar on "Interview Preparation and Communication" was conducted on 4<sup>th</sup> January, 2023 at Room No. 403, organized by Dept of BAF. The primary objective was to equip participants with the necessary skills and knowledge to excel in job interviews through effective communication strategies.


The program started at 11:00 am with the welcome address by Dept of BAF  
The Seminar was organized by the IQAC & Department of BAF in association with Deviprasad Goenka Management College and conducted by the speaker Mrs. Agnes Billimoria.  
Class of FYBAF, SYBAF AND SYBMS attended the seminar.

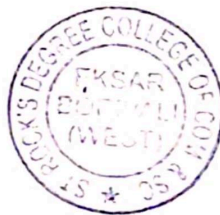
**Key points From Seminar**


The seminar on "Interview Preparation and Communication" proved to be instrumental in equipping participants with the essential skills and confidence needed to excel in job interviews. It emphasized the significance of effective communication and thorough preparation in securing success.

To further support students, it is recommended to offer follow-up sessions or individualized coaching to address specific areas of improvement identified during the mock interviews. Additionally, providing resources or online modules for continual learning and practice could enhance students' preparedness for future interviews.

The seminar significantly contributed to enhancing students' interview readiness and communication skills, thereby boosting their prospects in the competitive job market. The Programme wrapped up around 12:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
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BORIVALI (W), MUMBAI-92



**REPORT ON ONE DAY SEMINAR  
“CYBERSECURITY AWARENESS”**

**ON**

**13<sup>th</sup>, JANUARY 2023**

**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on “**CYBERSECURITY AWARENESS** “on **JANUARY 13, 2023** in Room no.503

The seminar focused on understanding the basics of cyber security and its significance in managerial roles and learns practical tips for maintaining a secure digital environment.

The programme started at **10:00AM** presented by **Ms.RESHMA SHAIKH (SARAF COLLEGE)**. Organized by the IQAC & Dept. of BSc. IT in association with SARAF COLLEGE .The seminar was attended by the students of class FYBMS, FYBAF, TYBCOM.

A report of Cyber security awareness has never been more critical in our increasingly digital world. This report aims to highlight the importance of cyber security awareness, explore common cyber threats, and provide practical tips for individuals and organizations to enhance their cyber security posture and resilience.


As cyber threats continue to evolve in sophistication and frequency, it is imperative for individuals and organizations to remain vigilant and proactive in safeguarding their digital assets.

This seminar serves as a primer on the various challenges faced in the realm of cyber security, while also emphasizing the importance of awareness, education, and collaboration in mitigating risks and strengthening cyber defences. By staying informed and adopting best practices, we can collectively work towards a more secure digital future.

The Programme wrapped up around 12:00noon with a Vote of thanks which was given by Mr Mohikumar Sharma, IQAC Coordinator and I/C Principal Mrs .Nirja Sharan, of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
I/C PRINCIPAL  
St. ROCK'S DEGREE COLLEGE  
OF COMM. & SCIENCE  
M.M.C. SCHOOL BLDG., EKSAR  
BORIVALI (W), MUMBAI-92





## “EMOTIONAL INTELLIGENCE AND SELF-AWARENESS”

On

17<sup>th</sup> JANUARY, 2023  
(11:00 am – 12:00 pm)

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one-day seminar on “EMOTIONAL INTELLIGENCE AND SELF-AWARENESS” on 17<sup>th</sup> January, 2023, in Room no. 304. The seminar was organized by the Internal Quality Assurance Cell (IQAC) and Department of BMS in association with Anjuman Islam College and was attended by F.Y.B.M.S. and F.Y.B.A.F. students. The seminar was conducted by Dr. Stephan Almeida from Anjuman Islam College.

The session aimed to help students understand emotions and their impact on personal and professional life, as well as learn strategies to enhance emotional intelligence and self-awareness. Key concepts discussed include:

- Definition and importance of emotional intelligence
- Understanding and managing emotions
- Self-awareness and self-regulation
- Empathy and social skills
- Applying emotional intelligence in personal and professional contexts

The programme concluded with a brief interaction and Q&A session, allowing participants to clarify their doubts and gain deeper insights into emotional intelligence and self-awareness.

The Vote of Thanks was delivered by Mr. Mohitkumar Sharma, IQAC Coordinator of St. Rock's College, and Mrs. Nirja Sharan, I/C Principal of St. Rock's College.

Mr. Mohitkumar Sharma,  
IQAC Coordinator,



Mrs. Nirja Sharan,  
I/C Principal,  
I/C PRINCIPAL  
ST. ROCK'S DEGREE COLLEGE  
OF COMMERCE & SCIENCE  
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BORIVALI (W), MUMBAI-92



One day seminar was conducted for the students of F.Y.B.Com, S.Y.B.Com, F.Y. BAF and F.Y.BMS by St. Rock's College in association with Thakur Shyamnarayan Collge on importance of Time Management.

**Name of workshop: Time Management**

**Date: 3rd February 2023**

**Conducted by: Ms.Soni Singh (Co-ordinator BMS Dept-Thakur Shyamnarayan College)**

**Organized by: IQAC & Dept. of B.Com in association with Thakur Shyamnarayan College**

Seminar started with a brief introduction of the speaker, Ms Soni Singh and later on addressed the students regarding the topic. Ms. Soni Singh Interacted with the students and following Points were addressed.

1. Importance of Time.
2. How Time affects a person's life.
3. How to effectively manage Time.
4. Respect towards Ones Profession.
5. How to set goals in Life.
6. What steps should be taken to achieve the set goals.

Students were deeply engrossed in the session. It was a very enlightening session for the students and they were excited to learn new techniques of time management.

**Coordinator:**  
**Mr. Mohitkumar Sharma**



**I/C Principal:**  
**Mrs. Nirja Sharan**  
**I/C PRINCIPAL**  
St. ROCK'S DEGREE COLLEGE  
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M.M.C. SCHCOL BLDG.; EKSAR  
BORIVALI (W), MUMBAI-92



To understand the format of research paper and to describe the ethical issues in research publications, St. Rock's College of Commerce and Science organized a one day seminar in association with M.K.Valia College.

**Name of workshop: How to write research papers**

**Date: 9<sup>th</sup> February 2023**

**Conducted by: Ms. Chetana Kukrety (M.K Valia College)**

**Organized by: IQAC & Dept. of BAF in association with M.K Valia College**

Seminar started with introducing the speaker, Ms. Chetana Kukrety. The objective of the Seminar was to make student aware about the importance of writing a research paper. Students should know how to present their project work through a technical paper and most importantly how to avoid plagiarism and how to write an ethical paper.

Various formats to write the research papers were discussed and few best ones were highlighted. Students were also given insights on challenges they will face while publishing the papers and how to ethically overcome them.

Students were delighted to be a part of the enlightening session.

**Coordinator:**  
**Mr. Mohitkumar Sharma**



**I/C Principal:**  
**Mrs. Nirja Sharan**  
**I/C PRINCIPAL**  
**St. ROCK'S DEGREE COLLEGE**  
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**BORIVALI (W), MUMBAI-92**



**REPORT ON ONE-DAY SEMINAR**  
**CV Building**  
**On**  
**17<sup>th</sup> February, 2023**

St. Rock's College of Commerce & Science organized a one-day seminar. The seminar on "CV Building" was conducted on 17<sup>th</sup> February, 2023 at Room No. 304, organized by. The primary objective was to equip participants with the necessary skills and knowledge to excel in job interviews through effective communication strategies.

The program started at 10:00 am with the welcome address by Dept of BAF

**The Seminar was organized by the Department of BFM association with Nalanda college and conducted by the speaker Ms. Anita Das.**

Class of FYBAF, SYBAF AND SYBMS attended the seminar.

**Key points From Seminar**

A well-written CV can help you stand out from other applicants and make it easier for employers to see why you're a good fit for the position.

The seminar effectively equipped by students with the knowledge and tools necessary to create compelling and tailored resumes. It underscored the importance of a well-structured and customized CV in effectively presenting one's qualifications and experiences to potential employers.

Feedback from students indicated a positive response to the seminar. Attendees expressed appreciation for the practical advice and actionable tips provided. The interactive CV review sessions were highly valued, as they provided personalized feedback and insights into improving the effectiveness of their resumes. The Programme wrapped up around 11:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

Coordinator:  
Mr. Mohitkumar Sharma



I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
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**REPORT ON ONE-DAY SEMINAR  
CRITICAL THINKING AND EXPRESSING IDEAS  
CLEARLY**

**ON**

**23<sup>RD</sup> FEBRUARY, 2023**

St. Rock's College of Commerce & Science organized a one-day seminar. The seminar on "Critical Thinking and Expressing Ideas Clearly" was conducted on 23<sup>rd</sup> February, 2023 at Room No. 304.

The seminar aimed to equip attendees with essential skills in critical thinking and effective expression, fostering clarity and precision in communication.

The program started at 10:00 am with the welcome address by Dept of BFM

**The Seminar was organized by the Department of BFM association with Nalanda college and conducted by the speaker Ms. Anita Das.**

Class of FYBFM, FYBCOM, SYBCOM attended the seminar.


**Key points From Seminar**

The seminar successfully provided attendees with valuable insights and practical tools to enhance critical thinking abilities and express ideas with clarity. It emphasized the importance of these skills in professional, academic, and personal contexts.

Feedback from students highlighted the value of the seminar's content and interactive sessions. Attendees expressed gratitude for the practical tools provided to improve critical thinking and communication skills. Many participants found the exercises particularly beneficial, as they offered opportunities to apply learned concepts in a supportive environment. The Programme wrapped up around 1:00 pm with a Vote of Thanks which was given by Mr. Mohit Sharma, Co-ordinator of St. Rock's College & Ms. Nirja Sharan, I/C Principal of St. Rock's College.

  
\ Coordinator  
Mr. Mohitkumar Sharma



  
I/C Principal:  
Mrs. Nirja Sharan  
**I/C PRINCIPAL**  
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## REPORT ON ONE DAY SEMINAR

### “DIGITAL MARKETING”

ON

16<sup>th</sup>, MARCH 2023

ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE organized a one day seminar on “DIGITAL MARKETING ” on MARCH 16, 2023 in Room no.503

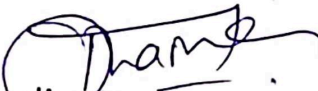
The objective of this seminar is to provide participants with a comprehensive understanding of digital marketing strategies, tools, and techniques to effectively promote products, services, and brands in the digital landscape.

The programme started at 9:00AM presented by Mr.BASIT SOLANKI (IT EXPERT & BUSINESS TRAINER). Organized by the IQAC & Dept. of BSc. IT. The seminar was attended by the student TY.BMS, FY.BSC.IT, SY.BSC.IT.


The speaker of Digital marketing has become an integral component of modern business strategies, revolutionizing the way companies engage with their audiences. This report aims to provide insights into the key aspects, trends, and challenges in digital marketing.

In conclusion, digital marketing offers vast opportunities for businesses to reach and engage with their target audiences in a dynamic and cost-effective manner. By understanding the principles, strategies, and tools discussed in this seminar, participants can develop and execute effective digital marketing campaigns that drive results and contribute to business growth. As the digital landscape continues to evolve, staying updated with the latest trends and best practices is essential for success in the competitive marketplace

The Programme wrapped up around 12:00noon with a vote of thanks was given by Mr Mohitkumar Sharma, IQAC Coordinator and I/C Principal Mrs Nirja Sharan, of St. Rock's College

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
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**REPORT ON ONE DAY SEMINAR**  
**“HANDS ON PRACTICE ON PYTHON PROGRAMMING”**  
**ON**  
**3<sup>rd</sup>, APRIL 2023**


**ST. ROCK'S COLLEGE OF COMMERCE & SCIENCE** organized a one day seminar on **“HANDS ON PRACTICE ON PYTHON PROGRAMMING ”** on **APRIL 3, 2023** in Room no. 304. The seminar focused on how to understand the essential concepts of python programming and to give indepth knowledge in data analytics, machine learning, data visualization, web scraping and natural language processing. The programme started at 10:00AM Presented By **Ms.SONAL APTECH COMPUTER EDUCATION.**

Organized by the IQAC & Dept. of BSc. IT association with APTECH COMPUTERS. The seminar was attended by FY.BSC.IT, SY.BSC.IT, TY.BSC.IT, FY.BFM, SY.BMS.


A report of Python programming language has gained immense popularity due to its simplicity, versatility, and extensive libraries. This report provides an overview of the importance and benefits of hands-on practice in learning Python programming.

The seminar was about importance of Hands-On Practice, enhanced learning experience, Problem-Solving Skills Development, Programming Fluency, Exploration of Python Libraries, Benefits of Hands-On Practice, immediate Feedback, Application-Oriented Learning, Skill Mastery, Portfolio Development.

The Programme wrapped up around 12:00noon with a vote of thanks was given by Mr. Mohitkumar Sharma, IQAC Coordinator and I/C Principal Mrs.Nirja Sharan of St. Rock's College.

  
Coordinator:  
Mr. Mohitkumar Sharma



  
I/C Principal:  
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