Self Defense Mechanism (Karate)

Course Duration: 30 Hrs

About Course

Even though, gender violence is a global phenomenon, however, it assumes a significant character is third world societies or developing countries where violence is perpetuated at every level in a woman's life. India is no exception to this. The cases of gender violence are increasing, many of which go unreported or unregistered. This is because India is a place where women are taught not to get raped, but men are not taught to not to rape. But for the moment, it is particularly important for women in India to learn self-defence for their own safety and survival. Studies have shown that criminals choose those targets more that are unaware of their surroundings and what is going on around them. It is always the psychology of a criminal to choose soft targets who are vulnerable therefore not in a position to retaliate. An attack can happen in any form at any time. In fact, over the years, some students at the college have complained of some sort of harassment by a different sex on their way to college. As a result, Plassey College came up with the idea of starting a **Self-Defence Programme** of 30 hours that would arm students with the necessary skills to defend themselves. More so, the course is poised to instill confidence among girl students to deal with adverse situation in all walks of their lives.

Course Objectives:

The objectives of the course are as follows:

- 1. To bolster confidence and enhance self-esteem.
- 2. To sharpen techniques of Karate
- 3. To increase mental and physical health and discipline
- 4. The overall increase in mental and physical health will help students in their academic endeavours with energy, determination, grit and concentration.

Course Design

- 1. Duration of the Course in hours: 30 hours
- 2. Course Fee: Nil
- 3. This Course is open to all girl students at Plassey College

Course Outline

10th Kyu

[KIHON] In place basics in HACHIJIDACHI

- 1. CHUUDAN CHOKUZUKI
- 2. JOUDAN AGEUKE
- 3. CHUUDAN SOTOUKE
- 4. MAEGERI (HEISOKU DACHI GEDAN KAKIWAKE)

* "GOREI" command (From right side in turn for each Waza)

9th Kyu

[KIHON] In place basics in SHIZEN TAI to ZENKUTSU DACHI and back to SHIZEN TAI

- 1. CHUUDAN JUNZUKI
- 2. JOUDAN AGEUKE
- 3. CHUUDAN SOTOUKE,
- 4. KOKUTSU SHUTOU UKE
- 5. MAEGERI (HEISOKUDACHI, GEDAN KAKIWAKE)

* "GOREI" command (From right side two action in turn for each WAZA) \leftarrow Is that 1 to 4

8th Kyu

[KIHON] IDOU KIHON Moving basics.

- 1. CHUUDAN JUNZUKI (step in)
- 2. JOUDAN AGEUKE (step in)
- 3. CHUUDAN SOTOUKE (step in)
- 4. GEDAN BARAI (step in)
- 5. KOKUTSU SHUTOU UKE (step in)
- 6. MAEGERI (GEDAN KAKIWAKE) (step in)

[KATA] TAIKYOKU SHODAN

[KUMITE] GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI

Assessment Procedure

We have introduced a value-added course Karate. Its assessment is fully based on the practical exam (skill test) that includes 50 marks.

Course Outcome

Upon successful completion of this course, students will be able to:

- 1. Build self-esteem and strengthen self-confidence.
- 2. Learn and master self-defence techniques.
- 3. Enhance physical and mental health and discipline.
- 4. Improve academic performance by raising the level of energy, focus and concentration.

Yoga And Meditation

Course Duration: 30 Hrs

About Course

This course gives access to an exploration of physiological systems from the perspective of overall health and wellness. In particular, a focus on yoga, meditation and mindfulness as a therapeutic intervention in chronic illness and long-term treatment. This course is intended for college students, yoga practitioners and teachers looking for a deeper understanding of the physiological benefits of yoga. The value of taking this course is to understand the impact that yoga can have on reducing stress, and aiding in healing or preventing physiological pathologies. Throughout this course, we will learn about different physiological systems and highlight yoga practices that can influence different systems and reduce pathology. This program is offered to students of all disciplines. Duration of this course is 30 hrs. The course is meant to enhance our understanding and relevance of yoga in the modern life style. Yoga is a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. The course will provide a tremendous amount of information and hands on experience for those interested in alternative health perspectives and a more in-depth scientific understanding of this ancient healing method.

Aims and Objectives of the Course

- 1. To create awareness amongst students to have good health.
- 2. To practice mental health and hygiene.
- 3. To imbibe moral values

Course Design

- 1. Experiential, Introductory sessions of yoga Theory and practice where one can get a glimpse of a yogic lifestyle
- 2. Daily asana
- 3. Sessions for practicing, pranayama & kriyas. Relaxation & meditation session as well as insights & experimental learning of various yogic concepts and ideals.

Curriculum outline

1	Lecture (Theory), Basis of Yoga (Duration: 10 Hours)	 Definition of yoga (1 Hour) Pancha kosha/ yoga & health/concept of disease (1 Hour) Happiness analysis. (1 Hour) Four streams of yoga. (1 Hour) Introduction to Veda, Upanishads, epics & puranas and Bhagavat Gita. (2 Hours) Yogic duet. (1 Hour) Yogic anatomy. (1 Hour) Mantras & Chanting. (1 Hour) Lite and messages of ancient yoga master. (1 Hour)
2	Asana (practical session) (Duration:10 Hours)	 Breathing exercises (2 Hours) Loosening exercise (2 Hours) Surya namaskar. (2 Hours) Asanas (standing, sitting, prone, supine) (2 Hours) Relaxation technique (IRT, QRT, DRT) (2 Hours)
3	Pranayama (Basic Pranayama) Meditation & Kriyas (Duration:5 Hours)	
4	Kriya Yoga & Happy Assembly (Duration: 5 Hours)	

Assessment Procedure

Assessment procedure for yoga includes both theoretical and practical exams.

- 1. 20 marks are allotted for theory in MCQ type question,
- 2. 30 for practical exam.

Course Outcome

On completion of this course student will be able to: -

- 1. Equip themselves with basic knowledge about their personality.
- 2. To learn to handle themselves with in all life situations.
- 3. To learn techniques of gaining good health

Basic Computer Training (E-Shiksha)

Duration - 1 Month / 30 Hrs

About Course

We live in a technology-driven world where everything is increasingly becoming digital. The revolution in information technology has sparked a worldwide debate on digitization. The easy availability of information and seamless connectivity has virtually obliterated national boundaries across geographic space. The Covid-19 pandemic and the subsequent lockdown has accentuated our dependence on digital connectivity Keeping this in mind, Plassey College has realized it is imperative to provide students with an opportunity to get themselves acquainted with a basic computer training course. In order to actualize this, the College has inked a MoU with Plassey Jatiyo Yuva Computer (a government registered organization). The organization will provide classes (both theoretical and practical) in the computer lab of college. After the completion of the course students will get certificates. It is a free of cost course for the students. All expenses will be borne by the college. The name of the course is E-Shiksha. The course is poised to increase employability of students especially in today's competitive job market.

Course Objective

- 1. Computer Fundamentals: This course aims to provide students with a firm grasp of the fundamental parts and functions of a computer system. This covers subjects including computer terminology, operating systems, hardware, and applications.
- 2. Operating System Skills: The course normally includes fundamental abilities connected to operating systems, such as utilizing common software programmes, navigating the user interface, and managing files and directories.
- 3. Internet and Email Usage: Instruction on how to use the Internet for research, communication, and online safety is frequently included in introductory computer classes. This may entail imparting knowledge of online security procedures as well as abilities like web surfing, information seeking, email sending and receiving.
- 4. Word Processing and Spreadsheets: The course includes instruction on word processing software (e.g., Microsoft Word) and spreadsheet software (e.g., Microsoft Excel). Students learn essential skills such as creating and formatting documents, entering and manipulating data, and performing basic calculations.
- 5. Multimedia and Presentations: The course includes instruction on creating and editing digital images, basic photo manipulation, and creating simple presentations using software like Microsoft PowerPoint, Microsoft Paint etc.
- 6. Computer Security and Privacy: The courses will introduce students to fundamental concepts of computer security and privacy. This includes understanding common

threats, practicing safe online behavior, and implementing basic security measures to protect personal information.

7. The E-Shiksha course will develop the fundamental troubleshooting abilities among the students. They will recognize and fix common computer problems. This contains methods for identifying issues, locating the best sources of assistance, and putting straightforward fixes into practice.

Course Design

THEORY CLASSES

1	What is Computer? Block diagram of computer	(2 Hrs)
2	Types of Computer	(2 Hrs)
3	Generation of Computer	(2 Hrs)
4	Data & Information	(2 Hrs)
5	Memory	(2 Hrs)
6	Hardware & Software Input, Output Device	(2 Hrs)
7	CPU	(2 Hrs)
8	WordPad	(2 Hrs)
9	Notepad	(2 Hrs)
10	Paint	(2 Hrs)

1. FUNDAMENTAL OF COMPUTER

PRACTICAL CLASSES

1	TYPEING MASTER	(2 Hrs)
2	WORDPAD	(2 Hrs)
3	NOTEPAD	(2 Hrs)
4	PAINT	(2 Hrs)
AS	SESSMENT	(2 Hrs)
то	TAL	(30 Hrs)

Assessment Procedure

Assessment procedure for Computer Training (E-Shiksha) includes both theoretical and practical exams.

- 1. 50 marks are allotted for theory in MCQ type question,
- 2. 50 for practical exams.

Learning Outcome / Course Outcome:

- 1. Following the course's conclusion, the student will acquire a solid foundation in essential computer skills, including understanding hardware components, using the operating system, navigating file systems, and managing files and folders. The course will enable them to effectively use the internet for research, communication, and online collaboration. This includes understanding web browsers, conducting online searches, evaluating online information, and using email to send and receive messages.
- 2. They will develop proficiency in word processing software, such as Microsoft Word or Google Docs. They should be able to create, format, and edit documents, including using basic formatting techniques, inserting images, and utilizing spelling and grammar tools.

- 3. The students will gain a basic understanding of spreadsheet software, such as Microsoft Excel or Google Sheets. They should be able to create and format simple spreadsheets, perform calculations, use formulas and functions, and generate basic charts and graphs.
- 4. They will be able to create and deliver effective presentations using software like Microsoft PowerPoint or Google Slides. They should be able to create slides, format text and images, add transitions and animations, and deliver presentations confidently.
- 5. In terms of computer security and privacy, after the accomplishment of the course, the students will have a clear understanding of fundamental concepts of computer security, including safe browsing habits, password management, antivirus software, and protecting personal information online.
- 6. Students will develop an understanding of the ethical and responsible use of technology. This includes topics like copyright and intellectual property, digital etiquette, online safety, and the impact of technology on society.
- Students will learn the techniques to identify and resolve common computer issues. They should be able to diagnose hardware and software problems, perform basic maintenance tasks, and seek appropriate technical support when needed.
- 8. Students will develop skills for effective communication and collaboration in a digital environment. This includes using online communication tools, working collaboratively on documents or projects, and understanding the basics of virtual meetings and video conferencing.
- 9. After the course, the student will cultivate a mindset of adaptability and a willingness to continuously learn and explore new technologies. They should be equipped with the skills and resources to keep up with the rapidly evolving field of technology.



Mahindra PRIDE CLASSROOM

Mahindra

PRIDE CLASSROOM

Employability With Empathy And Emotion



ABOUT US



About Naandi

Naandi, which in Sanskrit means a new beginning, is one of the largest and fastest growing social sector organization in India working to make poverty history. Naandi has been partnering with various state governments, corporate houses, international and national development organizations and showcasing large scale successful delivery of public services.

Currently, Naandi is demonstrating the value of creating new social entrepreneurs by setting up social businesses that are even more efficient and closer to community needs than traditional grant-funded activities. Thus, safe drinking water, support to elementary school going urban children, skilling for unemployed youth and agriculture marketing are the four ventures in existence over and above the free services of Naandi.

Mahindra Pride Classroom

Since 2016, Mahindra Pride Classroom (MPC) has been rendering yeoman service to final year students of Government Engineering Colleges/Polytechnics/Arts & Science and ITI's across 20 states in the country. The training program's focus is to enhance beneficiaries' employability prospects via a **40 to 120-hour** carefully designed module. Thus far, MPCs have empowered over **560886** youth with the skills needed to get a job and empower them with future-ready skills adapting to the constant change- and we have also been placing a significant number of them through our many JOB UTSAV's with reputed employers since inception. The complete costs of the training and placements are underwritten by the Mahindra group as part of their CSR contribution.

Towards the vision to develop 21st-century competencies to empower and equip youth for employment and lifelong learning Mahindra Pride Classroom offers a hybrid training model, bringing together conventional wisdom in skill training and the power of technology.

Under this initiative, specially selected and skilled adjunct faculty deliver skill-based training that helps the youth to build competencies that meet the industry's expectations. Empowering girls to pursue a successful career





Activity based learning

Faculty development





COURSES

Courses Offered

FOCUSED ABILITIES

Communicate Effectively



Think Critically

- Solve Problems
- Work Collaboratively
- Engage In Lifelong Learning
 - Innovate 😑



FOCUSED SKILLS

- Communication Skills
- Life Skills
- Soft Skills
- Interview Skills
- Collaboration Skills





Job Utsav



Job Utsav- a Mahindra Pride initiative, evolution of a technology enabled, unique yet holistic placement drive, brings together the best employers and a great talent pool through campus hiring. Around 69 Job Utsav have been organized successfully, and around 69796 beneficiaries used this opportunity to unleash their potential through online and offline placement drives PAN India with more than 300+ reputed employers like Bajaj Motors Ltd, Croma, HDBI financial Services, Hindustan Unilever, ICICI Lombard, Kotak Mahindra Bank, Maruti Suzuki services, Omega health care, Reliance, TATA Motors, Wipro etc. The integrity of the placement drives is assured by unbiased evaluation, quick turnaround time, smart mentoring, and superior managerial capabilities of the Job Utsav Team giving the Mahindra Pride Job Utsav an edge over other traditional placement drives.



TECHNOLOGY ENABLED JOB DRIVE

- 1. Digital Registration
- 2. Employer meeting & job description
- 3. Screening
- 4. Face to face interview
- Announcement of shortlisted candidates



Placements

Training Photos



Gallery

Naandi Foundation

502, Trendset Towers, Road No 2, Banjara Hills, Hyderabad – 500 034, Telangana, India

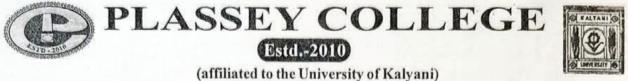


www.naandi.org



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Mira Bazar, P.O.-Plassey, Kaliganj Block, Dist.-Nadia, Pin-741156, West Bengal, India.

Ref. No.....

Date 10-06-2023

To

Mahindra Pride Classroom

Kolkata

Thanks so much for organizing this training. You exceeded my expectations by far.

This training was a huge eye-opener for us as an administrative head at my college.

I will apply the principles learnt at this training to move my college student forward.

Thank you

Plassey College

Principal Plassey College Mirabazar, P.O.-Plassey,Dt-Nadia

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1	Sandeep Mitra	-													6	36
- designed							10. 10 March				*			Total No	of Hours	36

Authorized Signature & Seal

Principal Plassey College Mirabazar, P.O.-Plassey,Dt-Nadia

Institution Name Course Name_ Arts & Science	PALASSEY COLLEGE	Trainer NameSANDEEP MITRA	MPC - WB										
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1 Rejuyana Khatun	Chand mahammad sekh	sangitakhan84@gmail.c om	8597177063	P	P	Р	Р	Р	Р	6	6	0	100%
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Principal Principal

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30 Anuja Malakar	Nanda Malakar	malakaranuja@gmail.co m	6297009745 P	Р	Р	Р	Р	P	6	6	0	
31 PARAMITA KHATUN	TAIMUR ALI DAFADAR	paramitakhatun2@gmai I.com	7439427137 P	Р	P	Р	Р	P	6	6	0	
32 BITHIKA KHATUN	Ichhu Sk	bithikakhatun48@gmail. com	7585967488 P	Р	Р	Р	Р	P	6	6	0	
33 Labani Das	Aparna Das	monbanerjee251@gmai I.com	8617589949 A	A	A	A	A	A	6	0	6	0%
34 Puja Bairagya	Hiralal bairagya	pujabairagya449@gmail .com	8617455693 P	Р	Р	A	A	A	6	3	3	50%
35 Shrabani pramanik	BISWAJIT PRAMANIK	moonpramanik717@gm ail.com	9832126134 P	Р	P	Р	Р	Р	6	6	0	100%
36 Amisha Nath	Bidya Prasad Nath	nathamisha312@gmail. com	9641440503 P	Р	Р	Р	P	Р	6	6	0	100%
37 SIMRAN KHATUN	RINA BIBI	simranpriyasahin@gmai l.com	7063366378 P	Р	Р	A	A	A	6	3	3	50%
38 Disha Ghosh	Prasad Ghosh	ghoshdisha19@gmail.co m	7583924919 P	Р	Р	Р	Ρ	Р	6	6	0	100%
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Principal Plassey College Mirabazar, P.O.-Plassey,Dt-Nadia



Plassey College <plasseycollege@gmail.com>

MAHINDRA PRIDE CLASSROOM :: Proposal for Implementation of Employability Skills Training Programme (ADD-ON COURSES) for final Year Female Students under Mahindra & Mahindra's CSR initiative

1 message

Debnath <debnath@naandi.org> To: Plassey College <plasseycollege@gmail.com> Cc: MPC - Swobnom Saud <swobnom@naandi.org> Thu, Mar 2, 2023 at 4:18 PM

Dear Sir,

Greeting from Mahindra Pride Classroom!

Thank you for accepting from our proposal for Employability Skills Training Programme (ADD-ON or Certification Program) for final year passing out Graduate & Post Graduate Female Students under Mahindra & Mahindra's CSR initiative "Mahindra Pride Classroom" on Online and Offline Platform.

Request you to confirm final year Female students count so that we can plan for the batch.

Thanks & Regards

Debnath Boral

Regional Manager | Project Implementation Mahindra Pride Classroom | Naandi Foundation

Mobile - +91 73373 33422

www.naandi.org



From: Plassey College [mailto:plasseycollege@gmail.com] Sent: 02 March 2023 13:46 To: debnath@naandi.org Subject: MAHINDRA PRIDE CLASSROOM

Dear Sir,

Hope this email finds you well.

This is to inform you that we are very much interested in conducting the session as per the schedule given by you.

Looking forward to hearing from you soon.

Regards,

Dr Basant Kumar Pradhan

Principal

Plassey College





Date: 10-05-2023

To, The Principal & The Career Counselling Cell. Plassey College, Nadia, West Bengal.

Sub: Proposal for Implementation of Employability Skills Training Programme for final year passing out Graduate Female Students under Mahindra & Mahindra's CSR initiative "Mahindra Pride Classroom" on Offline Platform.

Dear Sir/Ma'am,

Greetings from Naandi Foundation's Mahindra Pride Classrooms!

Mahindra Pride Classroom is a flagship Corporate Social Responsibility (CSR) Livelihood programme of the Mahindra and Mahindra group and is fully implemented by Naandi Foundation, a Public Charitable Trust incorporated under the Indian Trusts Act, having its registered office in Hyderabad.

Mahindra Pride Classroom's vision is "To mainstream socially and economically disadvantaged female youth, through the process of skill-development training, so as to make them employable in the various sector".

The Mahindra Pride team strongly believes that apart from academic education, Skill Development is also required for students when they step out into the professional world. It is imperative for young adults to be equipped with essential life skills and soft skills. While certain skills may be acquired through everyday experience at home, Classroom or College, they are not sufficient to adequately equip the youth in today's complex society.

The Mahindra Pride Classroom aims to help students to:

- Develop an identity and improve their self-esteem.
- Manage emotions and overcome obstacles.
- Build relationships and polish their interpersonal skills.
- Enhance and improve employability skills.
- Improve personal and professional effectiveness.
- Develop Problem Solving and Critical Thinking skills.

The life skills component of the training module has helped to transform the learners into confident, determined, goal-oriented – a personality shift essential for them to pursue successful careers in the sectors of their choice.

It has helped improve students' understanding of the world and their role and responsibility towards it. It has also enabled them in finding ways to cope with the challenges that life throws at them. These young adults who underwent our training, firmly believe that they will be able to live a more productive and fulfilling life.

What does the Mahindra Pride Classroom programme consist of?

Life Skills - compassion, respect, gratitude, being a responsible global citizen, Soft Skills - grooming, body language, teamwork, time management, social manners, etc. Communication Skills - functional English and the ability to express themselves clearly in





the local language. Presentation Skills - speaking clearly, coherently and confidently. Interview Skills - resume preparation, interview questions, mock interviews.

As a part of our Institutional Skilling initiative in Kerala, Tamilnadu, Telangana, Andhra Pradesh, Maharashtra, Delhi, Uttar Pradesh, Haryana, Odisha, Bihar, Jharkhand, West Bengal and Assam we have collaborated with various Universities, Department of Technical Education, State Skill Development Authorities, Employment & Labour Department across different parts of India.

Besides, we have collaborated with various ITI, Polytechnic, Engineering College, Central Tool Room and Training Centre, Vocational Training Colleges, Commerce, Arts and Science College, Hospitality institutes and Nursing colleges for conducting the upskilling training sessions for the female youth. Our employability training programme was welcomed by all and created a great impact on the students. The Campus to Corporate training program prepared the students for the corporate world and helped them to emerge as better professionals.

We would require your support as we propose to train female students from your College / University / Institute on Soft Skills, Life Skills, Communication Skills, Presentation Skills and Interview Skills for a duration of 30 – 60 hours per batch in Online or Offline mode based on need assessment test. Pre & Post Assessment Test will be conducted for each session. GD, Extempore, MOCK Interview will be conducted for every batch.

Terms and Conditions:

We intend to train final year passing out Graduate and Post Graduate Female Students from various streams without any backlogs on various transformable, employability and domain skills.

The colleges will source the students for the training program by providing necessary filters to select deserving students.

- Students will be grouped into batches of 50 60 numbers.
- The students will be trained on the skills suggested in the plan accordingly.
- Before and After the session a Pre & Post assessment test will be conducted.
- Trainers will be deployed by Mahindra Pride Classroom depending on the number of batches.
- Distance tracking reports and daily attendance will be administered.
- Classes shall be conducted within the institute premises in class rooms for offline mode.
- Mahindra Pride Classroom "SHALL NOT CHARGE ANY FEE" for the training as all costs incurred shall be supported by Mahindra and Mahindra's CSR.
- We sincerely hope that we will be able to meet your requirements with the best of our efforts and are looking forward to a long association with your College.
- Students who Attain 70% classes are eligible for certificate.
- <u>Students who Attain 70% classes can attain Job Utsav conducted by Mahindra</u> <u>Pride Classroom</u>.
- <u>The objective of the program is to impart employability skill set to the young girls</u> that helps in making them employable and raise their economic security.
- Ensure that the Placemet Team of the institute should share the placement details of the MPC trained students with the Naandi employees.

TRAINING FRAMEWORK MODULE





	Framework for 36 hours - Offline Sessions 1. To help students overcome their fear of speaking in English												
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Prog	2. To i	nstall confidence in students and make then	n socially aw	are and responsible citizens									
ram me Goal	3.To equip learners with the necessary skills and knowledge required to enhance their employability and succeed in the job force												
	4. To increase students employability quotient												
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	1	I am Unique	2 hrs	Life Skill									
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	3	English - Language for Career	2 hrs	Communication Skill									
	4	Effective Speaking	2 hrs	Interview Skill									
2	5	Goal setting & Time Management	2 hrs	Soft Skill									
	6	Job Opportunity	2 hrs	Interview Skill									
	7	Professional Communication	2 hrs	Communication Skill									
3	8	Group Discussion	2 hrs	Interview Skill									
	9	Money Management	2 hrs	Soft Skill									
	10	Professional Ethics	2 hrs	Soft Skill									
4	11	Critical Thinking	2 hrs	Life Skill									
	12	Presenting a Project	2 hrs	Soft Skill									
	13	Interview Preparation 1	2 hrs	Interview Skill									
5	14	Group Presentation	2 hrs	Presentation Skill									
	15	Digital Identity	2 hrs	Life Skill									
	16	Problem solving	2 hrs	Soft Skill									
6	17	Interview Preparation 2	2 hrs	Life Skill - Interview skill									
	18	Recap & Closing	2 hrs										
		6 days 18 Sessions 36hours /	Arts & Scier	ıce									

Thanks & Regards Swobnom Saud Program Manager | Mahindra Pride Classroom Mobile - +91 6305 654 810 Mail Id - swobnom@naandi.org Naandi Foundation www.naandi.org





Date: 25-02-2023

To, The Principal, Plassey College, West Bengal.

Sub: Proposal for Implementation of Employability & Digital Literacy Skills Training Programme (ADD-ON COURSES) for final year passing out Graduate & Post Graduate Female Students under Mahindra & Mahindra's CSR initiative "Mahindra Pride Classroom" on Online and Offline Platform.

Dear Sir,

Greetings from Naandi Foundation's Mahindra Pride Classrooms!

Mahindra Pride Classroom is a flagship Corporate Social Responsibility (CSR) Livelihood programme of the Mahindra and Mahindra group and is fully implemented by Naandi Foundation, a Public Charitable Trust incorporated under the Indian Trusts Act, having its registered office in Hyderabad.

Mahindra Pride Classroom's vision is "To mainstream socially and economically disadvantaged youth, through the process of skill-development training, so as to make them employable in the various sector".

The Mahindra Pride team strongly believes that apart from academic education, Skill Development is also required for students when they step out into the professional world. It is imperative for young adults to be equipped with essential life skills and soft skills. While certain skills may be acquired through everyday experience at home, Classroom or College, they are not sufficient to adequately equip the youth in today's complex society.

The Mahindra Pride Classroom aims to help students to:

- Develop an identity and improve their self-esteem.
- Manage emotions and overcome obstacles.
- Build relationships and polish their interpersonal skills.
- Enhance and improve employability skills.
- Improve personal and professional effectiveness.
- Enhance and improve communication skills.
- Knowledge About Digital Literacy Skills.

The life skills component of the training module has helped to transform the learners into confident, determined, goal-oriented youth – a personality shift essential for them to pursue successful careers in the sectors of their choice.

It has helped improve students' understanding of the world and their role and responsibility towards it. It has also enabled them in finding ways to cope with the challenges that life throws at them. These young adults who underwent our training, firmly believe that they will be able to live a more productive and fulfilling life.

What does the Mahindra Pride Classroom programme consist of?

- Life Skills compassion, respect, gratitude, being a responsible global citizen
- Soft Skills grooming, body language, teamwork, time management, social manners, etc.
- Communication Skills functional English and the ability to express themselves clearly in the local language
- Presentation Skills speaking clearly, coherently and confidently.
- Interview Skills resume preparation, interview questions, mock interviews
- Digital Literacy Skills Microsoft Office Packages (MS Word / MS Excel / MS Power Point), Google Docs, Google Sheet.

As a part of our Institutional Skilling initiative in Kerala, Tamilnadu, Telangana, Andhra Pradesh, Maharashtra, Delhi, Uttar Pradesh, Haryana, Odisha, Bihar, Jharkhand, West Bengal and Assam we have collaborated with various Universities, Department of Technical Education, State Skill Development Authorities, Employment & Labour Department across different parts of India.



Mahindra PRIDE CLASSROOM

Besides, we have collaborated with various ITI, Polytechnic, Engineering College, Central Tool Room and Training Centre, Vocational Training Colleges, Commerce, Arts and Science College, Hospitality institutes and Nursing colleges for conducting the upskilling training sessions for the youth. Our employability training programme was welcomed by all and created a great impact on the students. The Campus to Corporate training program prepared the students for the corporate world and helped them to emerge as better professionals.

We would require your support as we propose to train students from your university and affiliated college students across Assam, Soft Skills, Life Skills, Communication Skills, Presentation Skills and Interview Skills for a duration of 30 hours per batch in Online or Offline mode based on need assessment test. Pre & Post Assessment Test will be conducted for each session. GD, Extempore, MOCK Interview will be conducted for every batch.

Terms and Conditions:

We intend to train only final year students from various streams without any backlogs on various employability skills and domain skills.

The colleges will source the students for the training program by providing necessary filters to select deserving students.

- They will be grouped into batches of maximum 50 numbers for offline and 80 for online.
- The students will be trained on the skills suggested in the plan accordingly.
- Pre and Post Assessment test will be conducted.
- Trainers will be deployed by Mahindra Pride Classroom depending on the number of batches.
- Naandi will conduct 'Train the Trainers' before start of the program.
- Distance tracking reports and daily attendance will be administered.
- Classes shall be conducted within the institute premises in class rooms for offline mode and Online classes will be in conducted in online platform.
- Mahindra Pride Classroom "SHALL NOT CHARGE ANY FEE" for the training as all costs incurred shall be supported by Mahindra and Mahindra CSR.
- Naandi Foundation's Trainer's lodging and boarding will be taken care by Naandi Foundation Only
- We sincerely hope that we will be able to meet your requirements with the best of our efforts and are looking forward to a long association with your College.

STUDENTS - ELIGIBILITY FOR MPC EMPLOYABILITY SKILL TRAINING PROGRAM

Age Group – 18 Year to 25 Years.

Educational Qualification – Any Graduate ($5^{th} \& 6^{th}$ Semester) and Post Graduate ($3^{rd} \& 4^{th}$ Semester) Students who seeking for a Job opportunity post study.

Stream – BBA / MBA

Commerce (B. COM / M. COM) / Arts (B.A. / M.A.)/ Science (B. SC / M. SC.) ITI / Engineering / Diploma B. Ed. / Nursing / Vocation

COURSES WE ARE OFFERING

- 1. Employability Skill Training for all the Students
- 2. Aptitude Training for all the Students
- 3. English at Work for all the Students
- 4. Python Programming Training for Engineering Students
- 5. New Educator Program for B. Ed. Students
- 6. Digital Literacy Program

DCOURSE SCHEDULE & FRAMEWORK OF EMPLOYABILITY SKILL TRAINING

MODE OF TRAINING – OFFLINE TOTAL HOURS – 30 HOURS HOURSE PER DAY – 5 HOURS / 6 HOURS ADAY TOTAL NUMBER OF DAYS – 6 DAYS / 5 DAYS MODE OF TRAINING – ONLINE TOTAL HOURS – 30 HOURS HOURSE PER DAY – 2 HOURS A DAY TOTAL NUMBER OF DAYS – 15 DAYS



Mahindra PRIDE CLASSROOM

BELOW ARE THE TOPICS ARE GOING TO BE COVER IN THE PROGRAM

S. NO.	DAY	hours	SESSION TITLE	DURATION	SKILL
1	DAY - 1	4 HOURS	I am Unique	2	Life Skill
2			Body language & Professional grooming	2	Soft Skill
3	DAY - 1	4 HOURS	Goal setting & Time management	2	Soft Skill
4			Job Opportunity (Input Sessions)	2	Interview Skill
5	DAY - 1	4 HOURS	Professional Communications	2	Communication Skill
6			Digital Identity	2	Life Skill
7	DAY - 1	4 HOURS	Money Management	2	Soft Skill
8			Professional Ethics	2	Soft Skill
9	DAY - 1	4 HOURS	Critical Thinking	2	Life Skill
10			Presenting a Project	2	Interview Skill
11	DAY - 1	4 HOURS	Problem Solving	2	Life Skill
12			Group Presentation (Output sessions)	2	Presentation Skill
13	DAY - 1	4 HOURS	Acing a group discussion	2	Interview Skill
14			Conflict management	2	Life Skill
15			Interview readiness 1 & 2	2	Interview Skill
TOTAL				30	

Note ::

- The above mentioned structure of prescribed training can be changed as per requirement.
- We have a MOU with West Bengal State University to conduct this program for all the afilated colleegs.

We are looking to have a great association with your institution.

Thanks & Regards

Selmath

Debnath Boral Regional Manager | Project Implementation | East & North East Region Mahindra Pride Classroom | Naandi Foundation Mobile - +91 73373 33422 Email - <u>debnath@naandi.org</u> www.naandi.org

<u>21/06/2022 - YOGA</u>































<u>02/09/2022</u> - KARATE









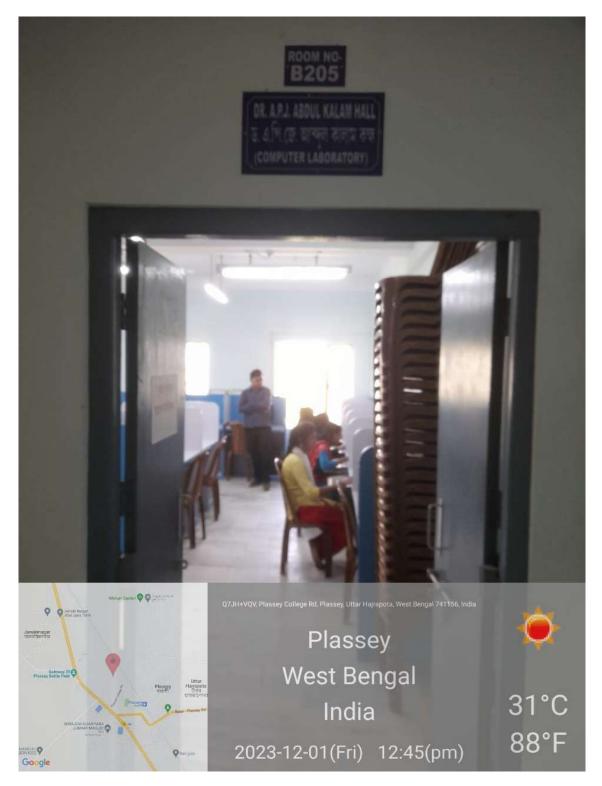


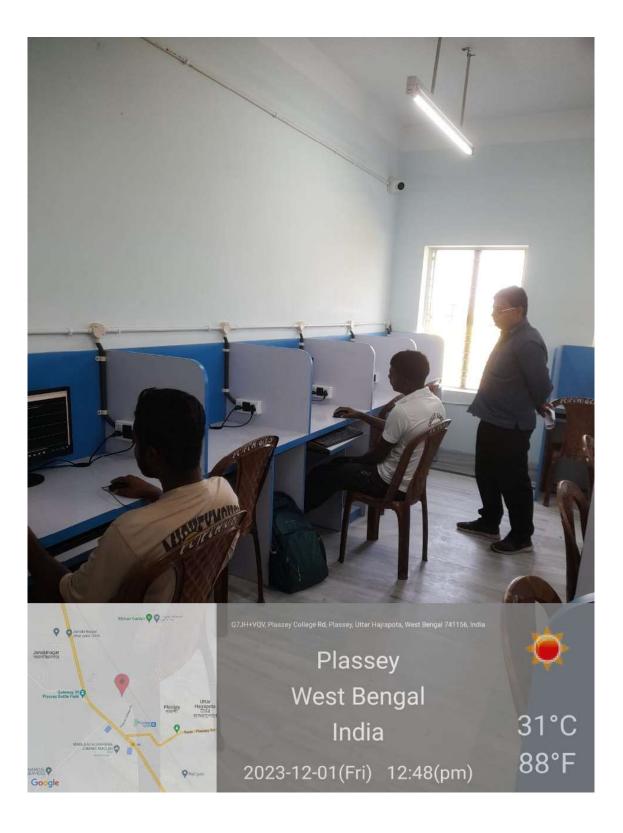






Computer Lab





<u>MAHINDRA PRIDE CLASSROOM : Employability Skills</u> <u>Training Programme (ADD-ON COURSES)</u>

