

Best Practice – 1



Sunbeam Women's College Varuna

(Affiliated to M.G. Kashi Vidyapith, Varanasi)
904/1, Central Jail Road, Sikraul, Varanasi-221002
www.sunbeamwcv.com email : info@sunbeamwcv.com

ABHYUDAYA: A Skill Based Basic Enrichment Programme Session 2022-2023





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Best Practice-1

Event: ABHYUDAYA: A Skill-Based Basic Enrichment Programme

The Context:

The youths of today are under tremendous pressure to carve out a niche for survival in life. Besides their academic syllabus, the students must be given additional training in life skills. Hence, a weeklong ABHYUDAYA: A Skill-Based Basic Enrichment workshop is designed to promote creativity and strengthen relationships both at home and within our college community to focus on the enrichment of students' vocational and professional skills.

Objectives of the Practice:

1. To develop self-capabilities in students to meet their daily encounters.
2. To enhance interpersonal and communication skills for personal and professional success.
3. To help the students identify their interest areas for vocational development.
4. To foster better connections and teamwork among students.

The Practice:

The practice focuses on building area competence through a combination of life skills and employability skills through **10 workshops**. A total of **166 students** from all streams **participated in the 2022-23 session**. Every activity is planned for 3 hours a day, and eminent personalities from the relay of fields involved were invited to teach the students. They were divided into "Group A" and "Group B" for the smooth conduction of the program. Sessions include live demonstrations as well as participation of the students.

1. Job Skill Training (Resume Writing and Communication Skills):

- Hands-on sessions to create effective resumes.
- Communication workshops to enhance verbal and written communication skills.

2. Food Preservation:

- A fun and interactive session on the art of pickle and murabba making which encouraged creativity in the kitchen and appreciation for traditional culinary practices.

3. Professional Makeup, Nail Art and Hairdo:

- Practical sessions on professional makeup, Nail art, and hairdo to Boost self-confidence for professional and social events.

4. T-Shirt Painting

- Fosters creativity, imagination, and a sense of accomplishment.

5. Basic Cooking:

- Participants learned fundamental cooking techniques, meal planning, and nutritional basics.

6. Mocktail and Cake Bakery

- Mocktail preparation and cake baking enhanced their culinary skills fostering creativity and perfecting presentation techniques.





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7. Basic Stitching:

- Empower students to handle basic clothing alterations and repairs.

8. I Create: Start Up Mela

- In the Start-Up Mela, students presented their stalls in the Multipurpose Hall, showcasing innovative products or services.

Evidence of Success:

The evidence underscores the strengthening of the student's sense of community within college and at home. Students have built confidence and honed survival skills. Few students have started their startups or expanded family businesses and are constantly seeking internship and placement opportunities in different sectors. The program is highly received, according to participant feedback and evaluation mechanisms.

<https://youtu.be/MBf5usIGGHM>

<https://www.instagram.com/reel/C2UdOoux8su/?igsh=MTJvemVyY3FiOHpoaA==>

Problems Encountered

During Abhyudaya, common challenges include self-determination and initiative on the part of students, as few students who are acquainted with the activities in the sessions abstain from participation. Some students cannot imbibe the learning process, as they either compare or search for traditional learning methodologies of learning.

Resources Required:

Key resources needed include experienced facilitators, a comprehensive curriculum covering various skills, access to technology, and sufficient budget allocation for resource availability.





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Notice

Date: 01.05.2023

Dear students,

Sunbeam Women's College Varuna is organizing "Abhyudaya 23" – a skill-based basic enrichment programme. The module of the workshop is designed to provide basic required skills for the overall development of college students. The workshop will start from 8th May 2023. Timing will be from 12:00 noon to 3:00 pm. The students will receive the certificates of participation.

The workshop is comprised of:

1. Basis cooking
2. Resume writing and communication skills (Job skill training)
3. Food preservation
4. Mocktails and salad dressing
5. Cake baking
6. Professional make up
7. Nail art and hairdo
8. T- shirt painting
9. Basic Stitching
10. I create: Start up Mela

Dr. Rajeev Singh
(Principal)





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Presents



JOB SKILL TRAINING



BEAUTY PERSONIFIED



Abhyudaya 2023

enriching capabilities...



FOOD HACKATHON



MOCKTAIL & CAKE BAKING

SKILL DEVELOPMENT WORKSHOP



ICREATE

8th to 13th May 2023



Creativity



Sunbeamwcv Varanasi | sunbeamwcv_varanasi | in/sunbeam-women-s-college-varuna-272b361a5 | Varanasi



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DAY 1 : Job Skill Training by Mr. Sanket Bangla & Hands on Training on Preparation of Seasonal Achar and Murabba

ABHYUDAY'2023
Life Skills Workshop
Date: 08th to 13th May 23

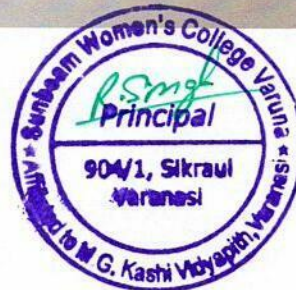
DAY 1 # 08th May/23

Group	Workshop	No. of students	Time	Teacher Incharge	Venue	Maid on Duty
A+B	Session on Job Skills Training by Mr. Sanket Bangla	166	10 am to 11 am	✓ Shubhkamna	melody	Sushma
A	Hands on training on preparation of seasonal Achar & Muraba making	83	12 noon to 1:30 pm	✓ Dr. Reena	Multimedia	Sushma & TazbunNisha 2/2/
B		83	1:30 pm to 3 pm	✓ Dr. Anupama		

Group	Head
Group A B.COM & B.Sc	✓ Mr. Mazid ✓ Dr. Ashish Dr. Soumik
Group B BBA & BA	✓ Dr. Rajiv Dr. Ravi Dr. Jitendra ✓ Dr. Karunendra P. Singh

NOTE:

- Both the groups heads are responsible for the attendance of students and availability of students on the venue on time.
- Heads will be responsible if students are not on venue on time.

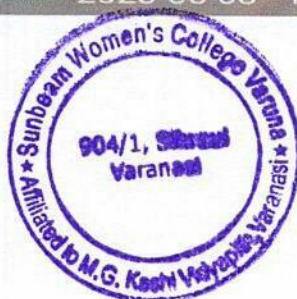
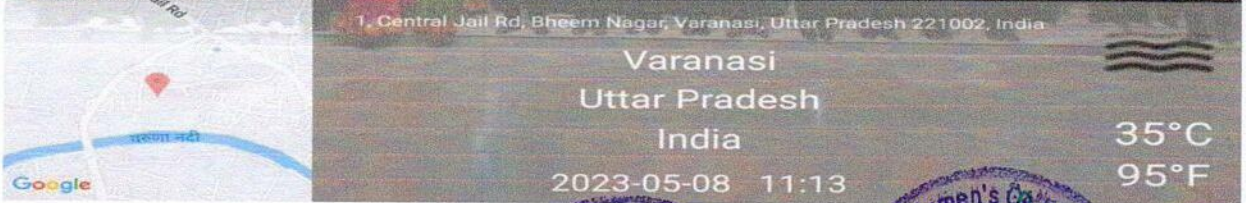


Skill 1 (Day 1)

On the first day of Abhyudaya a session on "JOB SKILLS TRAINING" was organised. The session was moderated by **Mr. Sanket Bangla, (Director , Career Launcher)** .He talked about resume building , communication skills and professional manners. Students learnt how they can enhance their professional skills. The session was power packed with lots of learning.



SUNBEAM WOMEN'S COLLEGE VARUNA





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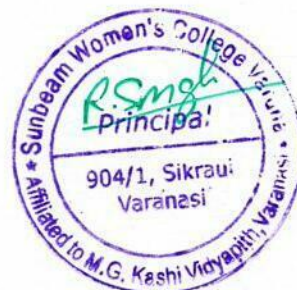
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SKILL 02 (DAY 1)

In the second half a workshop on Seasonal pickle making and preservation was organised. The workshop was conducted by the team of the Cottage Industry named Sweta Achar & Murabba situated at Chiraigaun. The team demonstrated from the basics of cutting raw mango to the final procedure of raw mango pickle preservation. Students enjoyed the learning and notes each step of the procedures. At last students had healthy handmade Amla Burfi gifted by the company





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DAY 02: Hands on Professional Makeup, Hairdo and Nails Art

DAY 2 # 9th/May/2023
Hands on Professional Makeup, Hairdo & Nail arts

Group & Incharges	Workshop	No. of students	Time	Teacher Incharge	Venue	Maid/Peon on Duty
A Swati Ritu Aimant Vishakha Joy Pooja Pandey	Hands on training on Professional Makeup & hair do	83	10am to 12 Noon	Dr. Ashish Dr. Reena Ms. P. P. Harshita Mr. Pranay	Lakme Academy Sagra	Sushma Sushma
B Dr. Pooja Dr. Gyatri Rakhi Dr. Neha Chaurasiya Anupama	Nail Arts by Cutiepie Nails Studio Academy	83		Dr. Mandakini & Ms. Anupama		राजकुमार निशा Nisha and Dharmendra Dharmendra
A Swati Ritu Aiman Vishakha Joy Pooja Pandey	Nail Arts by Cutiepie Nails Studio Academy	83	12 noon To 3 pm	Ms. Anupama & Dr. Joy	Multimedia	राजकुमार निशा Nisha And Rahul Rahul Dev
B Dr. Pooja Gyatri Rakhi Neha Chaurasiya Anupama	Hands on training on Professional Makeup & hair do	83		Dr. Rajiv Dr. Gayatri Dr. Neha	Lakme Academy	Sushma Sushma

Peripheral Work

Group	Head
Group A B.COM & B.Sc	Dr. Ashish Dr. Soumik Mr. Mazid
Group B BBA & BA	Dr. Rajiv Dr. Ravi Dr. Karunendra Dr. Jitendra

NOTE:

- o Both the groups heads are responsible for the attendance of students and availability of students on the venue on time.
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SKILL 01 (Day 2)

On the second day of Abhyudaya, students went to Lakme Academy, Sigra for a workshop on Hands - On Professional Makeup & Hairdo. Students learned skin care and hair care. Later they learned makeup application from basics to ends. The session was power packed with lots of learning.





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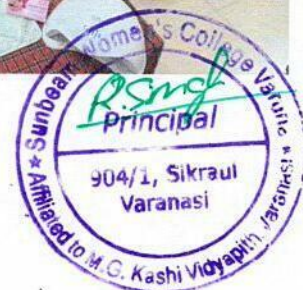
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SKILL 02 (Day 2)

In the second half a workshop on *Professional Nail Art* was organized. The workshop was conducted by the renowned team of *Cutiepie Nail Art Saloon* .The team demonstrated from the basics of *nail refilling to the final procedure of nail extensions and paint application.* Students enjoyed the learning and also got the chance to practice the art on their nails.





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Day 03: Live Demonstration of Cake Baking & Dressing by CAKE 365 & T-Shirt Painting

DAY 3/ 10th /May/2023

Live Demonstration of Cake Baking & Dressing by CAKE 365 & T- Shirt Painting

Group charges	Workshop	No. of students	Time	Teacher Incharge	Venue	Maid on Duty
A Swati Ritu Aimani Vishakha Joy Pooja Pandey	Cake Baking & Dressing (Venue Incharge - Ms. Vishakha, Dr. Pooja)	83	12 noon to 1:30 pm	Mr. Ghanshyam Ms. Vishakha Dr. Pooja Ms. Nahid Mr. Pranay	Mess	Sushma Nisha Dharmendra
B Pooja Gyatri Rakhi Chaurasiya Anupama	T- Shirt Painting (Venue Incharge - Mr. Anand)	83		Mr. Lalit Mr Pranay Dr.. Dipti Dr. Ragini Ms. Anupama	Melody	Asma & Champa
B Pooja Gyatri Rakhi Chaurasiya Anupama	Cake Baking & Dressing (Venue Incharge - Ms. Pooja Dr. Reena Dr. Neha)	83	1:30 to 3 Pm	Mr. Ghanshyam, Ms. Pooja Dr. Reena Dr. Neha Mr. Pranay	Mess	Sushma Nisha Dharmendra
A Swati Ritu Aimani Vishakha Joy Pooja Pandey	T- Shirt Painting (Venue Incharge - Mr. Anand)	83		Mr. Lalit Mr Pranay Dr. Ashish Ms. Anupama	Melody	Asma & Champa

- TASK for Cake Baking : need Plastic cups /Spoon for 170 students
- TASK for T-SHIRT Painting : Arrangement for Colours, T-shirt, Brushes for 10 groups of 7 student each
- Infrastructure requirements in Mess : 01 long table, 02 small table, 80 chairs & dustbin

For all Peripheral Work of abhyudaya

Group	Head
Group A B.COM & B.Sc	Mr. Mazid Dr. Ashish Dr. Soumik
Group B BBA & BA	Dr. Rajiv Dr. Ravi Dr. Karunendra Dr. Jitendra

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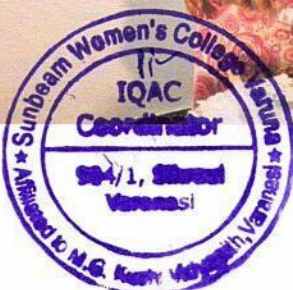
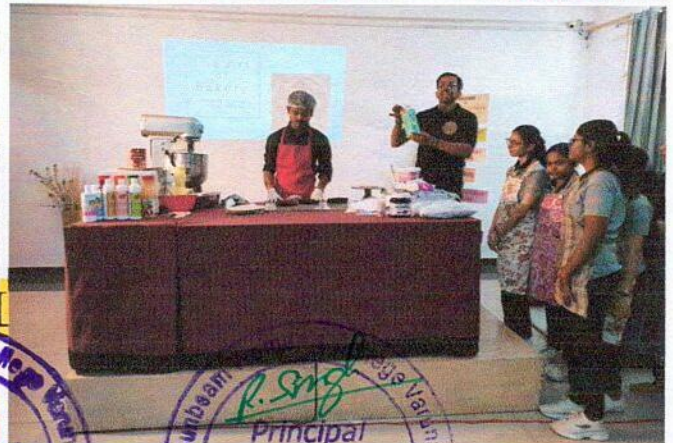
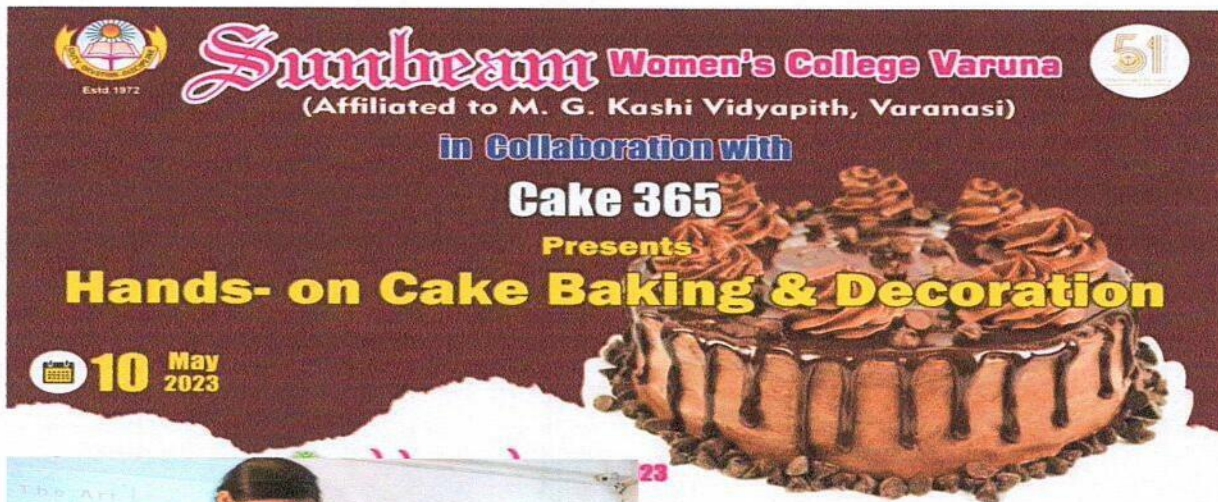
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SKILL 01

(Day 3)

Because every cake has a story to tell

On the third day of Abhyudaya exciting Hands -On Cake Baking & decoration in collaboration with CAKE365 was organised for the students. Students learned from the basics to the final presentation of Cake. At last they enjoyed eating their own handmade cake.





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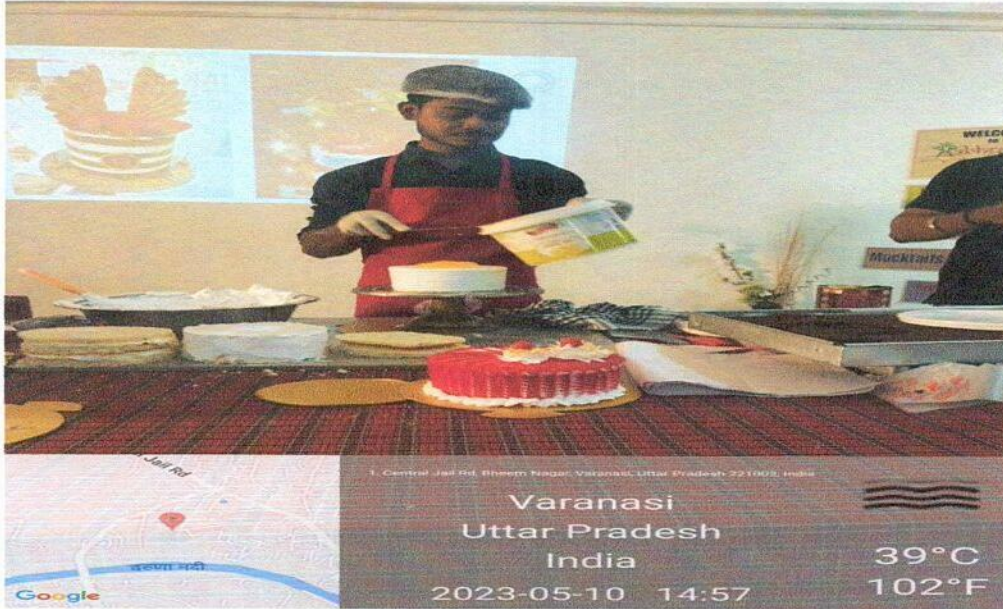
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In the second half a workshop, *Hands -On T-shirt painting* was organised. Students enjoyed the painting in team.





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Skill 2 (Day 3)

Abhyudaya 2023
enhancing capabilities

Presents
Hands-on T-Shirt Painting

10 May 2023 **12:00 Noon Onwards**

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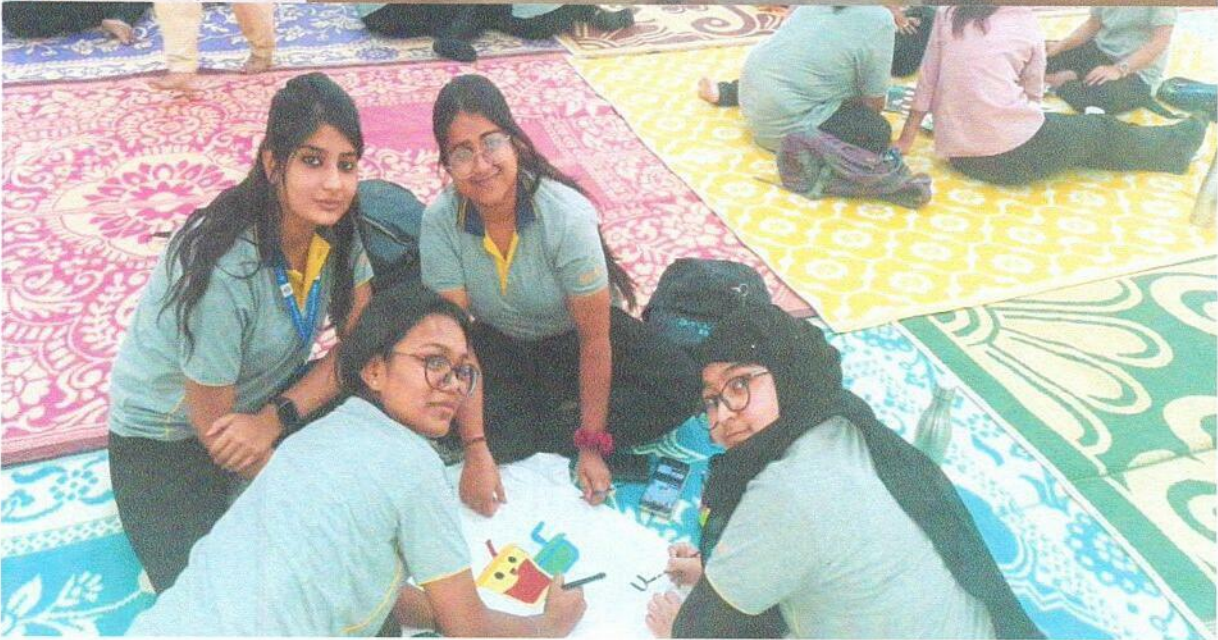


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Varanasi
Uttar Pradesh
India

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Day 4: Hands-on Indian Cooking Skills

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DAY 4 #11/May/2023
Hands - on Indian Cooking Skills

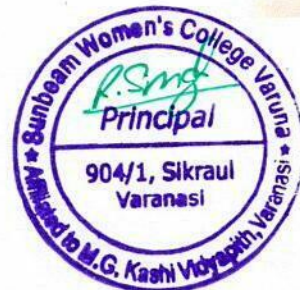
Group Incharges	Workshop	No. of students	Time	Teacher Incharge	Venue	Maid on Duty
A Swati Ritu Aiman Vishakha Joy Pooja Pandey	Aahar Daal, Sabji , Roti, Salad, Rice, Sweet dessert	83	12 Noon to 3 pm	Dr. Ritu, Dr. Ragini, Dr. Rinki Dr. Ravi, Dr. Joy, Dr. Sonam, Ms. Rakhi , Ms. Anupama	Room No. 04	Nisha Asma dharma Dharm
B Dr. Pooja Gayatri Rakhi cha Chaurasiya Anupama		83		Dr. Pooja Dr. Rishi. Dr. Aiman, Ms. Pooja, Ms. Nahid, Dr. Neha, Dr. Gayatri Dr. Dipti Dr. Reena	Room No. 05	Susma Champ Rahul Per

Peripheral Work

Group	Head
Group A B.COM & B.Sc	Mr. Mazid Dr. Ashish Dr. Soumik
Group B BBA & BA	Dr. Rajiv Dr. Ravi Dr. Karunendra Dr. Jitendra

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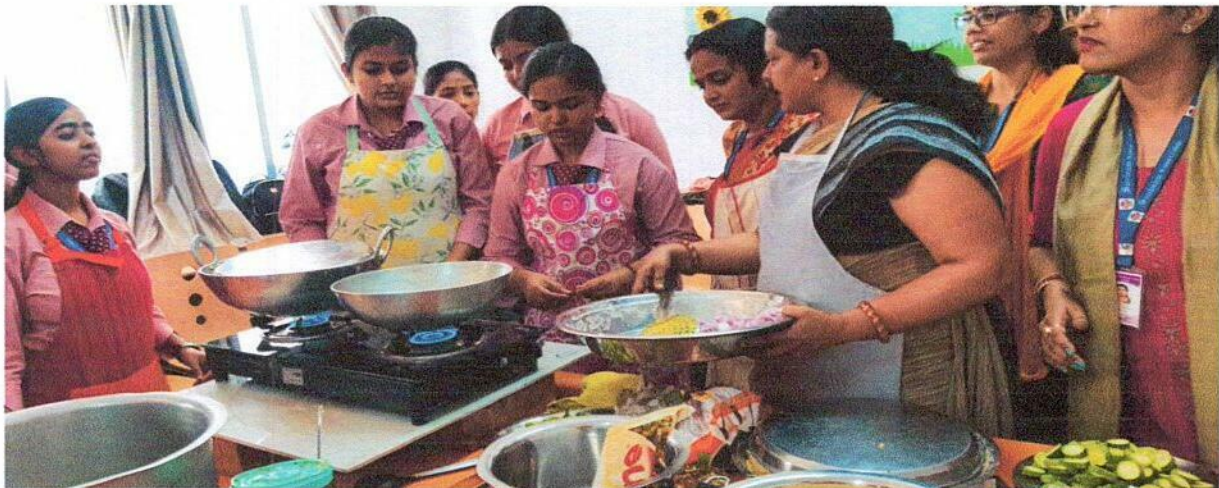


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***A recipe has no soul. You as the cook must bring soul to the recipe.**
– Thomas Keller**

On the fifth day of Abhyudaya , *Hands -On Indian Cooking* was organised. Students *learned different cooking styles of daal, rice, roti and two different seasonal sabji. Students enjoyed cooking with their Professors as they learned the importance of teamwork & leadership. At last a *delicious Kheer was also made by students.*





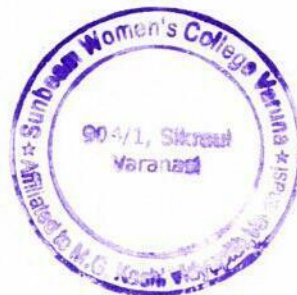
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Varanasi
Uttar Pradesh
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Day 5: Hands-on Mocktail & Salad Dressing by Hotel Surya and Basic Stitching

DAY 5 #/ 12May/2023

Hands - On Mocktail & Salad Dressing By Hotel Surya, Basic Stitching

Maid on Duty	Group & Incharges	Workshop	No. of students	Time	Teacher Incharge	Venue	Maid on Duty
sha. Bina ama armende vonnend	A Swati Ritu Aimam Vishakha Joy Pooja Pandey	Mocktail & Salad Dressing (Venue Incharge Mr. Anand .Dr. Ashish)	83	12 noon to 1 :30 Pm	Mr. Ghanshyam Ms. Vishakha Ms. Swati Ms. Nahid Dr. Sonam	Mess	Sushma Sushma & Nisha A J T
Sushma Sushma hampa Rahul	B Dr.Pooja Gyatri Rakhi Neha Chaurasiya Anupama	Hands on Basic Stitching	83		Dr. Dipti Dr. Pooja Ms. Rakhi Dr. Mandakini		Champa Dharmenda and Nisha
	A Swati Ritu Aimam Vishakha Joy Pooja Pandey	Hands on Basic Stitching	83	1: 30 PM TO 3 PM	Dr. Dipti Dr. Pooja Ms. Rakhi Dr. Mandakini	Library	Dharmend or
	B Dr.Pooja Gyatri Rakhi Neha Chaurasiya Anupama	Mocktail & Salad Dressing Venue Incharge Mr. Anand .Dr. Ashish)	83		Mr. Ghanshyam Ms. Nahid Ms. Anupama Dr. Joy Dr. Reena	Mess	Sushma Sushma & Nisha

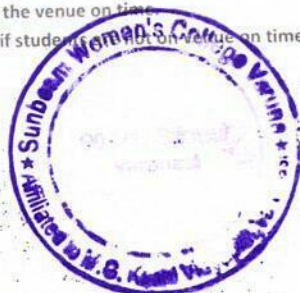
- TASK for Sticing: Button, Hook, Running & Hemming
- Infrastructure requirements: 3 Long Tables, 70 Chairs in each venue

Peripheral Work

Group	Head
Group A B.COM & B.Sc	Mr. Mazid Dr. Ashish Dr. Soumik
Group B BBA & BA	Dr. Rajiv Dr. Ravi Dr. Karunendra Dr. Jitendra

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DAY 5 (Skill 1)





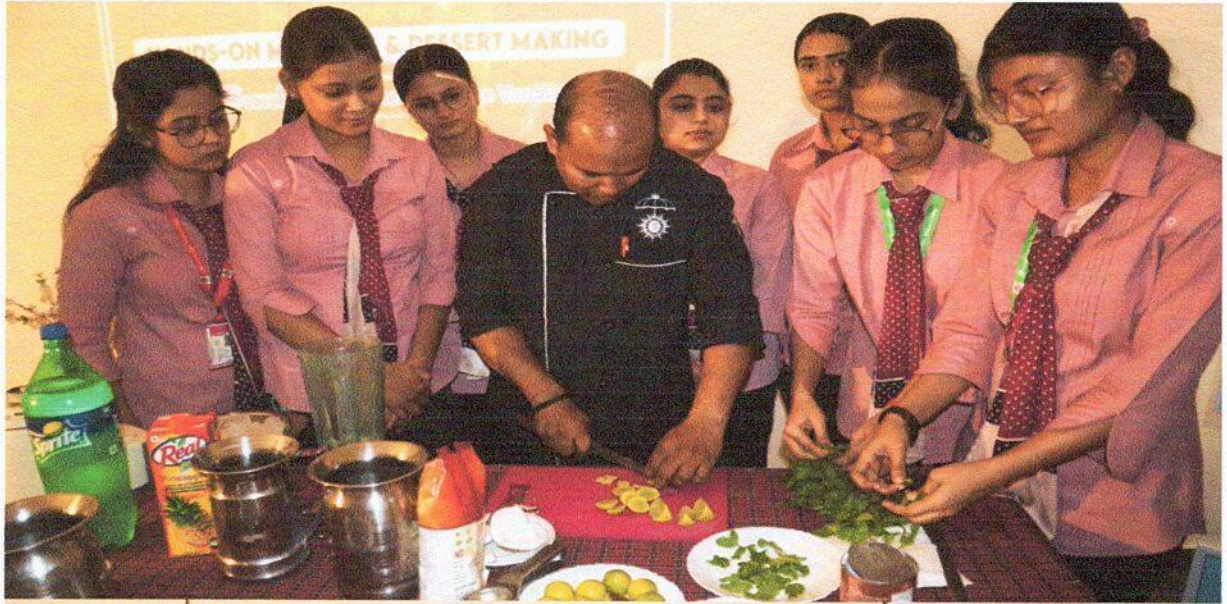
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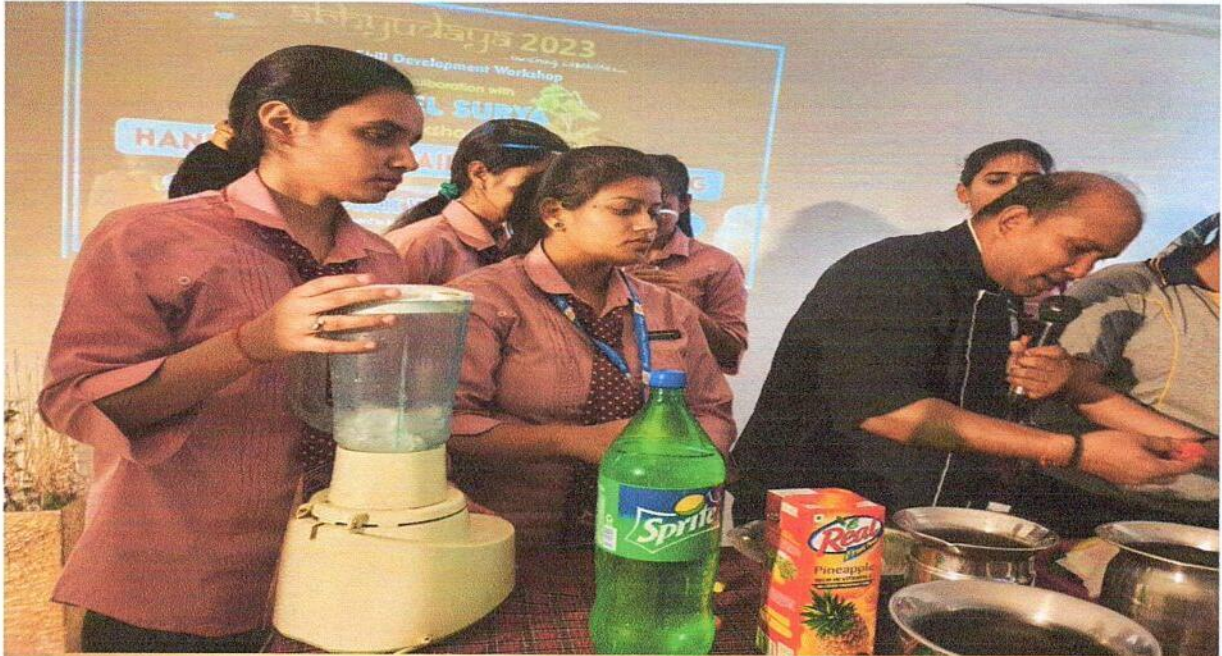
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India

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email : info@sunbeamwcv.com

Skills 02

(Day 5)

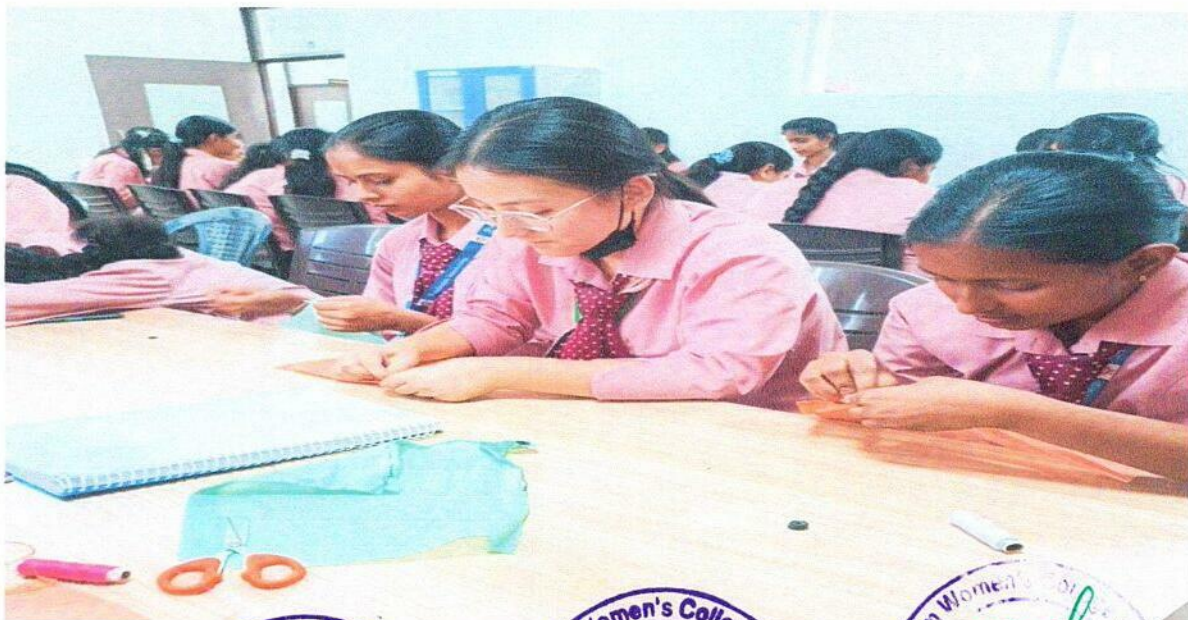
In the second half a workshop on *Hands -On Basic Stitching* was organised. Students learned button Stitching.

Abhyudaya 2023
enriching capabilities...
The Skill Development Workshop

Workshop on
HANDS-ON BASIC STITCHING

 **Sunbeam** 
Women's College Varuna
Affiliated to Mahatma Gandhi Kashi Vidyapith, Varanasi

 **12 MAY 2023**  **12:00 Noon Onwards**





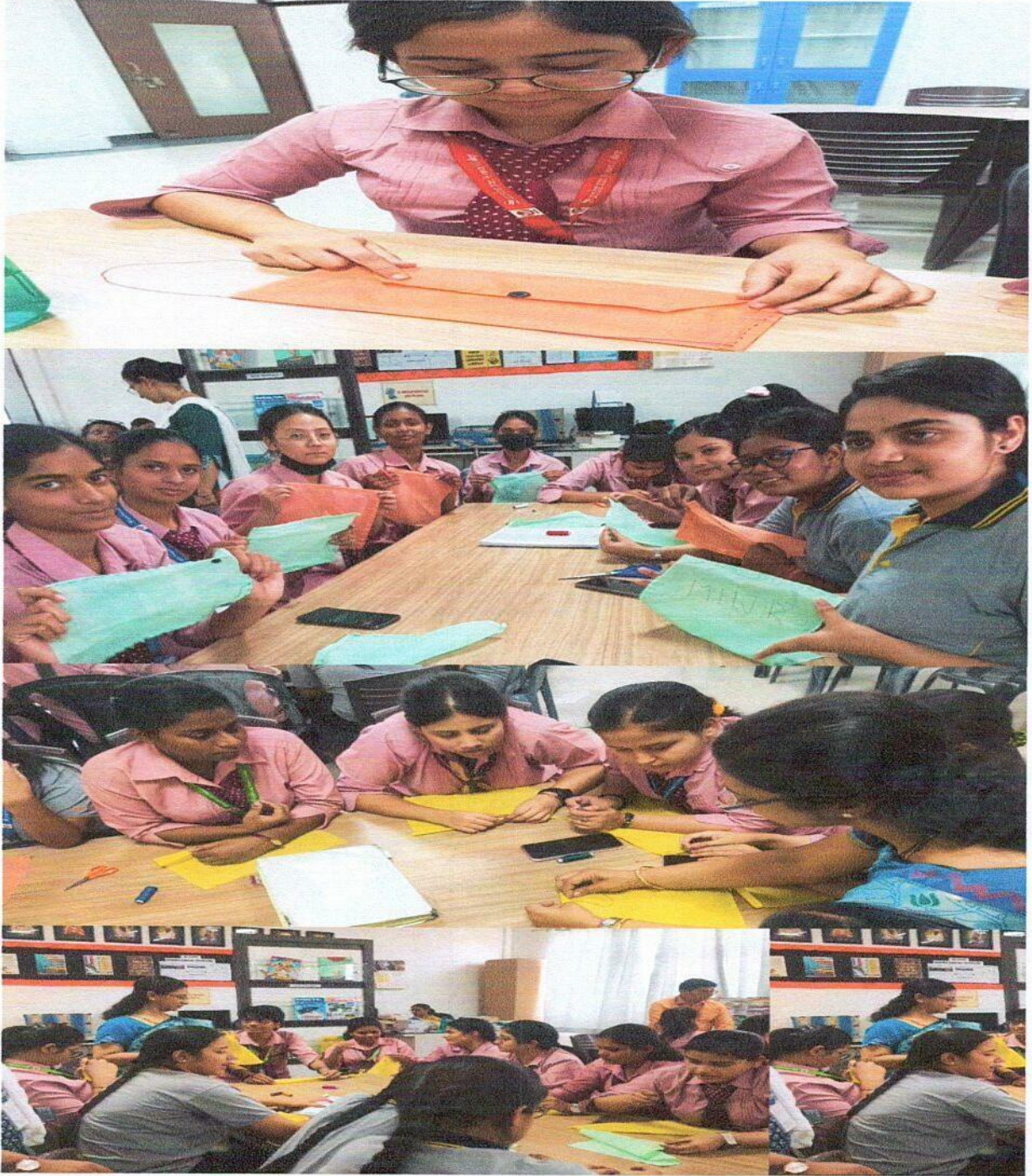
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At last Students organised *Start-up Mela* where they set up various stalls to showcase their entrepreneurship skills. *Ms. Gauri Kashyap (Vice Head Girl)* presented a report on One week Skills enriching workshop.

Students highly appreciated the Abhyudaya 23.





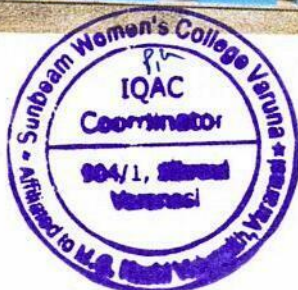
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Estd. 1972

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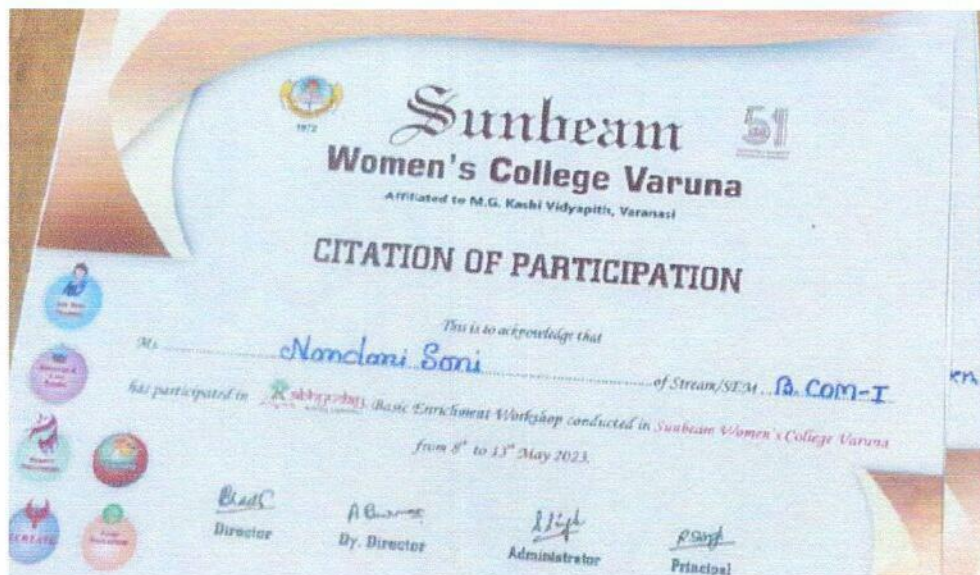
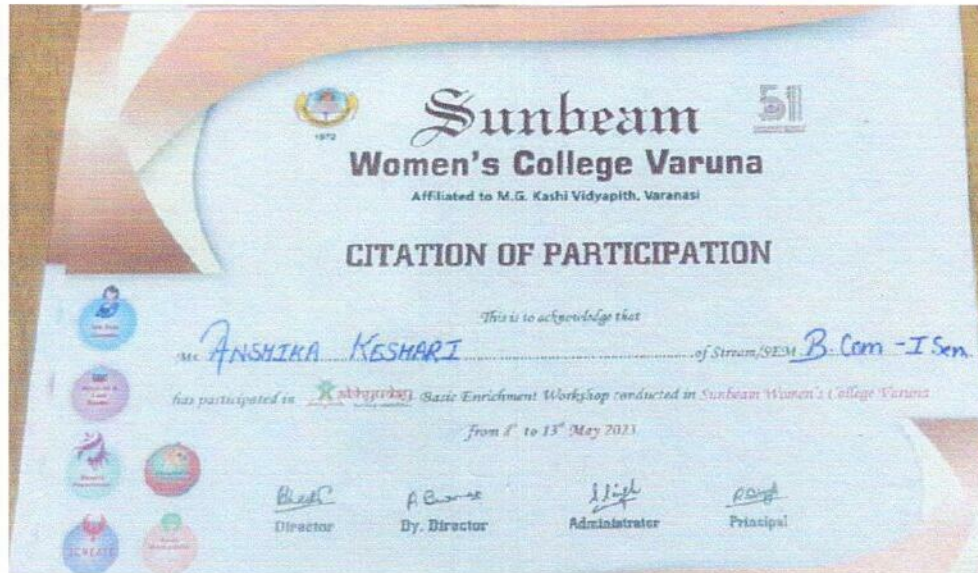
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Samples of Certificates of students

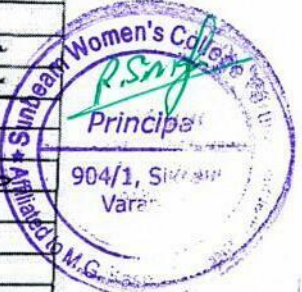


Attendance Sheet

Sr. No.	Student's Name	Stream	Signature
1.	Nishi Chaurasia	B.A. (I Sem)	Nishi
2.	Surbhi Sahay Yadav	B.A. (II Sem)	Surbhi
3.	Palak Mondal	B.B.A (I Sem)	Palak
4.	Divya Pandey	B.B.A (II Sem)	Zoyford
5.	Anshu Yadav	B.Sc. IV Sem	Anshu
6.	Abhushka Pandey	B.Sc. IV Sem	Abhushka
7.	Sejal Singh	B.Com IV Sem	Sejal Singh
8.	Ashika	B.Com IV Sem	Ashika
9.	Fizza Zahra	B.Com II Sem	Fizza
10.	Aparna Dubey	B.Com II Sem	Aparna
11.	Paarvati Pandey	B.A. II Sem	Paarvati
12.	Sanyukta Sikariy	B.Com II Sem	Sanyukta
13.	Madan Khan	B.Com II Sem	Madan
14.	AWANTIKA SINGH	B.Com II Sem	Awanti
15.	Shreya Raj	B.Com II Sem	Shreya Raj
16.	Catherine Sheeba	B.A. IV Sem	Catherine Sheeba
17.	Zakirni Rukani	BA IV Sem	Zakirni
18.	Shikha Srivastava	BBA IV Sem	Shikha
19.	Manhi Srivastava	BBA IV Sem	Manhi
20.	Harekita Keshri	BBA IV Sem	Harekita
21.	Mahak Karandhan	B.A. (II Sem)	Mahak
22.	Saba Jareen	B.Com (IV Sem)	Saba
23.	Apoorva Singh	BBA (IV Sem)	Apoorva
24.	Simayya Lakshmi	BA (II Sem)	Simayya
25.	Shubra Karwasawa	B.Com (II Sem)	Shubra
26.	Riya Singh	B.Com (II Sem)	Riya
27.	Sakshi Singh	B.Com (II Sem)	Sakshi
28.	Vedanshi Singh	BBA IV Sem	Vedanshi
29.	Kirti Kishore	BBA IV Sem	Kirti
30.	Shreya Mathur	BA IV Sem	Shreya
31.	Anushka Gupta	BA IV Sem	Anushka
32.	Nikita Singh	BA IV Sem	Nikita Singh
33.	Muskan Verma	BA II Sem	Muskan
34.	M. Divya	BA II Sem	M. Divya
35.	Manisha Bhatnagar	BA II Sem	Manisha
36.	Akanksha Singh	BA II Sem	Akanksha
37.	Susmita Pandey	BA IV Sem	Susmita
38.	Yashvi	BBA IV Sem	Yashvi
39.	Ayat Latif	BBA IV Sem	Ayat
40.	Aditya Pandey	BBA IV Sem	Aditya
41.	Ayesha Ansari	BBA II Sem	Ayesha
42.	Ashwika Singh	BBA II Sem	Ashwika
43.	Khushi Mishra	B.Com IV Sem	Khushi
44.	Jasni Kashyap	B.Com IV Sem	Jasni
45.	Ashwika Singh	BBA II Sem	Ashwika
46.	Divyanshi Gupta	B.B.A. II Sem	Divyanshi
47.	Sachiya Siddiqua	B.B.A. II Sem	Sachiya
48.	Anam Khan	B.B.A. II Sem	Anam
49.	Asya Meshra	B.Com II Sem	Asya
50.	Yashika Nakota	B.Com IV Sem	Yashika
51.	Ritika Jaiswal	BBA IV Sem	Ritika
52.	Madika Rathor	BBA IV Sem	Madika



53.	Himanshi Guneccha	BBA 3 rd yr	Himanshi
54.	Ragun Singh	BBA - 3 rd yr	Ragun Singh
55.	Vaishnavi Singh	BBA - 1 st year	Singh
56.	Najma Boddus	BBA 3 rd year	Najma
57.	Navya Rai	B.com 2 nd year	Navya Rai
58.	Priya Singh	B.com 2 nd year	Priya Singh
59.	Shikha Mishra	B.com 2 nd year	Shikha
60.	Asha Gupta	B.com 2 nd year	Asha Gupta
61.	Aadya Raghuvanshi	B.com 2 nd year	Aadya
62.	Shuchi Singh	B.com 2 nd year	Shuchi
63.	Medhavi Singh	B.com 2 nd year	Medhavi
64.	Taishika Jaiswal	B.com 1 st year	Taishika
65.	Hanshita Dubey	B.com 1 st year	Hanshita
66.	Ranjana Yadav	B.com 1 st year	Ranjana
67.	Zara Nayak	BBA 2 nd year	Zara
68.	Vijaylaxmi Singh	BBA 2 nd year	Vijaylaxmi
69.	Shivani Kushwaha	B.com. 2 nd yr	Shivani
70.	Parthvi Sharma	B.Sc 2 nd yr	Parthvi
71.	Maira Khan	BA 1 st year	Maira Khan
72.	Aarisha Anand	B.com 2 nd Sem	Aarisha
73.	Shruti Agrawal	B.com 2 nd sem	Shruti
74.	Nehika Lalija	B.com 2 nd sem	Nehika
75.	Aarushi Seth	B.com 2 nd sem	Aarushi
76.	Amisha Singh	B.com 2 nd sem	Amisha
77.	Prachi Singh	B.com 2 nd sem	Prachi
78.	Hadika Khan	B.com 2 nd sem	Hadika Khan
79.	Rashi Yadav	B.com 2 nd sem	Rashi
80.	Vaishnavi Singh	B.com 2 nd sem	Vaishnavi
81.	Mohana Anand	B.com 2 nd sem	Mohana
82.	Priya Yadav	B.com 2 nd sem	Priya
83.	Kajal Dubey	B.com 2 nd sem	Kajal
84.	Prachi Singh	B.com 2 nd sem	Prachi
85.	Arushi	B.com 2 nd sem	Arushi
86.	Shreya Srivastava	B.com 2 nd sem	Shreya
87.	Shruti Singh	B.com 2 nd sem	Shruti
88.	Anusha Jaiswal	B.com 2 nd sem	Anusha
89.	Smriti Anand	B.com 2 nd sem	Smriti
90.	Nidhi Singh	B.com 2 nd sem	Nidhi
91.	Pratishtha Singh	B.com 2 nd sem	Pratishtha
92.	Akhita Kushwaha	B.com 2 nd sem	Akhita
93.	Riya Anand	B.com 2 nd sem	Riya
94.	Medhavi Singh	B.com 2 nd sem	Medhavi
95.	Saurabh Yadav	B.com 2 nd sem	Saurabh
96.	Mandani Singh	B.com 2 nd sem	Mandani
97.	Sanjana Singh	B.com 2 nd sem	Sanjana
98.	Jyoti Mishra	B.com 2 nd sem	Jyoti
99.	Aleha Singh	B.com 2 nd sem	Aleha
100.	Ishita Bhanuwal	B.com 2 nd sem	Ishita
101.	Arushi Pandey	B.com 2 nd sem	Arushi
102.	Shreya Shukla	B.com 2 nd sem	Shreya
103.	Varshika Shukla	B.com 2 nd sem	Varshika
104.	Arushi Singh	B.com 2 nd sem	Arushi
105.	Arushi Singh	B.com 2 nd sem	Arushi
106.	Arushi Singh	B.com 2 nd sem	Arushi
107.	Nikita Pandey	B.Sc	Nikita
108.	Sanya Singh	B.Sc 904/1, Sitaul	Sanya
109.	Tanya Mishra	B.Sc 904/1, Sitaul	Tanya
110.	Prachi Singh	B.Sc 904/1, Sitaul	Prachi
111.	Himanshi Srivastava	B.Sc	Himanshi
112.	Ayushi Singh	B.A	Ayushi
113.	Priyanka Singh	B.A	Priyanka
114.	Rashmi Pandey	B.com	Rashmi
115.	Anushka	B.com	Anushka





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116	Shruti Yadav	B.A 2nd sem	Shruti
117	Nafisha Ansari	B.Sc II Sem	Nafisha
118	Tarunika Jaiswal	B.Sc II Sem	Tarunika
119	Akhilendra Jadau	B.Sc II Sem	Akhilendra
120	Apurvi Singh	BBA II Sem	Apurvi
121	Tahira Zubair	BBA II Sem	Tahira
122	Vaishnavi Rai	BBA II Sem	Vaishnavi
123	Ashwini Singh	BA 2nd Sem	Ashwini
124	Khushi Singh	B.A 1st Sem	Khushi Singh
125	Prachi Bhatnagar	B.com IV Sem	Prachi
126	Anamika Singh Jaiswal	B.com IV Sem	Anamika
127	Ashanka Jaiswal	B.com IV Sem	Ashanka
128	Arushi Agarwal	BBA II Sem	Arushi
129	Jasika Jaiswal	B.I Sem	Jasika
130	Arushi Gupta	B.Sc II Sem	Arushi
131	Pooja Singh	BBA II Sem	Pooja
132	Sanskriti Jaiswal	BBA II Sem	Sanskriti
133	Ashanka Jaiswal	BA II Sem	Ashanka
134	Vidushi Gupta	BA II Sem	Vidushi
135	Tanvi Singh	BBA II Sem	Tanvi
136	Nizami Yash	BBA II Sem	Nizami
137	Aditi Singh	BBA II Sem	Aditi
138	Swastika Choudhary	BBA II Sem	Swastika
139	Archana Gupta	B.com II Sem	Archana
140	Swati Singh	B.com IV Sem	Swati Singh
141	Arushi Singh	B.com III Sem	Arushi
142	Snigdha Choudhary	B.com III Sem	Snigdha
143	Arushi Singh	"	Arushi
144	Arushi Singh	"	Arushi
145	Sanjana Kishore	"	Sanjana
146	Arushi Singh	"	Arushi
147	Arushi Singh	BBA IV Sem	Arushi
148	Sidha	B.A II Sem	Sidha
149	Tina	B.Sc II Sem	Tina
150	Pooja Singh	BA II Sem	Pooja
151	Shruti Singh	B.A 2nd Sem	Shruti
152	Kalyani Singh	B.A 2nd Sem	Kalyani
153	Arushi Singh	B.A 2nd Sem	Arushi
154	Nandini Khatun	B.A 2nd Sem	Nandini
155	Geetika L. Anand	BBA Sem IV	Geetika
156	Kavita Choudhary	BBA IV Sem	Kavita
157	Shruti Singh Yadav	BBA IV Sem	Shruti
158	Vaishnavi Choudhary	BBA VI Sem	Vaishnavi
159	Anushka Singh	BBA VII Sem	Anushka
160	Arushi Singh	BBA VII Sem	Arushi
161	Arushi Singh	BBA VII Sem	Arushi
162	Arushi Singh	B.A II Sem	Arushi
163	Mishal Jaiswal	BA I Sem	Mishal
164	Arushi Singh	BA II Sem	Arushi
165	Arushi Singh	BBA IV Sem	Arushi
166	Arushi Singh	B.com II Sem	Arushi



FEEDBACK FORM of ABHYUDAYA 2023

Student Name: *Sushmita Srivastava*

Course: *BA sem II*

Stream: *BA II*

Date: *15-05-2023*

Please rate the One Week Workshop on scale of 1 to 5

1 STRONGLY DISAGREE

2 DISAGREE

3 NEUTRAL

4 AGREE

5 STRONGLY AGREE

S.No	PARAMETERS	1	2	3	4	5
1	The Content of the workshop was relevant as per your needs.				✓	
2	The depth of the content provided during the workshop was good.				✓	
3	The workshop was structured in a way that facilitated learning and skill development.					✓
INSTRUCTOR EVALUATION						
4	The Instructor(s) was knowledgeable on the subject matter.					✓
5	The Instructor(s) was effective in delivering the content.				✓	
6	The instructor's ability to engage you and stimulate interest was good.				✓	
LEARNING EXPERIENCE						
7	There was enough interaction between you and the instructor(s).			✓		
8	Rate your level of learning from this workshop.				✓	
9	Rate your confidence level in applying the skills learned during the workshop.				✓	
LOGISTICS						
10	Rate the venue and facilities provided for the workshop.					✓
11	The workshop schedule was well-organized and convenient?				✓	
OVERALL ASSESSMENT						
12	Rate your overall level of satisfaction with this workshop.					✓
13	Would you recommend this workshop to your junior?					✓

14. What did you like the most about the workshop?

It was well organized & well instructed with expert instructor

15. What did you like the least about the workshop?

Pickle making workshop should have been more practical

16. What topics or skills would you like to see in future workshops?

Zoomba dance,

17. Any other suggestion

Time duration



FEEDBACK FORM of ABHYUDAYA 2023

Student Name: *Parthavi Sharma*

Course: *B.Sc. (BZC)*

Stream: *B.Sc. II SEM*

Date: *15/05/2023*

Please rate the One Week Workshop on scale of 1 to 5

1 STRONGLY DISAGREE

2 DISAGREE

3 NEUTRAL

4 AGREE

5 STRONGLY AGREE

S.No	PARAMETERS	1	2	3	4	5
1	The Content of the workshop was relevant as per your needs.				✓	
2	The depth of the content provided during the workshop was good.					✓
3	The workshop was structured in a way that facilitated learning and skill development.			✓		
INSTRUCTOR EVALUATION						
4	The Instructor(s) was knowledgeable on the subject matter.				✓	
5	The Instructor(s) was effective in delivering the content.					✓
6	The instructor's ability to engage you and stimulate interest was good.				✓	
LEARNING EXPERIENCE						
7	There was enough interaction between you and the instructor(s).				✓	
8	Rate your level of learning from this workshop.				✓	
9	Rate your confidence level in applying the skills learned during the workshop.			✓		
LOGISTICS						
10	Rate the venue and facilities provided for the workshop.				✓	
11	The workshop schedule was well-organized and convenient?				✓	
OVERALL ASSESSMENT						
12	Rate your overall level of satisfaction with this workshop.				✓	
13	Would you recommend this workshop to your junior?					✓

14. What did you like the most about the workshop?

The workshop was informative & full of knowledge.

15. What did you like the least about the workshop?

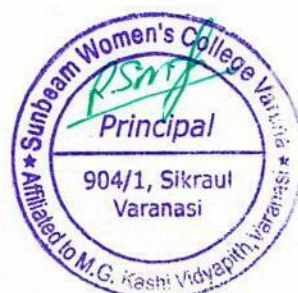
The Lakme Saloon workshop should have been at least of 3 hrs.

16. What topics or skills would you like to see in future workshops?

Few more hand-on training can be added.

17. Any other suggestion

NIL



FEEDBACK FORM of ABHYUDAYA 2023

Student Name: Harshita Keshari

Course: BBA BBA

Stream: BBA - IIIrd sem

Date: 15th May 2023

Please rate the One Week Workshop on scale of 1 to 5

1 STRONGLY DISAGREE 2 DISAGREE 3 NEUTRAL 4 AGREE 5 STRONGLY AGREE

S.No	PARAMETERS	1	2	3	4	5
1	The Content of the workshop was relevant as per your needs.				✓	
2	The depth of the content provided during the workshop was good.					✓
3	The workshop was structured in a way that facilitated learning and skill development.					✓
INSTRUCTOR EVALUATION						
4	The Instructor(s) was knowledgeable on the subject matter.					✓
5	The Instructor(s) was effective in delivering the content.					✓
6	The instructor's ability to engage you and stimulate interest was good.					✓
LEARNING EXPERIENCE						
7	There was enough interaction between you and the instructor(s).				✓	
8	Rate your level of learning from this workshop.					✓
9	Rate your confidence level in applying the skills learned during the workshop.					✓
LOGISTICS						
10	Rate the venue and facilities provided for the workshop.				✓	
11	The workshop schedule was well-organized and convenient?				✓	
OVERALL ASSESSMENT						
12	Rate your overall level of satisfaction with this workshop.					✓
13	Would you recommend this workshop to your junior?					✓

14. What did you like the most about the workshop?

I like the most cake making workshop.

15. What did you like the least about the workshop?

I think skill development session could be more focused according to our curriculum.

16. What topics or skills would you like to see in future workshops?

I would like to add workshop on professional styling and professional attache.

17. Any other suggestion



on the principal These should be more focused.

FEEDBACK FORM of ABHYUDAYA 2023

Student Name: Sejal Singh

Course: _____ Stream: B.Com. III sem

Date: 15/05/2023

Please rate the One Week Workshop on scale of 1 to 5

1 STRONGLY DISAGREE 2 DISAGREE 3 NEUTRAL 4 AGREE 5 STRONGLY AGREE

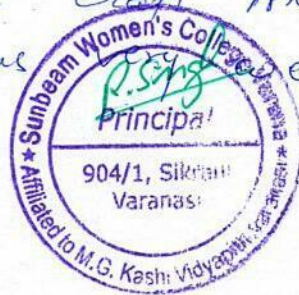
S.No	PARAMETERS	1	2	3	4	5
1	The Content of the workshop was relevant as per your needs.				✓	
2	The depth of the content provided during the workshop was good.				✓	
3	The workshop was structured in a way that facilitated learning and skill development.					✓
INSTRUCTOR EVALUATION						
4	The Instructor(s) was knowledgeable on the subject matter.				✓	
5	The Instructor(s) was effective in delivering the content.				✓	
6	The instructor's ability to engage you and stimulate interest was good.				✓	
LEARNING EXPERIENCE						
7	There was enough interaction between you and the instructor(s).					✓
8	Rate your level of learning from this workshop.					✓
9	Rate your confidence level in applying the skills learned during the workshop.				✓	
LOGISTICS						
10	Rate the venue and facilities provided for the workshop.					✓
11	The workshop schedule was well-organized and convenient?					✓
OVERALL ASSESSMENT						
12	Rate your overall level of satisfaction with this workshop.					✓
13	Would you recommend this workshop to your junior?					✓

14. What did you like the most about the workshop? The session of cakes and mocktails was very interesting.

15. What did you like the least about the workshop? the session on pickle making

16. What topics or skills would you like to see in future workshops? Best out of waste & craft making

17. Any other suggestions? The workshop was well organized



Best Practice – 2

**Collaborative Learning: A Report on Students and Staff Learning the
National Anthem in Sign Language from Deaf Children at Navvani School**

List of Activities

S.No.	Name of the Event	Date
1	Learning of Sign language	12.12.2022 (one week)
2	Holi Celebration	01.03.2023
3	Plantation Drive	01.03.2023
4	SDG 4 Quality Education at Navvani	12.01.2023





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Best Practice - 2

Nurturing Inclusivity and Compassion Through Collaborative Learning Project at NAV VANI- A School for the Hearing Impaired

The Context

Sunbeam Women's College Varuna has taken a transformative initiative, where students and staff actively engaged with the children of Nav Vani School, a special institution catering to hearing-impaired children. Through learning sign language and participating in joint activities like Holi celebrations, plantation drives, painting, and games, this collaborative effort not only promoted inclusiveness but also significantly developed a sense of empathy among the college community. The culmination of this project is reflected in the practice of sign language during the morning assembly, symbolizing a profound shift towards a more inclusive and understanding campus culture.

Objectives of the Practice

The initiative aims to:

- Cultivate inclusiveness within the college community.
- Develop a heightened sense of empathy and compassion among young girls students towards hearing-impaired individuals.
- Enable students and staff to learn sign language.
- Develop teamwork, communication, and social skills.
- Create a platform for higher-order thinking, creativity, and community service
- Understand the inclusive essence of the National Anthem.

The Practice

The initiative was executed through a series of weeklong workshops on learning the National Anthem in Indian Sign Language (ISL) and three well-structured activities, including celebrations, plantation drives, painting, and games. This collaborative effort not only promoted inclusiveness but also significantly developed a sense of empathy among the college community. Regular college visits to Navvani School facilitated the development of significant relationships and the real-world application of newly acquired abilities. For a week, two staff members and twenty-two students from all the streams received sign language instruction on the national anthem. Every day for thirty minutes during assembly, they provided training to other college students. Their flawless synchronization and internal sense of inclusivity led to the National Anthem's triumphant rendition.

Evidence of Success

The collaboration between Sunbeam Women's College Varuna and the children of Nav Vani School has fostered a more inclusive and empathetic college community. Beyond sign language skills, it strengthened the bond between college students and the children of Nav Vani School. This report





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underscores the transformative impact of collaborative learning, fostering empathy, breaking barriers, and building a more inclusive society. Finally, our effort came out in the form of a beautiful rendition of the national anthem in sign language in the daily morning assembly routine. The national anthem was also performed together with the children of Nav Vani, creating an environment where everyone feels valued and included.

National Anthem in Sign Language: <https://www.youtube.com/watch?v=3AOXkfSt14k&t=11s>

Making of Collaborative Learning Project: https://youtu.be/QU0BZ8hnm_M

Problems Encountered

- Initially, communication was challenging due to differences in language and understanding between the college community and the children of Nav Vani School.
- Time constraints with existing academic commitments were a challenge for both staff and students.
- Different levels of proficiency in sign language, leading to discrepancies in learning pace.

Resources Required

- Qualified sign language instructors.
- Allocation of dedicated time within the college schedule for training sessions.
- Ensuring a respectful and inclusive learning environment.





NAV VANI

SCHOOL FOR THE HEARING IMPAIRED

KOIRAJPUR, HARHUA, P.O.
VARANASI, U.P.-221105
Phone No. : 9793603755, 05422983218
E-mail: navvani.school@gmail.com

LETTER OF RECOMMENDATION

TO WHOM IT MAY CONCERN

I am writing to express my enthusiastic support for the collaborative learning initiative between Sunbeam Women's College Varuna and Nav Vani School. It is with great pleasure that I *recommend the continuation and expansion* of the programs focused on learning Sign Language and other activities as a means to foster a more inclusive society.

Having closely observed the collaborative efforts between Sunbeam Women's College Varuna and Nav Vani School, I am genuinely impressed with the commitment and dedication demonstrated by the college administration in embracing the learning of Sign Language and other collaborative learning activities.

The initiative has facilitated a rich exchange of ideas, perspectives, and cultural awareness along with a sense of empathy, respect and shared responsibility among the students and staff of both the institutions.

I have witnessed firsthand the positive impact of this collaborative learning initiative, and I firmly believe that its continuation will contribute to holistic growth of students of both institutions.

Hence, I wholeheartedly recommend the ongoing collaboration between Sunbeam Women's College Varuna and Nav Vani School in the pursuit of Sign Language and other activities for the betterment of our society.

Thanking You

Yours Sincerely

Reetika
Principal

NAV VANI SCHOOL
For the Hearing Impaired
Koirajpur, P.O.-Harhua
Dist.-Varanasi (U.P.)





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Glimpses of students' learning of sign language at Nav Vani School





Sunbeam Women's College Varuna

(Affiliated to M.G. Kashi Vidyapith, Varanasi)

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email : info@sunbeamwcv.com





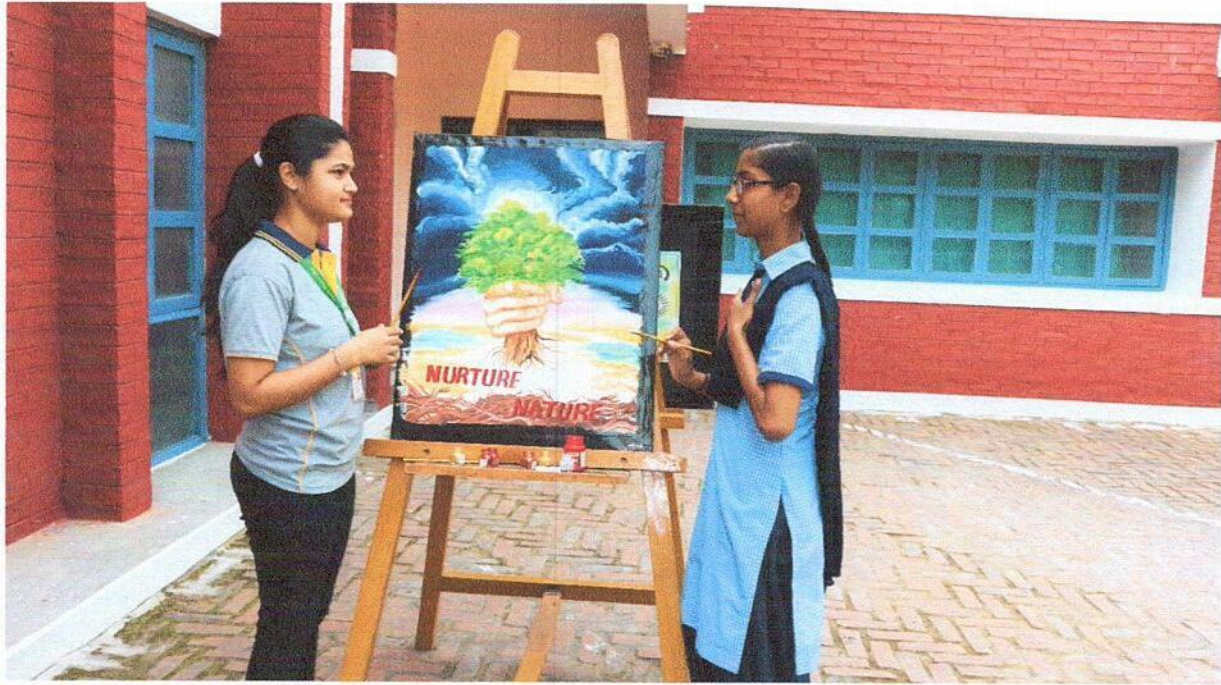
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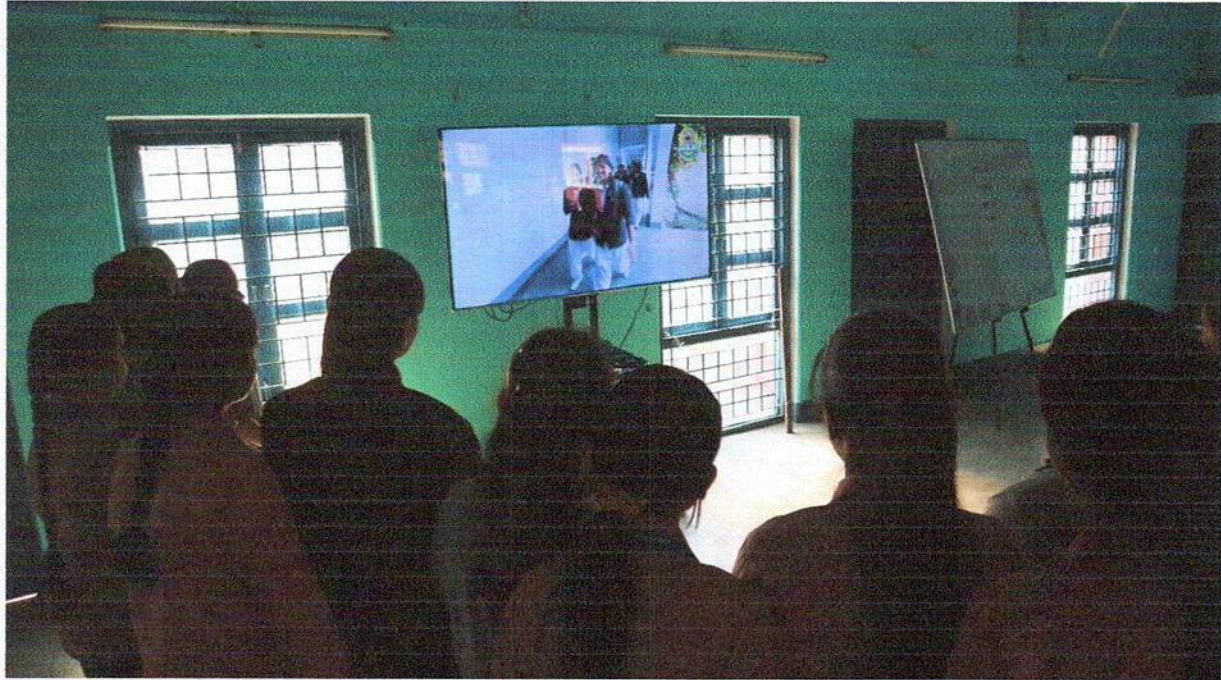
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22 students' went to learn sign language at Nav Vani School



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Participants List

Name of the Event: Sign language National Anthem Date: 12/12/2022

S. No.	Name of the Participants	Class & Sec.	Sign.
1	Anamika Singh	BA III	Anamika
2	Sagun Singh	BBA IV Sem	Sagun
3	Harshita Keshwani	BBA III Sem	Harshita
4	Parvathi Sharma	B.Sc III Sem	Parvathi
5	Anushka Pandey	B.Sc III Sem	Anushka
6	Zara Haryat	BBA III	Zara
7	Nidhi Singh	B.Com I	Nidhi
8	Sejal Singh	B.Com III	Sejal
9	Aayat	BBA III Sem	Aayat
10	Nikita Pandey	B.Sc III	Nikita
11	Anantika	B.COM I	Anantika
12	Surekha Sani	B.Sc III	Surekha Sani
13	A.Sara	B.Sc II	A.Sara
14	Mahak Kasmulhan	BBA III	Mahak
15	Varuni Pandey	B.Com I	Varuni
16	Rubha	B.Sc I	Rubha
17	Farheen	B.Com III	Farheen
18	Prabti Singh	BA III	Prabti Singh
19	Prityanka Sani	BA I Sem	Prityanka
20	Aditi Rai	B.Sc. III	Aditi Rai
21	Sonam Verma	BA I Sem	Sonam Verma
21	Apoorva Pandey	B.Com I Sem	Apoorva





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The outcome of the learning in the form of the National Anthem on Inclusivity





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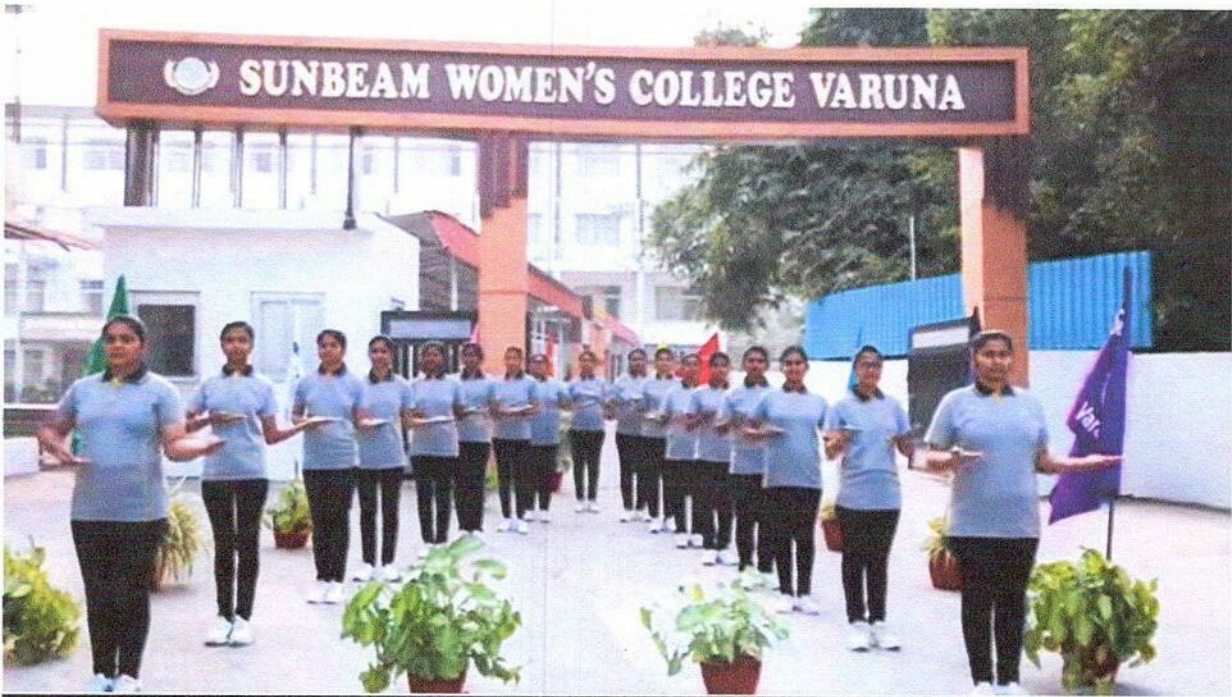
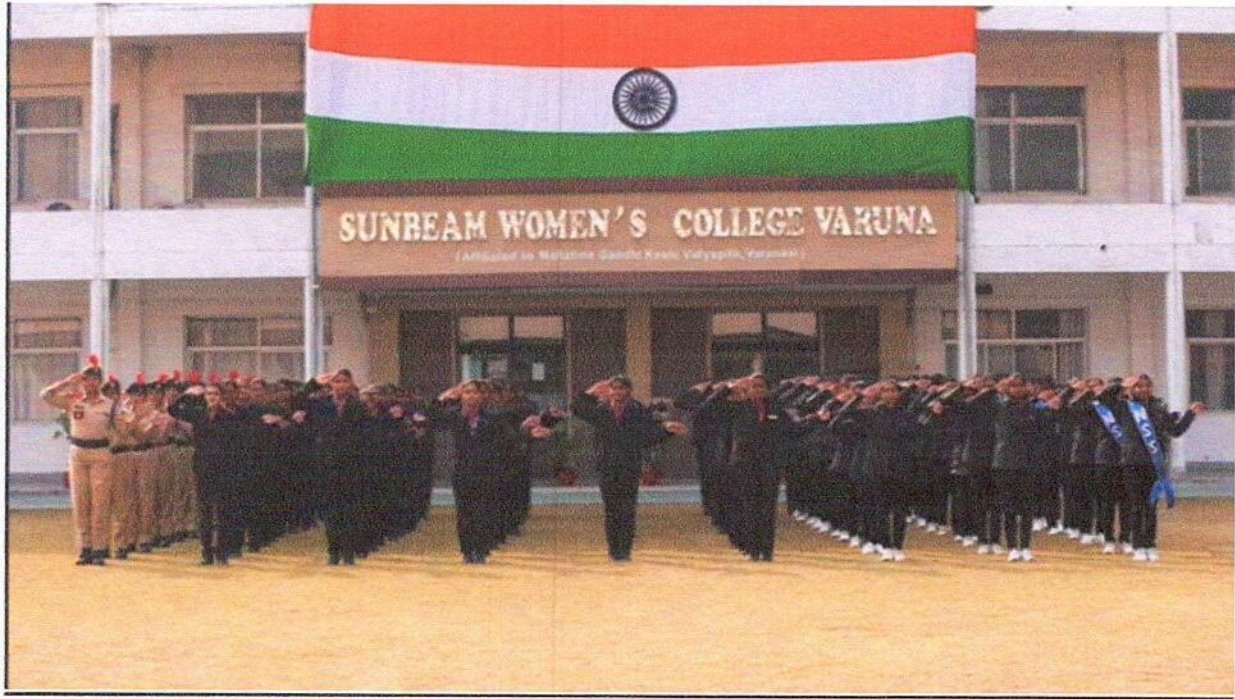
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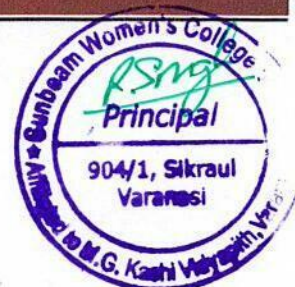
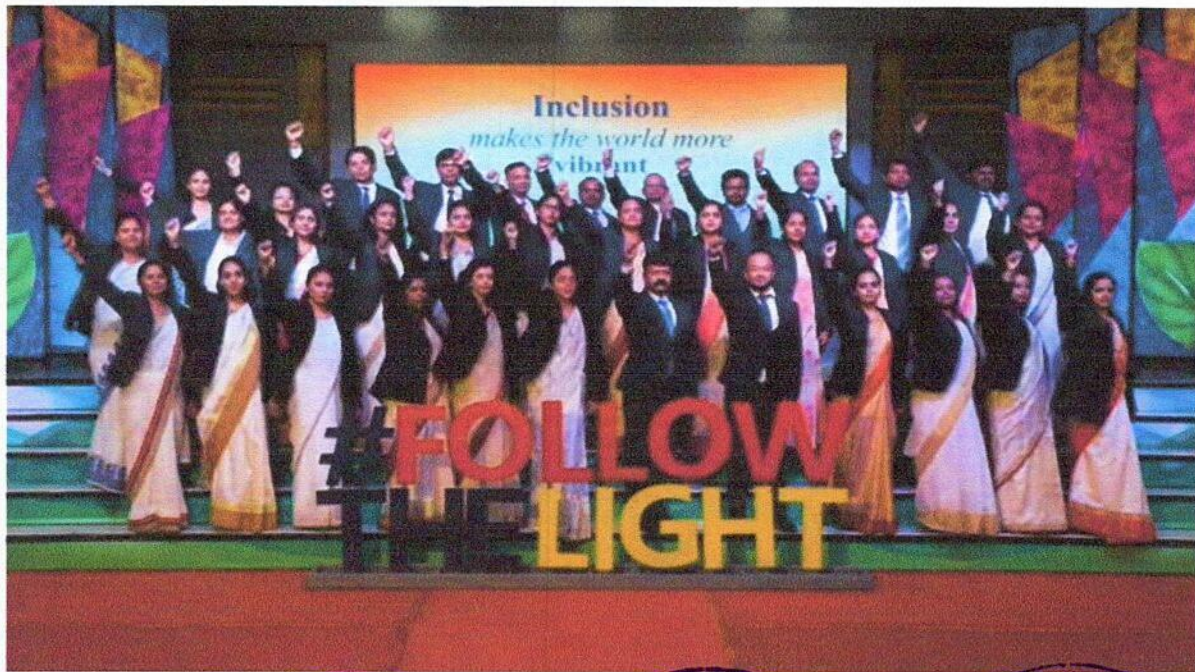
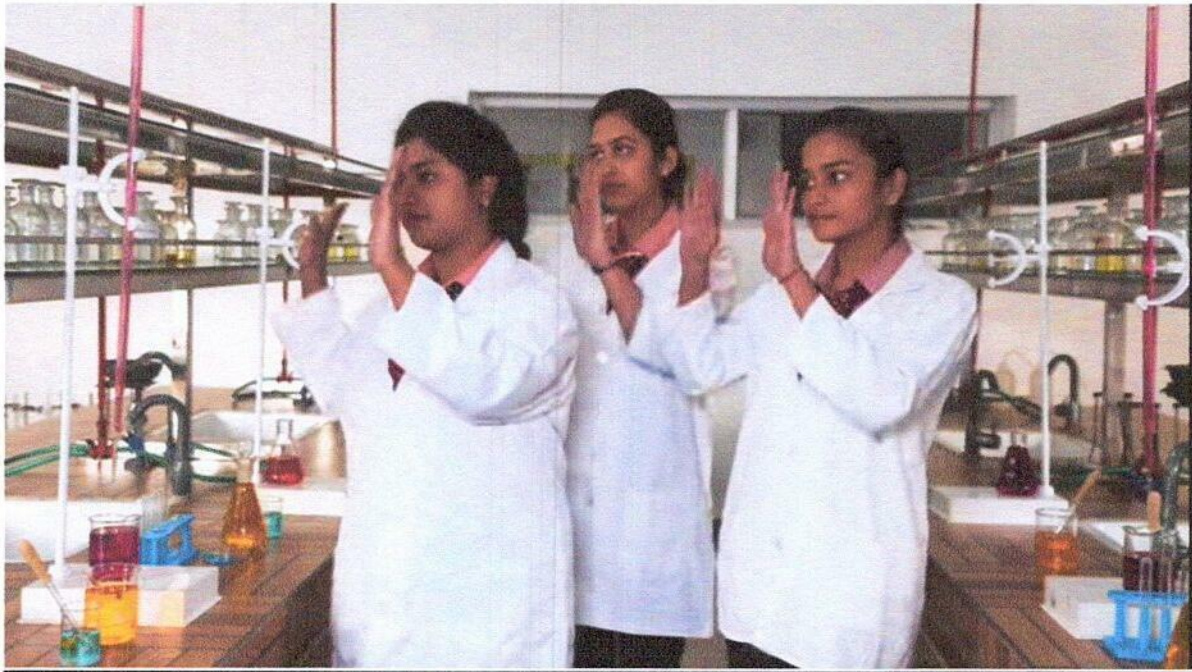
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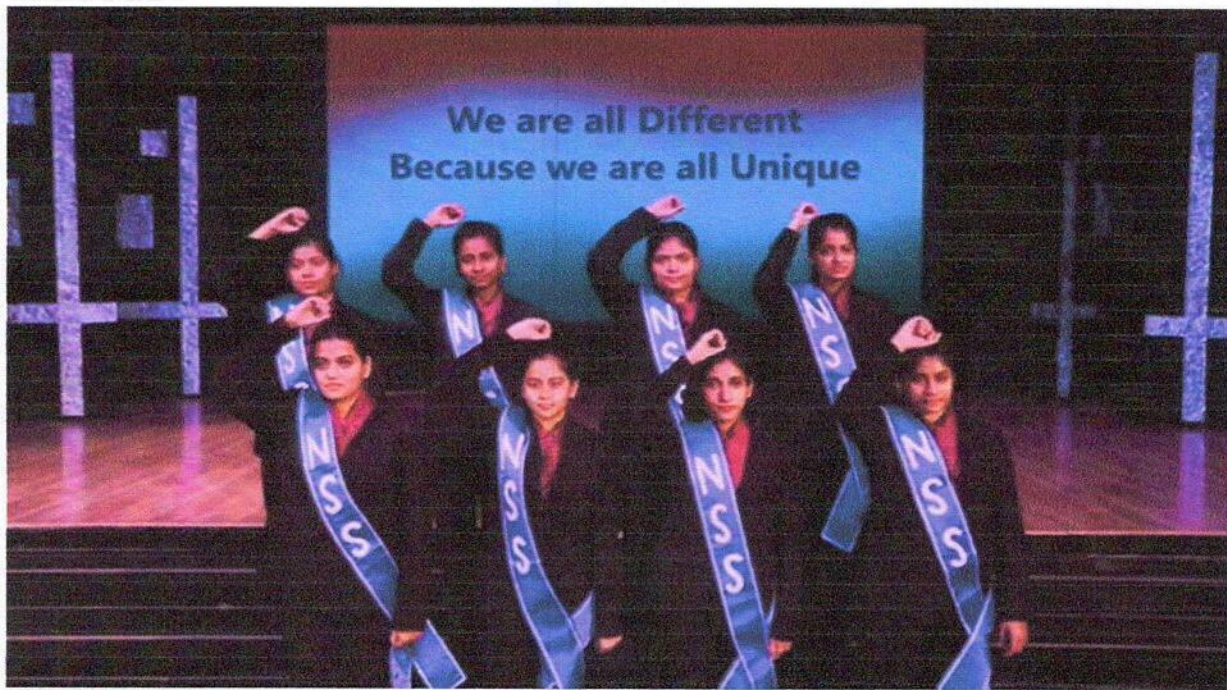
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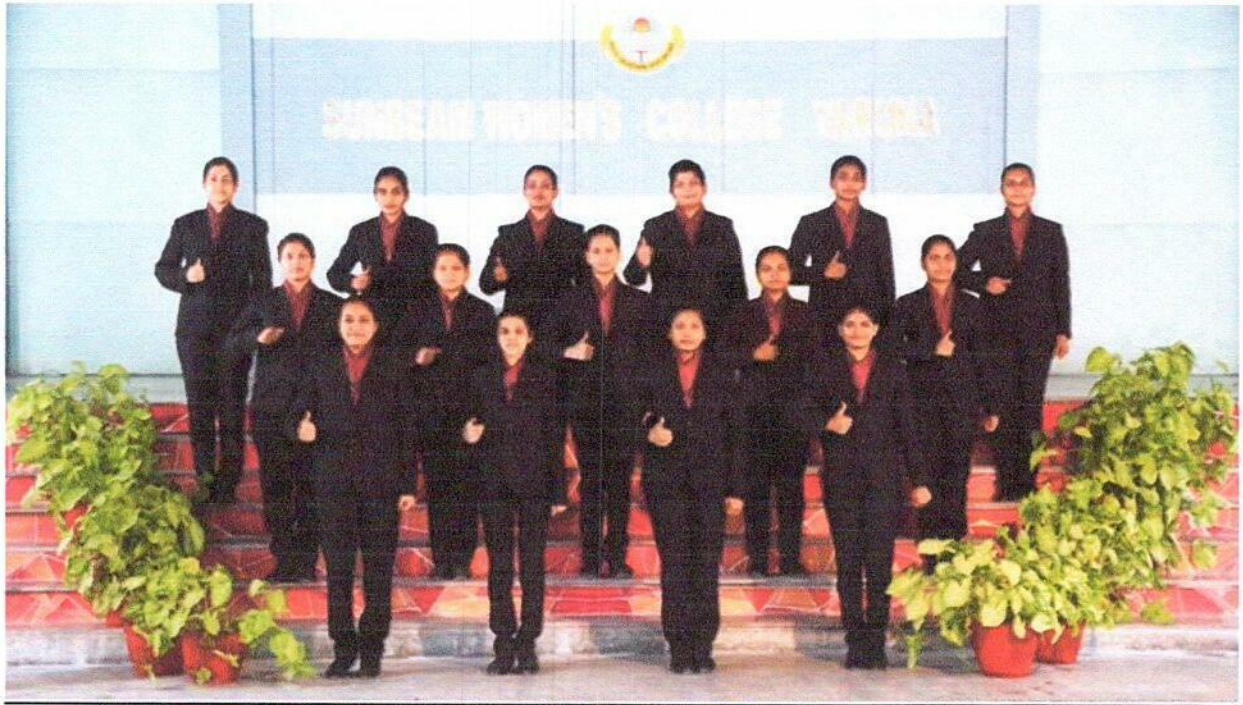
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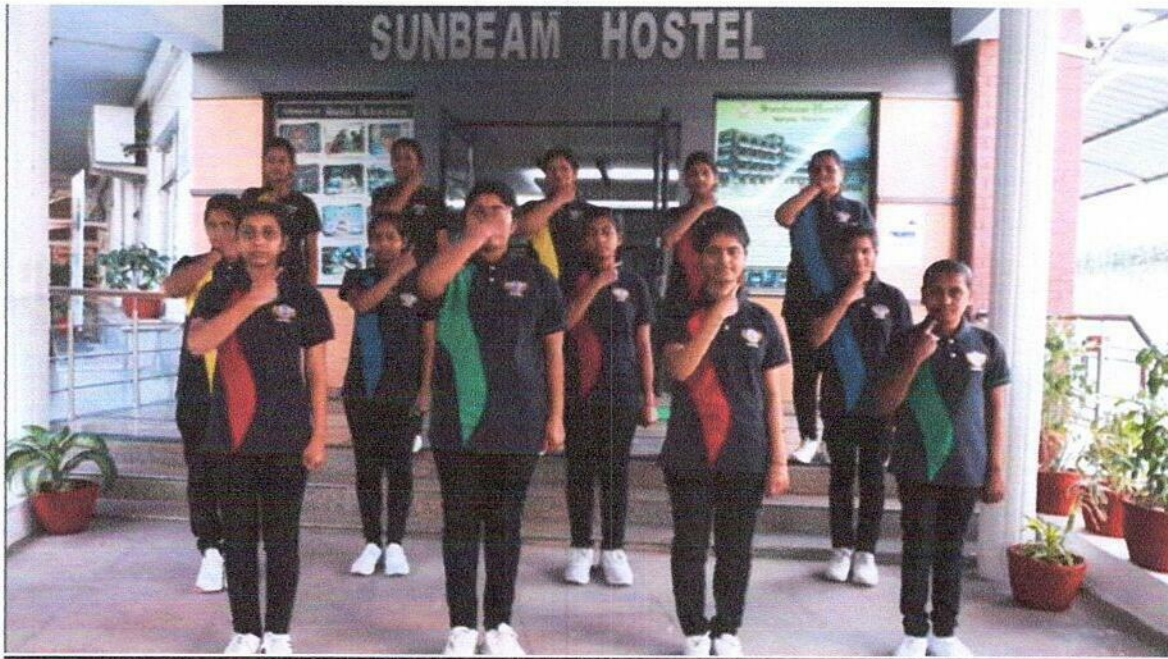
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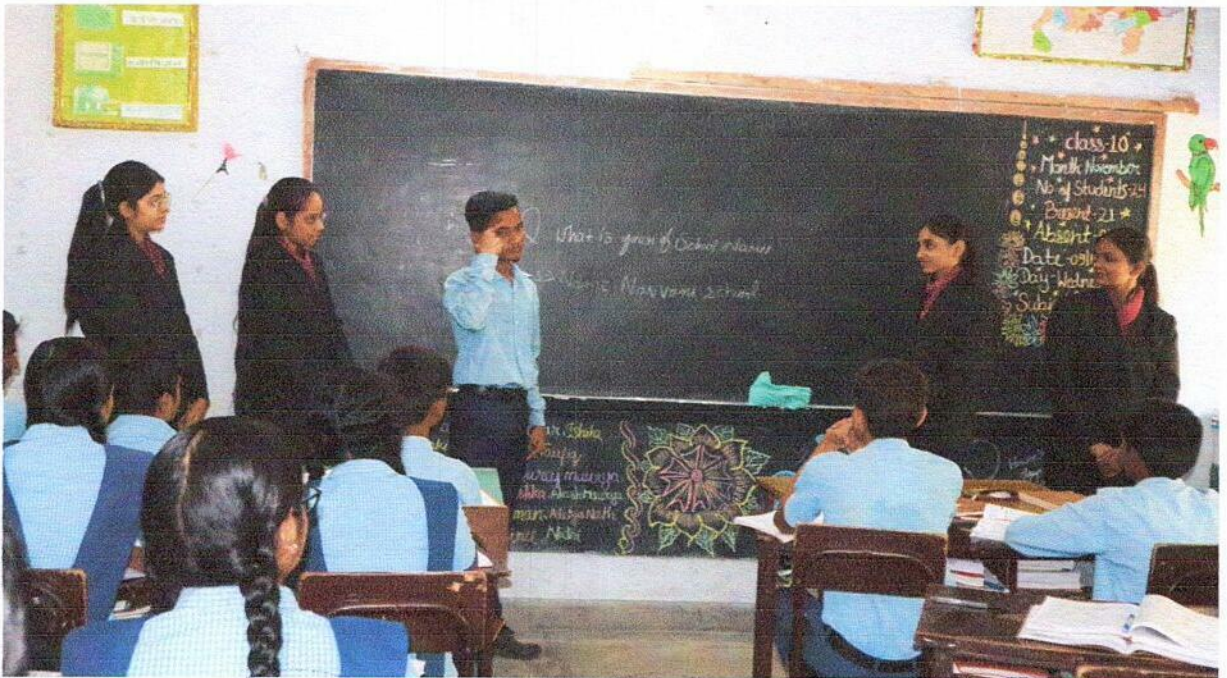
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SDG 4 Quality Education at Navvani





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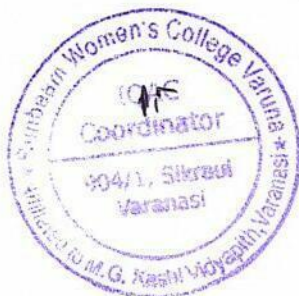
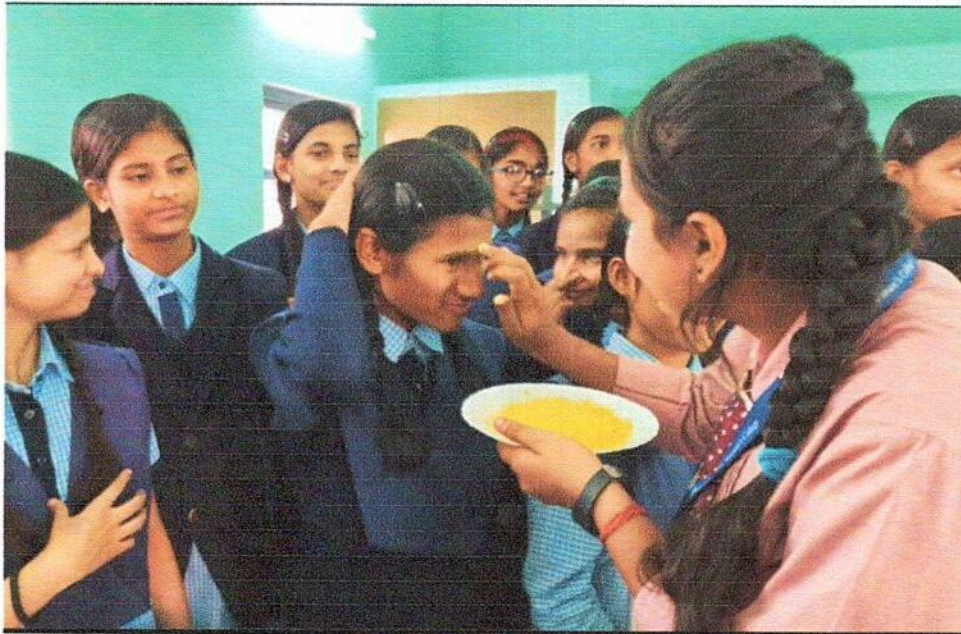
Name of the Event: New Year Plantations & Tree-planting Date: 01.01.23

S. No.	Name of the Participants	Class & Sec.	Sign.
1	Sanya Pathak	B.A 1 st sem	Sanya Pathak
2	Rajya Singh	B.A 1 st sem	Rajya Singh
3	Rumana Khan	B.A 1 st sem	Rumana Khan
4	Darshita Khan	B.B.A 1 st sem	Darshita Khan
5	Pooja Kumari	BBA 1 st sem	Pooja Kumari
6	Neena	BBA 1 st sem	Neena
7	Tishizoch	BBA 1 st sem	Tishizoch
8	Aisam Khan	BBA 1 st sem	Aisam Khan
9	Ashmita	BBA 1 st sem	Ashmita
10	Khushi Singh	BBA 1 st sem	Khushi Singh
11	Ayusha Singh	BBA 1 st sem	Ayusha Singh
12	Jahnvi Sethi	BBA 1 st sem	Jahnvi Sethi
13	Jashanti Srivastava	BBA 1 st sem	Jashanti Srivastava
14	Baby Nazmeen	BBA 1 st sem	Baby Nazmeen
15	Anaysha	BBA 1 st sem	Anaysha
16	Nishi Yadav	BBA 1 st sem	Nishi Yadav
17	Nishi	BBA 1 st sem	Nishi
18	Sushmita	BBA 1 st sem	Sushmita
19	Ashmita	BBA 1 st sem	Ashmita
20	Vanshika Singh	BBA 1 st sem	Vanshika Singh
21	Aditi Singh	BBA 1 st sem	Aditi Singh
22	Aditi Singh	BBA 1 st sem	Aditi Singh
23	Aditi Singh	BBA 1 st sem	Aditi Singh
24	Aditi Singh	BBA 1 st sem	Aditi Singh
25	Aditi Singh	BBA 1 st sem	Aditi Singh
26	Aditi Singh	BBA 1 st sem	Aditi Singh
27	Aditi Singh	BBA 1 st sem	Aditi Singh
28	Aditi Singh	BBA 1 st sem	Aditi Singh
29	Aditi Singh	BBA 1 st sem	Aditi Singh
30	Aditi Singh	BBA 1 st sem	Aditi Singh



28 students went for Holi celebration and Plantation at NavVani School

<https://www.instagram.com/p/Cpme3ewSFt3/?igsh=MzRIODBiNWFIZA==>



YouTube link of National Anthem on Inclusivity by Sunbeam Women's College Varuna

<https://youtu.be/3AOXkfSt14k>

Experience sharing by college students and faculties

In Navvani, the Holi celebration was an explosion of colors and shared laughter. Despite language differences, we connected through playful gestures, painting our joy onto the canvas of friendship. The vibrant hues of Holi united us, erasing barriers and filling our hearts with the spirit of togetherness.

- Aneesha BBA V Sem

In Navvani, the Holi celebration immersed us in a kaleidoscope of colors and infectious energy. Despite language barriers, we communicated through shared smiles and spirited gestures, forging bonds of camaraderie. The festival became a canvas for cultural exchange, uniting us in a joyous tapestry of diversity and friendship.

- Ananya Dwivedi BBA III Sem

Planting trees alongside Navvani students was deeply enriching. As we dug into the earth together, a sense of unity and purpose blossomed. Witnessing their dedication to the environment, I felt inspired by their resilience and determination. Each sapling we planted symbolized our shared commitment to nurturing our planet and fostering a greener, more sustainable future.

- Khushi Jaiswal, BBA V Sem

Learning sign language at Navvani unveiled a world of expression beyond words. Each gesture became a brushstroke in the canvas of communication, fostering deeper connections with the students and bridging the gap between silence and understanding.

- Sejal Singh BCom III



Immersing myself in sign language classes at Navvani was both challenging and rewarding. Through patient guidance and practice, I discovered the beauty of non-verbal communication and the universality of human emotion.

- Anamika Singh BA III

Communicating through sign language with Navvani students was a transformative experience. As we exchanged ideas and stories, I marveled at the power of gestures to convey profound emotions and build meaningful connections.

- Nikita Pandey BSc III

Mastering sign language at Navvani required dedication and perseverance. Yet, with each lesson, I grew more adept at expressing myself and understanding others without uttering a word.

- Apoorva Pandey BCom I Sem

Engaging in sign language workshops at Navvani deepened my appreciation for the nuances of non-verbal communication. Through shared experiences and mutual support, I embraced the art of signing as a language of empathy and inclusivity.

- Priyanka Soni BA I Sem

Learning sign language at Navvani was a transformative experience for me as a college teacher. Immersed in the language of gestures, I cultivated empathy and understanding, forging bonds of mutual respect with the students. It was a journey of growth, where communication transcended words.

- Dr. Ritu Singh, Assistant Professor, SWCV

Engaging in sign language workshops at Navvani expanded my teaching repertoire. Through collaborative learning and hands-on practice, I honed my skills in non-verbal communication, fostering inclusivity and accessibility in the classroom.

- Dr. Pooja Singh, Assistant Professor, SWCV

Mastering sign language at Navvani as a college teacher was a humbling yet empowering journey. Through perseverance and dedication, I unlocked new avenues of connection and comprehension with the students. It was a testament to the transformative power of education and empathy.

- Dr. Manisha Singh, Assistant Professor, SWCV

