

Department of Sanskrit

Date-15/06/2022

To,
The Principal,
Tuljaram Chaturchand College, Baramati.

Subject: Permission for The Art of Living **Youth Empowerment Skill (YES!+) Training Workshop for girls.**

Respected Sir,

We are planning to conduct six day workshop on "Youth Empowerment Skill (YES!+)" in collaboration with Shardabai Pawar Mahila Mahavidyalaya, Shardanagar, Baramati, Pune.

The tentative dated will be 16/06/2022 to 21/06/2022

The initiative aim of workshop will be to empower young women and prepare them for the **Police Sub-Inspector (PSI) Examination.**

Kindly allow students from Department of Sanskrit to participate in this workshop. This will certainly benefit our students. Please allow us for the same.

Thanking You


Workshop Coordinator, Head

Mr. Pranit Wabale



Report on Youth Empowerment Skill Training Workshop (YES!+) for Girls

Organized by: Tuljaram Chaturchand College of Arts, Science, and Commerce, Department of Sanskrit in collaboration with Shardabai Pawar Mahila Mahavidyalaya, Shardanagar, Baramati, Pune on 16/06/2022 – 21/06/2022.

Program Overview: The Department of Sanskrit of Tuljaram Chaturchand College successfully organized a **Youth Empowerment Skill Training Workshop (YES!+)** for girls from Shardabai Pawar Mahila Mahavidyalaya. The initiative aimed to empower young women and prepare them for the **Police Sub-Inspector (PSI) Examination**. The program spanned **six days** and was meticulously planned and coordinated by **Mr. Pranit Wabale**, along with the collaborative efforts of **15 dedicated students** from the Sanskrit Department.

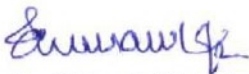
Participation and Impact: The 'Art of Living YES!+' workshop witnessed enthusiastic **200 girl students** beneficiaries from Shardabai Pawar Mahila Mahavidyalaya. Along with them 15 students from Department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati also participated in organizing this workshop. Over the course of the six-day training, beneficiaries engaged in focused sessions designed to develop skills essential for PSI exam preparation, including:

- Logical reasoning and analytical abilities
- Physical fitness techniques (Yoga, Pranayam, Sudarshan kriya, Meditation, Wisdom)
- Communication and interpersonal skills
- Stress management strategies
- Mock test practices and time management.

Outcomes: The program culminated in the selection of **86 students** out of the 200 participants for further progression in the PSI recruitment process. This remarkable achievement underscores the effectiveness of the workshop in equipping students with the necessary skills and confidence to excel in competitive examinations. This workshop helped students to improve sleep quality, immunity and mental health. It also helped them to overcome stress, anxiety, depression and fatigue.

Acknowledgment: The success of this workshop is attributed to the vision and efforts of the Department of Sanskrit, under the guidance of Mr. Pranit Wabale, and the active involvement of student volunteers who ensured seamless execution of the training sessions. The enthusiasm and commitment of the participants were equally commendable, highlighting the potential of youth empowerment initiatives in fostering a brighter future for young women.

Conclusion: This workshop exemplifies the commitment of Tuljaram Chaturchand College towards community engagement and the holistic development of students, particularly in empowering young women to achieve their career aspirations. The positive outcomes of this initiative set a benchmark for similar programs in the future.



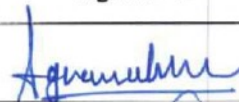
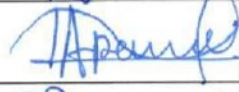
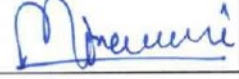

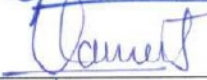
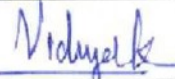
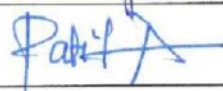
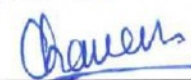
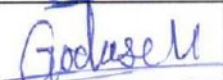
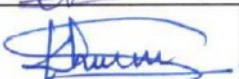
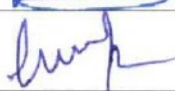
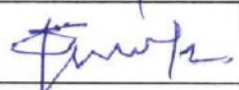
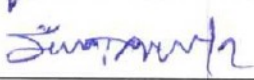


Prof. Pranit Wabale
Head, Department of Sanskrit, T. C. College, Baramati



Youth Empowerment Skill Training Program.

Date: 16/10/2022

ATTENDANCE

Sr.No.	Name of participants	Signature
1.	Mamta Agrawal	
2.	Prashant Agrawal	
3.	Neha Mirchandani	
4.	Neeta Gujar	
5.	Uma Jagdale	
6.	Vidya Khilari	
7.	Ashay Patil	
8.	Sneha Chavan	
9.	Vijaykumar Godase	
10.	Sushida Khundekar	
11.	Neha Jadhav.	
12.	Apurva Ombale.	
13.	Saraswati Hote.	
14.	Apurva Kale.	
15.	Ampranali Vig.	





Prof. Dr. Avinash S. Jagtap
M.Sc. Ph.D.
PRINCIPAL

E-mail : principal.tccollege@gmail.com

॥ सिद्धिरनेकान्तात् ॥

Anekant Education Society's

TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati - 413102.

Dist. Pune. Maharashtra, India.

Empowered Autonomous Status

Religious Minority Institute

NAAC Reaccredited 'A+' Grade, CGPA 3.55

NAAC-SSR

Cycle IV

2019 - 2024

Youth Empowerment Skill



Youth Empowerment Skill Program



Youth Empowerment Skill Day 5



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Tuljaram Chaturchand College
Baramati

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