



# SKYLARK FOUNDATIONS

## ARTS, SCIENCE & COMMERCE COLLEGE

Khed Shivapur, Tal. Haveli, Dist. Pune - 412205

ID No. : PU/PN/ACS/346/2009

Recognized by Govt. of Maharashtra  
Affiliated to Savitribai Phule Pune University

PUNCODE : CAAP014750  
College Code No. 880  
Exam. Code No. 200

Phone : 9762745639 / 9545117123  
Email : acsck2009@gmail.com | asccskylark@gmail.com  
Website : www.asccskylark.in

Ref. :

Date :

### Activity Report: Basic Computer Course

Course Title: Basic Computer Skills

Date: 23-01-2023

Duration: 1 to 6 Days

Instructor Name: Mr. Mrunal Gadre

Venue: Skylark Foundation Arts, Science & Commerce College, Khed Shivapur- 412205

**Objective:** To provide foundational computer skills, including email usage, internet browsing, understanding computer components, and hands-on practical guidance.

### Summary of Activities:

#### 1. Email Basics:

Students were introduced to the concept of email communication, starting with creating email accounts on popular platforms like Gmail. The instructor demonstrated how to log in, compose messages, attach files, and send emails. As part of a practical exercise, students practiced sending emails to classmates and the instructor, fostering familiarity with email functionalities.

#### 2. Internet Browsing:

The session began with an introduction to widely used browsers such as Google Chrome and Mozilla Firefox. Students learned to open websites, perform searches using search engines, and utilize browser features like bookmarking pages for future reference. A hands-on activity had students search for specific information and bookmark relevant websites, enhancing their browsing confidence.

#### 3. Computer Components Overview:

This segment focused on providing students with a foundational understanding of computer hardware and internal components. Key topics included the functions of external devices like monitors, keyboards, and mice, as well as internal components such as processors, RAM, and hard drives. The distinction between hardware and software was emphasized, and students identified components in a real or simulated setup.

#### 4. Functions of Computer Components:

Building on the overview, the instructor explained the specific functions of input devices like keyboards and mice, as well as output devices such as monitors and printers. Peripheral devices, including USB drives and webcams, were highlighted for their practical uses.





Students engaged in activities to explore these components within actual or simulated environments.

#### **5. Practical Guidance:**

Hands-on sessions were a crucial aspect of the course, where students received guidance on tasks like formatting documents, saving and organizing files, and connecting to and operating printers. The instructor provided one-on-one support to address individual challenges and ensured that each student could perform the tasks independently.

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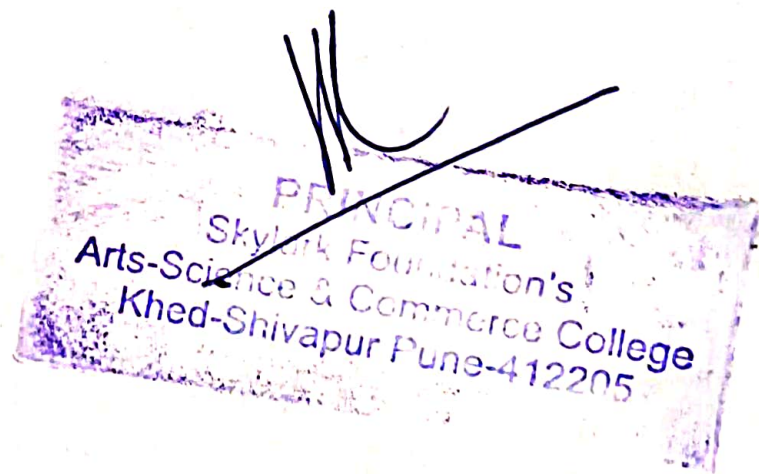
**Outcomes Achieved:** Students successfully created and used email accounts, demonstrated basic internet browsing skills, and acquired foundational knowledge of computer components. Hands-on activities significantly reinforced their theoretical understanding, and they showed marked improvement in confidence and practical skills.

**Challenges Faced:** Some students required additional support due to varied levels of prior experience. Initial unfamiliarity with technical terms posed a minor hurdle, which was addressed through tailored explanations.

**Recommendations:** Future sessions should include advanced topics like cybersecurity and cloud storage. Introducing interactive tools like quizzes and extending the course duration will provide more opportunities for in-depth learning and practice.

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**Instructor's Remarks:** The students demonstrated strong enthusiasm and made substantial progress; with continued practice, they are expected to achieve even greater proficiency.





NAME OF COURSE: **Basic Com-puter Skill,**

ARTS, SCIENCE AND COMMERCE COLLEGE KHEDSHIVAPUR

23-01-23 to 28-01-23.

ATTENDANCE REGISTER OF COURSE BATCH TIME SCHEDULE

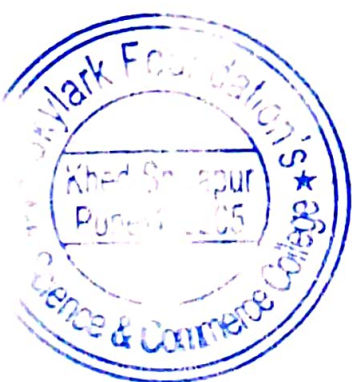
SR NO.	NAME	CLASS	1	2	3	4	5	6	7	8	9	10
1	Gogale Vedika Dashyd	T.Y.B.A										
2	Ambr Akash Anil	S.Y.B.Com										
3	Rathod Divya Raju	T.Y.B.A										
4	Gilkewad Atharv Prabhakar	T.Y.B.A										
5	Avasare Pratik Sayali	S.Y.B.Com										
6	Galikwad Divya Oligambar	S.Y.B.A										
7	Chavan Rutik Shilpa	S.Y.B.A										
8	Mare Shradha Vilas	S.Y.B.Com										
9	Tambre Nishal Rajaraj	S.Y.B.Com										
10	Mare Saurabh Ganesh	S.Y.B.Com										
11	Taware Pooja Bharti	S.Y.B.A										
12	Waghmare Pallavi Vikram	S.Y.B.A										
13	Chavan Rutik Shilpa	S.Y.B.A										
14	Khutwad Purni Uttam	T.Y.B.A										
15	Nilkam Sharayu Uttam	T.Y.B.A										
16	Wadkar Omkar Mahadev	T.Y.B.A										
17	Phonde Abhishek Ramesh	T.Y.B.A										
18	Pawar Vaibhav Ganesh	T.Y.B.A										
19	Olsonmath Nilip	T.Y.B.Com										
20	Reddy Divya Narayan	T.Y.B.Com										
21	Surve Sruuti Sambhaji	T.Y.B.A										
22												
23												
24												

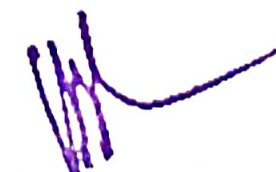


Principal  
Arts-Science & Commerce College  
Khed-Shivapur Pune-412205



## Basic Computer Courses 23/01/2023





**PRINCIPAL**

Skylark Foundation's  
Arts-Science & Commerce College  
Khed-Shivapur Pune-412205



Skylark Foundation's Arts,  
Science & Commerce College

# YOGA

workshop

Trainer  
Mrs. Vaishnavi Konde

Duration : 21st to 26th  
June 2022

Date : 21 June 2022



#### Aims & Objectives :

**Personal Growth:** Student experience, Personal Growth & Lifelong Learning

**Holistic Health:** Yoga promotes physical health, mental health clarity & emotional balance

**Social Contribution:** Yoga encourages individuals to live in harmony with their surroundings and contribute positively to society



Khed Shivapur, Tal.  
Havell, Dist. Pune  
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### Activity Report – Yoga for women health works hop/ seminar

Course Title: Yoga for Wellness

Date: 21 June 2022

Duration: 1 to 6 days.

Instructor Name: Konde V. S.

Venue: Skylark Foundation Arts, Science, and Commerce College

### Objective

The Yoga Day event was organized to promote holistic well-being by focusing on the following objectives:

- Self-Realization: Enhancing self-awareness and inner peace.
- Physical Health: Building strength, flexibility, and vitality.
- Mental Clarity: Cultivating focus and mindfulness.
- Emotional Balance: Managing stress and emotions effectively.
- Spiritual Growth: Fostering a deeper connection to the self.
- Balance & Harmony: Achieving equilibrium in body and mind.
- Flexibility: Improving posture and mobility.

### Summary of Activities

The three-day event featured structured sessions designed to introduce participants to the fundamental principles and practices of yoga.

#### 1. Day 1: Prayer and Introduction

The event began with a prayer to create a serene atmosphere. On the first day, the instructor introduced the core components of yoga, emphasizing its significance in daily life.

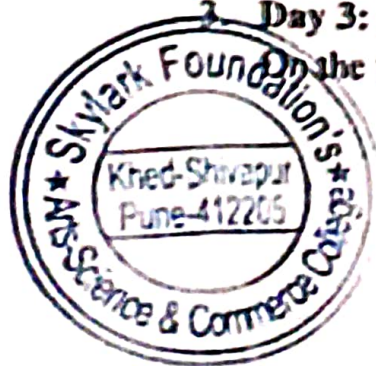
#### 2. Day 2: Asanas Practice

Participants learned and practiced basic yoga postures, including:

- Tadasana (Mountain Pose): For improved posture and stability.
- Vrikshasana (Tree Pose): For balance and concentration.

#### 3. Day 3: Advanced Asanas

On the third day, the focus was on intermediate and advanced poses, such as:







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#### 3. Day 3: Advanced Asanas

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- **Pad-Hastasana (Hand-to-Foot Pose):** Enhancing flexibility and blood circulation.
  - **Ardha Chakrasana (Half Wheel Pose):** Strengthening the spine and muscles.
  - **Trikonasana (Triangle Pose):** Improving balance and core strength.
  - **Vajrasana (Thunderbolt Pose):** Promoting digestion and relaxation.
  - **Ustrasana (Camel Pose):** Enhancing chest and spine flexibility.
  - **Makarasana (Crocodile Pose):** For deep relaxation and stress relief.
4. **Breathing Exercises**  
The sessions included mindful breathing practices, body scanning, and guided visualization to foster relaxation and self-awareness.
5. **Slide Show Presentation**  
A slide show highlighting the importance of yoga in physical, mental, and emotional well-being was presented to the participants.

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## Benefits

The Yoga event provided a wide range of benefits to participants, including:


- **Improved Strength:** Building muscle endurance and physical resilience.
- **Back Pain Relief:** Easing tension and enhancing spinal health.
- **Heart Health:** Supporting cardiovascular well-being through mindful practice.
- **Better Sleep:** Encouraging relaxation and reducing insomnia.

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## Conclusion

The Yoga Day event was a resounding success, with active participation from students and faculty. The sessions created a foundation for holistic well-being by blending physical postures, breathing exercises, and mindfulness practices. The combination of theoretical insights and hands-on activities allowed participants to experience the transformative power of yoga. Feedback from attendees highlighted the event's positive impact, emphasizing the importance of integrating yoga into everyday life for long-term benefits.



  
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Pune-412205



**SICYLARK FOUNDATION'S,  
ARTS, SCIENCE AND COMMERCE COLLEGE KHEDSHIVAPUR**

NAME OF COURSE: - Yoga.

**ATTENDANCE REGISTER OF COURSE BATCH TIME SCHEDULE**

2) 5th 2022.

SIR NO.	NAME	CLASS	1	2	3	4	5	6	7	8	9	10
1	pawar Vaibhav Bamesh	T.Y.B.A.	Walla	Walla	Walla	Walla	Walla	Walla	Walla			
2	lonche Abhishek Ramesh	T.Y.B.A.	L.A.P.	L.A.P.	L.A.P.	L.A.P.	L.A.P.	L.A.P.	L.A.P.			
3	wadkar Omkar mahadev	T.Y.B.A.	Walla	Walla	Walla	Walla	Walla	Walla	Walla			
4	Nikam Sharayu Utam	T.Y.B.A.	Walla	Walla	Walla	Walla	Walla	Walla	Walla			
5	Khutwad Rupali Uttam	T.Y.B.A.	Walla	Walla	Walla	Walla	Walla	Walla	Walla			
6	sinel Sonuwaru huch	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
7	Bhote Teja sree Raju	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
8	Ambe Nikhil Rajendra	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
9	More Saurabh Ganesh	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
10	Taware pooja Bhairav	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
11	waghmare pallavi vikram	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
12	chavan Rutik Shivaji	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
13	Zol samnath Dilip	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
14	Yadav Rutuja Nandkumar	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
15	Sumle Shrutti Sambhaji	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
16	Patil Sachin Vinod	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
17	Rathod Dillya Raju	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.			
18	Amhre Akash Anil	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
19	Gogawale vedika bharat	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.			
20	GiKwad Atharv prabhakar	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.	T.Y.B.A.			
21	Amisare pratik shubay	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
22	Gaikwad Dillya Digambar	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
23	Gaikwad Rutik Shilpa	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			
24	More Bhadrabha Vilas	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.	S.Y.B.A.			

Principal

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**Yoga 21/06/2022 to 26/06/2022**



  
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