

REPORT ON SOFT SKILLS

CERTIFICATE COURSES

(SESSION 2020-21)

S. No.	Course Title	Course Code	Duration	No. of Students
1.	Vedic Mathematics	CVML 1331	9 months	15
2.	Make-Up Artist	CMAM -1141	9 months	05
3.	Assistant Fashion Designer	CAFM-1231	9 months	02

Course Title: Assistant Fashion Designer

Course Code: CAFM-1231

S. No	Roll No.	Name of the student
1.	20100097851	Deeksha
2.	20100097852	Kumari Pratibha

Course Title: Make-Up Artist

Course Code: CMAM -1141

S. No.	Roll No.	Name of the Student
1.	20100107801	Minakshi Sharma
2.	20100107802	Saniya
3.	20100107803	Pawanpreet Kaur
4.	20100107804	Diksha Sharma
5.	20100107805	Simran Thakur

Course Title: Vedic Mathematics

Course Code: CVML 1331

S. No.	Roll No.	Name of the Student
1	20000011751	Vajinder Kaur
2	20000011752	Palak
3	20000011753	Ashminder
4	20000011754	Ravneet Kaur
5	20000011755	Money Verma
6	20000011756	Pallavi Badhan
7	20000011757	Mansi
8	20000011758	Prabhdeep Kaur
9	20000011759	Harpreet Kaur
10	20000011760	Amanat Kaur
11	20000011761	Kavita Dhimaan
12	20000011762	Prabhkirat Kaur
13	20000011763	Bharti Gupta
14	20000011764	Nidhi
15	20000011765	Ayesha

My Story - Motivational Session by Successful Entrepreneur

Date- 30-12-2020

Student Participants: 25

Report

An online interactive session for the students of Textile Design and Apparel Technology was organised at 10:00 am on zoom platform on 10 December, 2020. Ms. Pooja, owner of Pooja Boutique, alumni focused on her success story. She motivated the students with the successful journey from KMV student to an entrepreneur.

The aim of session is to make students aware about start-up and entrepreneurship, which will boost their inner urge for becoming self-employed in future, to be job creator rather than job seeker. She discussed about the innovative ideas which are demanded in the market for new start-up and also discussed the problems faced by her. She shared her views on importance of entrepreneurship with ample illustrations and discussions. After this interactive session, students were willing to have regular talks like this.



Poster Making Competition on Creative Ideas for New Start-Ups

Date- 27-05-2021

Student Participants: 30

Report

A Poster Making competition was organized by the KMV IIC on May 27, 2021. The aim behind conducting this competition was to check the creativity and artistic skills of the students about new start-ups in the field of Fashion and textile. 30 students have been participated in this activity. Students were asked to express their ideas through posters. They express their innovative ideas for new start-ups in the field of Fashion & Textile. It was great opportunity to for these young minds for creating and displaying their new start-up ideas on paper. This activity was an interesting session for the students as they participated in the competition with great zeal and enthusiasm.



P.G. Department of Cosmetology

Report on

One day workshop on

‘Nail Art’

(03-09-2020)

Student Participants: 40

A one-day online workshop on ‘Nail Art’ was organized by P.G. Department of Cosmetology with the aim to introduce students to Nail Globe to gain skills. Students got chance to interact with industry expert. The students were motivated to become successful entrepreneurs. Mr. Gagan, a freelancer nail artist from Jalandhar, vividly explained the latest techniques of nail art. He also handled the queries of students and made every aspect clear through live demonstration.

Links:

<https://www.kmvjalandhar.ac.in/activities/?d=cosmetology&n=Cosmetology&ref=/subjects/cosmetology>

<https://www.kmvkaushal.org/activities/?d=beauty-wellness&n=Beauty%20&%20Wellness&ref=/courses/b-voc-beauty-wellness-credit-based>



P.G. Department of Cosmetology

Report on

One day workshop on

‘Microdermabrasion’

(09-12-2020)

No of students participated: 25

A one-day online workshop on ‘Microdermabrasion’ was organized by P.G. Department of Cosmetology. The students were introduced to ‘Electrical Skin Treatments’ through ‘Microdermabrasion Demonstration’. Students got chance to interact with the expert in this field. Ms. Sunita, a professional skin expert, vividly explained the latest techniques and handled the queries of students and made every aspect clear through live demonstration.

Links: -

<https://www.kmvjalandhar.ac.in/activities/?d=cosmetology&n=Cosmetology&ref=/subjects/cosmetology>

<https://www.kmvkaushal.org/activities/?d=beauty-wellness&n=Beauty%20&%20Wellness&ref=/courses/b-voc-beauty-wellness-credit-based>



P.G. Department of Cosmetology

Report on

One day workshop on

Doll Make-up

(12-04-2021)

No of students participated: 55

A one-day online workshop on 'Doll Make-up' was organized by P.G. Department of Cosmetology with the aim to introduce students to the latest methods and techniques of make-up. Students got a chance to interact with Ms. Arsh Kaur, a freelancer makeup artist'. She motivated the students to become successful entrepreneurs. She demonstrated the latest techniques of make-up and made the students aware about the various tools used for make-up. The students gained a lot through live demonstration by the expert.

Links: -

<https://www.kmvjalandhar.ac.in/activities/?d=cosmetology&n=Cosmetology&ref=/subjects/cosmetology>

<https://www.kmvkaushal.org/activities/?d=beauty-wellness&n=Beauty%20&%20Wellness&ref=/courses/b-voc-beauty-wellness-credit-based>



Report on Workshop on “Eyelash Extension”

A workshop on “Eyelash Extension” was held online by P.G. Department of Cosmetology with the aim to introduce students to Eyelash Extension Globe to gain skills as well as to a get chance to interact with industry expert to gain confidence to become a successful entrepreneur. Ms. Sanchita Arora, Artistic Director of HIYAAV Makeovers from Ludhiana did her job fabulously by explaining each & every small thing as well as taking students’ queries.

P.G. Department of Cosmetology

Report on

Workshop on Makeup

No of students participated: 20

A workshop on Make-up was held live on Instagram & Facebook. Students joined Sunita Padvvekar's live webinar with the aim to know Makeup artistry deeply as well as to get chance to catch important things and gain the confidence to become a successful makeup artist. 'Ms.Sunita Padvvekar' thoroughly explained each & every aspect and handled the queries of students in an effective manner.

https://instagram.com/galaeyelashesartistry/live/17926215904899165?utm_medium=copy_link



P.G. Department of Cosmetology

Report on

Workshop on Western Makeup

No of students participated: 20

A wonderful workshop has been held through live webinar on instagram & facebook, all students joined the Kashish Jain's live webinar with the aim to know Western Makeup deeply as well as they get chance to catch minor important things and get the confidence to become a successful makeup artist . Ms. Kashish Jain 'Western Makeup Artist ' done her job fabulously by explaining about each & every small thing as well as students queries.

https://instagram.com/galaeyelashesartistry/live/17883320540442775?utm_medium=copy_link



P.G. Department of Cosmetology

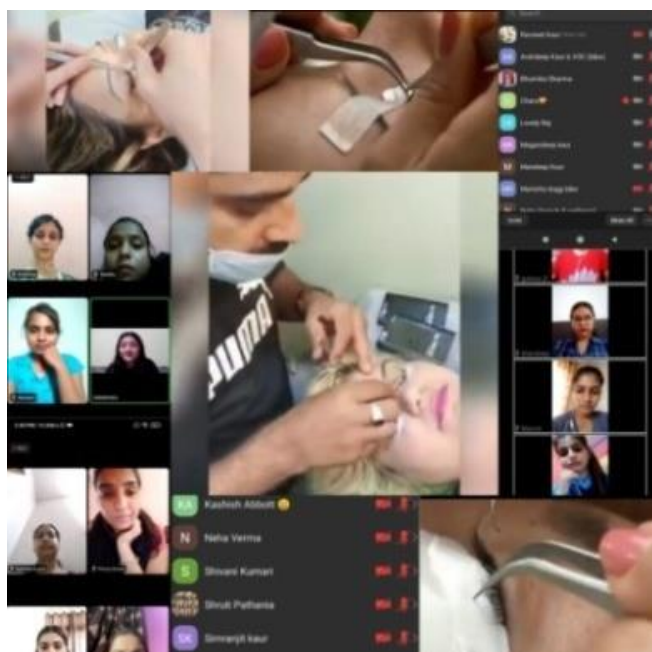
Report on

Workshop on Eyelash Extension

No of students participated: 11

A sparkling workshop has been held by online session due to covid situations, organized by P.G. Department of Cosmetology with the aim to introduce about 18 students to Eyelash Extension Globe to gain skills as well as they get chance to interact with industrial experts and get the confidence to become a successful entrepreneur . Ms. Sanchita Arora ‘Artistic Director of HIYAAY Makeovers’ from Ludhiana done her job fabulously by explaining about each & every small thing as well as students queries.

<https://zoom.us/j/98633898652?pwd=L2pjU1FTRjJmbXJQM3RwWXdlY3RCUT09>



P.G. Department of Cosmetology

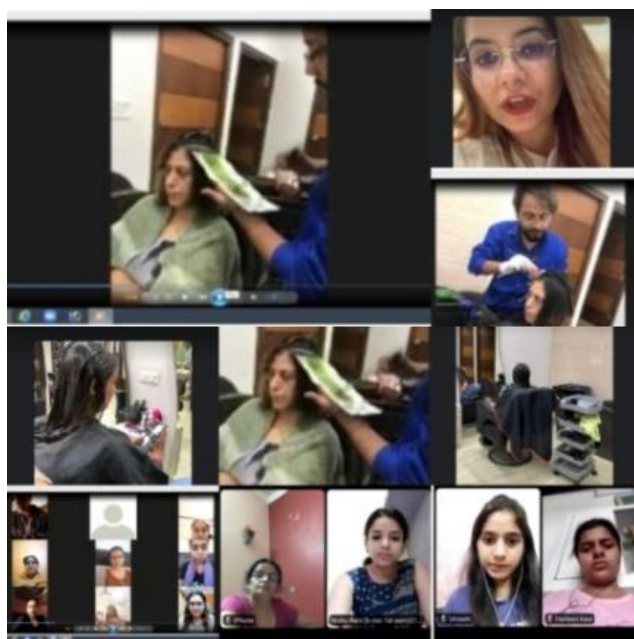
Report on

Workshop on Hair Coloring

No of students participated: 47

A sparkling workshop has been held by online session due to covid situations, organized by P.G. Department of Cosmetology with the aim to introduce about 47 students to Hair color world to gain skills as well as they get chance to interact with industrial experts and get the confidence to become a successful entrepreneur . Ms. Sanchita Arora ‘Artistic Director of HIYAAV Makeovers’ from Ludhiana done her job fabulously by explaining about each & every small thing as well as students queries.

<https://us02web.zoom.us/j/89478912373?pwd=c0RybzMzdHFjcEZ6TWVmN2VwVVNhdz09>



Workshop on “Dance Forms: Semi Classical Dance, Bollywood Dance, Folk Dance”

One week Online Dance Workshop was organised by PG Department of Performing Arts. A large number of participants from various schools, colleges and universities participated in this workshop with full zeal and enthusiasm. Mrs. Meenakshi Rai and Mrs. Ritika Chopra from the dance department explained the importance of dance to the participants and also introduced them to different dance forms e.g. Semi Classical Dance, Bollywood Dance & Folk Dance in detail. Along with presenting Bollywood dance as a combination of different types of dance and the art of storytelling through it, the importance of different postures and gestures was also explained to the participants. The participants also presented their dance skills and gained knowledge of different postures.

Kanya Maha Vidyalaya
The Autonomous Heritage Institution, Jalandhar

KMV Ranked No.1 College of India
(Best Value for Money) by India Today Survey of Top Colleges

PG DEPARTMENT OF PERFORMING ARTS
ORGANISES
FREE ONLINE DANCE CLASSES
FOR ONE WEEK
26TH MAY TO 1ST JUNE
AT 12:30 PM
INCLUDES THREE TYPES OF DANCES
BOLLYWOOD DANCE
SEMI CLASSICAL
FOLK DANCE



CONTACT US:
Dr. POONAM SHARMA (HoD) - 9463760837
RITIKA - 9646780157
MEENAKSHI - 7986240209

Prof. (Dr.) Atima Sharma
Dwivedi
PRINCIPAL

Workshop on “Bollywood Dance Form”

PG Department of Performing Arts organised a 6 Day Online Dance Workshop. A large number of participants from various colleges and universities participated in this workshop with full zeal and enthusiasm. Mrs. Meenakshi Rai and Mrs. Ritika Chopra from the dance department explained the importance of dance to the participants and also introduced them to Bollywood dance in detail. Along with presenting Bollywood dance as a combination of different types of dance and the art of story telling through it, the importance of different postures and gestures was also explained to the participants. Along with this, various types of Bollywood dances started by the stars of Indian cinema were also told in this workshop. The participants also presented their dance skills and gained knowledge of different postures.



KANYA MAHA VIDYALAYA
The Autonomous Heritage Institution, Jalandhar
Top Ranking in India (India Today & Outlook Survey of Best Colleges 2020)

P. G. Department of Performing Arts
Organizes
FREE ONLINE BOLLYWOOD DANCE CLASSES

**1st April to 6th April, 2021
at 11.30am**

Contact :
Ms. Ritika Chopra 9646780157
Ms. Meenakshi Roy 7986240209

Poonam Sharma (Dr.)
HoD, Dept. of Music

Prof. Atima Sharma Dwivedi (Dr.)
Principal

PIC-COLLAGE

Workshop on “Online Seven Day Training Workshop on Soft Skills”

Workshop on “Online Seven Day Training Workshop on Soft Skills” was organized by the Student Ambassadors Team under the guidance of Mrs. Neeraj Sharma, Head of Deptt. Of Sanskrit, KMV, Jalandhar. The theme of first session was- Interview Skills .The resource persons were Ms. Shagun Sinha, UGC Junior Researcher In Sanskrit, Featured In Covering Title -The Sanskrit Survivor By Ht Livemint in 2015, Special Centre For Sanskrit Studies JNU, New Delhi and Ms. Shweta Sharma, Career Counselor & Soft Skills Trainer , 10 Years Of Experience In Talent Planning, Career Management, Employee Engagement, Resource Management, Employee Relations, Employee Retention & Training.It was a seven days workshop on National Level where participants from different colleges participated in the session actively. The theme of session was- Communication Skills, Body Language, General and Corporate Etiquettes.



Webinar on “Managing Fear and Anxiety During Crisis”

Six-Day Celebration of World Mental Health Day was organized by the PG Department of Psychology. In this six daylong celebration, KMV will be organizing a series of events including webinar, poster making competition, extension lecture, training session on relaxation techniques & Free online counseling. The first day of this six-day celebration commenced with a Webinar on “Managing Fear and Anxiety during Crisis”. The eminent speaker for this webinar was Dr. Shilpa Suri who is a Positive Psychology practitioner, Career Development Consultant and Life-Skill Trainer. The webinar was attended by more than 100 participants. Dr. Shilpa Suri commenced the webinar with an impactful presentation. She very clearly explained to the students the various concepts of fear and anxiety. She was of the view that emotions are of two kinds – effective and ineffective and we should be able to correctly recognize our emotions and learn how to handle and deal these emotions. She explained that we should not disguise our emotions and should learn to control our Automatic Negative Thoughts. She also gave various tips to the students through which fear and anxiety can be dealt with. In addition, she also taught the students various ways to be productive in their outputs.

KANYA MAHA VIDYALAYA
The Autonomous Heritage Institution, Jalandhar
Top Ranking in India (India Today & Outlook Survey Of Best Colleges 2020)
P.G. Department of Psychology
Organises
World Mental Health Day Celebration 2020
6-Day Series
Day 1 : 05-10-20 (Monday)
Time : 04:30pm
Webinar by Dr. SHILPA SURI
Educationist, Trainer, & Counseling Psychologist
Planet Psychology, Chandigarh
(Managing Fear and Anxiety During Crisis)
Zoom Meeting ID : 5891449954 Password : ABCD123456
Contact us at:-
Dr. Radhika Gupta
(M): 94172-60358
Dr. Sharanjit Kaur
(M): 9041967807
Patron
Prof. (Dr.) Atima Sharma Dwivedi
Principal

नकारात्मक सोच को नियंत्रित करना जरूरी : डा. सूरि
जालंधर, 6 अक्टूबर (विनीत): कन्या महाविद्यालय के साइकोलॉजी विभाग की ओर से 'वर्ल्ड मेंटल हेल्थ' के अवसर पर 'मैनेजिंग फ्रीयर एंड एंगजाइटी टूथूरींग' काइसिस विषय पर 6 दिवसीय वैबीनार करवाया गया, जिसमें डा. शिल्पा सूरि (पॉजिटिव साइकोलॉजी प्रैक्टीशनर) ने बतौर रिसेसर्स प्रसन शामिल होकर अपने विचार रखे। डा. सूरि ने चिंता एवं डर की अवधारणाओं को बयां करते हुए कहा कि हमें अपनी नकारात्मक सोच को नियंत्रित करना जरूरी है। डा. सूरि ने चिंता एवं डर की अवधारणाओं को बयां करते हुए कहा कि हमें अपनी नकारात्मक सोच को नियंत्रित करना जरूरी है। डा. सूरि ने चिंता एवं डर की अवधारणाओं को बयां करते हुए कहा कि हमें अपनी नकारात्मक सोच को नियंत्रित करना जरूरी है।
Atima Sharma Dwivedi, Prin... Dr Shilpa
PIC-COLLAGE
वैबीनार में संबोधित करतीं डा. शिल्पा सूरि, साथ हैं डा. आतिमा शर्मा व छात्राएं।

Webinar on "Ancient Wisdom for Excelling in Modern Times by responding to life's dilemmas for shaping destiny"

The P.G. Department of Psychology has organized a Six-Day Celebration of World Mental Health Day from 5th October to 10th October, 2020. The final and the sixth day (10.10.2020) of this six-day celebration is marked by a Webinar on “Ancient Wisdom For Excelling in Modern Times By Responding to Life Dilemmas for Shaping Desired Destiny”. The eminent speaker for this webinar is Dr. Arun Bharadwaj who is a world renowned Happiness Mentor and Life-Skill Trainer.



National Webinar on “Creative Process of Poetry”

The webinar was organised by PG Department of Hindi under the series of *Mera Sahitya, Meri Drishti*. The eminent speakers for the webinar were Mrs Veena Vij Udit, Srinagar & Mr Dharampal Sahil, Punjab. Ms Veena Vij in her impactful address said that poetry is the reflection of poet's sensitivity & aesthetic sense. Talking on the creative process, she said that poetry gets moulded in the words by achieving a deep introspection of author's thoughts. In addition to this, she also stressed on the literary symbols & tools that are employed in order to provide meaning and clarity to the feelings of poetry. Mr Dharampal Sahil in his address laid emphasis on his extensive collection of writings by stressing on the fact that how poetry represents the truth to the readers in its most beautiful manner.

