

SCMIRT(A.Y. 2022-23)

Practical Training Session 'Professional Dining Etiquettes'

(Resource Person-Dr. Atul Deshpande)

Date:27-04-2023

Time-12p.m. to 1.30 p.m.

Introduction:

Suryadatta College of Management , Information ,
Research and Technology (SCMIRT) had arranged the
"Professional Dining Etiquettes" training session in
collaboration with Suryadatta College of Hotel
Management , Travel and Tourism (SCHMTT) on 27th
April 2023.

The Session was conducted by Dr. Atul Deshpande ,
Principal SCHMTT and was accompanied by his Hotel
Management Students.

This session was coordinated by Asst Prof Monika
Kulkarni from SCMIRT . The students who participated
in this training session were from B.Com department .

Objective:

The objective of this training session was as follows:-

- How to Dress yourself for a professional dinner /
lunch .
- How and Where to place Napkin .
- How to hold your Utensils Correctly .
- How to Chew your food when you go for a
professional dinner / lunch .



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Principal, SCMIRT

Monika Kulkarni
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- How to enter into a Restaurant .
- How to eat properly with Spoon , Fork and Knife .
- What should be your Body Language when you are at professional dinner / lunch .

Description:

The session started with Prof. Dr. Atul Deshpande explaining the students how they should enter any restaurant in proper manner and after entering how one should greet their colleagues depending upon their gender i.e. if its women then one should greet her with proper etiquettes and if it's a man one should shake hands in a proper manner .

The next step was how to behave on a dinning table i.e. the mobile phones should be on a silent mode and it shouldn't be on a dinning table . If at all one wants to pickup his / her call then they should go out of the restaurant and pick the call . It also included what should be ones body language while having a professional dinner .

The next step was to know about the handling of utensils on a dinning table . Prof. Dr. Atul Deshpande sir perfectly explained the right way of handling Spoon , Fork and knife on a professional dinner .

Outcome:

The outcome of this session was that the students learned the proper way of presenting themselves at a corporate dinner and also learned about the table



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manners which they should follow while having dinner / lunch at the restaurant .

At the end of the session the Hotel Management students prepared a wonderful dish for all the SCMIRT students.

The training session was wonderfully conducted by the SCHMTT students and Prof. Dr.Atul Deshpande sir.

Pictures:



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Information Research & Technology (SCMIRT)

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Principal, SCMIRT





Dakshina
Principal, SCMIRT

A. Srinivas
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Date 10-03-2023

Yoga Session-Remedies for Women Harmonal Imbalances through Patanjal Yog

Trainer- Asst.Prof.Savita Gandhi

This session of yoga was conducted by Asst.Prof.Savita Gandhi

Women often experience hormonal imbalances due to various factors such as stress, lifestyle changes, and natural aging processes. Recognizing the need for holistic approaches to address these imbalances, a specialized yoga session focusing on remedies for women's hormonal issues through Patanjali Yoga was conducted.

The primary objective of the yoga session was to provide women with practical tools and techniques from Patanjali Yoga to help manage and alleviate hormonal imbalances. The session aimed to empower participants with a deeper understanding of their bodies and foster overall well-being.

Session Outline:

1. Overview of the ancient wisdom of Patanjali Yoga and its relevance in addressing hormonal imbalances. Explanation of key principles, including asanas (postures), pranayama (breath control), and meditation.
2. Specific yoga poses targeting the endocrine system, such as Sarvangasana (Shoulder Stand) and Bhujangasana (Cobra Pose). Emphasis on poses that stimulate the ovaries, thyroid, and adrenal glands to regulate hormonal secretion.
3. Practice of deep abdominal breathing to reduce stress and promote hormonal equilibrium.
4. These sessions helped the students for holistic development.
5. Mindfulness techniques to help participants manage daily stressors and improve emotional well-being.
6. Student's queries and doubts regarding the techniques were taken off well at the end by the trainer.
7. The trainer motivated the students to have hope and courage in the difficult times to the anxious moments during the ongoing pandemic.


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Date 05-05-2023

Session on Personality & Soft Skill Development

Trainer - Ms. Anshika Srivastava, Corporate Trainer

Ms. Anshika Srivastava, a seasoned corporate trainer specializing in soft skills, conducted an engaging and insightful session on Personality & Soft Skill Development. The session aimed to equip participants with essential skills needed for personal and professional growth.

Key Highlights:

1. **Understanding Personality Traits:** Ms. Anshika began by elucidating the significance of self-awareness and understanding one's personality traits. Participants engaged in personality assessments to identify strengths and areas for improvement.
2. **Effective Communication Skills:** The session delved into the nuances of effective verbal and non-verbal communication.
3. **Time Management and Productivity:** Ms. Anshika emphasized the importance of time management in achieving personal and professional goals. Strategies for prioritization, setting realistic goals, and overcoming procrastination were discussed.
4. **Building Confidence and Assertiveness:** Techniques for boosting self-confidence and asserting oneself in various situations were explored. Participants learned how to project confidence through body language and vocal tone.
5. **Teamwork and Collaboration:** The importance of collaboration in a professional setting was highlighted. Interactive group activities and case studies facilitated a deeper understanding of effective teamwork.
6. **Adaptability and Resilience:** Ms. Anshika guided participants on developing adaptability and resilience in the face of challenges. Real-world examples were shared to illustrate the significance of staying flexible in dynamic work environments.
7. **Professional Etiquette and Networking:** Etiquette in professional settings, including networking and building positive relationships, was discussed. Practical tips on creating a lasting impression and fostering professional connections were provided.
8. **Feedback and Q&A Session:** Participants were encouraged to share their thoughts and seek clarification. Ms. Anshika provided constructive feedback and addressed queries, fostering an interactive learning environment.


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