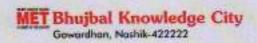


- 5.1.2 Following capacity development and skills enhancement activities are organized for improving students' capability
  - 1. Soft skills
  - 2. Language and communication skills
  - Life skills (Yoga, physical fitness, health and hygiene, selfemployment and entrepreneurial skills)
  - 4. Awareness of trends in technology

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# Criterion 5 - Student Support and Progression

Key Indicator - 5.1 Student Support

Metric No. 5.1.2

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if
2018-2019	Personality Development	7/9/2018	79	Ms tasmin Dandekar
2018-2019	Personality Development	12/09/2018 & 14/09/2018	60	Mr. Anshuman Singh
2019-2020	Videography Skills	10/10/2019-11/10/2019	35	Mr. Vikrant Bacchav
2019-2020	Yoga Day	6/21/2019	60	Ms. Shreya Khare
2019-2020	Persenataion skills	20/01/2020 - 22/011/2020	40	Ms.Isha Tangadpalliwar
2019-2021	Personality Development	25/07/2019 - 27/07/2019	55	Mr. Nitin Paranjape
2021-2022	Physical Tests	17/05/2021	46	Mr.Bhimrao Shirsath
2021-2022	Yoga Day	6/21/2019	60	Ms. Shreya Khare
2021-2022	Orientation Session	18/01/2021	20	Mr. Nitin Paranjape
2022-2023	Physical Tests	13/05/2022	111	Mr.Shimrao Shirsath
2022-2023	Thinking Design & Writing Design	23/07/2022	30	Ar, Anuj Dega & Ar, Nisha Nair
2022-2023	Yoga Day	6/21/2019	60	Ms. Shewta Daga

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Name of Program : Personality Development

Academic Year: 2018-19

Organized By	MET's School Of Architecture & Interior Design	
Objectives	<ul> <li>Self-Discovery: Explore strengths, values, and aspirations.</li> <li>Communication Skills: Enhance verbal and non-verbal communication abilities.</li> <li>Interpersonal Skills: Foster empathy, conflict resolution, and constructive feedback.</li> <li>Professional Image: Develop grooming, etiquette, and networking skills.</li> <li>Confidence Building: Overcome stage fear, improve public speaking, and presentation skills.</li> <li>Goal Setting: Set realistic academic and professional goals, learn effective time management.</li> <li>Stress Management: Introduce stress-reducing techniques and well-being practices.</li> <li>Leadership &amp; Teamwork: Cultivate leadership qualities and promote effective teamwork.</li> </ul>	
Date /Duration of Activity	12/09/2018 & 14/09/2018 (2 Days)	

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Venue	MET's School of Architecture & Interior Design	
Students Attended	First Year B. Arch. & First Year B.Des.	
No. of Students Present	60	
Photograph/Video Available	Photographs available	
Brief about the Program (Activity/Event)	<ul> <li>Duration:2 days</li> <li>Facilitator: Mr. Anshuman Singh</li> <li>Focus: Holistic personality development for first-year B.Design students.</li> <li>Approach: Interactive sessions, role plays, and group activities for practical learning.</li> <li>Methodology: Blend of lectures, discussions, and hands-on exercises.</li> </ul>	
Students Outcome/Works example	Enhanced Self-Awareness: Clear understanding of personal strengths and weaknesses.     Improved Communication: Confident expression of ideas and active listening.     Positive Relationships: Empathy, conflict resolution, and constructive feedback skills.     Professional Presence: Grooming, etiquette, and networking proficiency.     Confidence: Overcoming stage fear, effective public speaking, and presentation abilities.     Effective Time Management: Balancing academic and personal commitments.	

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	Stress Management: Coping techniques and focus on mental and physical well-being.     Leadership Skills: Ability to lead teams and collaborate effectively in group projects.
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Faculty in-charge

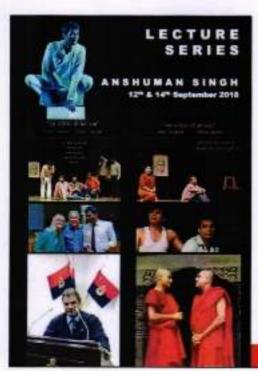
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## A report on Personality Development Workshop by Mr.Anshuman Singh



Anshu Singh has been doing master for last 18 years, after completing one year lang course on district, arts 7600m Dahe' at Nohry Centre Mandas, which was organized by National School of Drama' New Dahi. He formed 'Monch Myesbal' Theating group. A very extinent theating group which has several predigious theating production to its credit. He has done major roles in many plays which have been stoge in almost all major theories festivals of the country to mention a few place. May Darberl, Bode Shee Soheb. Of more and many dudship chand. Thisch, florisospecial of Prom Satha and many room.

He has conducted more than two handred theorer workships for all age groups and in different institutions like 18M, MNP-College of Architecture, Brants Visitingeeth etc. Directorize of nuthans affilies, Government of Mahasakira has ewarded from Sest Actor Awards. For two consociative years, mis is a national receipt for Agakhan fromtistion fourth Board of India. He has locklyed awards for the International Children Theatre Featival as the best obsector, play and best writing award. He has expensed an award for the Sanskrit play. Their Sansor's like has a solo performance for the Sanskrit play. Their Sansor's like has a solo performance for the Sanskrit play. Their Sansor's like has a solo performance for the Sanskrit play. Their Sansor's like has a solo performance for the Sanskrit play. Their Sansor's like has a solo performance for the Sanskrit play. Their Sansor's like has a solo performance for the Sanskrit play. (City of Gold, Yes kercleicht Sathe las lays are: Betanach Shoots', City of Gold, Yes kercleicht Sathe las lays are:

He is a certified teacher for Transcendural Meditation which works for the international Transcendental Meditation Movement. It was also conducted in various colleges (see the IRVs, USZ (TSZ and VITI, National School of Drama (NSD) has deputed him as an eigent to conduct a month long production priented theater workshop.

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Studnets are engaged in transformative activities with Mr. Anshuman Singh.

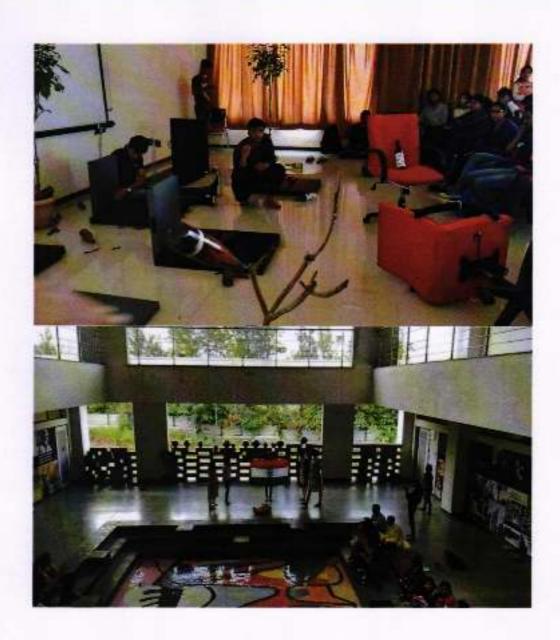


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Governmen, Number 422222



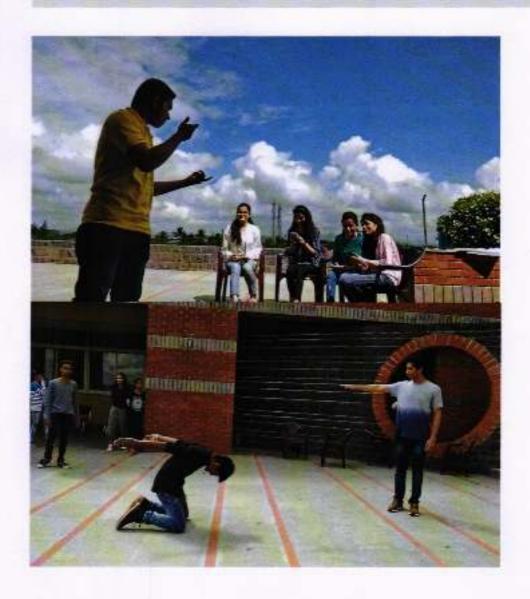


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# MET's SCHOOL OF ARCHITECTURE & INTERIOR DESIGN MET Blujbal Knowledge City Government, Nothik-122222



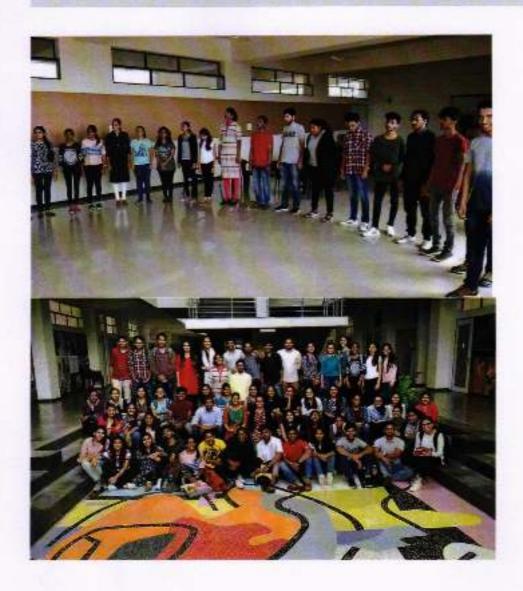


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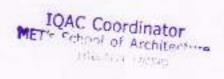
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MET's School of Aechitecture
& Interior Design
At. Govardhan, Tai & Dist.
Nashik-422 222,

	MET SOA & ID, GOVARDHAN NASHIK	
	EVENT: ANSHUMAN SINGH	
SR.NO.	NAME OF STUDENTS	SIGN
1	Adole Harshada Shivaji	-10-11
2	Ahire Harshal Pankaj	House
3	Ahire Pranav Popatrao	Lean
4	Bhavsar Bhushan	- Takus
5	Chaudhari Mahima	year
6	Chavanke Gayatri Arun	Japan.
7	Deoghare Riya Ramesh	Fig.
8	Deshmukh SachindraVishakha	14/
9	Duse Gaurav Bharat	Gan
10	Golesar Prajakta Manoj	Baja
11	Jejurkar Sarthak Sunil	Sin
12	Katariya Hitesh	*Litax
13	Khasiyani Payal	1
14	Kukreja Meet Naresh	149
15	Kulkarni Aditya Kishor	उपाधिका
16	Kunde Anjali Anil	23490
17	Lohokare Dayani Dhananjay	Day
18	Magar Neha Sanjay	=
19	Mane Sarangi Sudhakar	7/2
20	Nikam Rutika Deepak	Total
21	Ostwal Bhakti Mahendra	Bhaket
23	Patani Sarvika Sameer	Fale
25	Patel Sakshi Alkesh	Sola
27	Pawar Manali Milind	tratis

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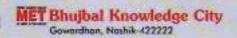
29	Punjabi Joshita Mahesh	Jadida
30	Sahota Jessica Vinod	Testica
31	Salunkhe Harshada Kiran	- tasho
32	Savle Rutuja Sanjay	18 Haida
33	Shermale Komal Baban	Fam
34	Shetty Aditi Vishwanat	Doubly
35	Shinde Sakshi Rajendra	da
36	Shirsath Unmesh Ganesh	Umarin
37	Tanawade Amruta Abhijit	Homeut a 1.
38	Targe Ved Mahendrakumar	
39	Ugale Jai Sachin	The Hade
40	Varma Srushti Trilok	& Santa
41	Wagh Aditya Nitin	1791/0
42	Agrey Kashish	tashi
43	Patel Priya	the .



-	ET SOA&ID, Govardhan, N	T T
-	Event: Personality dev	ANSHUSE
Sr.No	Name of Students	Sign
1	Kalantri Dhanshree Mahesh	or
2	Moghe Anushka Santosh	Aur
3	Pawar Prajakta Ganesh	Frupte
4	Adhaoo Darpan Nilesh	DIA
5	Tarwala Mohini Sanjeevkumar	mu-
6	Malpani Ruchi Pravinkumar	SQUOWN.
7	Shinde Neha Vijay	
8	Tank Shailaja Kanubhai	SVAOUL
9	Khandare Priyadarshini Baburao	
10	Kushare Manali Manik	moui
11	Dhokariya Shivani Krushnkumar	Language .
12	Gharte Shraddha Yogesh	394
13	Lambe Vikrant Sharadchandra	Vine
14	Agashe Taniya Mukul	Tourse
15	Joshi Dhanika Rajeev	100ge
16	Adamji Husain Adnan	for
17	Dhundale Hritika Ajay	
18	Jain Pooja Nilesh	
19	Pawar Akash Anil	
20	Badade Dipali Ramnath	in the second
21	Pohekar Rumita Vijay	RUP
22	Vispute Samruddhi Sanjay	
23	Amrutkar Amruta Mahendra	Sec. 11
24	Chaudhari Darshna Haridas	on
25	Jamdhade Monika Chandrakant	moury
26	Kumbhar Mayur Arjun	-
27	Masrani Bhoomi Manish	No.
28	Anand Gursheen Kaur Rajpal Singh	Gun
29	Mittal Nitisha Umashankar	W 15 11
30	Khairnar Aniket Chandrakant	-Anic-
31	Raka Roshan Mahendra	
32	Shewale Rushikesh Dadaji	
33	Sayyed Moin Munir	Morris
34	Patel Smruti Bhushan	gun.
35	Pardeshi Nidhi Prashant	
36	Badgujar Sanjana Sandeep	
37	Kadri Altamash Aslam	
38	Sayyed Insha Faiz	
39	Dabade Harshal Vijay	

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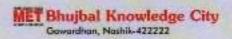
# Name of Program : Personality Development

Academic Year: 2018-19

Organized By	MET's School Of Architecture & Interior Design	
Objectives	<ul> <li>Self-Discovery: Explore strengths, values, and aspirations.</li> <li>Communication Skills: Enhance verbal and non-verbal communication abilities.</li> <li>Interpersonal Skills: Foster empathy, conflict resolution, and constructive feedback.</li> <li>Professional Image: Develop grooming, etiquette, and networking skills.</li> <li>Confidence Building: Overcome stage fear, improve public speaking, and presentation skills.</li> <li>Goal Setting: Set realistic academic and professional goals, learn effective time management.</li> <li>Stress Management: Introduce stress-reducing techniques and well-being practices.</li> <li>Leadership &amp; Teamwork: Cultivate leadership qualities and promote effective teamwork.</li> </ul>	
Date /Duration of Activity	06/06/2018 & 07/06/2018 (2 Days)	
Venue	MET's School of Architecture & Interior Design	
Students Attended	First Year B. Arch. & First Year B.Des.	
No. of Students Present	79	
Photograph/Video Available	Photographs available	

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Brief about the Program (Activity/Event)	Duration:2 days     Facilitator: Mrs. Yasmin Dandekar     Focus: To open up their thoughts which are related to personality development for first-year B.Design students.     Approach: Interactive sessions, role plays, and group activities for practical learning.     Methodology: Blend of lectures, discussions, and
Students Outcome/Works example	<ul> <li>Enhanced Self-Awareness: Clear understanding of personal strengths and weaknesses.</li> <li>Improved Communication: Confident expression of ideas and active listening.</li> <li>Positive Relationships: Empathy, conflict resolution, and constructive feedback skills.</li> <li>Professional Presence: Grooming, etiquette, and networking proficiency.</li> <li>Confidence: Overcoming stage fear, effective public speaking, and presentation abilities.</li> <li>Effective Time Management: Balancing academic and personal commitments.</li> <li>Stress Management: Coping techniques and focus on mental and physical well-being.</li> <li>Leadership Skills: Ability to lead teams and collaborate effectively in group projects.</li> </ul>

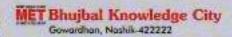
Faculty in-charge

(IQAC)

Approved by

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## MET Bhujbal Knowledge City Gowardhan, Nashik 422222





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	MET SOA & ID, GOVARDHAN NASHIK	
EVENT: YASMIN DANDEKAR.		
SR.NO.	NAME OF STUDENTS	SIGN
1	Adole Harshada Shivaji	
2	Ahire Harshal Pankaj	fasher
3	Ahire Pranav Popatrao	Teanou
4	Bhavsar Bhushan	Bhusha
5	Chaudhari Mahima	Nahim
6	Chavanke Gayatri Arun	Grayali
7	Deoghare Riya Ramesh	Ry.
8	Deshmukh SachindraVishakha	- all
9	Duse Gaurav Bharat	Gaway
10	Golesar Prajakta Manoj	Prajal
11	Jejurkar Sarthak Sunil	8min
12	Katariya Hitesh	+Cetres
13	Khasiyani Payal	+ your
14	Kukreja Meet Naresh	100
15	Kulkarni Aditya Kishor	3-1119
16	Kunde Anjali Anil	2 Arigal, Ku
17	Lohokare Dayani Dhananjay	Reyal
18	Magar Neha Sanjay	o TEV mag
19	Mane Sarangi Sudhakar	\$412016
20	Nikam Rutika Deepak	- Hick
21	Ostwal Bhakti Mahendra	Black
23	Patani Sarvika Sameer	February
25	Patel Sakshi Alkesh	Lake
27	Pawar Manali Milind	tratita

MET's School of Architecture

29	Punjabi Joshita Mahesh	Jostitu
30	Sahota Jessica Vinod	Jesstor
31	Salunkhe Harshada Kiran	Jeby9- Haub
32	Savle Rutuja Sanjay	desty ?
33	Shermale Komal Baban	Tourd.
34	Shetty Aditi Vishwanat	Hettly
35	Shinde Sakshi Rajendra	Selection.
36	Shirsath Unmesh Ganesh	Unger
37	Tanawade Amruta Abhijit	Homenta a
38	Targe Ved Mahendrakumar	
39	Ugale Jai Sachin	Jeef gale
40	Varma Srushti Trilok	65mbdi-
41	Wagh Aditya Nitin	1 delege
42	Agrey Kashish	
43	Patel Priya	Par.

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	Event: Yasmin dande kon	
Sr.No	Name of Students	Sign
1	Kalantri Dhanshree Mahesh	2ml
2	Moghe Anushka Santosh	Avene
3	Pawar Prajakta Ganesh	Francisco P
4	Adhaoo Darpan Nilesh	DNA
5	Tarwala Mohini Sanjeevkumar	moune
6	Malpani Ruchi Pravinkumar	Reniment
7	Shinde Neha Vijay	NVSNob
8	Tank Shailaja Kanubhai	SK Tank
9	Khandare Priyadarshini Baburao	Pakm
10	Kushare Manali Manik	Monde
11	Dhokariya Shivani Krushnkumar	Breeze
12	Gharte Shraddha Yogesh	Syler
13	Lambe Vikrant Sharadchandra	Viknet
14	Agashe Taniya Mukul	Tooner
15	Joshi Dhanika Rajeev	DRUNKI
16	Adamji Husain Adnan	-Hoscama
17	Dhundale Hritika Ajay	hmirele
18	Jain Pooja Nilesh	Paramen
19	Pawar Akash Anil	AARW
20	Badade Dipali Ramnath	THEN
21	Pohekar Rumita Vijay	200
22	Vispute Samruddhi Sanjay	Some
23	Amrutkar Amruta Mahendra	Amma
24	Chaudhari Darshna Haridas	Down
25	Jamdhade Monika Chandrakant	monital
26	Kumbhar Mayur Arjun	
27	Masrani Bhoomi Manish	Bhom
28	Anand Gursheen Kaur Rajpal Singh	Gume
29	Mittal Nitisha Umashankar	
30	Khairnar Aniket Chandrakant	Amizen
31	Raka Roshan Mahendra	1
32	Shewale Rushikesh Dadaji	Rusishau
33	Sayyed Moin Munir	CONTRACTOR CONTRACTOR
34	Patel Smruti Bhushan	smusi
35	Pardeshi Nidhi Prashant	Newpor
36	Badgujar Sanjana Sandeep	Wednes Wiston
37	Kadri Altamash Aslam	-Attomsh
38	Sayyed Insha Faiz	mmu 5
39	Dabade Harshal Vijay	-Alternation Immus horgans
40	Wagh Anuja Sunil	Aguy

Name of Program: Yoga Day 2019

Academic Year: 2019-2020

Organized By	MET's School Of Architecture & Interior Design		
Objectives	<ul> <li>The primary objective of celebrating International Yoga         Day on June 21, 2019, at our institution was to promote         the ancient practice of yoga and raise awareness about its         physical, mental, and spiritual benefits.     </li> <li>This event aimed to encourage students, faculty, and staff         members to adopt yoga as a part of their daily routine for         overall well-being.</li> </ul>		
Date /Duration of Activity	21/06/2019		
Venue	MET's School of Architecture & Interior Design		
Students Attended	B. Arch. & First Year B.Des.		
No. of Students Present	60		
Photograph/Video Available	Photographs available		
Date: June 21, 2019     Objective: Promote yoga for physical, menta spiritual well-being.     Facilitator: Shreya Khare     Participants: Students, faculty, and staff me     Activities:     Ceremonial lamp lighting for spiritual signification.     Yoga sessions led by experienced instructors asanas, pranayama, and meditation.     Informative sessions on yoga philosophy and			

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	Outcomes:     Improved physical health, flexibility, and balance.     Enhanced mental clarity, reduced stress, and increased focus.     Promotion of a healthier lifestyle and better time management skills.     Conclusion: A transformative experience encouraging regular yoga practice for holistic well-being.
Students Outcome/Works example	<ul> <li>Improved Physical Health: Regular practice of yoga enhances flexibility, strength, and balance. Students experienced improved physical health, which is essential for their overall well-being and academic performance.</li> <li>Enhanced Mental Clarity: Yoga and meditation techniques promote mental calmness and clarity. Students reported reduced stress levels and increased focus, which positively influenced their studies and concentration.</li> <li>Stress Reduction: The practice of yoga encourages relaxation and stress relief. Students learned valuable relaxation techniques that they could apply in their daily lives, especially during exams and high-pressure situations.</li> </ul>
	<ul> <li>Better Time Management: Through yoga, students learned the importance of dedicating time to self-care. This awareness helped them manage their time more efficiently, balancing academic responsibilities with personal well-being activities.</li> <li>Promotion of Healthy Lifestyle: The event inspired students to adopt a healthier lifestyle. Many participants expressed their intention to continue practicing yoga regularly and make healthier dietary choices.</li> </ul>

Faculty in-charge

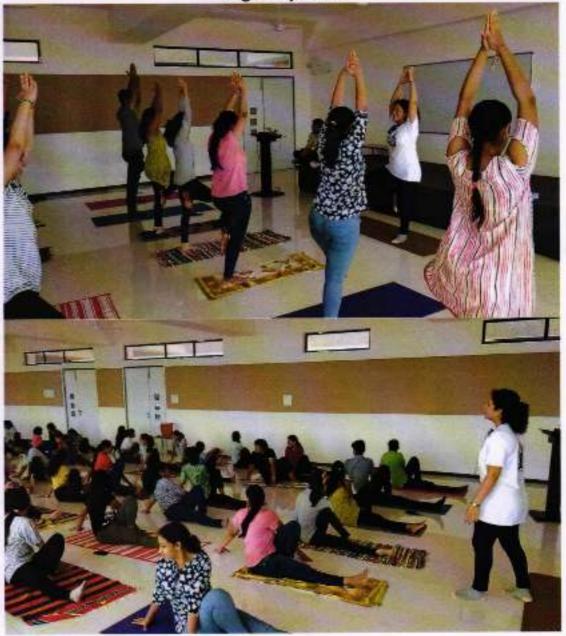
Approved by (IQAC)

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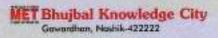
# A Report on Yoga Day 2019



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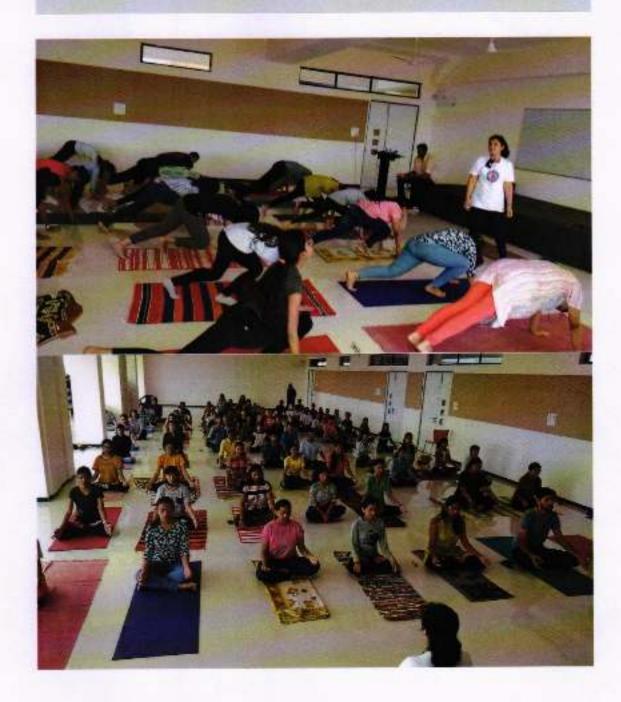




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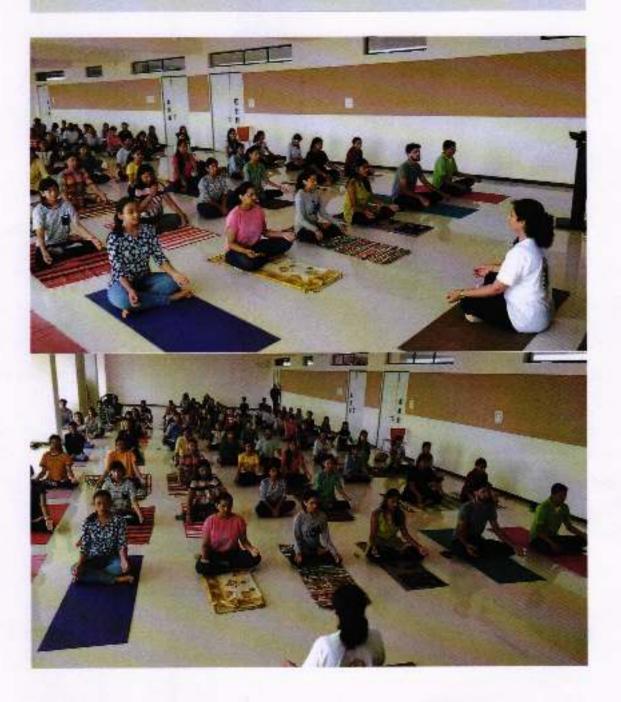




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MET SOA & ID, GOVARDHAN NASHIK  EVENT: Yoga Day.		
1	Adole Harshada Shivaji	-
2	Ahire Harshal Pankaj	-last xt.
3	Ahire Pranav Popatrao	
4	Bhavsar Bhushan	1/aki ma
5	Chaudhari Mahima	N. Carrie
6	Chavanke Gayatri Arun	_
7	Deoghare Riya Ramesh	Riefo-
8	Deshmukh SachindraVishakha	Gund
9	Duse Gaurav Bharat	
10	Golesar Prajakta Manoj	Feejah
11	Jejurkar Sarthak Sunil	
12	Katariya Hitesh	Halest
13	Khasiyani Payal	11.11
14	Kukreja Meet Naresh	Magay.
15	Kulkarni Aditya Kishor	
16	Kunde Anjali Anil	
17	Lohokare Dayani Dhananjay	Thypin
18	Magar Neha Sanjay	
19	Mane Sarangi Sudhakar	. AAL
20	Nikam Rutika Deepak	1
21	Ostwal Bhakti Mahendra	
23	Patani Sarvika Sameer	
25	Patel Sakshi Alkesh	
27	Pawar Manali Milind	- norto

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29	Punjabi Joshita Mahesh	
30	Sahota Jessica Vinod	Jardon
31	Salunkhe Harshada Kiran	
32	Savle Rutuja Sanjay	* TETHIO
33	Shermale Komal Baban	
34	Shetty Aditi Vishwanat	- Lathy
35	Shinde Sakshi Rajendra	
36	Shirsath Unmesh Ganesh	
37	Tanawade Amruta Abhijit	
38	Targe Ved Mahendrakumar	_
39	Ugale Jai Sachin	Joseffal
40	Varma Srushti Trilok	
41	Wagh Aditya Nitin	_
42	Agrey Kashish	
43	Patel Priya	Dur.

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	MET SOA & ID, GOVARDHAN NASHIK	
EVENT: Yaga day.		
SR.NO.	NAME OF STUDENTS	SIGN
1	Harshada Mandora	
2	Atre Abhijeet Madhukar	Add.
3	Babbar Husain Shoyeb	_
4	Badhan Akshata Pravin	-
5	Bajaj Girish Omkar	_
6	Basrani Juhi Harish	and.
7	Bhavsar Aayushi Rajesh	-
8	Bhosale Siddhi Anant	Sau
9	Choudhary Srushti Ajay	
10	Deshmankar Atharva Mahendra	- Lanu
11	Dhikale Gayatri Ratan	Gara
12	Donde Abhijeet Vikas	Abna
13	Gaike Sakshi Pradeep	-
14	Godde Kalash Vijay	- din
15	Gujarathi Pruthvi Yati	CF. 1.
16	Joshi Suyash Jayant	- willi
17	Kakad Apurva Sachin	ARMA
18	Kale Vaishnavi Vilas	dans
19	Khan Mohammed Gaus Vilayat	This war.
20	Khandarkar Shruti Sushil	Shurikh
21	Kulkarni Samruddhi Narendra	-
22	Laddha Riddhi Chandravadan	Sol
23	Lakras Vaidehi Sarang	Hous -
24	Lobo Karl Neil	_kee_

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25	More Yashika Pankaj	
26	Mulay Tanay Vivek	Allow
27	Mundada Vidhi Ravindra	
28	Navale Kunal Prashant	
29	Nawale Gayatri Dhondiram	N/ I
30	Nemade Mitali Ajay	Nita
31	Nishad Nitu Ghanshyam	This
32	Pardeshi Tejal Deepak	IP.
33	Patel Disha Manoj	_
34	Patel Mehrin Rauf	_
35	Patil Nupur Yogesh	Mes S
36	Patne Shivani	-
37	Pawar Laxmi Atul	Jam
38	Picha Prachi Kiran	An
39	Pingle Shreya Anil	
40	Purkar Adarsh Sharad	
41	Ravjiani Jeet Deepak	
42	Salani Eshika Sunil	- En
43	Sangani Anvita Lalitkumar	
44	Sawant Vaishnavi Sanjay	17.
45	Sharma Vaishnavi Anil	lule
46	Shelar Lukesh Sanjay	ح صعدا
47	Sikchi Sejal Bharat	00
48	Sonar Sadnya Sunil	Sie
49	Sonawane Vinit Jairam	Stee
50	Suryawanshi Shruti Deepak	500

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51	Tambat Bhakti Jeevan	-
52	Thakkar Twinkle Vinod	_
53	Tipri Nisarg Nikhil	_
54	Trunkwala Sakina Yusuf	
55	Vasani Disha Anant	- James
56	Wadekar Mansi Chandrakant	- Jala au
57	Wadile Mansi Vijay	-
58	Watwani Devika Tikamdas	
59	Zambare Yukta Rajendra	-

MET's School of Architecture and Interior Design

## B. Arch.

		-
	Event: Yoga day 19	-
Sr.No	Name of Students	Sign
1	Bhurat Tejas Lalit	TLB
2	Madge Sonali Balasaheb	_
3	Vasaikar Dhruvraj Pandurang	DW
4	Shah Meet Kishor	meeten
5	Khambete Aparna Makarand	-
6	Dimothe Aishwarya Rajesh	Alwa
7	Jadhav Sejal Lala	
8	Chopda Raj Yogesh	
9	Pawar Mihika Samir	
10	Salunke Utkarsh Hanumantrao	u-
11	Patel Pankti Dharmendra	-
12	Shinde Sakshi Rajendra	-
13	Jathe Atharva Premanand	AP
14	Pingale Bhushan Bhaskar	-
15	Randhir Yash Rajendra	-
16	Mali Nikita Ganesh	-
17	Sonje Mansi Mahendra	_
18	Khairnar Vishad Avinash	VAL
19	Sangamnere Sakshi Manoj	-
20	Ranka Sejal Mahavir	-
21	Pawar Tanvi Arjun	-
22	Targe Ved Mahendrakumar	-
23	Bachhav Jui Sunil	JUIB
24	Savant Rohan Mahesh	_
25	Hudlikar Soha Santosh	som
26	Gajjar ishika Nimish	Ishikal
27	Patil Arya Umesh	Aum
28	Kansara Dhrupad Shetal	TPSK.
29	Sharma Aditya Anandkumar	
30	Borade Aarti Vijay	no-
31	Kankariya Sakshi Pramod	=Pro
32	Patel Pratvi Arvind	
33	Joglekar Varun Sharad	Fra Vanni
34	Patil Kimaya Dinesh	-
35	Wagh Aditya Nitin	ANW



# Name of Program : Personality Development

Academic Year: 2019-2020

Organized By	MET's School of Architecture & Interior Design	
Objectives	Self-belief, living on our values, finding our large goals in life Focus on efforts and not on end results. Stress on practice and hard work.	
Date /Duration of Activity	25/07/2019 & 27/07/2019 (3 Days)	
Venue	MET's School of Architecture & Interior Design	
Students Attended	First Year B.Des.& First Year B.Arch	
No. of Students Present	55	
Photograph/Video Available	Photographs available	
Duration:3 days     Facilitator: Nitin Paranjape     Focus: Self-belief, living on our values, large goals in life. Focus on efforts and results.  Approach: Interactive sessions, role pla activities for practical learning.  Methodology: Free mind , discussions, exercises, verbal discussions.		
Students Outcome/Works example	Enhanced Self-Awareness: Clear understanding of personal strengths and weaknesses.	

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Improved Communication: Debriefing- what makes us awkward? What is the larger feeling behind it? Why is others' perception and view so important that it controls how we think and behave?

- Confident expression of ideas and active listening.
- Positive Relationships: Empathy, conflict resolution, and constructive feedback skills.
- Professional Presence: Grooming, etiquette, and networking proficiency.
- Confidence: Overcoming fear while interacting, speaking sensible, public speaking, and presentation abilities
- Effective Time Management: Balancing academic and personal commitments.
- Stress Management: Coping techniques and focus on mental and physical well-being.

Leadership Skills: Ability to lead teams and collaborate effectively in group projects.

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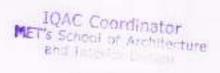
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MET SOA & ID, GOVARDHAN NASHIK		
EVENT: NITIN PARANJPE.		
SR.NO.	NAME OF STUDENTS	SIGN
1	Adole Harshada Shivaji	- MA
2	Ahire Harshal Pankaj	+Parta
3	Ahire Pranav Popatrao	treney
4	Bhavsar Bhushan	+ Fusho
5	Chaudhari Mahima	Mahm
6	Chavanke Gayatri Arun	
7	Deoghare Riya Ramesh	Karady
8	Deshmukh Sachindra Vishakha	Termet
9	Duse Gaurav Bharat	Gam
10	Golesar Prajakta Manoj	1-000
11	Jejurkar Sarthak Sunil	Sing-
12	Katariya Hitesh	-Kitit
13	Khasiyani Payal	7 90
14	Kukreja Meet Naresh	12 Lug
15	Kulkarni Aditya Kishor	आदम ह
16	Kunde Anjali Anil	-
17	Lohokare Dayani Dhananjay	Danie
18	Magar Neha Sanjay	
19	Mane Sarangi Sudhakar	-1/47
20	Nikam Rutika Deepak	The state of the s
21	Ostwal Bhakti Mahendra	20 we
23	Patani Sarvika Sameer	atalika
25	Patel Sakshi Alkesh	-
27	Pawar Manali Milind	Janes -

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29	Punjabi Joshita Mahesh	لتليون
30	Sahota Jessica Vinod	Josephan
31	Salunkhe Harshada Kiran	tolle
32	Savle Rutuja Sanjay	<b>建</b>
33	Shermale Komal Baban	K
34	Shetty Aditi Vishwanat	Addy
35	Shinde Sakshi Rajendra	South
36	Shirsath Unmesh Ganesh	Varian
37	Tanawade Amruta Abhijit	Harling
38	Targe Ved Mahendrakumar	
39	Ugale Jai Sachin	Traff ga
40	Varma Srushti Trilok	N. Ju
41	Wagh Aditya Nitin	- X try
42	Agrey Kashish	
43	Patel Priya	The state of the s



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	Event: Nitim Poranipe - Personuit	developm
Sr.No	Name of Students	Sign
1	Bhurat Tejas Lalit	TIB
2	Madge Sonali Balasaheb	Somali
3	Vasaikar Dhruvraj Pandurang	Dim
4	Shah Meet Kishor	Meetshon
5	Khambete Aparna Makarand	
6	Dimothe Aishwarya Rajesh	Aismuryo
7	Jadhav Sejal Lala	
8	Chopda Raj Yogesh	Pargur
9	Pawar Mihika Samir	Millia
10	Salunke Utkarsh Hanumantrao	then
11	Patel Pankti Dharmendra	PORM
12	Shinde Sakshi Rajendra	3 Rome
13	Jathe Atharva Premanand	APA-
14	Pingale Bhushan Bhaskar	_
15	Randhir Yash Rajendra	0.5
16	Mali Nikita Ganesh	Nikitan
17	Sonje Mansi Mahendra	-
18	Khairnar Vishad Avinash	VAL
19	Sangamnere Sakshi Manoj	Louis
20	Ranka Sejal Mahavir	Septe
21	Pawar Tanvi Arjun	Tomvil
22	Targe Ved Mahendrakumar	-
23	Bachhav Jui Sunil	JULB.
24	Savant Rohan Mahesh	-
25	Hudlikar Soha Santosh	Schah
26	Gajjar Ishika Nimish	
27	Patil Arya Umesh	Avfan
28	Kansara Dhrupad Shetal	100
29	Sharma Aditya Anandkumar	AAshan
30	Borade Aarti Vijay	ADB.
31	Kankariya Sakshi Pramod	TOA
32	Patel Pratvi Arvind	-
33	Joglekar Varun Sharad	-
34	Patil Kimaya Dinesh	-
35	Wagh Aditya Nitin	-

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# Name of Program: Communication Skills Workshop

Academic Year: 2019-20

Organized By	MET's School Of Architecture & Interior Design	
Objectives	<ul> <li>Developing visual communication skills: The workshop can help students to learn how to use videography as a tool for visual communication and storytelling. T</li> <li>Enhancing creativity: Videography can be a creative medium that allows students to experiment with different techniques and styles.</li> </ul>	
Date /Duration of Activity	10/10/2019-11/10/2019	
Venue	MET's School of Architecture & Interior Design	
Students Attended	B. Arch. Students	
No. of Students Present	35	
Photograph/Video Available	Photographs not available	
Developing visual communication skills: The work help students to learn how to use videography as visual communication and storytelling. They can let to create compelling narratives, use different cam angles and shots, and edit videos to convey their interest effectively.      Enhancing creativity: Videography can be a creative medium that allows students to experiment with techniques and styles. The workshop can encour a students to think outside the box and come up with innovative ways to present their ideas.		



	<ul> <li>Improving presentation skills: Videography can help students to improve their presentation skills by teaching them how to communicate their ideas effectively in front of an audience. They can learn how to structure their presentations, use visual aids, and engage with their audience.</li> <li>Documenting and showcasing student projects: The workshop can teach students how to document their projects using videography and create a portfolio of their work. This can be helpful for future job applications and building their professional network.</li> </ul>
Students Outcome/Works example	<ul> <li>Improved visual communication skills: The workshop can help students to develop their visual communication skills and learn how to use videography as a tool for storytelling and presenting their ideas effectively.</li> <li>Enhanced creativity: Videography can be a creative medium that allows students to experiment with different techniques and styles.</li> <li>The workshop can encourage students to think outside the box and come up with innovative ways to present their ideas.</li> <li>Improved presentation skills: Videography can help students to improve their presentation skills by teaching them how to communicate their ideas effectively in front of an audience.</li> <li>They can learn how to structure their presentations, use visual aids, and engage with their audience.</li> <li>Portfolio building: Videography can be used to document and showcase student projects, which can be helpful for future job applications and portfolio building.</li> <li>Networking opportunities: The workshop can provide students with opportunities to network with other students, professionals, and experts in the field of architecture and videography.</li> </ul>

Faculty in-charge

Approved by

#### INTERNAL NOTE

To: Ar. Bhalchandra Chaware Sir

From: Ar. Vaibhav Abhang

Date: 4-10-2019

Subject: Remuneration of guest invited for videography skill workshop under the subject Communication Skills. (Bachelor of Architecture course).

Dear Sir.

In concern with the above-mentioned subject, there are certain aspects, which need to be brought to your notice and finalised.

There is a subject called as Communication Skills in the first year B.Arch. curriculum to enhance the skills required for effective communication in architectural education and practice, videography being one of the tools.

Hence, a workshop is scheduled on 10th and 11th of Oct.2019. For this workshop emirrent filmmaker Mr. Vikrant Bacchav has been invited. He will be taking 3 modules introducing the basics of film making and editing with context to architecture and architectural projects. The teachers along with Mr. Bacchav shall introduce further assignment during the heritage walk on 12th of Oct. 2019.

Remuneration for guest lecturer: Rs. 5000/- (Five Thousand only)

Guest: Mr. Vikrant Bacchav.

Yours sincerely,

Ar. Vaibhay Abhang

Asst. Professor

MET's School of Architecture & Interior Design,

Govardhan, Nashik.

Approved for Ro. 50009account for the payment

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· V	MET's School of Archtiecture and Interior Design, Govardhan, Videography Skill Workshop F.Y. B.Arch Year 2019 Date: 10th and 11th Oct 2		
Sr.No	Name of Students	Signature	Signature
1	Amrutkar Amruta		
2	Bachhav Jul Sunil		
3	Bhurat Tejas Lalit	AB.	gaza
4	Borade Aarti	-	
5	Chopda Raj Yogesh		
6	Dimothe Aishwarya Rcjesh		
7	Gajjar Ishika Nimish		
8	Jadhav Sejal Lala		
9	Jathe Atharva Premanand		
10	Joglekar Varun	AB	AB
11	Kankriya Sakshi		
12	Kansara Dhrupad	Xx	Car.
13	Khaimar Vishad Avinash	1	
14	Khambele Aparna Makarand		
15	Madge Sonali Balasaheb		
16	Mali Nikita Ganesh		
17	Patel Pankti Dharmend a	Jant	Clark
18	Patel Pratvi		
19	Patil Arya Umesh		
20	Patil Kimaya		
21	Pawar Mihika Samir	dille	Marky
22	Pawar Tanvi Arjun	7.	donne
23	Pingale Bhushan Bhaskar	Ann	Aurb-
24	Randhir Yash Rajendra	-0	G)
25	Ranka Sejal Mahavir	7	2
26 5	Salunke Utkarsh Hanurnantrao	AB	AB
27 5	Sangamnere Sakshi Monoj		ND
	Shah Meet Kishor		
29 S	iharma Aditya		
30 S	hinde Sakshi Rajendra		
100000	onje Mansi Mahendra		
	arge Ved Mahendrakumar		
120	Vagh Aditya		
4 \$	mriti Patel		
5 N	teraj Shah	PR	

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# Name of Program: Presentation Skills

Academic Year: 2019-2020

Organized By	MET's School of Architecture & Interior Design	
Objectives	<ul> <li>Introduction on Presentation Skills: On how to emphasize their potential so that they can be present-table and what are the key factors to develop their presentation skills</li> <li>Self-Discovery: Believing themselves to make them confident, Explore strengths, values, and aspirations.</li> <li>Communication Skills: Which is most important to Enhance verbal and non-verbal communication abilities with practical approach.</li> <li>Emotional connect: Giving activities such as drawing, painting to understand the emotional connect and work on their strong points.</li> <li>Group Activity: To develop leadership qualities and to learn how to work together. Cultivate leadership qualities and promote effective teamwork.</li> <li>Confidence Building: Overcome stage fear, improve public speaking, and presentation skills.</li> </ul>	
Date /Duration of Activity	20/01/2020 & 22/01/2020 (3 Days)	
Venue	MET's School of Architecture & Interior Design	
Students Attended	B. Arch. & B.Des.	
No. of Students Present	40	

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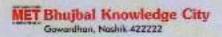
Photograph/Video Available	Photographs available
Brief about the Program (Activity/Event)	<ul> <li>Duration:3 days</li> <li>Facilitator: Ar. Isha Tangadpalliwar</li> <li>Focus: To engage and open up their thoughts which are related to personality development for first-year B.Design students.</li> <li>Approach: Interactive sessions, role plays, and group activities for practical learning.</li> <li>Methodology: Blend of lectures, discussions, and hands-on exercises.</li> </ul>
Students Outcome/Works example	<ul> <li>Self-Discovery: Believing themselves to make them confident, Explore strengths, values, and aspirations.</li> <li>Communication Skills: Which is most important to Enhance verbal and non-verbal communication abilities with practical approach.</li> <li>Emotional connect: Giving activities such as drawing, painting to understand the emotional connect and work on their strong points.</li> <li>Group Activity: To develop leadership qualities and to learn how to work together. Cultivate leadership qualities and promote effective teamwork.</li> <li>Confidence Building: Overcome stage fear, improve public speaking, and presentation skills.</li> </ul>

Faculty in-charge

Approved by (IQAC)

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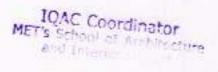
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	MET SOA & ID, GOVARDHAN NASHIK	
	EVENT: PRESENTATION SKILLS	Ý
SR.NO.	NAME OF STUDENTS	SIGN
1	Harshada Mandora	
2	Atre Abhijeet Madhukar	-
3	Babbar Husain Shoyeb	
100	Badhan Akshata Pravin	Healands
	Bajaj Girish Omkar	
6	Basrani Juhi Harish	-
7	Bhavsar Aayushi Rajesh	<b>1773</b>
8	Bhosale Siddhi Anant	
9	Choudhary Srushti Ajay	7
10	Deshmankar Atharva Mahendra	- Chiu
11	Dhikale Gayatri Ratan	and .
12	Donde Abhijeet Vikas	
13	Gaike Sakshi Pradeep	Zotak
14	Godde Kalash Vijay	
15	Gujarathi Pruthvi Yati	
16	Joshi Suyash Jayant	_
17	Kakad Apurva Sachin	-
18	Kale Vaishnavi Vilas	-
19	Khan Mohammed Gaus Vilayat	Salt.
20	Khandarkar Shruti Sushil	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
21	Kulkarni Samruddhi Narendra	1
22	Laddha Riddhi Chandravadan	-
23	Lakras Vaidehi Sarang	
24	Lobo Karl Neil	tork.

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25	More Yashika Pankaj	The
26	Mulay Tanay Vivek	Mart
27	Mundada Vidhi Ravindra	
28	Navale Kunal Prashant	
29	Nawale Gayatri Dhondiram	
30	Nemade Mitali Ajay	
31	Nishad Nitu Ghanshyam	-
32	Pardeshi Tejal Deepak	
33	Patel Disha Manoj	
34	Patel Mehrin Rauf	
35	Patil Nupur Yogesh	_
36	Patne Shivani	
37	Pawar Laxmi Atul	
38	Picha Prachi Kiran	
39	Pingle Shreya Anil	_
40	Purkar Adarsh Sharad	-
41	Ravjiani Jeet Deepak	
42	Salani Eshika Sunil	Carlan
43	Sangani Anvita Lalitkumar	
44	Sawant Vaishnavi Sanjay	-
45	Sharma Vaishnavi Anil	
46	Shelar Lukesh Sanjay	
47	Sikchi Sejal Bharat	-
48	Sonar Sadnya Sunil	_
49	Sonawane Vinit Jairam	-400
50	Suryawanshi Shruti Deepak	_

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51	Tambat Bhakti Jeevan	_
52	Thakkar Twinkle Vinod	-
53	Tipri Nisarg Nikhil	
54	Trunkwala Sakina Yusuf	_
55	Vasani Disha Anant	172
56	Wadekar Mansi Chandrakant	412
57	Wadile Mansi Vijay	-
58	Watwani Devika Tikamdas	
59	Zambare Yukta Rajendra	

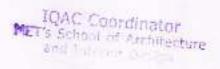
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	EVENT: PRESENTATION SKILLS	SIGN
SR.NO.	NAME OF STUDENTS	- Stark
10	Adole Harshada Shivaji	Hareha
2	Ahire Harshal Pankaj	Harris
3	Ahire Pranav Popatrao	- 1
4	Bhavsar Bhushan	
5	Chaudhari Mahima	
6	Chavanke Gayatri Arun	-
7	Deoghare Riya Ramesh	Russ
8	Deshmukh SachindraVishakha	
9	Duse Gaurav Bharat	
10	Golesar Prajakta Manoj	-
11	Jejurkar Sarthak Sunil	
12	Katariya Hitesh	
13	Khasiyani Payal	-
14	Kukreja Meet Naresh	
15	Kulkarni Aditya Kishor	-
16	Kunde Anjali Anil	
17	Lohokare Dayani Dhananjay	-
18	Magar Neha Sanjay	5.79
19	Mane Sarangi Sudhakar	S.,
20	Nikam Rutika Deepak	-
21	Ostwal Bhakti Mahendra	
23	Patani Sarvika Sameer	tom
25	Patel Sakshi Alkesh	Jon.
27	Pawar Manali Milind	_

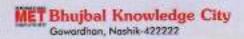
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29	Punjabi Joshita Mahesh	
30	Sahota Jessica Vinod	Jen
31	Salunkhe Harshada Kiran	
32	Şavle Rutuja Sanjay	
33	Shermale Komal Baban	71 24
34	Shetty Aditi Vishwanat	A COL
35	Shinde Sakshi Rajendra	
36	Shirsath Unmesh Ganesh	
37	Tanawade Amruta Abhijit	_
38	Targe Ved Mahendrakumar	
39	Ugale Jai Sachin	
40	Varma Srushti Trilok	, Cante
41	Wagh Aditya Nitin	Daniel .
42	Agrey Kashish	
43	Patel Priya	_



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	Event: presentation skills -	Isha.T
Sr.No	Name of Students	Sign
1	Bhurat Tejas Lalit	TUB
2	Madge Sonali Balasaheb	
3	Vasaikar Dhruvraj Pandurang	DW
4	Shah Meet Kishor	meetsin
5	Khambete Aparna Makarand	-
6	Dimothe Aishwarya Rajesh	Amer
7	Jadhav Sejal Lala	
8	Chopda Raj Yogesh	Rayann
9	Pawar Mihika Samir	minheer
10	Salunke Utkarsh Hanumantrao	-
11	Patel Pankti Dharmendra	
12	Shinde Sakshi Rajendra	5Pm
13	Jathe Atharva Premanand	A85
14	Pingale Bhushan Bhaskar	_
15	Randhir Yash Rajendra	_
16	Mali Nikita Ganesh	NIKKIM
17	Sonje Mansi Mahendra	
18	Khairnar Vishad Avinash	VA-V_
19	Sangamnere Sakshi Manoj	
20	Ranka Sejal Mahavir	ser
21	Pawar Tanvi Arjun	Tough
22	Targe Ved Mahendrakumar	
23	Bachhav Jui Sunil	SUB
24	Savant Rohan Mahesh	Pohn
25	Hudlikar Soha Santosh	30mm
26	Gajjar Ishika Nimish	
27	Patil Arya Umesh	Arthu
28	Kansara Dhrupad Shetal	
29	Sharma Aditya Anandkumar	-
30	Borade Aarti Vijay	-
31	Kankariya Sakshi Pramod	
32	Patel Pratvi Arvind	Fin
33	Joglekar Varun Sharad	-
34	Patil Kimaya Dinesh	
35	Wagh Aditya Nitin	-



# Name of Program : Yoga Day 2021-22

Academic Year: 2021-22

Organized By	MET's School Of Architecture & Interior Design						
Objectives	<ul> <li>The primary objective of celebrating International Yoga Day on June 21, 2019, at our institution was to promote the ancient practice of yoga and raise awareness about its physical, mental, and spiritual benefits.</li> <li>This event aimed to encourage students, faculty, and staff members to adopt yoga as a part of their daily routine for overall well-being.</li> </ul>						
Date /Duration of Activity	uration of 21/06/2022						
Venue	MET's School of Architecture & Interior Design						
Students Attended	B. Arch. & First Year B.Des.						
No. of Students Present	50 students						
Photograph/Video Available	Photographs available						
Brief about the Program (Activity/Event)	<ul> <li>Date: June 21, 2024</li> <li>facilitator: Ms. ShreyaKhare</li> <li>Objective: Promote yoga for physical, mental, and spiritual well-being.</li> <li>Participants: Students, faculty, and staff members.</li> <li>Activities:</li> <li>Ceremonial lamp lighting for spiritual significance.</li> <li>Yoga sessions led by experienced instructors covering asanas, pranayama, and meditation.</li> <li>Informative sessions on yoga philosophy and history.</li> </ul>						

	Outcomes:     Improved physical health, flexibility, and balance.     Enhanced mental clarity, reduced stress, and increased focus.     Promotion of a healthier lifestyle and better time management skills.     Conclusion: A transformative experience encouraging regular yoga practice for holistic well-being.
Students Outcome/Works example	<ul> <li>Improved Physical Health: Regular practice of yoga enhances flexibility, strength, and balance. Students experienced improved physical health, which is essential for their overall well-being and academic performance.</li> <li>Enhanced Mental Clarity: Yoga and meditation techniques promote mental calmness and clarity. Students reported reduced stress levels and increased focus, which positively influenced their studies and concentration.</li> <li>Stress Reduction: The practice of yoga encourages relaxation and stress relief. Students learned valuable relaxation techniques that they could apply in their daily lives, especially during exams and high-pressure situations.</li> </ul>
	<ul> <li>Better Time Management: Through yoga, students learned the importance of dedicating time to self-care. This awareness helped them manage their time more efficiently, balancing academic responsibilities with personal well-being activities.</li> <li>Promotion of Healthy Lifestyle: The event inspired students to adopt a healthier lifestyle. Many participant expressed their intention to continue practicing yoga regularly and make healthier dietary choices.</li> </ul>

Faculty in-charge

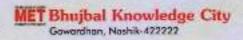
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(IQAC)

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# A report on Yoga Day 2021



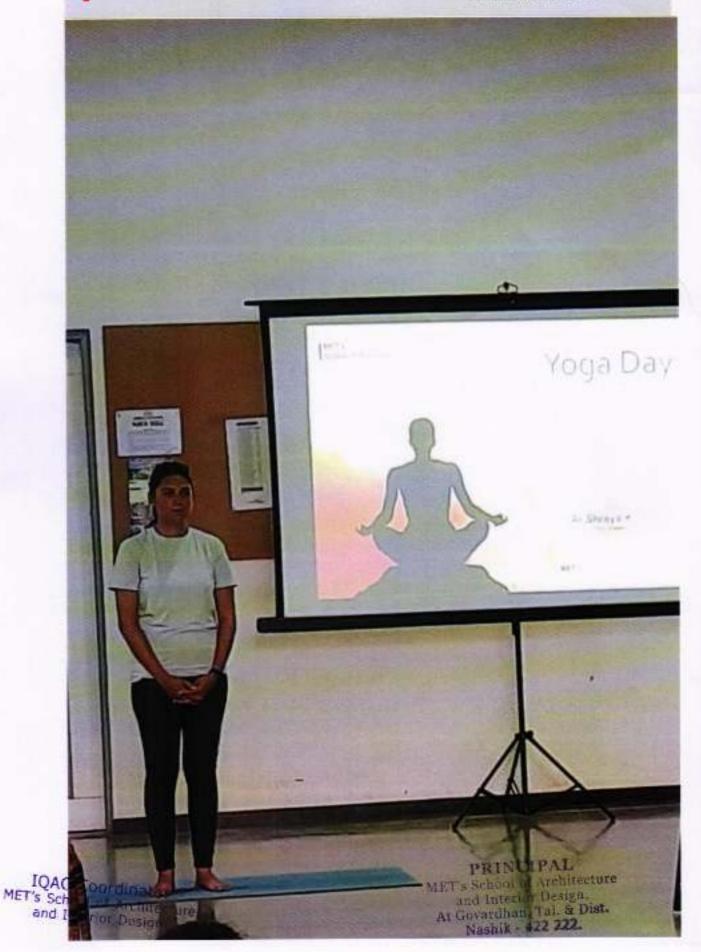
## MET Bhujbal Knowledge City Gowardhan, Nashik-422222



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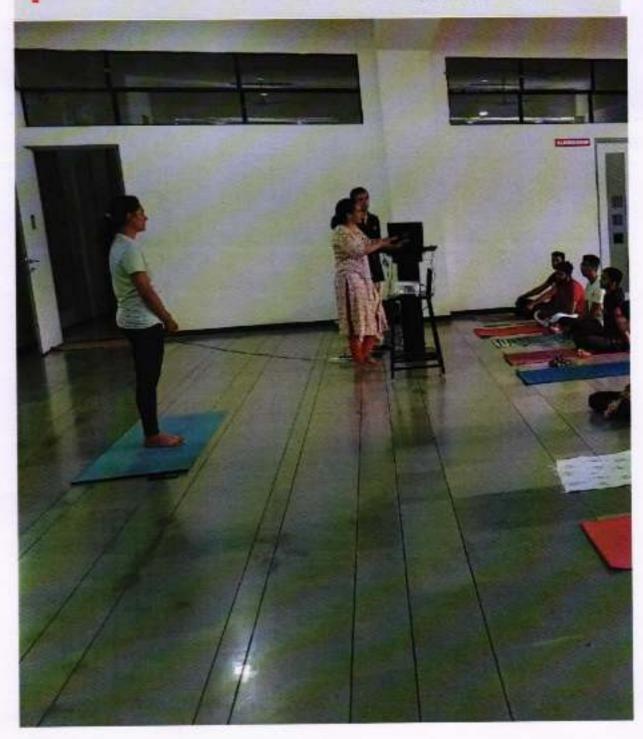
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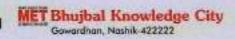
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	Yega 22-2023	
Sr.No	Name of Student	Signature
1	tiogul tigska Nitin	*
2	Horica Abirilia Bliesh	P
3.	Stutada Vibisell Marraj	P
4	Chawyan Sano Mahendra	1
5	Destinato Vasonavi Rojesti	P
6	Edlabanka: Ankar Alifejil	P
7.	Garcyade Archana Vias	A
0	Galtward Vishala Ashor	P
9	Gangurde Siddisha Sar(ev	P
10:	Hudikar Soha Santosh	P
11	Julie Athonea	P
12	Jejukar Valitmavi Krisniva	P
13	Kolori Omania Kausar	Α
14	Columnical Sharon (2011)	P
15	Mahale Nahuth Aniket	P
16	Mahale Prosad Mahan	P
17	Makani Jay	P
18.	Mal Nilita	٨
19	Nandwari Yash Aniikumar	1
20.	Perolekar Harshal Withol	1
21	Porti Hushkesh Onkor	C
72	Fower Fame	P
23	Kakla Hillio Samout	f
24	katri kajishwas Ramakant	A
25	Sharma Adilya	P
26.	Shinde Atharva Sanfosh	P
27	Fank Hillisha Rajesh	- 1
28	Prangeonkar Orekar hemani	A
29	lebbuvan Shantanu Sanjay	8
30	Gunkwala Alaqmar Saltuddin	1

_	METSON & ID. Governhan, Nash	
	Yoga 18-2019	DEWINDON.
Sr.No	Name of Student	Signature
31	Agnav Renuta Kahor	
32	Agrahari Siveya Dilip	- 6
.23	Atkingo Disha Sahebran	٢
34	Bachhay Shiavani Maheyh	A
35	tade Pryanka Braniaheb	r
36	Bhateroo Satshi	- 8
-37	Choughay Pulding Cheraram	r
38	Dagale Valshnav Skoshkort	P
39	Dnatrak Manari Hernant	P
40	Drongade Kalyari Kallar	P
41	Gavil Kajal Gangadhar	A
42	Chode Shruitti Yegesh	7
343	Cita Sarvir Ratan	P
44	Joshi Arway Sachin	P
45	Kashmire Vindyak Shyam	r
46	Charle Shahid Uyakat	P
67	Oseliani Diyen Harj	r
49	Culcomi Pronorty a Sochin	9
49	Mamajiwala Samna Mahamad	r
30	Mandik Deepanjal Nahoosh	r
-51	Mhokshune Joyesh Sohebras	Δ
32	Ponde Sumit Kolos	P
49	Poli brila Despot	6
34	Powar Yash Sandeep	r
- 55	Sangle Samruddhi Devidos	P
54	Joshav Omkar	P
57	Shakh Aarz Sadin	r
58	Shelke Audit Sochin	*
59	Siddigui Ovois Azzarlah	4
40	Sikkalgar Aayesha Bano Saddiq	t

	Yege 18-2019	icsn4							
Sr. No Name of Student Signature									
61	JIROSHIKESH PARL	P							
62	ATHARVA SHINGE	0							
6.5	Vastyoavi Jejukar	P							
64	Harshal parolekar	P							
65	Smruti Palul	9							
66	Shandanu Intanuveri	P							
67	Umama Kolini	9							
18	Waltush Mahale	P							
10	Jul Boothay	9							
70	Anter Edobablar	P							
71	Adilya Shama	A							
72	Vibruri 8huloda	P							
73	Hillika Rakte	1							
74	Rojeshwari Rathi	P							
75	Jigisha Bagul	A							
76	HHsha Tank	8							
77	Sharon Kukalfrinkai	P							
76	Dry Vy Kochar	A							
79	Aditi phoprilya	P							
50	hash pardeshi	P							
st	Sanka Dhawan	P							
52	Acril forabe	P							
83	Rantun Portrak	6							
94	Amey Sonawana	P							
85	sharvan varpe	P							
86	hakukhan	r							
87	Aprin Pingle	A							
88	subina kazi	P							
89	valahav gangutde	P							

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# Name of Program: PHYSICAL FITNESS

Academic Year: 17™ MAY 22

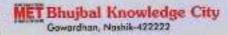
Organized By	MET's School Of Architecture & Interior Design					
Objectives	<ul> <li>Remove any barriers that prevent individuals from expressing their personality. Improve the functional efficiency of individuals. Develop spiritual growth, build self-confidence, enhance self-esteem, and improve overall personality.</li> </ul>					
Date /Duration of Activity	17™ MAY 22					
Venue	MET's School of Architecture & Interior Design					
Students Attended	First Year B. Arch.					
No. of Students Present	72					
Photograph/Video Available	Photographs available					
Brief about the Program (Activity/Event)	Date: January 18 2021     facilitator: BHIMRAO SHIRSATH     Remove any barriers that prevent individuals from expressing their personality     Participants: Students.     Activities:     Lecture sessions are led by experienced instructors     Outcomes:     Improved self-awareness: Personality development sessions can help students understand their					

	strengths and weaknesses better, which can lead to improved self-awareness and self-confidence.  • Effective communication skills: Students can learn how to express their ideas and opinions effectively, which can help them in their academic and professional life.  • Leadership qualities: Personality development sessions can help students develop leadership qualities such as decision-making abilities, critical thinking, creativity, and emotional intelligence.  • Time management skills: Students can learn how to manage their time effectively, which can help them balance their academic and personal lives.  • Teamwork and collaboration: Personality development sessions can help students learn how to work effectively in a team, which is an essential skill in today's world.  • Positive attitude: Personality development sessions can help students develop a positive attitude towards life, which can help them overcome challenges and achieve their goals
Students Outcome/Works example	Better self-awareness: Students can learn more about their strengths and weaknesses, which can help them feel more confident.     Improved communication skills: Students can learn how to express their ideas and opinions effectively, which can help them in their academic and professional life.

intelligence.

Leadership qualities: Students can develop leadership qualities such as decision-making

abilities, critical thinking, creativity, and emotional



- Time management skills: Students can learn how to manage their time effectively, which can help them balance their academic and personal life.
- Teamwork and collaboration: Students can learn how to work effectively in a team, which is an essential skill in today's world.
- Positive attitude: Students can develop a positive attitude towards life, which can help them overcome challenges and achieve their goals.

Faculty in-charge

IQAC Coordinator
MET's School of Architecture
and Interior Design

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and Interior Design,
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# MET's School of Architecture & Interior Design, Govardhan, Nashik-422222

Savitribai Phule Pune University Physical Efficiency Test 2022-23

#### FIRST YEAR ARCHITECTURE

Date:-13/05/2023

Roll	Name of the Student	Name of the Student		Queens Co Step Te	333 Men 2 2	Bent knee 5		Total	Project	Total	Grade
No.		Performance Marks Performance Marks Performa	Performance	Marks	(25 Marks)	(25 Marks)	Marks	Cirace			
1	Dhongade Kalyani Kailas	43	0.5	138	10	26	07	22	20	42	0
2	Agarwal Palak Laxmikant	33	02	180	02	30	09	13	18	31	Α
3	Joshi Anvay Sachin	32	02	120	10	23	02	14	20	34	A
4	Bachhav Shravani Mahesh	40	04	173	04	30	09	17	17	34	A
5	Mutalik Sakshi Girish	33	02	154	09	35	10	21	18	39	A+
6	Kashmire Vinayak Shyam	36	03	83	10	45	10	23	18	41	.0
7	Metkar Vedant Manoj	34	02	140	10	43	.09	21	18	39	A+
8	Daude Siddhesh Sajan	39	04	137	10	37	08	22	16	38	A+
9	Patil Ishita Deepak	38	03	165	()6	35	10	19	17	36	Λ+
10	Khetani Diyen Harji	46	05	172	04	39	10	19	19	38	Λ+
11	Pawar Yashashari Nitin	34	02	144.	10	3.5	10	22	17	39	A+
12	Khan Alisha Jabir	33	02	162	07	33	09	18	18	36	A+
13	Shaikh Aariz Nadim	44	05	121	10	42	09	24	18	42	0
14	Baste Priyanka Bhausaheb	46	05	162	07	35	10	22	18	40	Α-
15	Khairnar Rutuja Suresh	39	03	168	0.5	35	10	18	18	36	A+
16	Siddiqui Ovais Azizullah	34	02	168	05	43	09	16	18	34	A
17	Songirkar Ayush Arvind	35	03	160	08	22	01	12	20	32	A
18	Mandlik Deepanjali Nahoosh	34	02	174	03	26	07	12	17	29	B+
19	Chavan Anuradha Vikas	36	03	166	06	35	10	19	18	37	A+
20	Mamajiwala Samina	48	05	154	09	24	.06	20	20	40	A)
21	Gavit Kajal Gangadhar	35	02	92	10	29	08	20	20	40	A+
22	Birari Prathama Dilip	41	04	157	08	31	10	22	18	40	A+
23	Dagale Vaishnavi Shashikant	1			+	77	7	-	-	77	177
24	Kulkarni Pranamya Sachin	48	05	149	09	40	10	24	18	42	0
25	Shaikh Ramil Yusuf	-				22	2	-	-	*	++
26	Chaudhary Pukhraj Khetaram	40	04	184	02	52	10	16	18	34	A
27	Shaikh Moinuddin Khalid	-	-		++	77.	7	57	7	-	-
28	Pande Sumit Kailas	38	03	135	10	37	08	21	18	39	A+
29	Shinde Sarthak Ramnath	40	04	140	10	36	07	21	19	40	A+
30	Kulkarni Ananya Shankar	42	05	133	10	22	05	20	17	37	A+
31	Shelke Aaditi Sachin	35	02	130	10	20	-04	16	17	33	A

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MET's School of Architecture & Interior Design At. Govardhan, Tal.& Dist. Nashik-422 222.

			-	10000				-	-		
32	shadman Nadim	44	05	162	07	42	09	21	18	39	A+
33	Agrahari Shreya Dilip	35	02	152	09	30	09	20	18	38	A+
34	Khan Fardin Fairoz	42	04	153	(19	45	10	23	16	39	At
35	Patil Aakansha Nilesh	30	02	149	09	30	05	16	18	34	A
36	Khatik Shahid Liyakat	30	02	168	05	43	09	16	16	32	A
37	Ghode Shrushti Yogesh	33	02	160	- 08	25	07	17	18	35	A+
38	Deshmukh Zamaan Naeem	32	02	158	- 08	35	07	17	17	34	A
39	Sikkalgar Aayesha Bano Saddiq	33	()2	132	10	26	07	19	21	40	0
40	Kokane Riya Nilesh	35	02	120	10	24	06	18	18	36	A+
41	Patil Omkar Ajay	39	04	152	09	37	08	21	17	38	A+
42	Pawar Yash Sandeep	37	03	185	.01	46	10	14	18	32	A
43	Kakad Tanushree Gokul	34	02	131	10	34	09	21	16	37	A+
44	Sangle Samruddhi Devidas	34	02	147	10	25	07	19	21	40	A+
45	Date Ashwini Sahebrao	43	- 04	170	05	31	09	18	18	36	A+
46	Salve Aditya Nitin	33	02	172	04	47	10	16	16	32	A
47	Aghav Renuka Kishor	33	02	132	10	38	10	22	18	40	A+
48	Mhaisdhune Jayesh Sahebr	50	0.5	140	10	34	07	22	14	42	0
49	Mane Srushti Vasant	41	04	163	07	35	10	21	18	39	A+
50	Mhaisdhune Suraj Sanjay	31	02	154	09	39	08	19	16	35	A+
51	More Shraddha Aaba	35	02	147	10	30	09	21	18	39	A+
52	Gite Samir Ratan	35	03	132	10	35	07	20	16	36	A+
53	Bhalerao Sakshi Kakasaheb	40	0.3	172	04	30	09	16	20	36	A+
54	Lende Nikhil Khandu	30	02	158	08	41	09	19	16	35	A+
55	Malode Poonam Ashok	33	02	158	08	20	04	14	18	32	:A
56	Mohite Harshad Annasaheb	30	02	148	10	22	01	13	18	31	A
57	Wagh Anuja Santosh	35	02	124	10	35	10	22	16	38	A+
58	Jadhav Omkar Vinayrao	34	02	150	09	42	09	20	18	38	A+
59	Ahirrao Disha Sahebrao	34	02	133	10	46	10	22	16	38	A-
60	Dhatrak Manasi Hemant	40	03	183	02	25	07	12	21	33	A
61	Shaikh Saqib Sabir	<b>H</b>	75	**	5.		77	-	-	-	-
62	Bhatjire Om Deepak	4	-	7.	-			Ť.	7	77	-
63	Sonje Anuja Suresh	39	03	111	10	29	08	21	19	40	A+
64	Salunke Shreyash	35	0.3	149	09	30	05	17	16	33	A

Internal Examiner

Class Coordinator

Principal

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# MET's School of Architecture & Interior Design, Govardhan, Nashik-422222

Savitribai Phule Pune University Physical Efficiency Test 2022-23

FIRST YEAR INTERIOR DESIGN

Th			ALC: UNK	100	177
Dat	C17 -		/115	624	17.5
1741		Dec 20	100.00		

Roll No.	Name of the Student	Sit and Reach Test		Queen's College Step Test		Bent knee Sit Ups 1 Min. Test		Total	Project	Total Marks	Grade
		Performance	Marks	Performance	Consol	Performance	Marks	(25 Marks)	(25 Marks)		
1	ANSARI TAHA	29	-01	124	10	26	03	14	20	34	A
2	BANSAL MITALI	35	02	171	04	19	-04	10	22	32	A
3	BHOSALE PRATHAM	#		-	22	-		-			-
4	BHUJBAL SAMIKSHA	37	03	146	10	30	09	22	20	42	0
5	BHUPTANI DIYA	40	04	164	(16	24	06	16	18	34	Λ
6	BORADE SHRUTI	39	03	162	07	19	04	14	18	32	Α
7.	BORHADE SARTHAK	30	02	172	04	25	03	09	18	27	B+
8	CHAVAN AADITYA	32	02	172	04	27	03	69	19	28	B+
9	CHAVAN ATHARVA	40	04	167	06	34	06	16	18	34	Α
10	CHHAJED KOMAL	34	02	166	06	20	04	12	18	30	B+
11	DANEJ REVA	36	02	166	06	14	02	10	16	26	В
12	DESHMUKH KOMAL	35	02	176	03	30	09	14	17:	31	В
13	DHONGADE SAYEE	39	03	169	05	29	08	16	18	34	A
14	GAJJAR KRISHNA	31	02	137	10	22	01	13	18	31	A
15	GAWALI TEJAS	35	02	146	10	20	04	16	21	37	A
16	GHOLAP TANISHKA	49	0.5	168	.05	28	.08	18	.20	38	A:
17	GILIDA NUPUR	32	02	137	10	23	06	18	16	34	Α
18	GOSAVI SIDDHI	39	03	162	07	16	03	13	17	30	A
19	IAIN PRATIKSHA	35	02	176	03	20	04	09	21	30	A
20	JAJU SAKSHI	35	02	174	03	23	06	11	18	29	B
21	IOSHI ANUSHKA	32	01	172	.04	30	09	.14	16	30	- 1
22	KADAM SANIKA	38	03	137	10	25	07	20	18	38	A
23	KANADE VEDANT	39	04	155	09	22	01	14	18	32	A
24	KHODE AARYA	38	03	150	09	24	06	18	16	34	A
25	KSHIRSAGAR ATHARV	29	01	145	10	34	06	17	20.	37	A
26	KULTHE SAKSHI	32	01	172	04	23	. 06	- 11	16	27	В
27	KUMAWAT MANOI	34	0.5	148	10	30	05	18	21	39	A
28	LUNAWAT SHRUTI	37	03	172	84	1.5	03	10	18	28	В
29	MALVE AISHWARYA	38	03	132	10	24	06	19	18	37	A
30	NANAWARE DARSHANA	1	04	134	10	21	0.5	.19	1.7	36	Λ
31	NEHETE NILAMBARI	34	0.3	148	10	18	04	17	19	36	A

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32	PATIL RUTIKA	34	02	132	10	27	07	19	16	35	A+
33	PAWTEKAR SHRAWANI	39	03	175	0.3	28	08	14	18	32	A
34	PINGALE DARSHANA	43	05	176	03	26	07	15	16	31	A
35	SANGATANI RITIKA	40	04	146	10	25	07	21	21	42	0
36	SHAIKH SAQLAIN	34	03	165	06	25	.07	16			**
37	SHARMA ASHUTOSH	+	-	-	*	- 5		-		-	-
38	SHARMA PIYUSHI	36	92	157	08	20	04	14	20	34	A
39	SHINDE MANDAR	32	02	147	.10	23	02	14	16	30	A
40	SHINGNE SHIVANI	-		-			-	-4	-	100	
41	SUTAR SHARWARI	44	0.5	152	09	29	08	22	20	42	0
42	TUNGAR DARSHAN	42	0.5	151	09	39	08	22	18	40	A+
43	VISHWAKARMA SENORITA	39	-04	183	02	25	.07	13	18	31	Α
44	WAJE SAMIKSHA	32	01	168	05	18	-04	10	17	27	- 13
45	WALZADE SRUSHTI	41	04	168	.05	26	07	16	16	32	A
46	WANI VISHAKHA	36	02	155	09	28	08	19	18	37	A+
47	JAIN ASMITA	34	02	98	10	27	07	19	20	39	A+

Internal Examiner

Class Coordinator

Principal

IQAC Coordinator MET's School of Architecture and Interior Design PRINCIPAL

MET's School of Architecture
& Interior Design

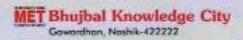
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# Name of Program: Reading Design Writing Design

Academic Year: 2022-23

Organized By	Institute of Indian Interior Design and MET's School Of Architecture & Interior Design					
Objectives	To help students critically understand and analyze design projects.  It develops the skill of explaining and presenting the design and program in the form of writing.					
Date /Duration of Activity	23/07/2022					
Venue	MET's School of Architecture & Interior Design					
Students Attended	B. Arch. & First Year B.Des.					
No. of Students Present	30					
Photograph/Video Available	Photographs available					
Brief about the Program (Activity/Event)	<ul> <li>Date: July,23, 2022</li> <li>facilitator: Ar. Anuj Dega &amp; Ar. Nisha Nair</li> <li>Objective: To help students critically understand and analyze design projects.</li> <li>It develop the skill of explain and presenting the design and program in the form of writing.</li> <li>Participants: Students.</li> <li>Activities: Assignments based on the design projects and portfolios</li> <li>Outcomes:</li> <li>Develop strong research skills: Research is an essential part of the architectural process. Student should learn how to conduct research effectively</li> </ul>					



	<ul> <li>Learn to communicate ideas effectively: Architects must be able to communicate their ideas effectively. This requires strong writing skills, as well as the ability to present their designs in a clear and concise manner.</li> <li>Develop high-level problem-solving skills: Architects must be able to solve complex problems and think critically about the impact of their designs on the environment, communities, and ecosystems</li> </ul>
Students Outcome/Works example	<ul> <li>Conduct research effectively: Research is an essential part of the architectural process. Students should learn how to conduct research effectively and use it to inform their designs:</li> <li>Communicate ideas effectively: Architects must be able to communicate their ideas effectively. This requires strong writing skills, as well as the ability to present their designs in a clear and concise manner.</li> <li>Solve complex problems: Architects must be able to solve complex problems and think critically about the impact of their designs on the environment, communities, and ecosystems:</li> <li>Collaborate with peers: Collaborating with peers can help students develop their critical thinking and communication skills. Working in teams can also help students learn how to manage projects and work effectively with others.</li> <li>Attend workshops and conferences: Attending workshops and conferences can help students stay up-to-date with the latest trends and technologies in architecture. It can also provide opportunities to network with other professionals in the field.</li> <li>Develop a strong portfolio: A strong portfolio is</li> </ul>



essential for any architect. Students should focus on developing a portfolio that showcases their best work and demonstrates their skills and abilities.

Faculty in-charge

(IQAC)

IQAC Coordinator MET's School of Architecture and Interior Design Approved by

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## A report on Physical Fitness Test- 2022-23





## MET Bhujbal Knowledge City Gowardhan, Nashik-422222



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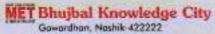
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At. Govardhan, Tal.& Dist.
Nashik-422 222.



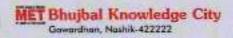
## Name of Program: PHYSICAL FITNESS

Academic Year: 13™ MAY 23

Organized By	MET's School Of Architecture & Interior Design
Objectives	<ul> <li>Remove any barriers that prevent individuals from expressing their personality. Improve the functional efficiency of individuals. Develop spiritual growth, build self-confidence, enhance self-esteem, and improve overall personality.</li> </ul>
Date /Duration of Activity	13™ MAY 23
Venue	MET's School of Architecture & Interior Design
Students Attended	First Year B. Arch.
No. of Students Present	111
Photograph/Video Available	Photographs available
Brief about the Program (Activity/Event)	<ul> <li>Date: 13<sup>III</sup> MAY 23</li> <li>facilitator: BHIMRAO SHIRSATH</li> <li>Remove any barriers that prevent individuals from expressing their personality</li> <li>Participants: Students.</li> <li>Activities:</li> <li>Lecture sessions are led by experienced instructors.</li> <li>Outcomes:</li> <li>Improved self-awareness: Personality development sessions can help students understand their</li> </ul>



Production and Administration (Co.	Gowardhan, Noshik-422222
	strengths and weaknesses better, which can lead to improved self-awareness and self-confidence.
	<ul> <li>Effective communication skills: Students can learn how to express their ideas and opinions effectively, which can help them in their academic and professional life.</li> </ul>
	<ul> <li>Leadership qualities: Personality development sessions can help students develop leadership qualities such as decision-making abilities, critical thinking, creativity, and emotional intelligence.</li> </ul>
	<ul> <li>Time management skills: Students can learn how to manage their time effectively, which can help them balance their academic and personal lives.</li> </ul>
	<ul> <li>Teamwork and collaboration: Personality development sessions can help students learn how to work effectively in a team, which is an essential skill in today's world.</li> </ul>
	<ul> <li>Positive attitude: Personality development sessions can help students develop a positive attitude towards life, which can help them overcome challenges and achieve their goals</li> </ul>
Students Outcome/Works example	Better self-awareness: Students can learn more about their strengths and weaknesses, which can help them feel more confident.
	<ul> <li>Improved communication skills: Students can learn how to express their ideas and opinions effectively, which can help them in their academic and professional life.</li> </ul>
	<ul> <li>Leadership qualities: Students can develop leadership qualities such as decision-making abilities, critical thinking, creativity, and emotional intelligence.</li> </ul>



- Time management skills: Students can learn how to manage their time effectively, which can help them balance their academic and personal life.
- Teamwork and collaboration: Students can learn how to work effectively in a team, which is an essential skill in today's world.
- Positive attitude: Students can develop a positive attitude towards life, which can help them overcome challenges and achieve their goals.

Faculty in-charge

IQAC Coordinator
MET's School of Architecture
and Interior Design

Approved by

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and Interior Design
At Govardhan, Tal. & Dist
Nashik - 422 222.

## MET's School of Architecture & Interior Design, Govardhan, Nashik-422222

FIRST YEAR ARCHITECTURE STUDENTS PHYSICAL EDUCATION MARKS LIST Exam Date:-17 May 2022

Roll No	Name of Student	Total Marks	Grade
1	AmbegaonkarOmkar V	38	A+
2	AmlukSwaminiJagdish	36	A+
3	DhawanSanika Sandeep	31	A
4	DusaneShrutiSopan	42	0
5	GangurdeVaibhav Vijay	33	A
6	GiteTanaya Sanjeev	39	A+
7	Hire ishwarPravin	40	A+
8	KawaleTejaswini Ganesh	31	A
9	KaziSubihanaazMinhajuddin	29	B+
10	Khan HafsaMuktar	35	A+
11	Londhe Rohan Sandeep	35	A+
12	Nazirkar Neel Rahul	36	A+
13	PandeShlok Dinesh		
14	ParabSahil		
15	Pardeshi harsh Sunilsingh	36	A+
16	Pathak KasturiAjit	39	A+
17	PatilGayatri	32	A
18	Pekhale Ram Suresh	41	0
19	PhaltaneShubhankarSachin	33	A
20	Phopliya Aditi Ashok	39	A+
21	PingleAarin Amit	37	A+
22	Shaikh Mohammad hasir Ahmed Zameer	27	В
23	SonawaneAmcyManoj	40	A+
24	SopeSwarup Vijay	36	A+
25	TambatMaitreyaAmol	36	A+
26	VarpeSharvariRavindra	41	0

Prof. G.R. Kale External Examiner Dir. of Phy. Education

IQAC Coordinator MET's School of Architecture and Interior Design Internal Examiner & Principal

PRINCIPAL

MET's School of Architecture
& Interior Design
At. Govardhan, Tal.& Dist.
Nashik-422 222.

# MET's School of Architecture & Interior Design, Govardhan, Nashik-422222 FIRST YEAR INTERIOR DESIGNSTUDENTS PHYSICAL EDUCATION MARKS LIST

Exam Date:- 17 May 2022

Roll No	Name of Student	Total Marks	Grade
1	Adate Pooja Rajendra	34	A
2	AherShruti Anil	34	A
3	AmbadkarNandini Krishna	34	A
4	BafnaVidhi Manoj	37	A+
5	BankarTejas Anil	32	A
6	BhatejaVarshaChandrakant	36	A+
7	BhamreSamruddhiPurushottam	32	A
8	BhoyeKashishMahendra	34	A
9	Bora Sakshi Amit	40	A+
10	Chhaparwal Anushka Atul	34	A
11	DabadeTejal Vijay	34	A
12	Gaikwad Sakshi Sharad	32	A
13	GeldaHemangiMohanlal	35	A+
14	GuravShrushtiMukund	38	A+
15	Jain KomalMukesh	34	A
16	JanagidYashPralhad	27	8
17	Kathe AartiDilip	36	A+
18	KayasthaSakshiRajendra	32	A
19	LalwaniDhanishtha Naresh	-	77
20	Mahale Sujata	38	A+
-21	ManiyarRehanJaved	37	A+
22	OstwalShruti Anil	36	A+
23	PadalePrashansaVivek	40	A+
24	PariyaniYashita Vijay	-	-
25	Patel HiralPratap	32	A
26	PatilDisha Rakesh	32	A
27	PatilSakshiRamkrishna	42	0
28	PatilSwara Sanjay		
29	Pawar Arya Bhushan	35	A+
30	RajoleSiddhantSuhas	37	A+
31	Shaikh KhushbuFiroj	35	A+
32	Sharma Pooja Jayprakash	39	A+
33	Sharma Rohit	38	A+
34	Shukla Sanika Dinesh	40	A+
35	Singh Kirti Rajesh Kumar	39	A+
36	TamatMchekRasik	32	A
37	Thakkar Khushi Harish	37	A+
38	VairalPratikshaRajendra	46	0
39	Vaishnav Aishwarya Kishore	36	A+
40	Vispute Pranav Ajay	37	A+
41	WadekarSohamRajendra	33	A
42	DhanranjaginiRoshni	45	0
43	KanadeHarshada	39	A+
44	RautShrusti Sandeep	41	0
45	ShirodkarSumeetSudhakar	36	A+
46	Adate Pooja Rajendra	44	0

External Examiner Dir. of Phy. Education Internal Examiner & Principal

IQAC Coordinator MET's School of Architecture and Interior Design PRINCIPAL

MET's School of Architecture
& Interior Design
At. Govardhan, Tal.& Dist.
Nashik-422 222.



Name of Program: Yoga Day 2023

Academic Year: 2022-23

Organized By	MET's School Of Architecture & Interior Design
Objectives	<ul> <li>The primary objective of celebrating International Yoga Day on June 21, 2019, at our institution was to promote the ancient practice of yoga and raise awareness about its physical, mental, and spiritual benefits.</li> <li>This event aimed to encourage students, faculty, and staff members to adopt yoga as a part of their daily routine for overall well-being.</li> </ul>
Date /Duration of Activity	21/06/2023
Venue	MET's School of Architecture & Interior Design
Students Attended	B. Arch. & First Year B.Des.
No. of Students Present	50
Photograph/Video Available	Photographs available
Brief about the Program (Activity/Event)	<ul> <li>Date: June 21, 2028</li> <li>facilitator: Ar. Shweta Daga</li> <li>Objective: Promote yoga for physical, mental, and spiritual well-being.</li> <li>Participants: Students, faculty, and staff members.</li> <li>Activities:</li> <li>Ceremonial lamp lighting for spiritual significance.</li> <li>Yoga sessions led by experienced instructors covering asanas, pranayama, and meditation.</li> </ul>

	Informative sessions on yoga philosophy and history.  Outcomes: Improved physical health, flexibility, and balance. Enhanced mental clarity, reduced stress, and increased focus. Promotion of a healthier lifestyle and better time management skills. Conclusion: A transformative experience encouraging regular yoga practice for holistic well-being.
Students Outcome/Works example	<ul> <li>Improved Physical Health: Regular practice of yoga enhances flexibility, strength, and balance. Students experienced improved physical health, which is essential for their overall well-being and academic performance.</li> <li>Enhanced Mental Clarity: Yoga and meditation techniques promote mental calmness and clarity. Students reported reduced stress levels and increased focus, which positively influenced their studies and concentration.</li> <li>Stress Reduction: The practice of yoga encourages relaxation and stress relief. Students learned valuable relaxation techniques that they could apply in their daily lives, especially during exams and high-pressure situations.</li> <li>Better Time Management: Through yoga, students learned the importance of dedicating time to self-care. This awareness helped them manage their time more efficiently, balancing academic responsibilities with personal well-being activities.</li> <li>Promotion of Healthy Lifestyle: The event inspired students to adopt a healthier lifestyle. Many participants expressed their intention to continue practicing yoga regularly and make healthier dietary</li> </ul>

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MET Bhujbal Knowledge City Gowardhan, Nashik-422222

Faculty in-charge

(IQAC)

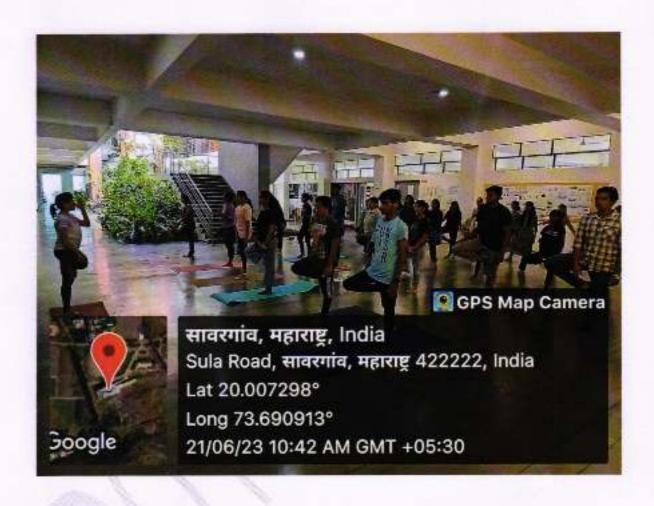
Approved by

A report on Yoga Day 2023

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Nashik - 422 222.





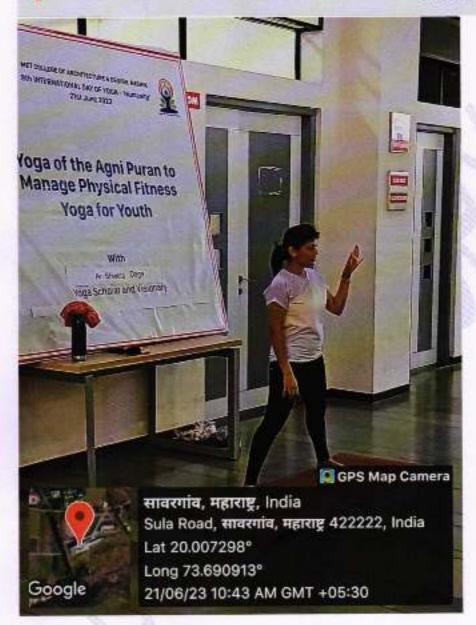












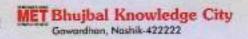
_	MET SOA & ID, Goverdhan, N Yogo 18-2019	and the second
Sr.No	Name of Student	Signature
1	Bagur Jigisha Nifin	P
2	Baheli Akshita Ritesh	P
3	Bhutaga victori Mona	1
-	Chauhan Sonu Mahendia	p
3	Deshmukh Vashnovi Rajesh	P
6	Ediabaskar Arkur Nohijit	A
7	Gahwade Archana Vilas	P
5	Gallowad Vishala Avnak	ρ
9	Gangurde Siddisha Sanjay	P
10	Hudikar Soha Sarvash	P
11	Jathe Atherva	P
12	Jejurkar Valstmavi Krishna	P
13:	Kokrii Umama Kausar	1
14	Kulathinka Sharon tinni	P
1.5	Mahale Nanush Ankel	P
16	Mahale Prasad Mohan	P
17	Mokari Jay	P
18	Mali Nilija	P
19	Nandwari Yash Aniikumar	A
20	Paralekar Haisha, Villhal	P
21	Fall Hrishikesh Onkar	P
22	Fawar Torwi	P
20	Rakle Hrika Samoor	P
24	Rathi Rajeshwari Ramakani	A
25	Shamsa Aditya	P
26	Shinde Atharva Sontosh	P
27	Tank Hitiksha Rajesh	P
28	Phangaonkar Omkar Hemant	P
29	Edibhuvani Shantonu Sanjay	P
30	Trunkwała Alagmar Saitudalis	1

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Sr.No	Name of Student	Signature
31	Aghav Renuka Kishor	C
32	Agrahad Shreya Dilip	P
33	Antirao Deha Scheorao	- 1
34	Bachhay Swayani Mahesh	P
35	Baste Mycrika Bhausateb	P
36	Bhalerao šakshi	P
37	Chaudhary Pukhraj Chefaram	P
35	Dogala Vaishnavi Shashkani	P
35	Dnatak Monasi Hemoni	A
40	Dhongade Kalyani Kallas	P
(4)	Govi Kaja Gongadhar	f
42	Gnode Shrushli Yagesh	P
43	Gite Samit Ralan	ď
44	Joshi Arway Sachin	P
44	Kashmire Vinayak Shyam	A
46	Khalik Shanid Liyakat	P
47	Khelan Diyer Haij	P
45	Kulkami Pranamya Sachin	P
49	Mamajwala Samina Mohamad	P
50	Manalik Deepanjali Nahaash	P
ál	Mhaischune Jayesh Sahebrao	A
52	Pande Sumit Kailas	
53	Pali Isria Deepak	P
34	Pawor Yash Sandeep	P
55	Songre Somruddhi Devidos	1
56	Jadnav Omkar	P
52	Shaikh Aariz Nadim	A
58	Shelke Aodif Sochin	f
59	Sideliqui Ovois Azizatloh	9
60	Sikraigar Aoyesna Bano Saadiq	5

	MET SOA & ID, Govardhon, N	
	Yogo 18-2019	- Alasa Fran
Sr.No	Name of Student	Signature
61	HRUSHKESH PATIL	P
62	ATHARVA SHINDE	P
63	Valshnovi Jejurkar	A
64	Harshot parolekar	۲
65	Smult Patel	P
66	Shortory Dibituvon	P
67	Umama Kokni	A
68	Nohosh Manale	P
89	Jul Boothlay	P
70	Ankur Ediabadkar	P
71	Actifya Sharma	f
72	Victori Boutoca	P
73	Hitika Rakte	4
14	Rajeshwari Rathi	P
75	Jigsha Bagul	6
76	Hilliksha Tank	P
77	Sharon Sulathinkal	A
78.	Dhruv Kacher	8
79	Adit phophiya	P
50	hosh pardeshi	P
81	Sanika Dhawan	P
82	Aarl Borade,	A
83	Fosturi Pathas	P
84	Amey Sandwone	P
85	sharvori varpe	P
86	hasa khan	P
87	Agin Pingle	P
88	subihra kazi	A
89	vaibhov gangurde	P
90	Shubitankar Phollane	-

Students of

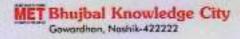
IQAC Coordinator MET's School of Architecture and Interior Design MET's School of Architecture and Interior Design, At Govardhan, Tal. & Dist. Nashik - 422 222.



## Name of Program : Personality Development Workshop

Academic Year: 2022-23

Organized By	MET's School Of Architecture & Interior Design
Objectives	<ul> <li>Screen out obstructions that hinder the expression of individual personality.</li> <li>Enhance the functional efficiency of individuals.</li> <li>Develop spiritually, build self-confidence, enhance.</li> </ul>
Date /Duration of Activity	16/08/2023 to 18/08/2023
Venue	MET's School of Architecture & Interior Design
Students Attended	B. Arch. & First Year B.Des.
No. of Students Present	30
Photograph/Video Available	Photographs available
Brief about the Program (Activity/Event)	Date: August, 16 2023     facilitator: Sonali Pathak     Objective: Screen out obstructions that hinder the expression of individual personality.     Participants: Students.     Activities:     Ceremonial lamp lighting for spiritual significance.     Lecture sessions led by experienced instructors.     Outcomes:     Build self-confidence, overcome self-doubt, and be able to assert oneself in professional settings     Better leadership skills by developing self-skills



	<ul> <li>Improve both verbal and non-verbal communication abilities, active listening, and expressing ideas.</li> <li>Encourage people to think positively and reduce stress at work</li> </ul>
	<ul> <li>Understand the importance of personal branding, professional appearance, workplace etiquette, and maintaining a positive professional image.</li> </ul>
Students Outcome/Works example	<ul> <li>The personality development program improves the self-efficacy among college students</li> <li>Personality development workshops help students build a strong foundation for success, boosting their self-esteem and overall well-being</li> <li>Students develop leadership qualities, emotional intelligence, critical thinking, creativity, and decision-making abilities</li> <li>Students are better prepared to face interviews confidently and display professionalism during office work hours</li> <li>Students are able to express their ideas and opinions more effectively</li> <li>Students gain a better understanding of their strengths and weaknesses</li> </ul>

Faculty in-charge

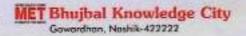
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Approved by

IQAC Coordinator

MET's School of Architecture
& Interior Design

At, Govardhan, Tal & Dist.
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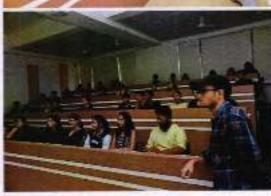
# ART CRAFT & DESIGN WORKSHOPS

MET'S SCHOOL OF ARCHITECTURE & INTERIOR DESIGN

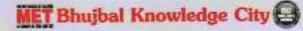


## PERSONALITY DEVELOPMENT

DAY - 2 (17th August, 2023)







For more details contact +91-9657175158



## A report on Personality Development Programm 2022-23

## ART CRAFT & DESIGN **WORKSHOPS**

SCHOOL OF ARCHITECTURE & INTERIOR DESIGN

# PERSONALITY DEVELOPMENT

The workshop will be focused on setting the growth mindset and building confidence. It will provide appartunities to learn and practice the important saft skills.

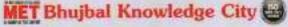


Sonali Pathak Nashik

DATE: 16" to 18" August, 2023

VENUE: MET's SOA & ID Govardhan

TIME: 9 a.m. To 4 p.m.





For more details contact: +91-9657175158



# ART CRAFT & DESIGN WORKSHOPS



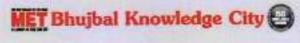


# **PERSONALITY**DEVELOPMENT

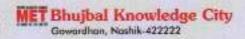
DAY - 2 (17th August, 2023)







For more details contact: +91-9657175158



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PRINCIPAL
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