



AISSMS

COLLEGE OF ENGINEERING

ज्ञानम् सकलजनहिताय

An Autonomous Institute Affiliated to Savitribai Phule Pune University
Approved by AICTE, New Delhi and Recognised by Govt. of Maharashtra

Accredited by NAAC with "A+" Grade | NBA - 7 UG Programmes



First Year B. Tech. (2025 Pattern)

Department of Engineering Sciences and Humanities (DESH)

Co-Curricular Courses - I & II

2025-2026

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Why Co-curricular Course (CCC) ?

"Will marks alone make you successful?"

Success needs:

- Communication
- Discipline
- Leadership
- Health
- Confidence
- Teamwork



What is CCC?

Co-curricular Course (CCC) is a 2-semester skill development program where students choose one activity and learn directly from experts

- Student Choice Based
- 2 Semester Deep Learning
- Experts Training
- Practical Exposure
- Every student selects 1 activity out of 12
- Learns consistently for 1 full year
- Builds real skill, not surface knowledge



PHYSICAL AND DEFENCE

- Sports
- Physical fitness
- NCC
- Self defence for women



All 12 Activities



SKILL AND CARRIER ORIENTED

- Innovation and creativity
- Basic fire safety
- Digital media creator



MIND AND WELLNESS

- Yoga and meditation
- Personality development

CREATIVE AND PERFORMING ARTS

- Applied art and fine art
- Performing arts (drama and dance)
- Traditional instruments



fine art and applied art

Creative Composition
& Craft



Design Fundamentals



Visual storytelling
& book creation



Perspective & Environmental
drawing

Coller Theory and Application



Design & Digital Exploration

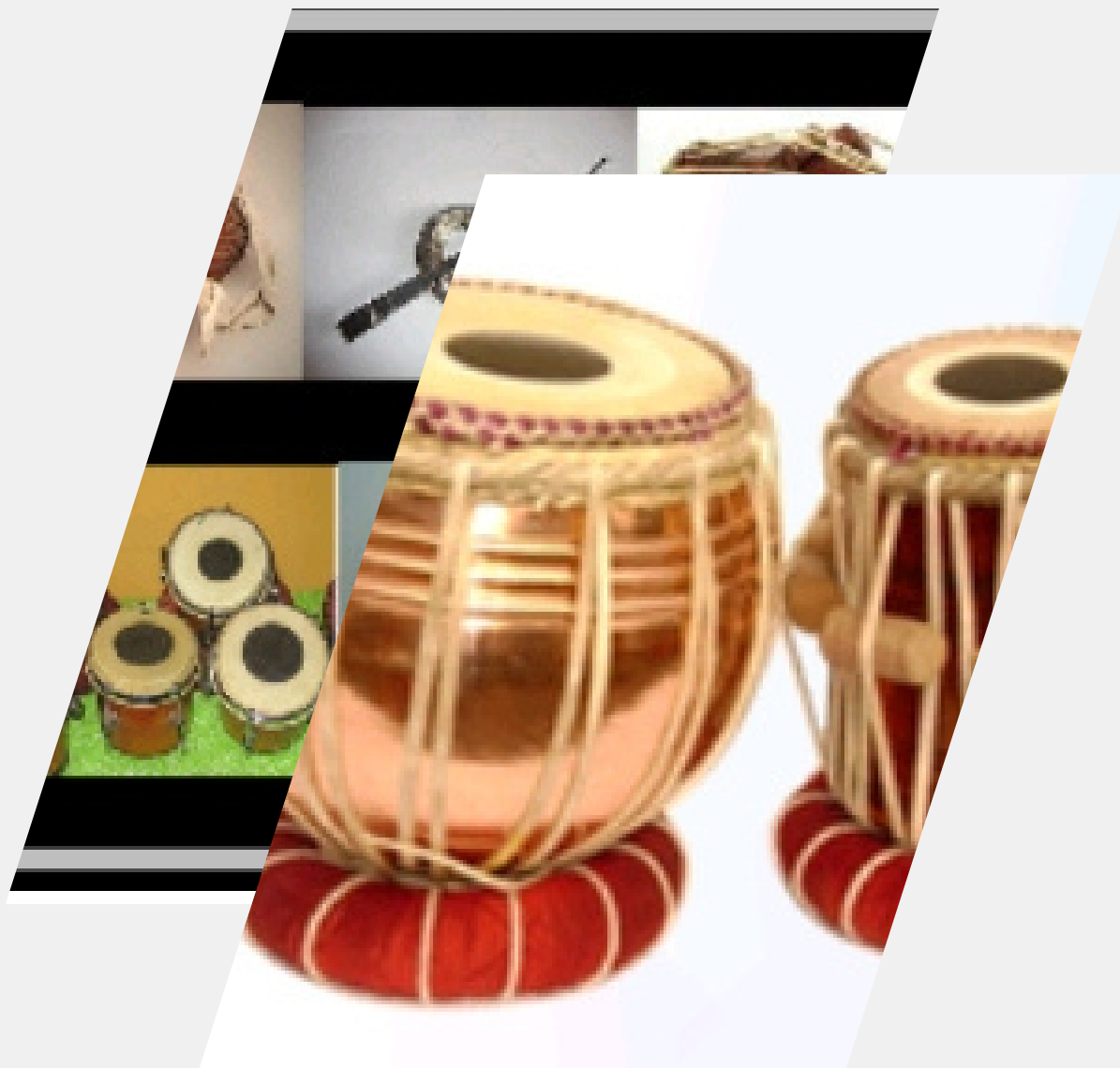


Figure Study and Visual Memory

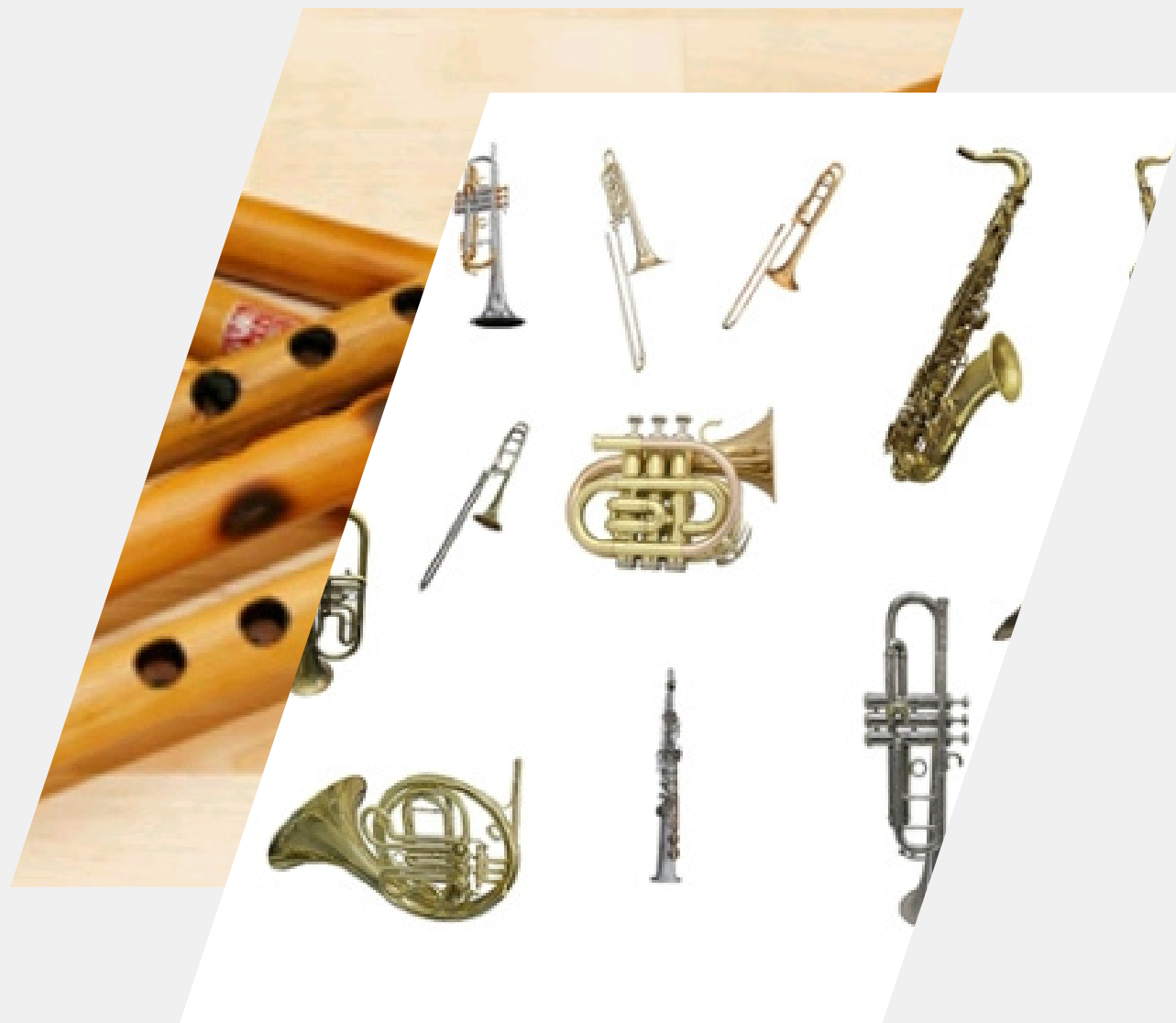


Education in traditional instruments

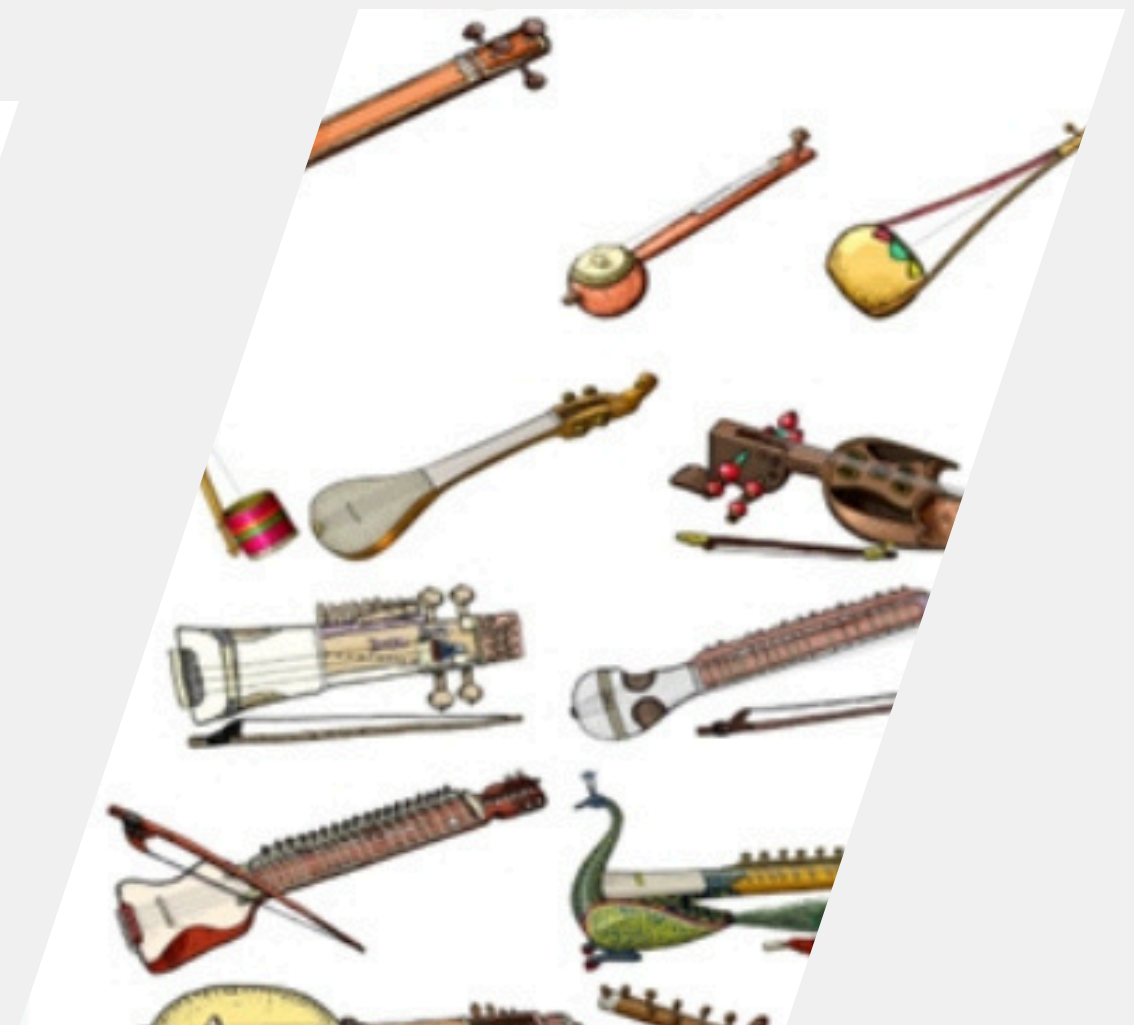
Precision Instruments



Wind Instruments



String Development



Education in Traditional instruments



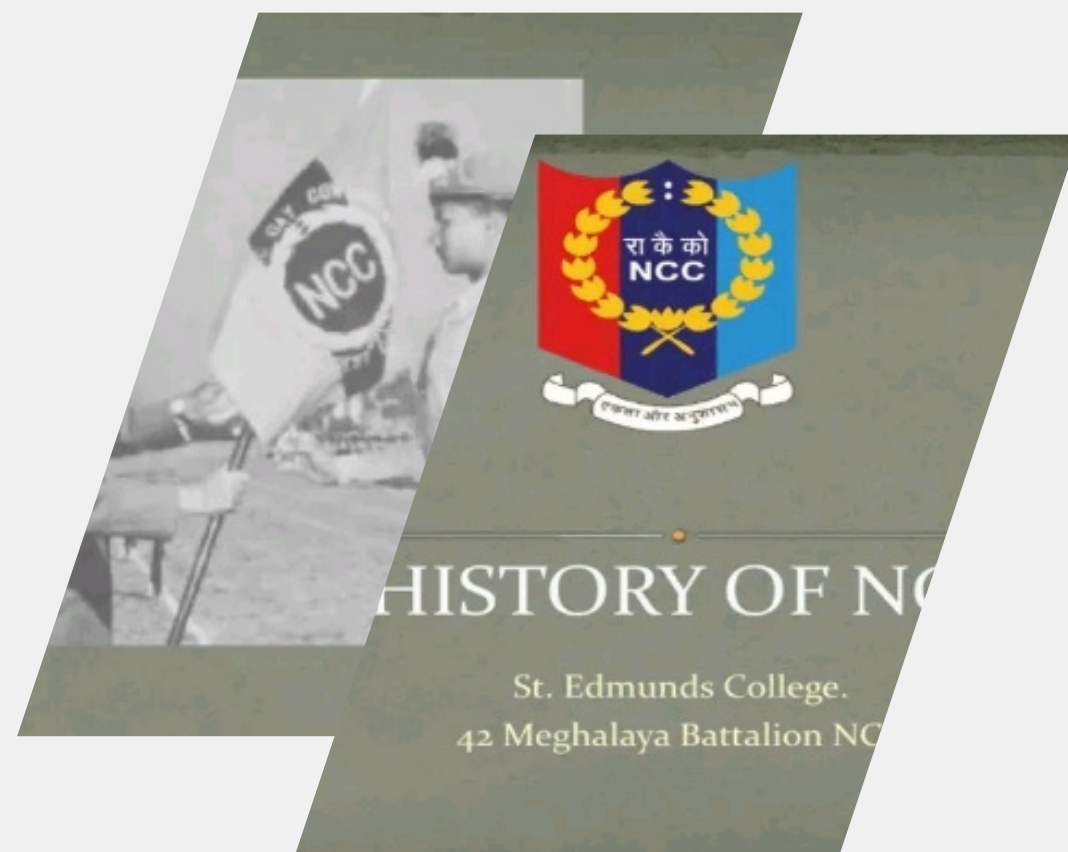
NCC (National Cadet Corps)



NCC was established on 16th July 1948 under the NCC Act of 1948, post-Independence.

NCC emblem features three colours: Red (Army), Deep Blue (Navy), Light Blue (Air Force).

- Physical Activities and Sports
- Drill and Parade - Field Activity



Republic day Activities & Social Activities



Sports

Kabaddi and Basketball activities were organized under the CCC Activity to promote teamwork, physical fitness, discipline, and sportsmanship while encouraging active student participation.



Sports

Volleyball, Football and Basketball activities were organized under the CCC Activity to promote teamwork, physical fitness, discipline, and sportsmanship while encouraging active student participation.



Volleyball



Football



Basketball



Sports



Skill Training



Kabaddi



Yoga and Meditation

The Yoga and Meditation session was conducted under the CCC Activity to promote physical well-being, mental relaxation, stress management, and a healthy lifestyle among students.



Yoga and Meditation

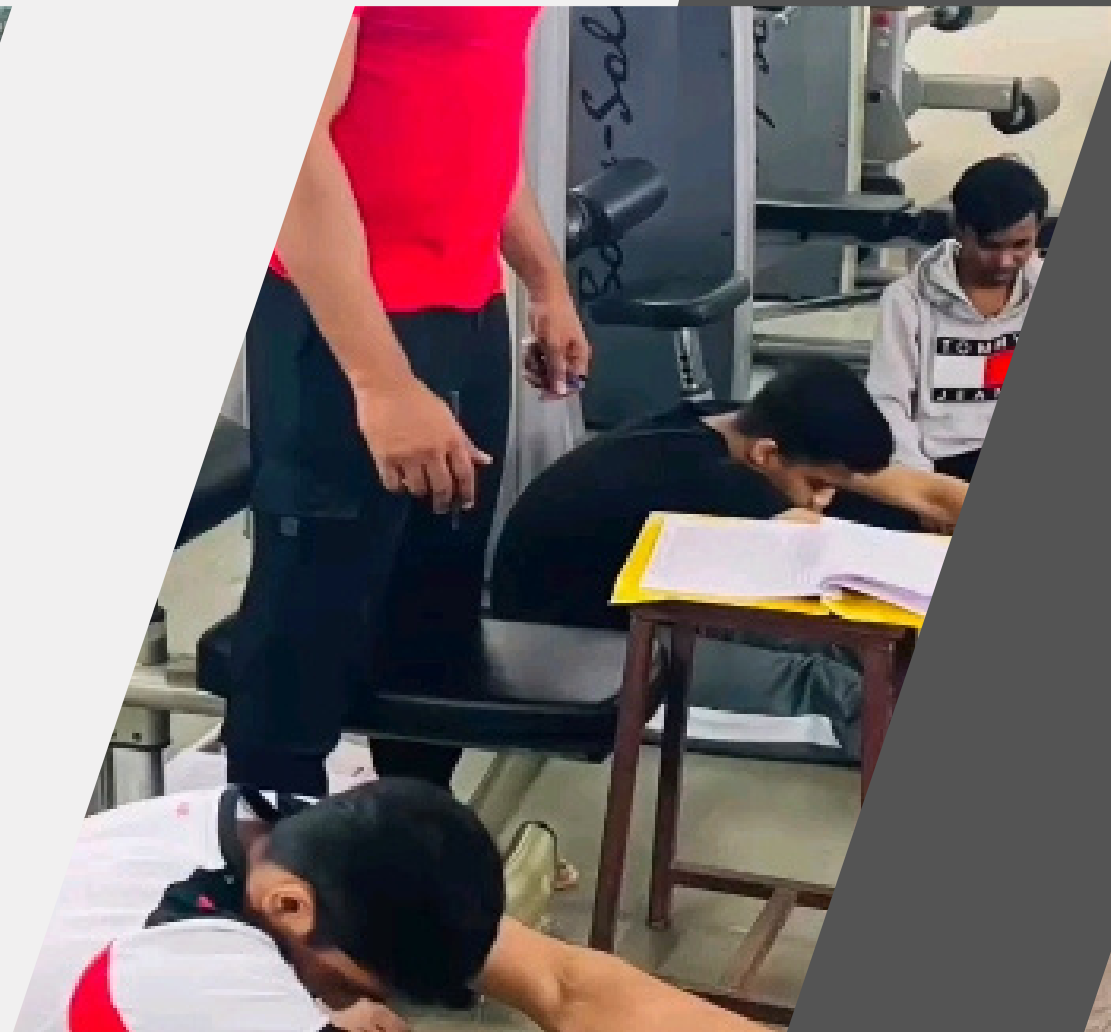
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Physical Fitness



"The Physical Fitness Assessment was conducted under the CCC Activity to evaluate students' strength, endurance, flexibility, and overall fitness through various physical tests and exercises."



Physical Fitness



"The Physical Fitness Assessment was conducted under the CCC Activity to evaluate students' strength, endurance, flexibility, and overall fitness through various physical tests and exercises."

kettlebell Workout



Self Defence

A Women's Self-Defense session was organized under the CCC Activity to promote personal safety, self-confidence, and physical fitness through practical self-defense techniques.



Self Defence



Personality Development



Personality Development for First Year Engineering Students

Building Skills Beyond Syllabus, For Life Beyond College

**WHAT**
You'll Learn

**Self-Mastery**
SWOT, Mindfulness, Emotion & Stress Management, Positive Thinking, Health

**Communication Core**
Communication, Presentation, Reading, Confidence Building

**Life Skills**
Time Mgmt, Goal Setting, Study Plans, Exam Fear, Addiction Awareness

**Social Skills**
College Friendly Behavior, Relationship Mgmt, Networking, Social Media Use, Character, Adjustment

**Future Ready**
Career Growth, People Networking, Motivation

**WHY**
It Matters in 1st Year

- Engineering is 20% IQ, 80% handling pressure. Fewer breakdowns before exams.
- You may know the answer, but can you **explain** it to a recruiter or teammate?
- 1st year decides your CGPA + habits. Poor planning = backlogs + burnout.
- You're away from home. Loneliness, peer pressure & wrong company derail careers.
- Companies hire attitude + aptitude. Your network = your net worth.

**HOW**
We'll Build It

- Guided activities, breathing techniques, journaling, health routines
- Group discussions, mock presentations, reading circles, feedback loops
- Timetables, Pomodoro, SMART goals, exam simulations, digital detox plans
- Role-plays, boundary setting, LinkedIn basics, peer mentoring, ethics cases
- Career mapping, alumni talks, motivation tools, vision board

**BENEFITS**
You'll Walk Away With

**Confidence:** Face viva, presentations, hostel life without fear

**Clarity:** Crack interviews, express ideas, make friends easily

**Control:** Less last-minute panic, better grades, balanced life

**Connection:** Healthy friendships, mentors, opportunities, no ragging/addiction traps

**Career Edge:** Internships, projects, clarity on branch change/placement



★ **Bottom Line:** This course turns you from “just an engineering student” to a “ready engineer”. We teach you how to carry it — and still smile. 😊

 **Manolaya Consultants** | Yogita
For 1st Year FE Students

Innovation & Creativity



Basic Fire Safety

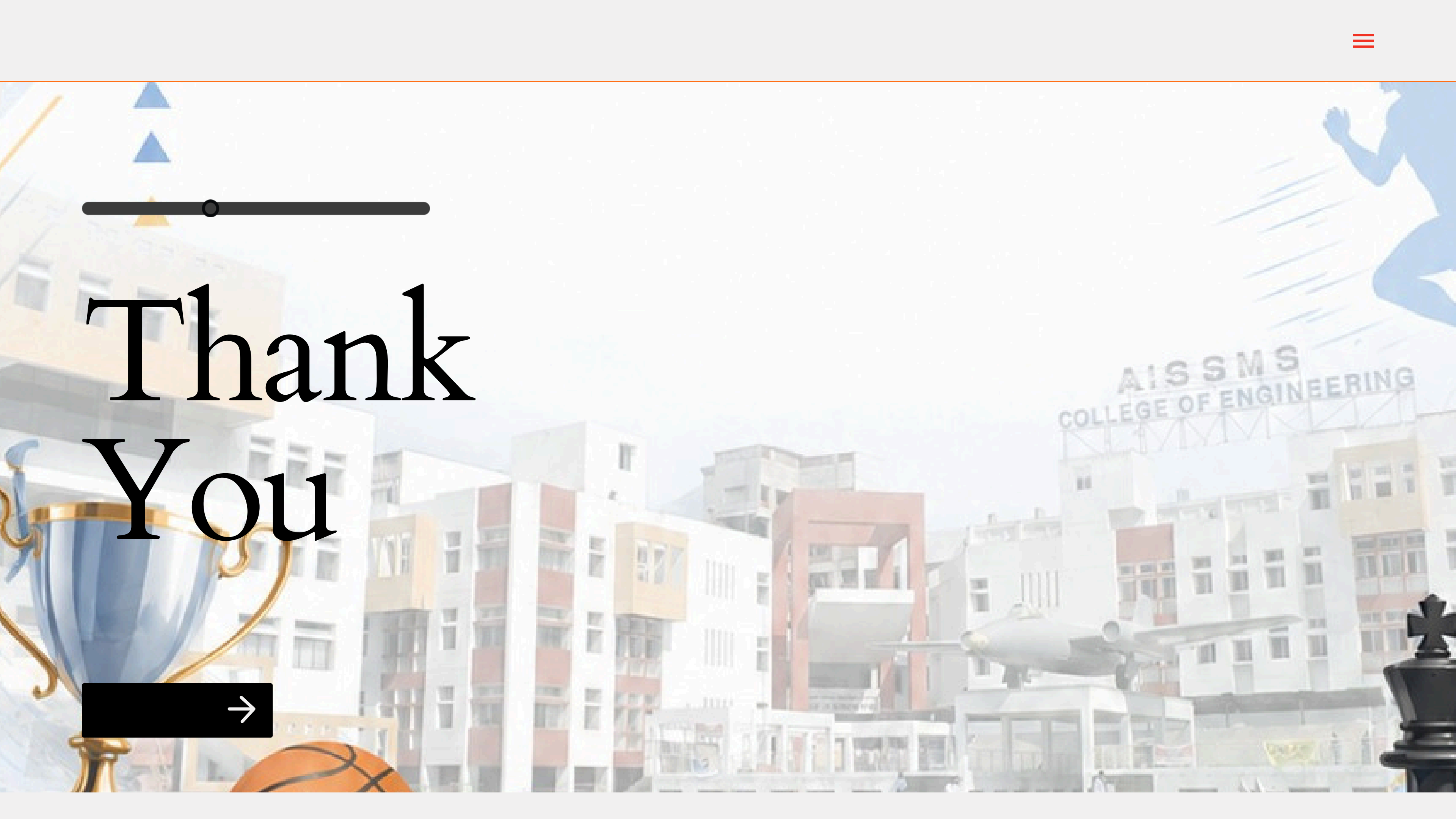


Performing Arts Drama & Dance



Digital Media Creator





Thank
You

