



SOMAIYA
VIDYAVIHAR

K J Somaiya College of Science & Commerce



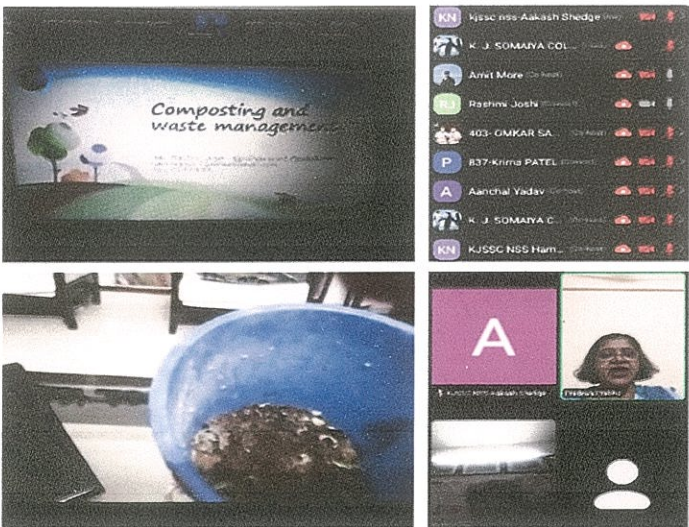

Event Report

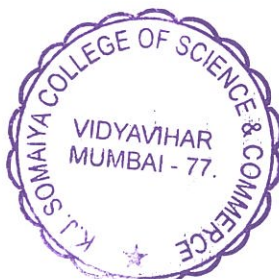
Committee/ Department Name: NSS	Academic Year: 2020-21
Title of the Event	Waste Management -For Better Tomorrow
Type of the Event (Webinar/Seminar / Conference /FDP / Workshop /Training / Guest Lecture)	Webinar
Level of Organization (Local/State National /International/ Intercollegiate /Intracollegiate)	Intracollegiate
Collaborators if any	-
Date of the event	18 th February 2021
Time	5:00 pm
Venue	Online -Zoom app
Name of the Resource Person \ Guest	Ms. Rashmi Joshi
Brief profile of the resource person	Environment consultant, M A (Greek Philosophy), NET
Objective of the Event	To make the participants aware of importance of waste management. And guide them to do proper waste management by demonstrating the process of making organic manure from kitchen waste.
Report (Not more than 500 words)	An Orientation cum Webinar on waste management was conducted. Firstly, speaker defined waste management and explained the importance of waste management, the ways in which one can segregate the waste. She also enlightened the volunteers about how exactly after segregation the waste treatment is done. She gave a demo of how one can do composting at home. Lastly, she appealed all the volunteers to practice the technique taught during this webinar and to spread more awareness about this topic so that we can live in a green and a clean environment.



Rashmi Joshi
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Number of beneficiaries	Students UG: 167 Teaching: Nonteaching:	Students PG:
Expected Outcome		
Documents Attached	i) Attendance ii) Copy of Feedback Form iii) Flyer copy iv) Certificate copy v) Feedback Analysis Report (Graphical Presentation) vi) Thank you and Invitation letters of Resource person	

NAAC Criterion No.	III	Sub-Criterion No	3.6.3 & 3.6.4
Vision Criterion No.	4		
Photos (Two Geotagged) 1. Resource person engaging the session 2. Ongoing session *In case of multiple sessions attach daywise/sessionwise photos			
Name & Signature of Convenor/Head of the Department:			 Mr. AMIT MORE



Disha
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Name & Signature of Co-Convenor:	Ms. MEDHAVINI KHARE
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Note:

- This report has to be filled within a week after every event organized by the committee
- Mail the final report to iqac.kjssc2003@somaiya.edu and
- NAAC Criterion for reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

- Vision Criterion for Reference
 1. To equip the students with advanced knowledge and skills in their chosen vocation.
 2. To provide value-based education and opportunities to students.
 3. To help them to face challenges in life.
 4. To nurture a scientific attitude, temperament and culture among the students.
 5. To continually review, develop and renew the approach to build India of the Founder's dream.



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Event Report

Committee/ Department Name: NSS	Academic Year 2020-21
Title of the Event	A Webinar on Polycystic Ovarian Syndrome - PCOS.
Type of the Event (Webinar/Seminar / Conference /FDP / Workshop /Training / Guest Lecture)	Webinar
Level of Organization (Local/State National /International/ Intercollegiate /Intracollegiate)	Intercollegiate
Collaborators if any	
Date of the event	28th September, 2020
Time	3:00 PM to 4:00 PM
Venue/Pltform	Zoom Meeting
Name of the Resource Person \ Guest	Dr. Jyoti Kulkarni
Brief profile of the resource person	A consultant Obstetrician and Gynecologist practicing in Chembur.
Objective of the Event	To spread awareness about PCOS among women especially young girls.
Report (Not more than 500 words)	The speaker Dr. Jyoti Kulkarni explained PCOS and its root causes in detail, disproved many myths, and suggested ways (like exercise and diet) to avoid and overcome it. There were 241 girls as well as few parents in this webinar. Speaker answered participants' questions and cleared their doubts at the end.
Number of beneficiaries	Students: 248 Teaching:



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	Nonteaching:
Expected Outcome	More awareness about PCOS— its causes, effects and ways to deal with it.
Documents Attached	<ul style="list-style-type: none"> i) Attendance ii) Copy of Feedback Form iii) Flyer copy iv) Certificate copy v) Feedback Analysis Report (Graphical Presentation) vi) Thank you and Invitation letters of Resource person

Event Report

NAAC Criterion No.	V and VII	Sub-Criterion No	7.1.1
Vision Criterion No.	3		
<p>Photos</p> <p>(Two Geotagged)</p> <ol style="list-style-type: none"> 1. Resource person engaging the session 2. Ongoing session <p>*In case of multiple sessions attach daywise/ sessionwise photos</p>			



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Name & Signature of Convenor/Head of the Department:

Mr. AMIT MORE

Name & Signature of Co-Convenor:

Ms. MEDHAVINI KHARE

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Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

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Event Report

Committee/ Department Name: NSS Unit		Academic Year: 2020-2021
Title of the Event	Odisha Culture and its Contribution to Peace and Harmony in India	
Type of the Event (Webinar/Seminar / Conference /FDP / Workshop /Training / Guest Lecture)	Open Webinar	
Level of Organization (Local/State National /International/ Intercollegiate /Intracollegiate)	Intercollegiate Level	
Collaborators if any	Ek Bharat Shreshta Bharat (EBSB) Campaign	
Date of the event	September 25, 2020	
Time	3:50 PM to 5:00 PM	
Venue	Zoom Meeting and YouTube Live	
Name of the Resource Person \ Guest	Prof. Manoj Kar	
Brief profile of the resource person	Former Advisor, Public Health NHRC - A technical Support Agency under NRHM, Ministry of Health, GOI, New Delhi.	
Objective of the Event	To highlight the cultural background of Odisha and To show its linkage with peace and harmony in Indian Society.	
Report (Not more than 500 words)	In this webinar, The Speaker Prof. MANOJ KAR explained volunteers the importance of Culture of Odisha— known as the 'Soul of India'— and how it contributes to prevalence of 'Peace and Harmony' in our country using various videos and presentations. It was an informative webinar which later became interactive too; as participants engaged, asked questions and had their doubts clear at the end. E-certificate was given to all the participants.	
Number of beneficiaries	The Number of beneficiaries of the webinar: 436	
Expected Outcome	Active involvement of students towards protecting deeply rooted Peaceful nature of our country after absorbing	



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	knowledge about one of our states' culture and seeing its reflection in Indian Culture.
Documents Attached	i) Attendance ii) Copy of Feedback Form iii) Flyer copy iv) Certificate copy v) Feedback Analysis Report (Graphical Presentation) vi) Thank you and Invitation letters of Resource person

NAAC Criterion No.	V and VII	Sub-Criterion No	7.1.8
Vision Criterion No.	2, 5		
Photos (Two Geotagged) 1. Resource person engaging the session 2. Ongoing session *In case of multiple sessions attach daywise/sessionwise photos			
Name & Signature of Convenor/Head of the Department:		 Mr. AMIT MORE	
Name & Signature of Co-Convenor:		Ms. MEDHAVINI KHARE	



Ms. Medhavi Khare
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Criterion IV	Learning Resources and Infrastructure		

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Event Report

Committee/ Department Name: NSS	Academic Year: 2020-21
Title of the Event	JOYOUS JOURNEY WITH YOGA
Type of the Event (Webinar/Seminar / Conference /FDP / Workshop /Training / Guest Lecture)	Webinar
Level of Organization (Local/State National /International/ Intercollegiate /Intracollegiate)	Intercollegiate
Collaborators if any	Microbiology Department
Date of the event	20 June, 2020
Time	9:15 AM to 10:15 AM
Venue	Zoom Meeting
Name of the Resource Person \ Guest	Dr. Chirag Bagadia
Brief profile of the resource person	
Objective of the Event	To introduce students the important aspects of Joyful lifestyle and to teach them, 'How to get rid of stress and anxiety' by practising simple yoga mudras.
Report (Not more than 500 words)	This Webinar was open for students, faculty and nonteaching staff. 600 people participated actively and experienced happiness of doing Yoga. Resource person Dr. Chirag Bagadia demonstrated some easy (doable for all kind) Yoga Asanas and Mudras which made session very enriching and meditative.
Number of beneficiaries	600 Beneficiaries including teaching staff, students and non-teaching staff.
Expected Outcome	Important aspects of Yoga
Documents Attached	i) Attendance ii) Copy of Feedback Form iii) Flyer copy iv) Certificate copy v) Feedback Analysis Report (Graphical Presentation) vi) Thank you and Invitation letters of Resource person



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NAAC Criterion No.	V and VII	Sub-Criterion No	7.1.11
Vision Criterion No.	5		
<p>Photos (Two Geotagged)</p> <ol style="list-style-type: none"> 1. Resource person engaging the session 2. Ongoing session <p>*In case of multiple sessions attach daywise/ sessionwise photos</p>			
Name & Signature of Convenor/Head of the Department:		 Mr. AMIT MORE	
Name & Signature of Co-Convenor:		Ms. MEDHAVINI KHARE	



Ms. Khare
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Event Report

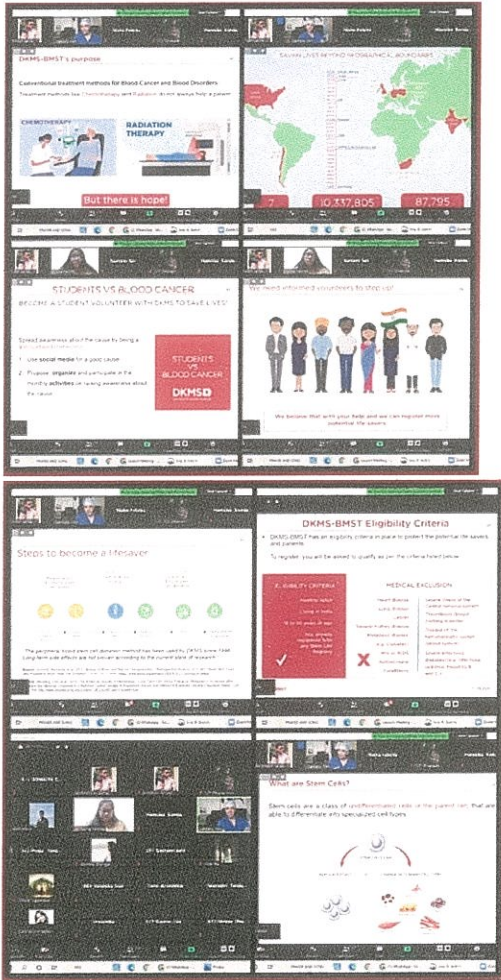
Committee/ Department Name: NSS		Academic Year: 2020-2021
Title of the Event	Blood Disorders and Need for Life Savers	
Type of the Event (Webinar/Seminar / Conference /FDP / Workshop /Training / Guest Lecture)	Webinar	
Level of Organization (Local/State National /International/ Intercollegiate /Intracollegiate)	Intercollegiate	
Collaborators if any	NGO DKMS BMST Foundation India	
Date of the event	10 November, 2020	
Time	4:00 PM to 5:30 PM	
Venue	Zoom	
Name of the Resource Person \ Guest	Dr. Shantanu Sen	
Brief profile of the resource person	Pediatrics, Pediatric Hematology, Oncology & Stem Cell Transplant MBBS, DCH, FRCPC, FRCP(London & Edinburgh), CCT (UK)	
Objective of the Event	To spread awareness of blood disorders	
Report (Not more than 500 words)	Dr. Shantanu Sen explained about different blood disorders like thalassemia, blood cancer, anemia and the way in which these are treated. He encouraged the participants to become life-savers by showing videos and motivated them to come forward for this noble cause. Secondly, his colleague spoke about the eligibility criteria and steps to register as a life saver in DKMS – BMST Foundation. The webinar was not just informative but also interactive as the speaker cleared many doubts asked by the attendees.	
Number of beneficiaries	Students UG: 85	Other : 210
Expected Outcome	Students having more knowledge about the following topic	
Documents Attached	i) Attendance ii) Copy of Feedback Form iii) Flyer copy	




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	iv) Certificate copy v) Feedback Analysis Report (Graphical Presentation) vi) Thank you and Invitation letters of Resource person
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NAAC Criterion No.	VII	Sub-Criterion No	7.1.14
Vision Criterion No.	4		

<p>Photos (Two Geotagged)</p> <ol style="list-style-type: none"> Resource person engaging the session Ongoing session <p>*In case of multiple sessions attach daywise/ sessionwise photos</p>	
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Name & Signature of Convenor/Head of the Department:	 Mr. AMIT MORE
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Name & Signature of Co-Convenor:	Ms. MEDHAVINI KHARE
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Event Report

Committee/ Department Name: Mentor Mentee		Academic Year 2020-2021
Title of the Event	Stress Management	
Type of the Event (Webinar/Seminar / Conference /FDP / Workshop /Training / Guest Lecture)	Webinar	
Level of Organization (Local/State National /International/ Intercollegiate /Intracollegiate)	Local	
Collaborators if any	Nil	
Date of the event	10 th June 2020	
Time	10 th June (3.00 to 4.00pm)	
Venue	Online Microsoft Teams	
Name of the Resource Person \ Guest	Ms. Madhura Bapat	
Brief profile of the resource person	Ms. Madhura Bapat , Community Coordinator at IPH Thane. She is a counsellor and has delivered lectures on stress management	
Objective of the Event	In the lock down it was our small effort to make students stress free and at the same time aware them about the opportunities available in their field	
Report (Not more than 500 words)	In the first lecture Madhura madam explained about what is stress? How can we relax ourselves in this lockdown conditions? How to keep ourselves engaged? How to get rid of the negative thoughts She narrated stories to explain her concept. She asked students to narrate their experiences in the lockdown.	
Number of beneficiaries	Students UG: 30 Teaching:08 Nonteaching:	Students PG:
Expected Outcome	Not as expected as very few students turned up	
Documents Attached	i) Attendance ii) Copy of Feedback Form	



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iii) Flyer copy

iv) Certificate copy

v) Feedback Analysis Report (Graphical Presentation)


30 responses

Course	Percentage
Science	90%
Commerce	10%



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NAAC Criterion No.	5	Sub-Criterion No	5.1.3
Vision Criterion No.	3		
Photos (Two Geotagged) 1. Resource person engaging the session 2. Ongoing session *In case of multiple sessions attach daywise/sessionwise photos	Nil		
Name & Signature of Convenor/Head of the Department .			
 Dr. Smita Survase			
Name & Signature of Co-Convenor			

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Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance




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Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

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Event Report	
Committee/ Name : Mulya Pravah	Academic Year 2020-21
Title of the Event	Charitrapushpa
Type of the Event (Webinar/Seminar / Conference /FDP / Workshop /Training / Guest Lecture)	Certificate Course on Value Education
Level of Organization (Local/State National /International/ Intercollegiate /Intracollegiate)	Local
Collaborators if any	Maharshi Adhyatma Vishwavidyalay
Date of the event	12/01/2021 to 19/02/2021
Time	Twice a week 4.30 pm to 6.30 pm
Venue	Virtual platform (Zoom)
Name of the Resource Person \ Guest	Dr. Sayali Yadav
Brief profile of the resource person	Asst Professor Department of Commerce Guru Nanak Khalsa College,Mumbai Seeker Maharshi Adhyatma Vishwavidyalay
Objective of the Event	To facilitate the spiritual progress of the students by inculcating moral values of spirituality to equip them with personality defect removal programme for developing their personality and face challenges in life
Report (Not more than 500 words)	Curriculum <ul style="list-style-type: none">● Concept of Holistic Development● Inculcating and developing moral values● Concept of spirituality● Stress Management● Personality defect removal process; a tool for personality development● Time management and spirituality● Spiritual quotient Evaluation Process <ul style="list-style-type: none">● To test the theoretical knowledge online exam was conducted carrying 50 marks using google forms

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	<ul style="list-style-type: none">To test the practical knowledge assignments were given based on the PDR process carrying 50 marks
Number of beneficiaries	Students UG: 39 Teaching: 08 Students PG:04
Expected Outcome	. Students were acquainted with <ul style="list-style-type: none">The concepts of spirituality such as spiritual purity, spiritual development and spiritual quotientStudents learnt the practical method of identifying personality defects and the process to overcome itStudents got the ability to do the self analysis for continued personality development and growth
Documents Attached	i) Attendance: https://drive.google.com/file/d/1_xWyZetZkDzcsKKkwzB5Hm1_EctsHcYs/view?usp=sharing ii) Copy of Feedback Form: https://docs.google.com/forms/d/1Np2Ks7eK9U3yxOxTG5b13R3XZPShpKvUuWvDm1vitcc/edit iii) Flyer copy: https://drive.google.com/file/d/1VVjAPu_dN18oAfjtsAupirA0z7jjfcEq/view?usp=sharing iv) Certificate copy: https://docs.google.com/presentation/d/1UT9I6_RG5LNQnuDuhCWGJbapo92yt5YmhsdNpmK34lA/edit#slide=id.p1 v) Feedback Analysis Report (Graphical Presentation) https://docs.google.com/document/d/1YaM2TJdqzwsB7h0Jy7FInsH8yN_59b7-/edit



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Rate the following on the scale of 1 to 5 (5 being best)

vi) Thank you and Invitation letters of Resource person
<https://drive.google.com/file/d/1qrOoOWqecILLNxEP10r5eGBqLqGosLwf/view?usp=sharing>
<https://drive.google.com/file/d/1Y7GtTNkBeXnfivCJiAhjoXX9cXin0A0p/view?usp=sharing>

NAAC Criterion No.	5.0	Sub-Criterion No	5.1.3
Vision Criterion No.			
Photos (Two Geotagged) 1. Resource person engaging the session 2. Ongoing session *In case of multiple sessions attach daywise/session wise photos	https://docs.google.com/document/d/1EjxoljovRE5boKvfTVNHNSP634YKY1jPHIA3yWF0iyE/edit?usp=sharing Links of the recordings https://docs.google.com/document/d/1oThCCfzrI-z2ventkIcRiXoHzF--SIKHQqRGzxFKMBk/edit?usp=sharing		



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Khilnani

Signature & Name of Convenor
Dr. Veena Khilnani

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Autonomous (Affiliated to University of Mumbai)



K J SOMAIYA COLLEGE OF SCIENCE AND COMMERCE

Autonomous-affiliated to university of Mumbai
(Reaccredited "A" Grade by NAAC with CGPA 3.24)

BATTALION:
GROUP HO:

1 MAH GIRLS BN NCC
MUMBAI 'B' GROUP

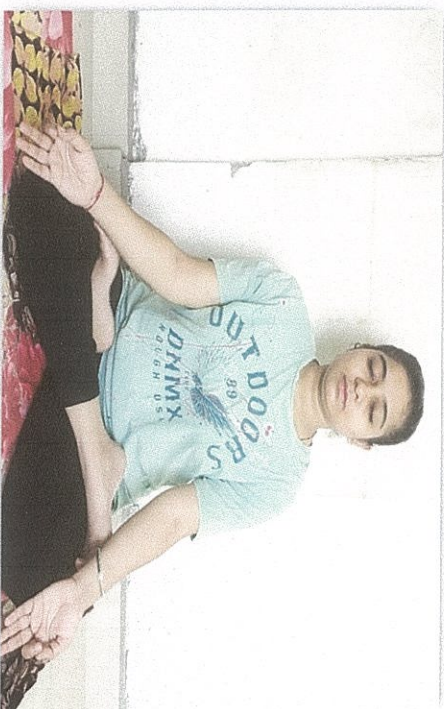
TREE PLANTATION DRIVE



- This drive is conducted from 9th July to 15th July 2020 the view of spreading awareness among cadets for planting more trees in their locality thereby realizing the importance of trees for a healthy environment.
- Cadets have planted various trees and wholeheartedly participated in this activity making it a success.



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INTERNATIONAL YOGA DAY

- On the occasion of international yoga day which was observed on 21st June 2020, 45 cadets have performed different types of yoga asanas, realizing the importance yoga has in our day to day stressful life.
- The aim behind conducting this activity was to ensure that all cadets realize what importance yoga holds in their day to day life which not only improves our physical health, but also improves our mental health.




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KAYAKING ACTIVITIES-2021

KAYAKING AND CANNOYING

- This activity was conducted on 10 January 2021.
- The main aim for conducting this activity, is to bring cadets out for some physical activity, who were staying at home since 1 year without any physical activity during this pandemic adversely affecting their mental health.
- Cdt Vaishnavi Sawant under 17, Cdt Samistha Jadhav Under 19, Cdt Khushboo Yadav under 20 won gold medal in District level Kayaking Competition and got selected for state level Kayaking competition.



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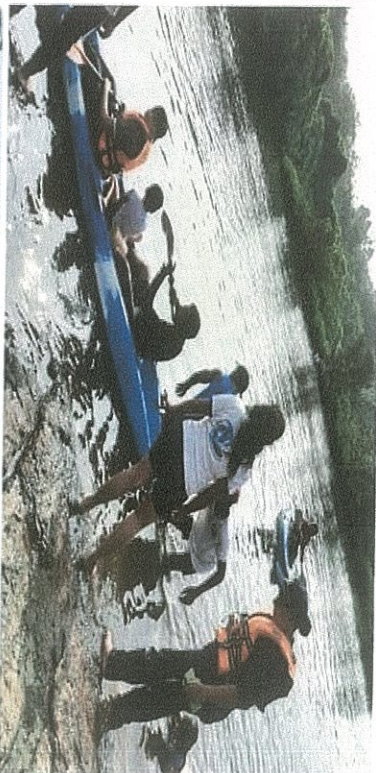
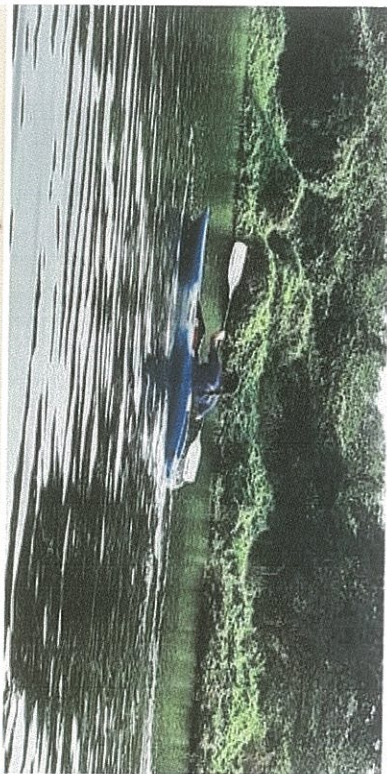
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नौकानयनान एनसीसी युवतींचा धरार



समाचार : सध्याच्या संतुष्ट प्रतिक्रिया संपूर्ण शैक्षणिक क्षेत्रातून आणखी वाढण्यासाठी शाळा व कॉलेज स्तरावरील विद्यार्थ्यांना प्रेरित करणे हे एक महत्त्वाचे कार्य आहे. यासाठी शाळा व कॉलेज स्तरावरील विद्यार्थ्यांना प्रेरित करणे हे एक महत्त्वाचे कार्य आहे. यासाठी शाळा व कॉलेज स्तरावरील विद्यार्थ्यांना प्रेरित करणे हे एक महत्त्वाचे कार्य आहे.



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CLEANLINESS DRIVE 2020-21



• In this drive, cadets cleaned waste and all other harmful stuffs, making the place a better and healthy place to visit.
COMBINE ANNUAL TRAINING CAMP



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(CATC)
•CATC is a compulsory camp of NCC and it must be attended by every cadet. Duration of this camp is of 10 days. In this camp a normal student is transformed into a cadet who is ready to tackle all problem coming in front of them.

•During this camp cadets are supposed to live under the control of NCC Staffs where they are bound to agree all their commands. Different games are also conducted for cadets.

CATC 2020-2021

• Cadre of 5 days from 3-02-2021 to 7-02-2021 was organized for the annual camp .These cadre was conducted during COVID-19 situation . CADETS had participated in it by taking proper precautions and also had learned many things For eg Map reading, About rifle and position Drill practice about health and hygiene etc.



Mumbai, Maharashtra, India
Unnamed Road, Vidyanager, Vidya Vihar East, Vidyavihar, Mumbai, Maharashtra 400077, India
Lat N 19° 4' 23.3508"
Long E 72° 53' 57.714"
07/02/21 02:35 PM




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CATC 2020-21 ACTIVITIES



CAMOUFLAGE



RIFLE DRILL



MAP READING


SECTION FORMATION AND BATTLE



TRENCH PITCHING

DRILL




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Single line formation



Extended line formation



Spear head formation



Arrow head formation



Diamond formation



Battle drill



- Girls NCC unit has carried out numbers of activities through out the years all possible with the help of respected Principal Dr. Pradnya Prabhu madam, all cadts and Staffs.
- Hope even in future also we'll be getting your all's support.

THANKYOU

JAI HIND

Pradnya
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REPORT OF INTRODUCTION TO HEARTFULNESS PRACTICES

Topic of the event: Introduction of Heartfulness Practices

Organizers: Mulya Pravah & IQAC of K. J. Somaiya College of Science and Commerce along with Heartfulness Institute

Type/venue of event: Three Day Online National Webinar

Date/time of the event: 20th July, 2020 to 22th July, 2020 11.00 am to 12.30 pm

Resource persons were from Heartfulness Institute. They were Mr. Rajagopal Subramanyam, Mrs. Namrata Walvekar and Mrs. Lalita Rajgopal.

The webinar was divided into three sessions where one session was held each day from 20th July 2020 to 22nd July 2020 focusing on Three Tools.

Day One: The Tool for day one was “Learn to Relax and Meditate”. The session was introduced by Ms Shreya Patil. As per the tradition of KJSSC the session commenced with the recitation of campus prayer by our faculty Dr Veena Salvi. followed by welcome address by our Vice- Principal Dr Lolly Jain. Ms Rakhee Arora, Zonal Coordinator and a Certified Trainer with Heartfulness was the Moderator all through our three day journey on heartfulness practices. Ms Arora introduced the resource person for day one Mr. Rajgopal Subramanyam who gave us an insight about the functioning of their organization and how it has spread its wings globally. Mr. Subramanyam involved the participants in a session on Pranayam by instructing the audience on the techniques to be adopted. Followed by defining the concept of Meditation and how one can be a beneficiary by practicing it regularly. He categorically emphasized on its importance for a regimented life ahead and the need to strike a balance between our inner and outer life. Participants were then involved in a session on meditation which was followed by a Q&A session. Mrs. Hema Chakraborty, proposed the vote of thanks and the session was closed for the day. Eighty four participants attended on the first day

Day Two: The Tool for day two “Learn to De-stress (cleaning) and Let Go”. The session was introduced by Dr Archana Padgaonkar. As per the tradition of KJSSC the session commenced with the recitation of campus prayer by our faculty Dr Veena Salvi. Ms Rakhee Arora, Moderator for the session introduced the resource person for day two Ms Namrata Walvekar who commenced the session by putting up a question to be responded only in ONE WORD by the participants in their attempt to cope up with an extremely tough situation which they attempted to overcome but failed to succeed. This was followed by an activity to involve the participants where two slides were displayed with the same content, one was cluttered making it extremely difficult for the participants to understand while the other making it extremely simple and hassle free and this was done with the sole idea to explain the importance of space in one’s life. Message conveyed was Don’t carry any baggage



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and The Power of Impression which act like coloured glasses bringing in positivity. This was followed by introducing the concept of Rejuvenation where focus was on six steps which included removal of impurities in the form of smoke and the contribution of the sacred current in the cleaning process. The participants were then instructed about the heartfulness cleaning technique which they practiced for the next 20 mins to gently complete the cleansing process. This was followed by a Q&A session. Dr Vanita Kulkarni proposed the vote of thanks and the session was closed for the day. Sixty five participants attended on the second day.

Day Three: The Tool for day three was “Make a difference to the World”. The session was introduced by Dr Veena Khilnani. As per the tradition of KJSSC the session commenced with the recitation of campus prayer by our faculty Ms Purva Medhi. Ms Rakhee Arora, Moderator for the session introduced the resource person for day three Mrs. Lalitha Rajgopal. Madam spoke about the difference between ambition and aspiration and how teachers leave an impact on students, strengthening their aspiration. This was followed by the concept of three circles where the innermost circle controls our living habits and the need to balance between inner and outer lives because our lives will be cherished only because of our qualities and this concept was supported with a beautiful illustration of a ‘Tree’ whose strength solely depends on its roots which is not visible. Madam explained the Heartfulness cycle of practice which starts with meditation which initiates the change followed by cleaning which erases our emotional baggage and lastly the inner connect which helps us in realizing our true potential. Participants were then involved in a 20 minute prayer session and this was followed by a Q&A session. Dr. Bright Philip, proposed the vote of thanks bringing it to the end of our three day National webinar on Introduction to Heartfulness Practices.

Registrations were online and the forms were prepared by Dr. Bright Philip. The feedback link sent by heartfulness organization was approved by Dr Vanita Kulkarni. It was sent to all the participants at the end of the three day Webinar. It also had a 10 point MCQ test based on discussions during the Webinar. Most of the participants graded the Webinar on the basis of the contents and delivery to a very high level. They also displayed their interest in being a part of such theme oriented programmes planned ahead. Sixty five participants attended the last day. Certificates were sent by Ms Shreya Patil to participants based on their attendance and to all those who contributed in organizing the event successfully. The report was prepared by Dr Archana Padgaonkar.

Our webinar was on zoom platform and Mr. Santosh Kundu helped with the technical support.

Following are links related to the webinar.

Link for Final list of participants

https://docs.google.com/spreadsheets/d/1R_Ph_1ubxomLQTAXMWma6JeFt6HLxqp_YczgvYHqn7o/edit?usp=sharing

Link of the pics

<https://drive.google.com/drive/folders/1y6aY-JGpiuDaSH7-aF5uBGUdWXFToHvB?usp=sharing>




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Links of the recordings:

Day1:https://somaiya-edu.zoom.us/rec/share/zO5FMJf1rINJHq_i82TACpwGJoTcX6a823Ue8_oJyhtxEZNkwwgkFfisOvkspDAIQ

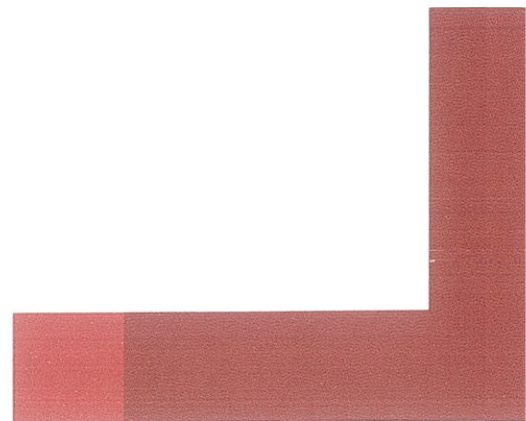
Day2:https://somaiya-edu.zoom.us/rec/share/u8EuM5XRr0VLR4HRuQLxRfIQQ17nX6a8gSge_qZYz0if0LOFn6AFGn-8PI-FpiEK

Day3:https://somaiya-edu.zoom.us/rec/share/x8BKFuHOyFIJSIH9xxzSAJ8BI dvBX6a8hilL_VcyBoLWELiMMJOi25DpKtvqkh5

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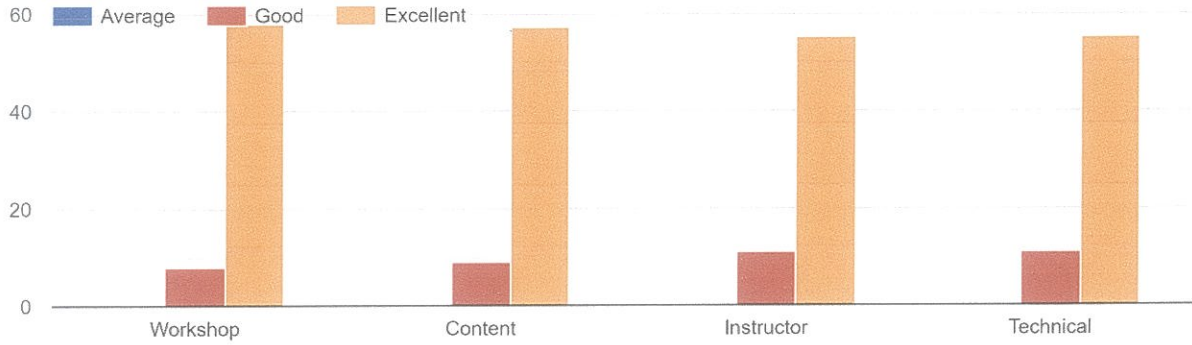


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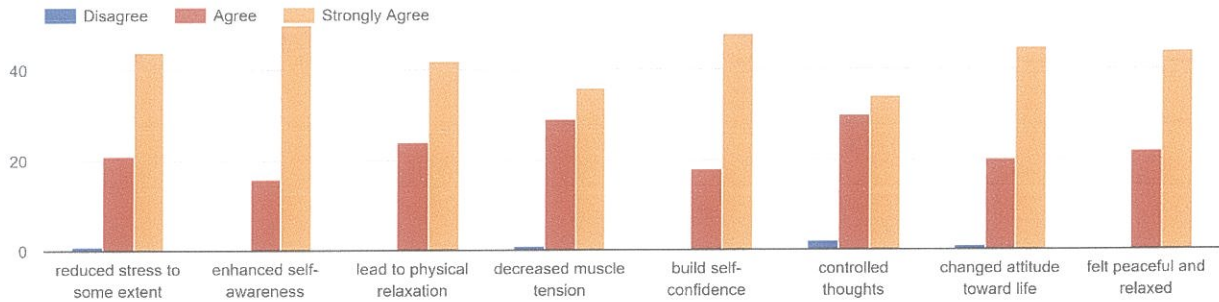




Feedback

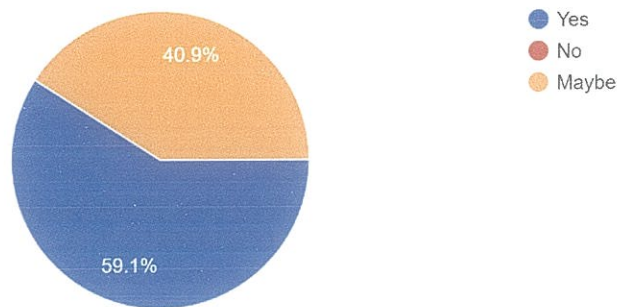


Meditation training program has

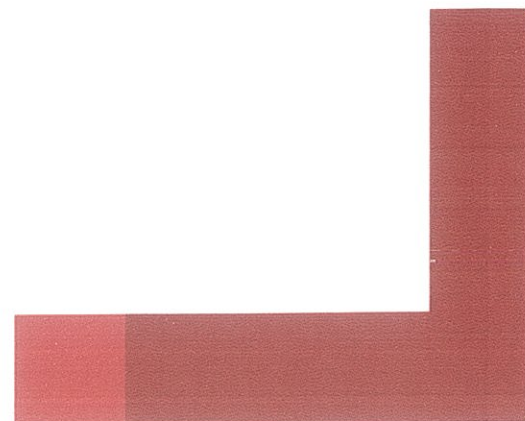


Would you like to get further training and guidance in heartfulness meditation ?

66 responses



Anshu
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List of attendees

Number of Beneficiaries: 55 Fifty five

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