

One Day Workshop on "Yoga for Healthy Mind & Body"
- A report

As part of curriculum activity a Webinar for the students of MBA was conducted in the institute. The report for the same is as below:

- Name of the event : One Day Workshop on - Yoga for Healthy Mind & Body
Date & Day : 11th Aug 2020
1. Time : 11:15 am onwards
2. Venue : Online
3. Resource person : Mrs. Manali Dev, Certified Yoga Teacher
4. Organized by (Cell/Forum/Club) : Chatur Chanakya Club

Objectives of the Program:

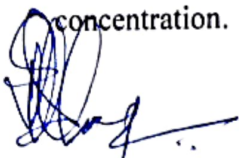
- ✓ To understand the importance of yoga for healthy mind & body.
- ✓ To understand the yoga can help relieve stress as well and improve mental clarity.

Purpose:

- ✓ Yoga claims to promote spiritual healing by evoking awareness of your physical, mental and emotional experience.

Outcome:

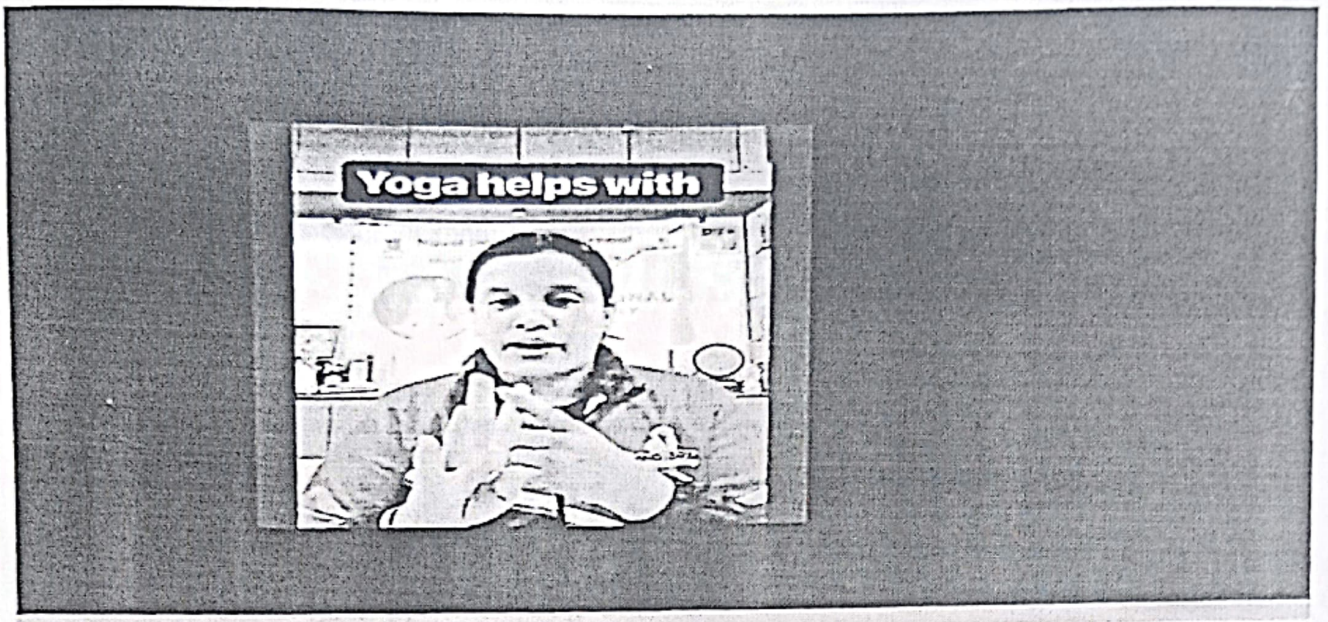
- ✓ Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.


Prof. Reuben Umap
Coordinator




Dr. Anita Khatke

Director
DIRECTOR
J. S. P. M.'S
Jayawantrao Sawant Institute
Of Management & Research
Hadapsar, Pune - 411 028



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Anup Patil

Manisha patil

Sudarshan Doke

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Rahul Chavan

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Date: 23-25.11.2020

One Day Workshop on "Goal Setting Effective communication ,Building Winning Personality" – A report

As part of curriculum activity a Webinar for the students of MBA was conducted in the institute. The report for the same is as below:

- Name of the event : One Day Workshop on - Goal Setting Effective communication ,Building Winning Personality
- Date & Day : 23rd to 25th Nov 2020
1. Time : 11:00 am onwards
2. Venue : Online
3. Resource person : Dr. Manohar Karade
Dr. Shailesh Pandey
Prof. Reuben Umap
4. Organized by (Cell/Forum/Club) : Chatur Chanakya Club

Objectives of the Program:

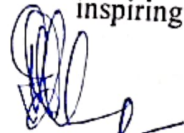
- ✓ A huge step towards the achievement of your dreams is to set goals on a long-term basis

Purpose:

- ✓ The Smart method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.

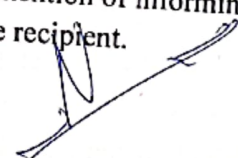
Outcome:

- ✓ To understand communication skills to send a message with the intention of informing, inspiring or questioning, with the message fully understood by the recipient.



Prof. Reuben Umap

Coordinator



Dr. Anita Khatke

Director
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1) Goal Setting for unlock the career path (23rd November)

Meeting number: 1764247718

When: Monday, 23 November, 2020, 11:00 am (1 hr) India Standard Time GMT+05:30

URL: <https://jspmjsimr.webex.com/jspmjsimr/j.php?MTID=m9e77567eddf3919f7c959e9ada3613d2>

2) Effective Communication for transforming the career (24th November)

Meeting number: 1761091402

When: Tuesday, 24 November, 2020, 11:00 am (1 hr) India Standard Time GMT+05:30

URL:

<https://jspmjsimr.webex.com/jspmjsimr/j.php?MTID=mdbed3fc0850d0cc90273695f9707fd73>

3) Building Winning Personality for Career Transformation (25th November)

Meeting number: 1762325803

When: Wednesday, 25 November, 2020, 11:00 am (1 hr) India Standard Time GMT+05:30

URL:

<https://jspmjsimr.webex.com/jspmjsimr/j.php?MTID=m83701ab99a0400020bc66711e972f5fa>

A WORKSHOP ON
UNLOCKING THE CAREER PATHS

Topics:

- ◆ Goal Setting
- ◆ Effective Communication
- ◆ Building Winning Personality

Dates: 23rd to 25th November, 2020

Time: 11.00 am to 12.00 pm

Key Takeaways:

- To set goals for yourself
- To learn different ways of communication
- To understand what makes a good listener
- To learn how to develop personality
- To find out which types of personality
- To find out different character types of people
- To understand the strengths and weaknesses
- To build the winning personality

Resource Persons:

Dr. Manohar Karade

Dr. Shailesh Pandey

Prof. Reuben Umap

Links for joining sessions: It will be shared very soon

Who can participate: Graduate students & MBA aspirants

With Profound Regards

Management and Research
Hadapsar, Pune

(Approved by AICTE, Recognized by
Govt. of Maharashtra, Affiliated to SPPU,
NACC Accredited)



For More details contact:

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☺ हर पल में प्यार हैं..❤ हर लम्हें में खुशी...

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+91 77010 07070

**Two Days Workshop on "International Women's Day
- A report**

As part of curriculum activity a Webinar for the students of MBA was conducted in the institute. The report for the same is as below:

- Name of the event : One Day Workshop on - International Women's day
(Two days seminar)
- Date & Day : 8 &9 March, 2021,
- 1.Time : 09:00 am to 10.30am
- 2.Venue : Online
3. Resource person : 1. Mrs. Kondekar , Naturopathy & Yoga Guru
2.Dr. Pallavi Prasad, Mrs Tiara India
4. Organized by (Cell/Forum/Club) : Chatur Chanakya Club

Objectives of the Program:

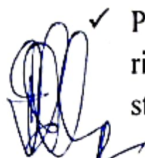
- ✓ To understand the way you conduct yourself or dress, reflects a part of your personality
- ✓ To understand the Good Grooming is merely taking care of yourself and your body

Purpose:

- ✓ Redefine Yourself
- ✓ Personality development helps you develop an impressive personality and makes you stand apart from the rest.

Outcome:

- ✓ Personal Grooming is basically Etiquette which means "the art of doing the right thing at the right time in social settings". A person who is well groomed and follows the etiquette or the standard behavior, stands out in a crowd.


Prof. Reuben Umap

Coordinator

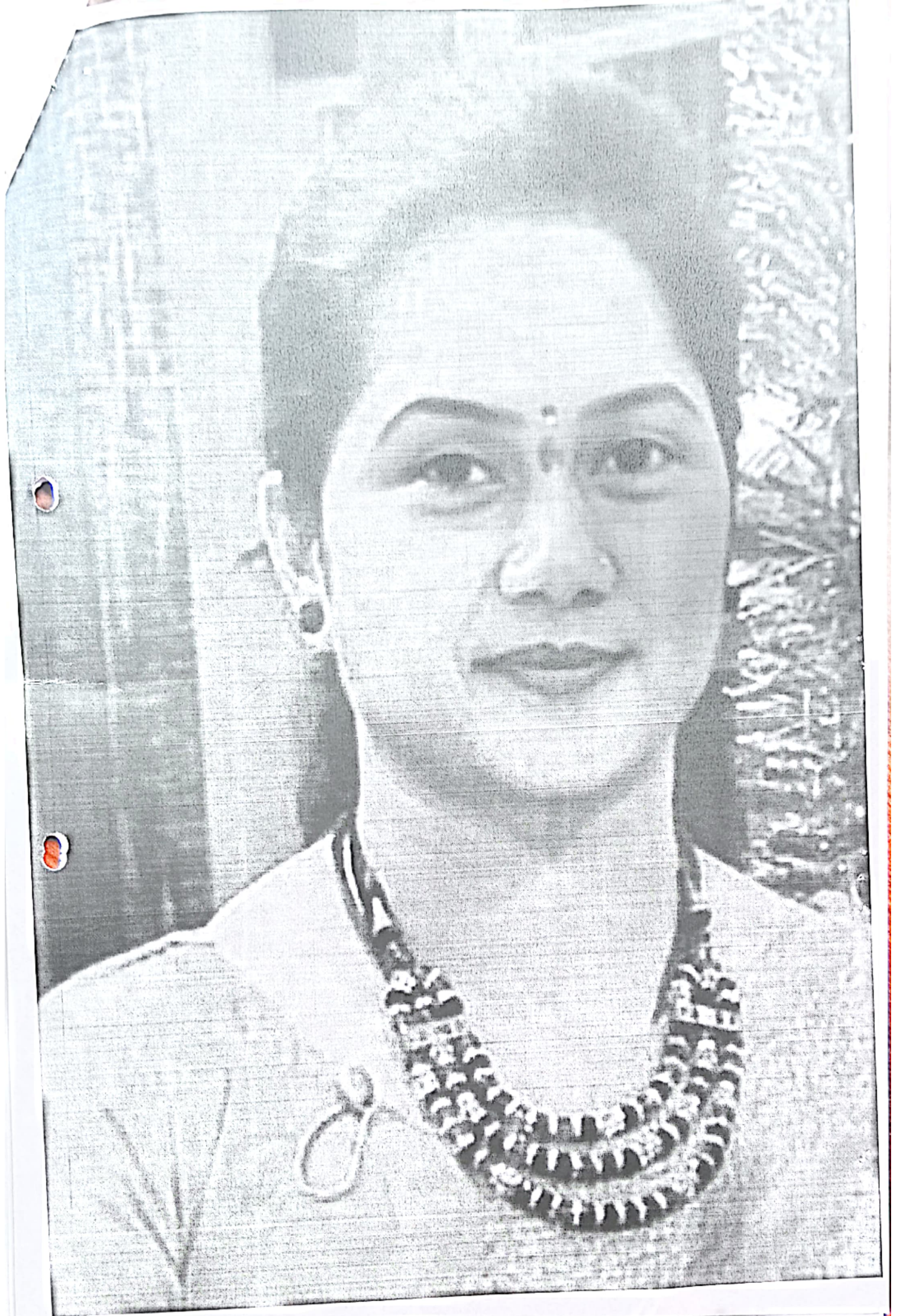



Dr. Anita Khatke

















































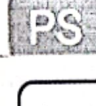



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













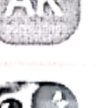







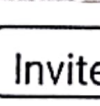





Close Participants (66)

- | | | | | |
|---|----------------------|---|---|---|
|  | Kiran khatik |  |  |  |
|  | Mallayya Mathapati |  |  |  |
|  | Mithun Khandekar |  |  |  |
|  | Mrudula Pacharne |  |  |  |
|  | Nahin bagwan |  |  |  |
|  | Nikita Kale |  |  |  |
|  | nish Varshindkar |  |  |  |
|  | Nishigandha adkine |  |  |  |
|  | OPPO A1k |  |  |  |
|  | Pallavi Avaghade |  |  |  |
|  | Pallavi Rajpathak |  |  |  |
|  | Patil Rohan Ravindra |  |  |  |
|  | Patil Swati |  |  |  |

Invite

Close Participants (66)

- | | | | |
|---|--------------------|---|---|
|  | Shreyash Sanmath |   |  |
|  | XT1068 |   |  |
|  | \$hr@ddha |   |  |
|  | Aishwarya kapade |   |  |
|  | Akash Muladhar |   |  |
|  | Akash Rote |   |  |
|  | Akash Vasant Patil |   |  |
|  | Amit kamble |   |  |
|  | Aniket Bhosale |   |  |
|  | Ankita Gawande |   |  |
|  | Apurva K |   |  |
|  | Ashay Deshpande |   |  |
|  | Atharv |   |  |

Invite