

Date: 8<sup>th</sup> January, 2022

To  
The Principal,  
Sheth NKTT College of Commerce and Sheth JTT College of Arts,  
Thane

**Subject: Permission for certificate course**

Respected Sir,

The Women Development Cell, D.L.L.E., Commerce association and Entrepreneurship Cell in collaboration with Heartful Campus proposes to organize Heartfulness Enabled Leadership Mastery (HELM) Program.

**Objectives:**

To inspire the students to experience and enrichment one derives through adopting alternate contemplative approaches towards learning and developing oneself.

**Outcome:**

At the end of the program, participants would have learnt to adopt meditative approaches for developing holistic lifestyle and personal evolution.

Kindly sanction and do the needful.  
Thank you.

Yours Sincerely,



Dr. Pallavi A. Shah  
Convener, Women Development Cell



Ms. Kinjal M. Gosai  
Convener, Entrepreneurship Development Cell



**PRINCIPAL**  
**SHETH T.J. EDUCATION SOCIETY'S**  
**SHETH N.K.T.T. COLLEGE OF COMMERCE &**  
**SHETH J.T.T. COLLEGE OF ARTS, THANE (W)**

  
**CO-ORDINATOR**  
**IQAC**

SHETH T.J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J.T.T. COLLEGE OF ARTS, THANE (W)

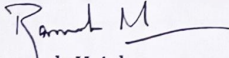


19. Equality – Every one owns it
20. Women – Nature's choice to give back

### **Delivery Model**

The program can be conducted online.  
The dates for the program are to be decided.

Regards,



Ramesh Krishnan  
Director - Heartful Campus



Kanha Shanti Vanam, 13-110, Kanha Village, Nandigama Mandal, Ranga Reddy District, Telangana 509325

Website: <https://heartfulness.org/education/heartfulcampus/>

Email Id: [campus@heartfulness.org](mailto:campus@heartfulness.org)



## Schedule

The schedule of modules is given in the table below

Academic Year	Module	Description
Induction Program	Start ('U'p)	6 modules, covered during the induction programs, designed in line with AICTE guidelines
1	Discover	20 modules, topics will help students discover their personality and understand their potential
2	Develop	20 modules, topics will help students develop sensitivity towards themselves and society
3	Deepen	20 modules, topics will help students deepen their understanding and build connection with their inner self
3	Dedicate	Students are encouraged to adopt a section of underprivileged population and help them improve their life skills

The modules / sessions / topics are flexible and can be decided together with Heartfulness and College point of contacts.

### Proposed list of topics

1. Connection: Introduction
2. Core: Who am I?
3. Context: What is our larger purpose?
4. Choices: How to make right choices
5. Causality: How to deal with situations
6. Community
7. Discovering oneself
8. Healthy Lifestyle
9. Time Management - 1: Principles of Time
10. Time Management - 2: Focus
11. Befriending Stress
12. Peak Performance
13. Situational Awareness
14. Heartful Conversations
15. Heartful Relationships
16. Women – path maker for better future
17. Entrepreneurship – every home makers choice
18. Empowerment – Not a law, natures gift for every girl child

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(perspective based) and psycho-motor (skill based) dimensions of curricula. We are interested in the affective dimensions of learning – helping all members of a university to connect their inner lives with their outer worlds, with balance and joy.

### **Workshop Pedagogy**

Such affective learning-based curricula is collectively labelled as Contemplative Pedagogy which is a system of practices, foregrounded in meditation, aimed at improving the capacity of students and learning drawing insights from our inner examined lives and from the challenges that the world poses us as individuals and as citizens of the world. From Sage Patanjali's Yoga Sutras to the Buddha's eight fold path, to the modern day Heartfulness and Mindfulness traditions, Meditation has been central to generations of is uniquely poised to engage with the affective dimension of curricula, complementing already existing efforts in the wider world to improve the cognitive (perspective based) and psycho-motor (skill based) dimensions of curricula. We are interested in the affective dimensions of learning – helping all members of a university to connect their inner lives with their outer worlds, with balance and joy, human beings to lead balanced and meaningful lives. The ability to learn and evolve using meditation is a 'kala' as the National Education Policy of 2020 explains and something that we are familiar from our yogic and religious traditions. But meditation is also validated by science as much of the recent research on the brain called Neuroplasticity indicates in the areas of mental health and the performance of the brain.

We aim to offer different kinds of workshops in the online (face to face programs can be considered once the Govt. authorities announce that the country is Covid safe). We believe that the depth of expertise and commitment of our volunteers currently working at various educational institutions including the IITs, IIMs, NITs and the liberal arts universities in India and abroad, and the breadth of the number of trainers can easily match the scale of the demand for value-based holistic education in India.

### **Program Design**

The Heartfulness Enabled Leadership Mastery (HELM) Program is a flexible program with 20 modules per year, each session of 2 hours duration, where participants will go through theory sessions on various topics of self-development followed by practical, guided meditation. This course is 40 hours certification course

### **Objectives**

The objective of the HELM program is to inspire the students to experience and enrichment one derives through adopting alternate contemplative approaches towards learning and developing oneself. At the end of the program, participants would have learnt to adopt meditative approaches for developing holistic lifestyle and personal evolution.

Kanha Shanti Vanam, 13-110, Kanha Village, Nandigama Mandal, Ranga Reddy District, Telangana 509325

Website: <https://heartfulness.org/education/heartfulcampus/>

Email Id: [campus@heartfulness.org](mailto:campus@heartfulness.org)





Date: 6<sup>th</sup> January 2021

To,  
The Principal,  
Sheth T.J. Education Society's  
Sheth N.K.T.T. college of commerce & Sheth J.T.T. college of Arts,  
Thane.

Dear Madam / Sir,

## Proposal – Heartfulness Enabled Leadership Mastery Program

### Introduction

The Heartfulness Education Trust is the educational arm of the Heartfulness Institute. The Heartfulness Institute is a global institute headquartered in India that offers free of cost heart-based meditation training to all citizens of the world above the age of 15. Currently, Heartfulness Institute affiliate meditation is being offered in 138 countries and with around 40 lakh practicing meditators around the world. The meditation is free for all aspirants and all other services offered are on a voluntary basis.

The Institute recently completed 75 years of its establishment and is currently headquartered at Kanha Shanti Vanam, Telangana (very close to Hyderabad International Airport) which is also the host of the world's largest meditation hall, inaugurated by Hon. President of India Shri. Ram Nath Kovind. Prime Minister Mr. Narendra Modi most recently, and the AICTE chairman Prof. Anil D. Sahasrabudhe have recently felicitated the growth of the organization.

### Institute and Department Details

The Heartfulness Education Trust was started around 6 years ago and runs various value based and educationally innovative programmes globally, such as value-based education school and college curricula, wellness workshops, yoga and meditation retreats and fellowship programmes to all members of the public ranging from primary school students, undergraduate and post graduate students, teaching faculty and educational administrators across India and the world. As part of one of its flagship programmes launched last year- the Heartful Campus - has currently trained around 90,000 students and 300 faculty in more than 100 colleges in India.

The Heartfulness Education Trust is uniquely poised to engage with the affective dimension of curricula, complementing already existing efforts in the wider world to improve the cognitive

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Website: <https://heartfulness.org/education/heartfulcampus/>

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Notice

Sheth T. J. Education Society's

Sheth N. K. T. T. College of Commerce & Sheth J. T. T. College Arts, Thane

Date: 29<sup>th</sup> January 2022

The Women Development Cell, Department of Lifelong Distance Learning Education, Commerce Association, and Entrepreneurship Cell in Association with Helpful Campus are organizing

A National Level 30 Hours Certificate Course on "Gender Equity and Promotion through Leadership Mastery Program".

- Duration – 1st February 2022 – 15th February 2022
- Time – 12.00 pm to 2.00 pm
- There will be no registration fee.
- E-certificate will be provided to all those participants who will attend all the sessions and fill in the feedback link.

For Participating in the National Level Webinar kindly register using the link below:

<https://forms.gle/Miafnin2dxuCy2r38>

All the registered participants are requested to join the telegram group using the link provided below for further correspondence: <https://t.me/+hwddOx8B8I5iMzRI>

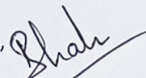
If you have any queries; kindly contact:

Ms. Geetanjali Chiplunkar : +91 88799 79448      Ms. Maithili Kende : +91 83569 89190

Ms. Kinjal Gosai : +91 8828295551      Ms. Aditi Mone : +91 9892775366


Mr. Vibhav Galadgekar : +91 9892036681      Ms. Saumya Rai : +91 8291822857

Regards,

  
Dr. (Ms.) Pallavi A. Shah

Convener WDC

DLLE & Commerce Association

  
Ms. Kinjal Gosai

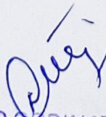
Entrepreneurship Cell

  
Dr. Dilip Patil

PRINCIPAL

SHETH T.J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE  
SHETH J.T.T. COLLEGE OF ARTS, THANE



  
CO-ORDINATOR

IQAC

SHETH T.J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J.T.T. COLLEGE OF ARTS, THANE (W)



Link for HELM

Date: 31<sup>st</sup> January 2022

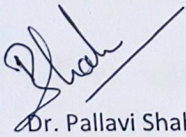
**A National Level 30 Hours Certificate Course on "Gender Equity and Promotion through HELM"**

Please follow the instructions listed below while attending the session.

1. Ensure you are on mute while joining and throughout the session. In case, you have any questions or queries regarding the session you can unmute and ask the same in the question and answer session at the end.
2. Keep your camera off and do not start your video throughout the session.
3. Do not share your screen during the session.

If any participant is observed disobeying the above instructions then they will be removed from the session to avoid further disturbance.

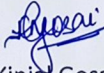
To join the session click this link: <https://meet.google.com/bfm-wocy-rin>



Dr. Pallavi Shah

Convener, WDC

DLE and Commerce association



Ms. Kinjal Gosai

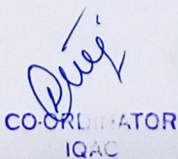
Entrepreneurship Cell



Dr. Dilip Patil

PRINCIPAL

SHETH T.J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J.T.T. COLLEGE OF ARTS, THANE (W)



CO-ORDINATOR  
IQAC

SHETH T. J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J. T. T. COLLEGE OF ARTS, THANE (W)



*A National Level  
Hours Certificate Course on “Gender Equity and Promotion  
through Heartfulness Enabled Leadership Mastery Programme  
(HELM)”*

*Objectives of the Course*

- To inspire the students to experience and enrichment one derives through adopting alternate contemplative approaches towards learning and developing oneself.
- To enhance the quality of the education by providing practical heartfulness based meditation tool for bringing about individual inner transformation.

*Content of the course*

- This course will cover different topics like Discovering oneself, Healthy Lifestyle, Befriending Stress, Entrepreneurship, Heartful Conversations and relationships, Peak Performance, Situational Awareness, Women empowerment etc.

*Registration Details*

- There is no registration fee.
- Every participant has to register before attending the course on the following registration link:  
<https://forms.gle/Miafnin2dxuCy2r38>
- After registration, participants are required to join the telegram group through the link:  
<https://t.me/+hwddOxsb8I5iMzRl>
- E-certificates will be provided to the participants within 10 days after the successful completion of the certificate course and after filling feedback form.







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SHETH T. J. EDUCATION SOCIETY'S

SHETH NANJIBHAI KHAMJIBHAI THAKKAR THANAWALA COLLEGE OF COMMERCE &  
SHETH JAYANTILAL TRIBHOVANDAS THANAWALA COLLEGE OF ARTS

Kharkar Ali, Thane (W) - 400 601

A Linguistic Minority Institute, Recognized under 2(f) and 12(b) of the UGC act 1956  
Tel.: 25431119, Website : [www.nktdegreecollege.org](http://www.nktdegreecollege.org) Email: [nktrdg@yahoo.co.in](mailto:nktrdg@yahoo.co.in)

Re-Accredited by NAAC with CGPA 2.62, B+ Grade (3<sup>rd</sup> Cycle)


ISO 9001: 2015 Certified

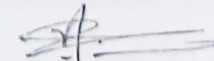
Dr. DILIP M. PATIL  
M.Sc. Ph.D.  
PRINCIPAL

Tentative schedule of the programme

A National Level 30 Hours Certificate Course on "Gender Equity and Promotion through Heartfulness Enabled Leadership Mastery Programme (HELM)"

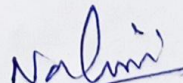
Sr. No.	Day	Date	Topic of the Session
1	Tuesday	1/2/2022	Inauguration and Orientation of the HELM
2	Wednesday	2/2/2022	Connection: Introduction
3	Thursday	3/2/2022	Core: Who am I?
4	Friday	4/2/2022	Context: What is our larger purpose?
5	Monday	7/2/2022	Choices: How to make right choices
6	Tuesday	8/2/2022	Causality: How to deal with situations
7	Wednesday	9/2/2022	Community
8	Thursday	10/2/2022	Discovering oneself
9	Friday	11/2/2022	Healthy Lifestyle
10	Monday	14/2/2022	Time Management - 1: Principles of Time
11	Tuesday	15/2/2022	Befriending Stress
12	Wednesday	16/2/2022	Women – path maker for better future
13	Thursday	17/2/2022	Entrepreneurship – every home maker choice
14	Friday	18/2/2022	Empowerment – Not a law, nature's gift for every girl child
15	Monday	21/2/2022	Equality – Every one owns it
16	Tuesday	22/2/2022	Women – Nature's choice to give back

  
Dr. Pallavi Shah  
Coordinator, WDC, DLLE  
& Commerce Association

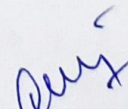
  
Dr. Dilip M. Patil  
Principal

PRINCIPAL  
SHETH T.J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J.T.T. COLLEGE OF ARTS, THANE (W)



  
Dr. Nalini Lal  
Volunteer

Heartfulness Institute

  
CO-ORDINATOR  
IQAC

SHETH T. J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J. T. T. COLLEGE OF ARTS, THANE (W)





Sheth T. J. Education Society's

**Sheth N. K. T. T. College of Commerce &**

**Sheth J. T. T. College of Arts**

Kharkar Ali, Thane (W)

Permanently affiliated to University of Mumbai

NAAC Accredited 'B+' Grade, CGPA: 2.62

ISO Certified 9001:2015

Email ID: [nkttgd@yahoo.co.in](mailto:nkttgd@yahoo.co.in), [nktdegreecollege@rediffmail.com](mailto:nktdegreecollege@rediffmail.com)



**Women Development Cell,  
Department of Lifelong Learning,  
Commerce Association and Entrepreneurship  
Cell**

**In collaboration with  
HEARTFULNESS INSTITUTE**

**Organizes**

***A National Level***



***30 Hours Certificate Course on "Gender  
Equity and Promotion through  
Heartfulness Enabled Leadership Mastery  
Programme (HELM)"***



Sheth T. J. Education Society's  
Sheth N. K. T. T. College of Commerce &  
Sheth J. T. T. College of Arts

A Linguistic Minority Institute, Recognized under 2(f) and 12 (b) of the UGC Act, 1956  
Reaccredited by NAAC B+ (2.62), 3<sup>rd</sup> cycle, ISO certified : 9001: 2015

Women Development Cell, Department of Life Long Learning, Commerce  
association and Entrepreneurship Development Cell

in association with  
Heartfulness Institute

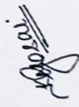
# Certificate of Participation

This certificate is presented to  
Shraddha Arun Mishra

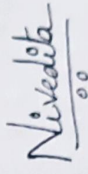
For having successfully completed Certificate Course (30 hours) on "Gender Equity and Promotion through Heartfulness Leadership Mastery Programme" organized by Women Development Cell, Department of Life Long Learning association and Entrepreneurship Development Cell in association with Heartfulness Institute from 1<sup>st</sup> February, February, 2022.



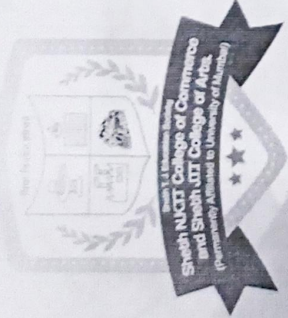
Dr. Pallavi Shah  
Convener, WDC, DLLE &  
Commerce Association



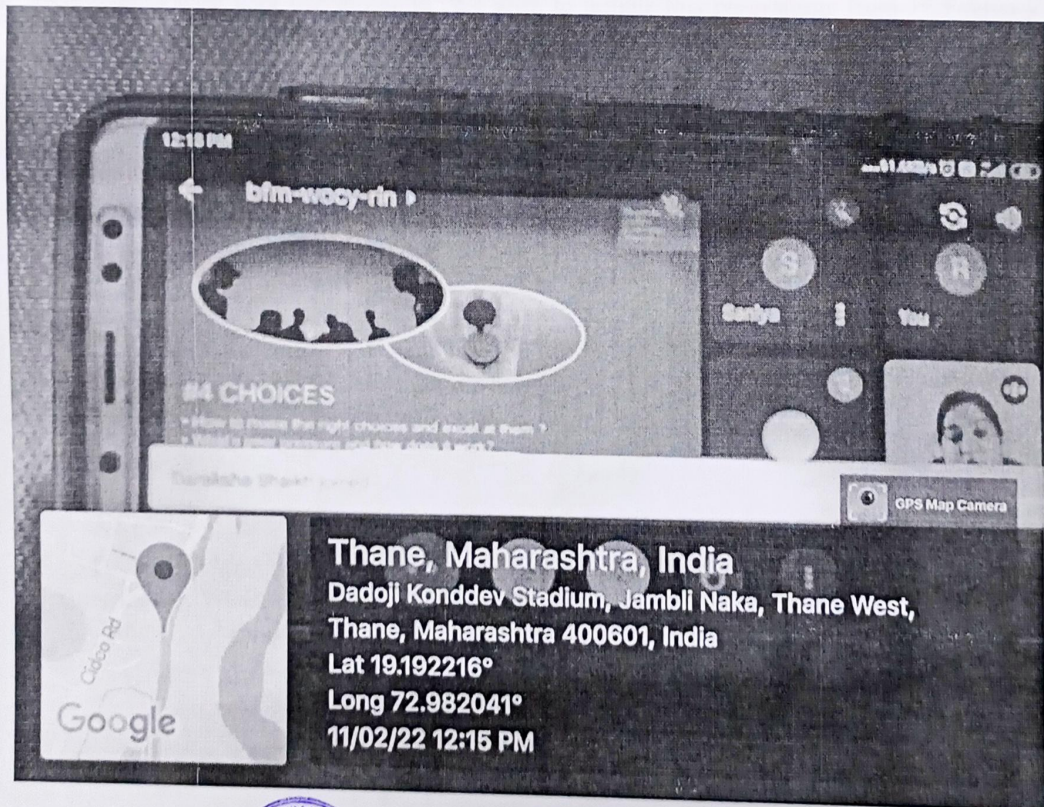
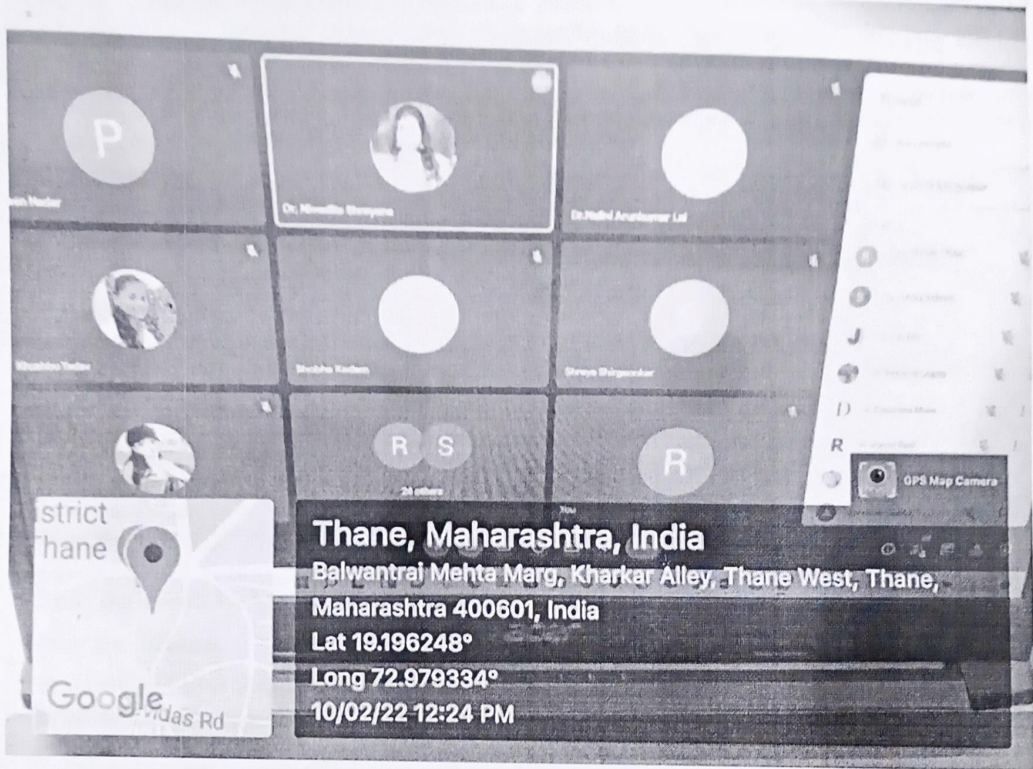
Ms. Kinjal M. Gosai  
E-Cell Convener



Dr. Nivedita Shreyans  
Zonal Coordinator for Heartful Campus  
Mumbai Zone







*[Handwritten signature]*







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SHETH T. J. EDUCATION SOCIETY'S

SHETH NANJIBHAI KHMJIBHAI THAKKAR THANAWALA COLLEGE OF COMMERCE &  
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Tel.: 25431119, Website : [www.nktdegreecollege.org](http://www.nktdegreecollege.org) Email:- [nkldg@yahoo.co.in](mailto:nkldg@yahoo.co.in)

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ISO 9001: 2015 Certified

Dr. DILIP M. PATIL

M.Sc. Ph.D.

PRINCIPAL

NKTT/WDC / 470/2021-22

Date: 28/01/2022

To,  
The Zonal Coordinator  
Heartfulness Institute  
Mumbai Zone  
Mumbai

**Sub: Invitation Letter**

Dear Sir/ Madam,

We are pleased to inform you that, our college has accepted your proposal of conducting Heartfulness Enabled Leadership Mastery Programme (HELM) for the students through Heartful Campus. This programme will be organized by WDC, DLLE, Commerce Association and Entrepreneurship Cell of our college with your collaboration. We wish to initiate this programme from 1<sup>st</sup> February 2022. We included your programme under the banner of 30 Hours certificate course which will be organized at national level. This certificate course will be conducted in online mode through Google Meet app from 12.00 pm to 2.00 pm on respective days.

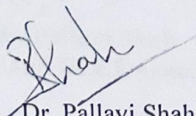
We have made the tentative schedule of this programme. You can arrange the sessions as per your convenience.

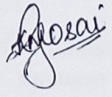
Your virtual presence and guidance would be valuable to the students.

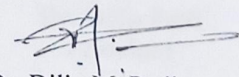
A line of confirmation would be appreciated.

Thank you,

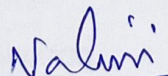
Yours faithfully,

  
Dr. Pallavi Shah  
Coordinator, WDC, DLLE  
& Commerce Association

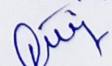
  
Ms. Kinjal Gosai  
E-Cell Convener

  
Dr. Dilip M. Patil  
Principal

PRINCIPAL  
SHETH T.J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J.T.T. COLLEGE OF ARTS, THANE (W)

  
Dr. Nalini Lal  
Volunteer Heartfulness Institute



  
CO-ORDINATOR  
IQAC  
SHETH T. J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J. T. T. COLLEGE OF ARTS, THANE (W)



499-A  
Ref. No.: NKTC/WDC/499-A/2021-22

DATE: 22 February, 2022

To,  
The Zonal Coordinator  
Heartfulness Institute  
Mumbai Zone  
Mumbai

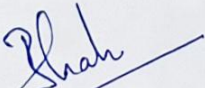
**Subject: Thanking letter to speaker for gracing the Event.**

Respected Madam,

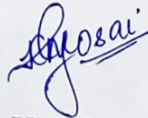
This is to thank Heartfulness Institute speakers for taking time out from their busy schedule to help enrich our students. The kind presence of speakers in the program encouraged us a lot and made our students give a better understanding on meditation and lifestyle. It was a great pleasure to have all the resource persons for the session on "Gender Equity and Promotion through Heartfulness Enabled Leadership Mastery Programme (HELM)".

We appreciate your interest in the well-being of our students. Your enthusiasm and zeal towards the course have provided students a guideline to proceed more precisely for the betterment of their lifestyle and development of leadership skills. We hope that this kindness and cooperation will continue in the future as well.

Thanking you.



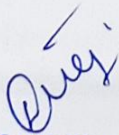
**Dr. Pallavi Shah**  
WDC and DLLE Convener



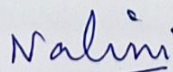
**Ms. Kinjal Gosai**  
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**Dr. Dilip Patil**  
Principal



**CO-ORDINATOR**  
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SHETH J. T. T. COLLEGE OF ARTS, THANE (W)



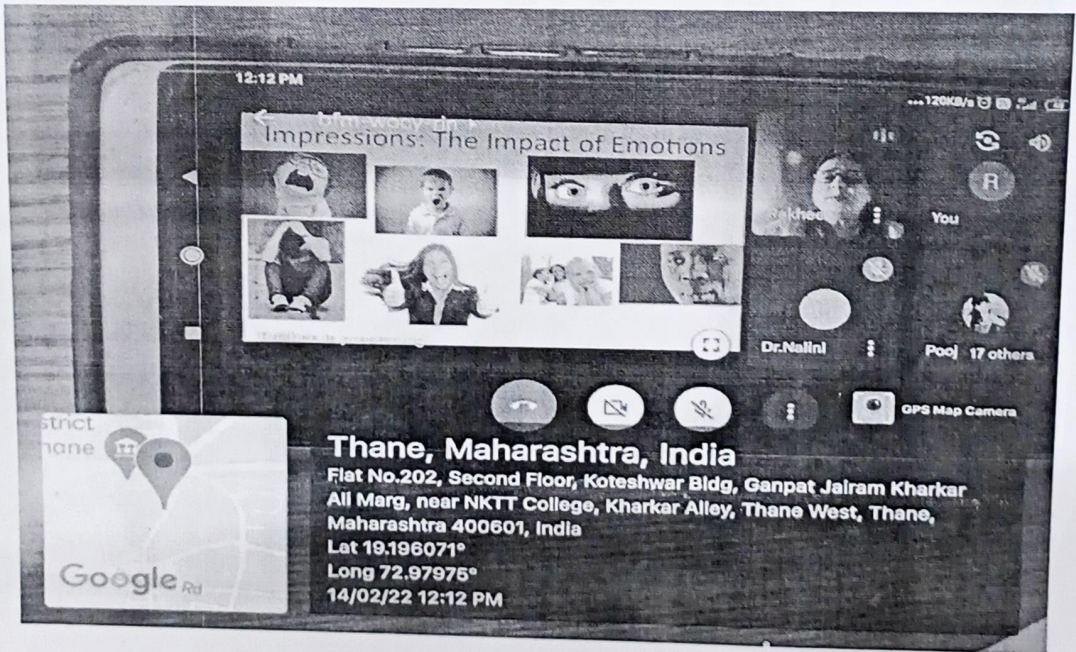
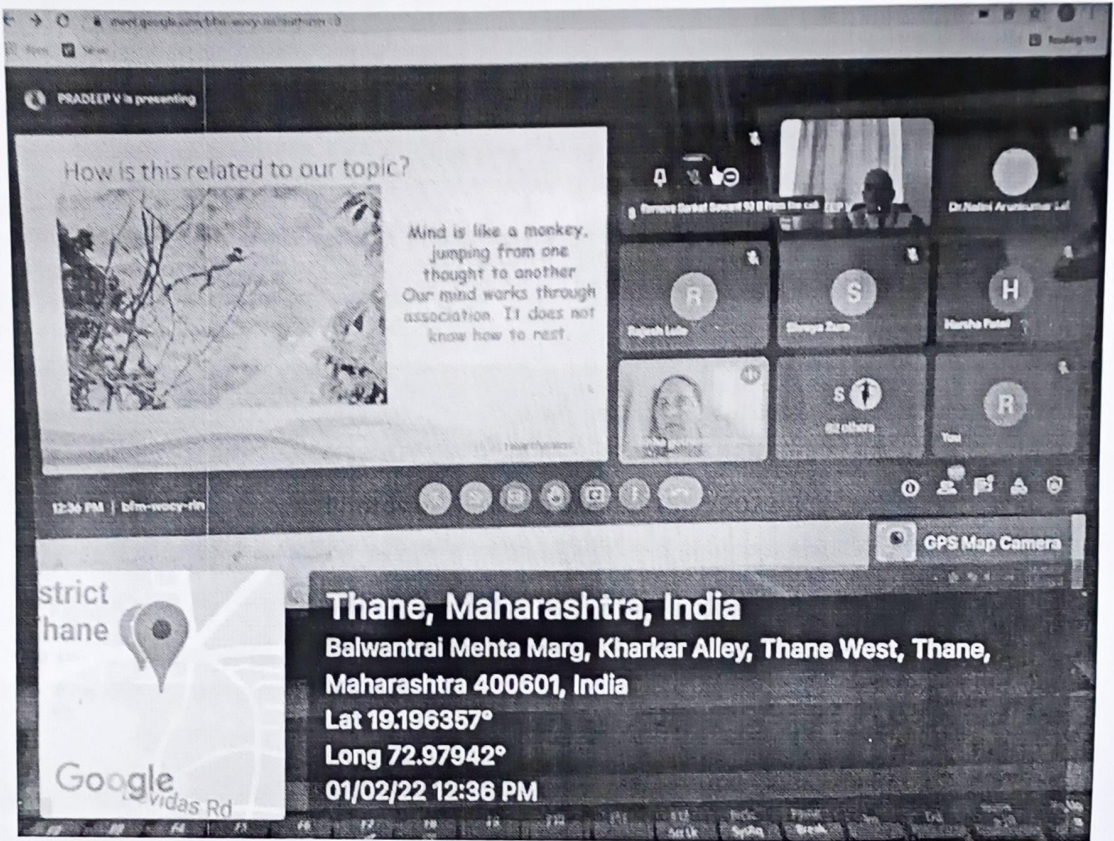
**Dr. Nalini Lal**  
Volunteer  
Heartfulness Institute



**PRINCIPAL**  
SHETH T.J. EDUCATION SOCIETY'S  
SHETH N.K.T.T. COLLEGE OF COMMERCE &  
SHETH J.T.T. COLLEGE OF ARTS, THANE (W)



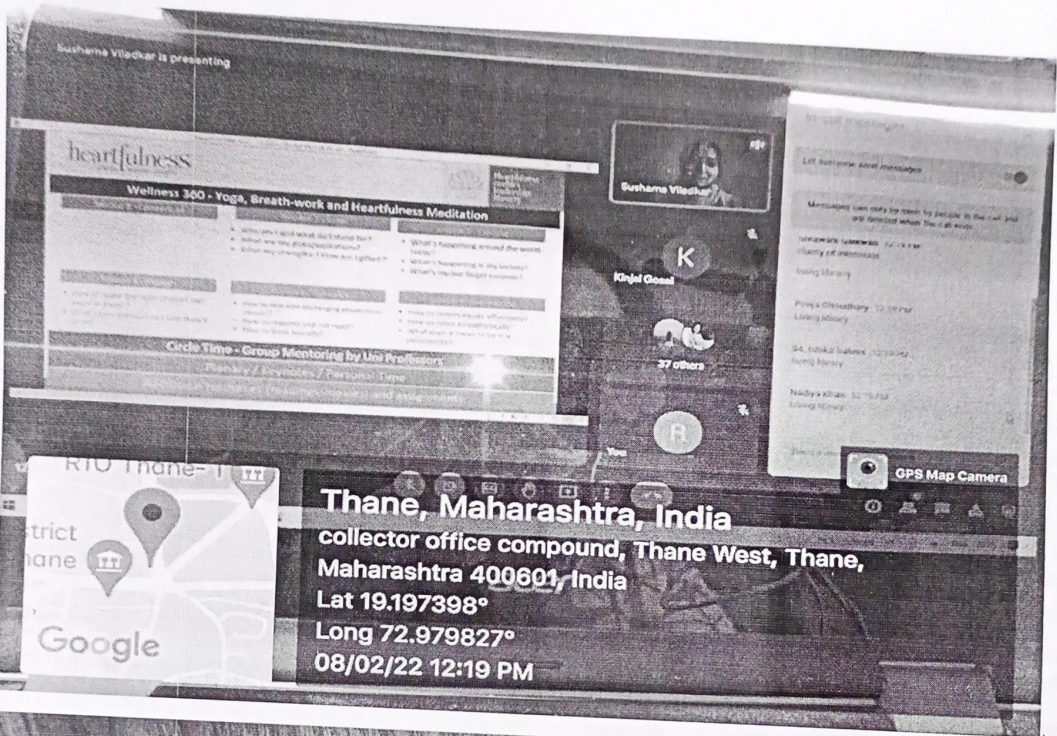
Photos of HELM- 1/2/2022-15/2/2022



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# List of Participants

S.No	Full Name Of Participant	Gender	Name of College
1	Shraddha Arun Mishra	Female	
2	Afreen Akil Shaikh	Female	NKTT
3	Dubey Riya Sunil	Female	NKTT
4	Sanika Deepak Parte	Female	NKTT
5	Sujata Shreekumar Nair	Female	Universal school of law
6	Gayatri M.S Rajput	Female	Pragati
7	Shukla Kajal Jatashankar	Female	NKTT
8	Shruti Gupta	Female	NKTT
9	Ankita Ramesh Kori	Female	NKTT
10	Rutuja Harishchandra Naughane	Female	NKTT
11	Rutuja Santosh Sawant	Female	Tolani College
12	Gunjan Deepak Rajput	Female	NKTT
13	Ishika Raghunandan Sabnis	Female	NKTT
14	Sharma Geeta Ishwar	Female	NKTT
15	Anita Vishwakarma	Female	Tolani College
16	Aishwarya Shanthakumar	Female	Tolani College
17	Noopur Rajendra Pawar	Female	Tolani College
18	Sakshi Santosh Pawar	Female	Tolani College
19	Mamta Suresh Gupta	Female	NKTT
20	Sayyed Sadaf Akhtar	Female	NKTT
21	Khushbu Vinod Yadav	Female	Tolani College
22	Mukta Sunil Nikambe	Female	Tolani College
23	Azmi Ayesha Afsar	Female	NKTT
24	Sneha Vidyanand Yadav	Female	NKTT
25	Pandey Kirti Girish Chandra	Female	NKTT
26	Zure Shreya Vasudev	Female	NKTT
27	Mamta Manoj Vishwakarma	Female	NKTT
28	Padhy Bhagyalaxmi	Female	NKTT
29	Sushma Sambhaji Patil	Female	Tolani College
30	Sangita Gautam Malik	Female	Tolani College
31	Abhishek Pintu Gupta	Male	NKTT
32	Siddhi Ulhas Sawant.	Female	NKTT
33	Pooja Sunil Shinde	Female	Joshi Bedekar
34	Shreya Rajendra Shirgaonkar	Female	Joshi Bedekar
35	Khan Zoya Irfan	Female	NKTT
36	Reshma Santosh Gupta	Female	Joshi Bedekar
37	Dakshata Vijay More	Female	Pragati
38	Nicia Louis Dias	Female	Tolani College
39	Rohini Anil Patil	Female	Joshi Bedekar
40	Shruti Manoj Ghag	Female	Tolani College
41	Khan Saniya Ayyub	Female	NKTT
42	Gami Harsha Veljibhai	Female	NKTT
43	Shaikh Daraksha Abbas Ali	Female	NKTT
44	Ekta Ratan Mokhal	Female	Joshi Bedekar
45	Choudhary Pooja Jagdish	Female	Tolani College
46	Paresh Sharad Mohanty	Male	
47	Lochan Vishnu Patil	Male	Joshi Bedekar

Shraddha  
Afreen  
Dubey  
Sanika  
Parte  
Sujata  
Gayatri  
Kajal  
Shruti  
Ankita  
Ramesh  
Rutuja  
Rutuja  
Gunjan  
Ishika  
Geeta  
Ankita  
Aishwarya  
Noopur  
Sakshi  
Mamta  
Sayyed  
Khushbu  
Mukta  
Azmi  
Sneha  
Kirti  
Shreya  
Mamta  
Padhy  
Sushma  
Sangita  
Abhishek  
Siddhi  
Pooja  
Shreya  
Khan  
Reshma  
Dakshata  
Nicia  
Rohini  
Shruti  
Khan  
Gami  
Shaikh  
Ekta  
Choudhary  
Paresh  
Lochan

*Shah*





48	Durga Sudhir Thavi	Female	Tolani College
49	Suvedha Shivram Dhamane	Female	Tolani College
50	Mayuri Vijay Vishwasrao	Female	Joshi Bedekar
51	Sonali Sidram Mislolu	Female	Tolani College
52	Patil Sarojini Prakash	Female	NKTT
53	Naik Sagar Maheshkumar	Male	NKTT
54	Khan Nadiya Afzal	Female	Tolani College
55	Sahil Avhad	Male	
56	Lavkush Bansilal Dubey	Male	Tolani College
57	Yuvraj Rajesh Khandare	Male	Joshi Bedekar
58	Biveak Kumar Bharti	Male	NKTT
59	Harsh Sanjay Tare	Male	NKTT
60	Mohammed Shadab Jamal Khan	Male	NKTT
61	Rabinder Singh Digari	Male	Tolani College
62	Kadam Rohan Nitin	Male	NKTT
63	Narhe Rohit Santosh	Male	NKTT
64	Pratham Ravi Dubey	Male	NKTT
65	Praveen Nadar	Male	NKTT
66	Khan Aavesh Iqbal	Male	NKTT
67	Moksha Gala	Male	Pragati

Durga  
 Suvedha  
 Mayuri  
 Sonali  
 Sarojini  
 Sagar  
 Nadiya  
 Sahil  
 Lavkush  
 Yuvraj  
 Biveak  
 Harsh  
 Mohammed  
 Rabinder  
 Rohan  
 Rohit  
 Ravi  
 Praveen  
 Aavesh  
 Moksha

*Shah*



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 Sheth J.T.T. College of Arts.  
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WDC, DLLE, Commerce Association & Entrepreneurship Cell  
 "Gender Equity and Promotion through Heartfulness Enabled Leadership Mastery Programme"  
 Date: 1<sup>st</sup> to 18<sup>th</sup> February, 2022  
 Time: 12 noon to 2 PM  
 Students' Feedback Analysis

**DAY 1: 01 / 02 / 2022 (Total Participants – 73)**

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The presenter was well prepared	65.76%	31.50%	1.37%	-	1.37%
The presenter was responsive to questions	63.01%	31.50%	4.10%	-	1.37%
The presenter had good presentation skills	67.12%	30.13%	1.37%	-	1.37%
The presenter had the attention of the audience	64.38%	27.40%	6.85%	-	1.37%
The presenter had good subject knowledge	72.60%	26.00%	-	-	1.37%

**Suggestions –**

1. Students requested more yogic practices and meditation tips.
2. Students wanted practical approach to the sessions.

**ACTION TAKEN REPORT: DAY 1 (01 / 02 / 2022)**

The students found the meditative techniques and yogic practices quite helpful the lecture delivery was impressive and students were eager for more such seminars. **Hence, the organizer was asked to implement the Meditation at end of each lecture.**

*Shah*  
**Dr. Pallavi Shah**  
 Convener, WDC



*[Signature]*  
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 SHETH J.T.T. COLLEGE OF ARTS, THANE (W)

Vision: Committed and Persuasive efforts towards Holistic Education.

**CO-ORDINATOR**

*[Signature]*  
**COORDINATOR**  
 IQAC

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 COMMERCE &  
 THANE (W)

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WDC, DLLE, Commerce Association & Entrepreneurship Cell  
"Gender Equity and Promotion through Heartfulness Enabled Leadership Mastery Programme"

Date: 1<sup>st</sup> to 18<sup>th</sup> February, 2022

Time: 12 noon to 2 PM

Students' Feedback Analysis

**DAY 15: 18 / 02 / 2022 (Total Participants – 36)**

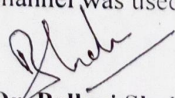
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The presenter was well prepared	66.67%	27.78%	-	-	5.56%
The presenter was responsive to questions	69.44%	25.00%	-	-	5.56%
The presenter had good presentation skills	80.56%	5.56%	8.33%	-	5.56%
The presenter had the attention of the audience	69.44%	22.22%	2.78%	-	5.56%
The presenter had good subject knowledge	72.22%	19.44%	2.78%	-	5.56%

Suggestion –

1. Students suggestion the session to be held in offline mode in the next occasion
2. Students want the advance level course to be conducted
3. Motivational and Meditation was suggested to be imparted

**ACTION TAKEN REPORT: DAY 15**

The Study material and content was delivered to the students as demanded. The Telegram channel was used to deliver the notes.

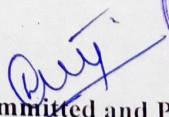
  
Dr. Pallavi Shah  
Convener, WDC



  
PRINCIPAL

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