

# MIT

Arts, Commerce  
& Science College

ALANDI (D), PUNE 412105

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DEPARTMENT OF ARTS AND COMMERCE

ACADEMIC YEAR 2023-24

ANUBHUTI

REPORT

**Report:** Three Days Workshop: Start 'U'p Foundational Leadership Training

22 July, 2023

**Title:** Three Days Workshop: Start 'U'p Foundational Leadership Training

**Date:** 20 to 22 July, 2023

**Time:** 9.30am to 11.00am

**Beneficiaries:** 111

**Objectives:**

- To develop concentration.
- To create awareness about meditation and its importance in life.
- To empower with life skills.
- To provide training and guidance for emotional equilibrium.

**Heartfulness Trainers:** Raghu Vidap, Vikram Makwana, Mrs. Lalita. Mr. Chandrashekhar, Mr. Kishan, Mrs. Priyanka Shrivastav, Mr. Anand and Mrs. Jyoti

**Student Volunteers:** Muskan Sharma, Manasi Kale, Kanika Pandey, Vignesh Dasgavkar, Krishna Ayya, Adesh Mengane, Dinanath Kardile, Aryan Gurav, Rushikesh Pangale

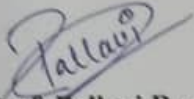
**Course content:**

Sr. No.	Date	Name of the trainer	Module
1	20 July, 2023	Raghu Vidap	Connection + Heartfulness Relaxation and Meditation
2	21 July, 2023	Vikram Makwana, Mrs. Lalita. Mr. Chandrashekhar, Mr. Kishan,	Core + Heartfulness Rejuvenation
3	22 July, 2023	Mrs. Priyanka Shrivastav, Mr. Anand and Mrs. Jyoti	Context + Heartfulness Prayerful Connection



**Outcomes:**

- Students learned the techniques of the meditation.
- They understood the importance of meditation in the life.
- They understood how to develop emotional equilibrium.
- They learned the art of connecting with self.
- They found the sessions useful.



**Prof. Pallavi Bongane**  
Coordinator



**Dr. Padmavati S. Undale**  
HOD Arts and Commerce



**Dr. B.B. Waphare**  
Principal



## Glimpses of the Event (Day 1)



## Glimpses of the Event (Day 2)



## Glimpses of the Event (Day 3)

