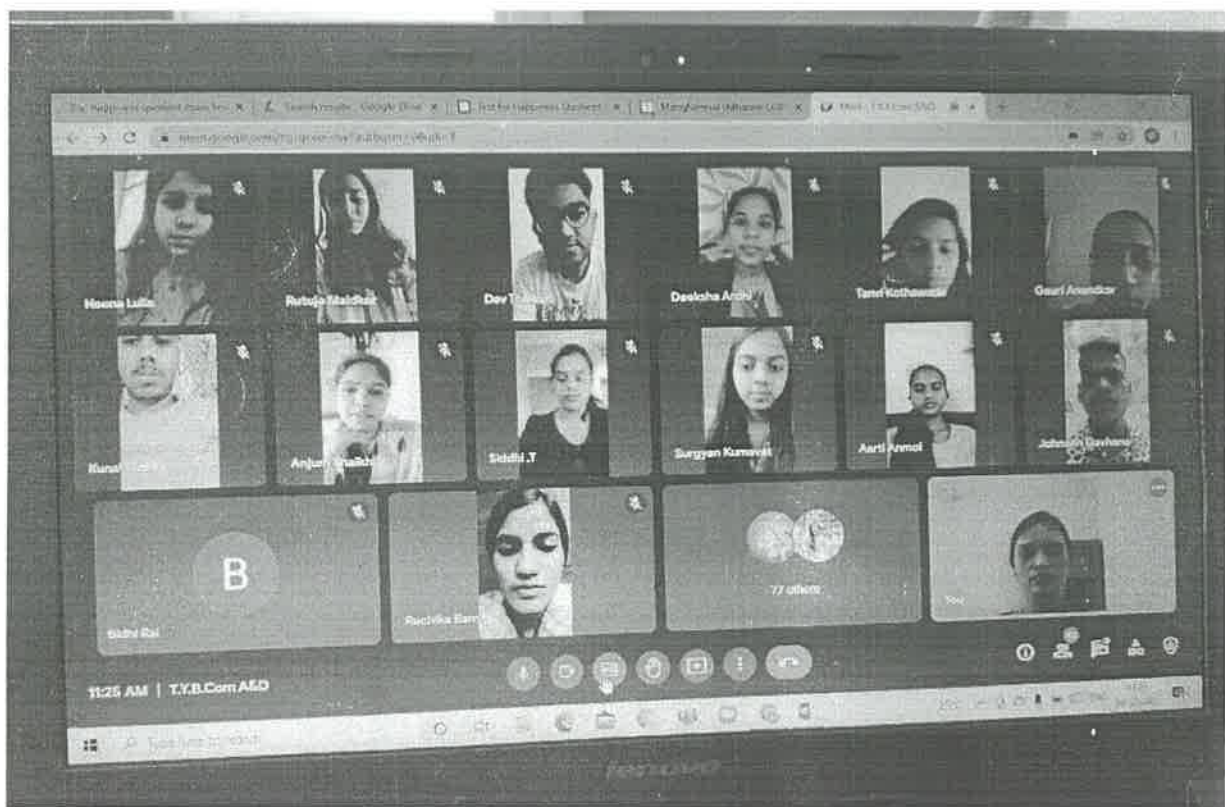


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5.1.2		
Date	Name of the Activity	Beneficiaries
	Life Skills	
2021-2022	Certificate Course in Yoga, Diet & Nutrition and Stress Management	21
2021-2022	Guest Lecture on Positive Thinking	62
2021-2022	Certificate Course in Powerful Presence For Success	33
2021-2022	Short Term Course in Happiness Quotient- Career & Wellness	91
2020-2021	Guest Lecture On Anger Management	37
2020-2021	Short Term Course in Happiness Quotient- Career & Wellness	40
2020-2021	Online Guest Lecture on Counselling	42
2019-2020	Certificate Course in Fitness, Wellness and Stress Management	38
2017-2018	Short Term Course on Scientific Temperament	33

Short term course in “Happiness Quotient : Career and Wellness”

Coordinator : Dr. Rekha Chetwani

This Short term course was conducted for T.Y. B.Com students with the objective of assisting them in making a more meaningful choice and adapt to their career with a positive and happy approach. The topics covered under this course were choosing the right career, understanding work, redefining success, accepting failures, introspection, understanding the other side, leveraging emotions, time management and wellbeing. The course was of 15hours duration from 13th Jan to 3rd Feb. 2022. 91 students attended the course.



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Short Term Course in Happiness Quotient

Roll No.	Name the student	13/1	15/1	16/1	17/1	18/1	19/1	24/1	25/1	28/1	29/1	23/1 31/1	01/2	2/2	03/2
827	Bhagyashree Khapre	P	P	P		P	P	P	P	P	P	P	P	P	P
1022	Taniya Baburao Bhotsingh	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1733	Madihafirdous Shaikh	P	P	P	P	P		P	P	P	P	P	P	P	P
855	Janvi Tejwanu	P	P	P	P	P	P	P	P	P	P	P	P	P	P
596	Rutuja Tukaram Sandbhor	P	P	P	P	P	P	P	P	P	P	P	P	P	P
919	Dev Manoj Thawani	P	P	P	P	P	P	P	P	P	P	P	P	P	P
876	Yashika Goswami	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1104	Kishwar Zamani Faiyaz Shaikh	P	P	P	P	P	P	P	P	P	P	P	P	P	P
927	Rashmita Poojary		P	P	P	P	P	P	P	P	P	P	P	P	P
1037	Khushbu Sachdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P
825	Dimple Rakesh Singh	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1004	Rutuja Anil Kalapure	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1747	Shraddha ramkisan uphad	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1739	Ramakant Takale	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1710	Aasma Sayyad	P	P	P	P	P		P	P	P	P	P	P	P	P
1741	Ayaan Shaikh	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1761	Sahil Pathan	P	P	P	P	P	P	P	P	P	P	P	P	P	P
803	Aditya Pillai	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1120	kunalkumar Mishra	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1113	Ajay manoj sharma	P	P	P	P	P	P	P	P	P	P	P	P	P	P
872	Sagare Tanuja Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P
877	Lakhan Tilwani	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1125	Siddhi Taralekar	P	P	P	P	P	P	P	P	P	P	P	P	P	P
930	Janhavi Kulkarni	P	P	P	P	P		P	P	P	P	P	P	P	P
849	Kiran chaudhari	P	P	P	P	P	P	P	P	P	P	P	P	P	P
844	Archita Kale	P	P	P	P	P	P	P	P	P	P	P	P	P	P
841	Hasmita Tilokchandani	P	P	P	P	P	P	P	P	P	P	P	P	P	P
1019	Karuna hanumant kumbhar	P	P	P	P	P	P	P	P	P	P	P	P	P	P
856	Ardhi Deeksha Kumarswami	P	P	P	P	P	P	P	P	P	P	P	P	P	P
926	Diptee Raju Tarde	P	P	P	P	P	P	P	P	P	P	P	P	P	P

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Report on Short Term Course on Happiness Quotient: Career and Wellness

The short term course on "Happiness Quotient : Career and Wellness" was conducted for T.Y.B.Com. students. The course was attended by 40 students. Mrs. Sonia Menghani, corporate trainer, engaged 4 sessions of two hours each on 2/11/20 and 4/11/20 on well- being and time management. The other topics that were addressed through lectures and video sharing by the coordinator include Choosing Right Career, Understanding Work, Redefining success, Accepting failures, introspection, Understanding the other Side and Leveraging Emotions. The feedback form was collected through goggle forms



Rekha Chetwani



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Short term course in Happiness Quotient: Career and Wellbeing 2020-21)

Sr No	Name of the Student	Roll No	2nov,20	4nov,20	7-Nov-21	14-Nov-21	3-Jan-21	4-Jan-21	14-Jan-21
1	Neha Mohite	923	p	p	p	p	p	p	p
2	Shruti Jamdade	954	p	p	p	p	p	p	p
3	Shweta pandit khurangle	917	p	p	p	p	p	p	p
4	Bindiya Lalwani	920	p	p	p	p	p	p	p
5	Shendge Shubhangi Somnath	906	p	p	p	p	p	p	p
6	Heena malik	1074	p	p	p	p	p	p	p
7	Rahul Nanak Bhagwani	943	p	p	p	p	p	p	p
8	Anuksha Anna gawli	1011	p	p	p	p	p	p	p
9	Simran Devnani	1023	p	p	p	p	p	p	p
10	Sanyogita sanjay shrinath	1063	p	p	p	p	p	p	p
11	Mohini Ajay Tembhe	914	p	p	p	p	p	p	p
12	Shrutika	933	p	p	p	p	p	p	p
13	Karishma jaising	1138	p	p	p	p	p	p	p
14	Shital Motiram Balwani	904	p	p	p	p	p	p	p
15	Kajal Jagdish Lohar	974	p	p	p	p	p	p	p
16	Gayathri Kadali	945	p	p	p	p	p	p	p
17	Simranjit Kaur Mahinderpal Singh Raju	903	p	p	p	p	p	p	p
18	Pratiksha kalyan keswad	931	p	p	p	p	p	p	p
19	Abhishek Padalikar	942	p	p	p	p	p	p	p
20	Pooja Goroba Sonawane	862	p	p	p	p	p	p	p
21	Rajeev shahdadpuri	935	p	p	p	p	p	p	p
22	Nikita karamchandani	1146	p	p	p	p	p	p	p
23	Srushti Mudalgikar	964	p	p	p	p	p	p	p
24	Harsha Rajesh Soneja	1028	p	p	p	p	p	p	p
25	Sneha Shivram Yadav	963	p	p	p	p	p	p	p
26	Manasi Sunil Khandale	1122	p	p	p	p	p	p	p
27	Anas Ebrar Ghosi	1061	p	p	p	p	p	p	p
28	Sakshi Tanaji Barne	884	p	p	p	p	p	p	p
29	Suraksha	1036	p	p	p	p	p	p	p
30	Simarjeet Rakhbeer Sandhu	1147	p	p	p	p	p	p	p
31	Vaishnavi Sudhakar Umale	915	p	p	p	p	p	p	p

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