

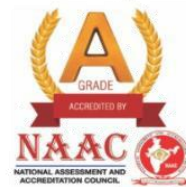
Add On Course Record

Marathwada Mitra Mandals					
Institute of Technology, Lohgaon, Pune					
Academic Year 23-24					
ADD-ON COURSE RECORD					
Sr.no	Course Name	Faculty Cooridnator	Expert Name	Target Participant	Duration
1	“Advanced Industrial Automation Training”	Mr. Shashikant Golande	Mr. Himanshu Kumar Director - INDWELL Automation Mangaluru, Karnataka, India	60	12th September 2023 to 16thSeptember 2023
2	Add -on Course on Basics of python	Mr. Nisar Shaikh	Mr. Ashish Bhise Mr. Nisar Shaikh Mr. Swapnil Gagare Mrs. Rucha Agrawal Mr. Y. B. Dongare	60	25/09/2023-31/10/2023
3	PBL accelrator Course on AutoCAD	Prof. V. D. Sawant	Prof. V. D. Sawant	16	13-07-2023 to 04-08-2023
4	PBL accelrator Course on Skechup	Prof. V. D. Sawant	Prof. V. D. Sawant	20	10-08-2023 to 04-09-2023
5	Add -on Course on Sql/Pl-Sql	Ms.M.S.Jagtap & Ms. R.D.Mahale	Ms.M.S.Jagtap & Ms. R.D.Mahale	10	10-09-2023 to 20-10-2023
6	Add on Course in Redhat Training - Introduction to Python Programming (AD141)	Prof. Devyani Bonde Prof. D. B. Satre	Prof. Devyani Bonde Prof. D. B. Satre	59	03 Aug 2023 to 14 Sep 2023
7	Add on Course on Heartfulness	Prof. A. G. Darekar	Mr Chandrashekhkar Mr. Vikram Makwana Mrs.Priyanka Srivastava Mr.Anand Kumar Mrs.Yamini Murthy Mr. Prayank Pachauri Mr. Shailesh Sir Mrs. Gunjusha Mam	200	25-08-2023 to 10-04-2024

Add On Course Sample Report



"Techno - Social Excellence"
**Marathwada Mitramandal's
Institute of Technology (MMIT)**



Accredited with "A" Grade by NAAC

Survey No. 35, Vadgaon Shinde Road, Lohgaon, Pune - 411 047

Approved by AICTE, New Delhi, Recognised by DTE, M.S.Mumbai, Affiliated to Savitribai Phule Pune University

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Tel No. : +91 7447786623 / +91 7447786624

DTE Institute Code : 6203

Date: 25/08/2023

**Report of "Heartfulness relaxation, meditation and other connected wellness workshops" organized on every Saturday/Sunday 09am for FE Students
Organized by Department of Engineering Sciences, MMIT, Lohgaon, Pune**

Department of Engineering Sciences, Marathwada Mitra Mandal's Institute of Technology (MMIT), Lohgaon, Pune organizing expert sessions on every Sunday in collaboration with HEARTFULNESS EDUCATION TRUST "Expert sessions on Meditation & over all development of Students" for First Year Engineering Students.

Details are as follows:

Time: 09:00 AM

Date: Every Saturday/Sunday

Venue: College Seminar Hall (MMIT), Lohgaon, Pune,

About HEARTFULNESS EDUCATION TRUST, It is a registered trust having its registered office at no. 40-15-9/12, Nandamuri Road, Venkateswarapuram Post Office, Vijayawada – 520 010, Andhra Pradesh, India (here in after referred to as "HET", which expression shall unless repugnant to the context and meaning thereof mean and include its successors, administrators, authorized representatives and permitted assigns)

HET is a public charitable trust registered under the Indian Trust Act, 1882 inter alia with an objective to impart Heartfulness approach to various wellness programmes including relaxation, meditation, values based educational programmes for schools, colleges, government organizations, corporates etc., made available to all who are willingly interested in individual development and wellbeing. HET is also engaged in conducting various Teachers' training programmes in collaboration with Certain State Governments/ Education Institutions.

Aim & Objective- HET through its Heartfulness initiatives offer a way for balanced living through various meditation techniques. These simple and effective techniques gradually imbibe feelings of discipline, empathy, brotherhood, leading to mental, spiritual, and psychological well-being, helping an individual to transform not only inwardly but also his/ her attitudes, and dealings with society at large.



Heartfulness relaxation, meditation and other connected wellness workshops to help students' teachers to regulate their minds, moderate their tendencies, increase their concentration, sharpen the use of their will, introspect and self-analyze and accept people and situations in general. Through such workshops and Offerings of HET, they intend to help the students to improve their learning skills and behaviour, and inculcate humility, emotional maturity, confidence, stress management, self-awareness and most importantly, develop a sense of Purpose towards life.

1st Session-

Topic- The art behind Meditation, observation and diary writing.

Speaker: Mr Chandrashekhar- Automation head with an integrated business solution provider. Having more than 22 years of experience. Meditation trainer since 2018 and practitioner since 1999

Date- 25/08/2023

Total Duration of the session is 2 hrs.

Total Participants: 200

Glimpses of the Session



Mr. Chandrasekhar Sir while delivering Heartfulness Meditation Session



2nd Session

Topic- Meditation & relaxation Session.

Speaker: Vikram Makwana B.E. Computer, Organized & conducted yoga, relaxation, Meditation & mental wellness program in various corporates & college's.

Date- 26/08/2023

Total Duration of the session is 2 hrs.

Total Participants: 150

Glimpses of the Session



Mr. Vikram Makwana while delivering Heartfulness Meditation Session



3rd Session-

Topic- Context.

Speaker: Mrs.Priyanka Srivastava- Co-Founder KPIED, Market Intelligence & IP consulting for Pharma, IT, Automobile, agriculture, Clean Technology companies in product development and product evaluation. Lupin Senior Manager - Business Development.

Date- 03/09/2023

Total Duration of the session is 2 hrs.

Total Participants: 190

Glimpses of the Session



Mrs.Priyanka Srivastava while interacting with Students



4th Session-

Topic- Heartfulness Communication.

Speaker: Mr.Anand Kumar, Senior Software Engineer with Globant. About 20 years of experience in the IT industry. Heartfulness Volunteer.

Date- 17/09/2023

Total Duration of the session is 2 hrs.

Total Participants: 170

Glimpses of the Session



Mr.Anand Kumar while interacting with FE Students



5th Session-

Topic- Healthy Lifestyle

Speaker: Vikram Makwana B.E. Computer, Organized & conducted yoga, relaxation, Meditation & mental wellness program in various corporates & college's.

Date- 24/09/2023

Total Duration of the session is 2 hrs.

Total Participants: 180

Glimpses of the Session



Mr. Vikram Makwana while interacting with FE Students



6th Session-

Topic- Choices in Life

Speaker: Mrs.Yamini Murthy, Electronics Engineer by Degree and Profession,working as Technical Project Lead in a German Automotive MNC in Pune.

Date- 01/10/2023

Total Duration of the session is 2 hrs.

Total Participants: 192

Glimpses of the Session



Mrs.Yamini Murthy while interacting with FE Students



7th Session-

Topic- Meditation Session.

Speaker: Mrs. Priyanka Srivastava- Co-Founder KPIED, Market Intelligence & IP consulting for Pharma, IT, Automobile, agriculture, Clean Technology companies in product development and product evaluation. Lupin Senior Manager - Business Development.

Date- 08/10/2023

Total Duration of the session is 2 hrs.

Total Participants: 175

Glimpses of Session



PRIYANKA MAM INTERACTING WITH STUDENTS



8th Session-Topic: Heartfulness enabled Leadership Mastery

Speaker: Mr Chandrashekhar- Automation head with an integrated business solution provider. Having more than 22 years of experience. Meditation trainer since 2018 and practitioner since 1999

Date- 15/10/23

Total Duration of the session is 2 hrs.

Total Participants: 177

Glimpses of the Session



Mr. CHANDRASHEKHAR SIR INTERACTING WITH STUDENTS



9th Session- Discovering Oneself

Speaker: Mr. Prayank Pachauri

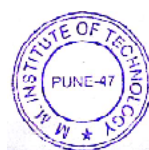
Date- 22/10/2023

Total Duration of the session is 2 hrs.

Total Participants: 201

Glimpses of the Session

MR. PRIYANK SIR INTERACTING WITH STUDENTS



10th Session-Topic- Time Management

Speaker: Mr. Prayank Pachauri

Date- 26/11/2023

Total Duration of the session is 2 hrs.

Total Participants: 145

Glimpses of the Session



MR.PRIYANK SIR INTERACTING WITH STUDENTS



Speaker: Mr. Shailesh Sir

Date- 17/12/2023

Total Duration of the session is 2 hrs.

Total Participants: 152

Glimpses of the Session



12th Session-Topic- Time Management -Principles of Time

Speaker:Mrs. Gunjusha Mam

Date- 28/01/2024

Total Duration of the session is 2 hrs.

Total Participants: 198

Glimpses of the Session



13th Session-Topic- Time Management -Part 2

Speaker: Mrs.Priyanka Srivastava- Co-Founder KPIED, Market Intelligence & IP consulting for Pharma, IT, Automobile, agriculture, Clean Technology companies in product development and product evaluation. Lupin Senior Manager - Business Development.

Date- 04/02/2024

Total Duration of the session is 2 hrs.

Total Participants: 205

Glimpses of the Session



14th Session-Topic- Healthy lifestyle & Meditation

Speaker: Mr. Vikram Sir

Date- 11/02/2024

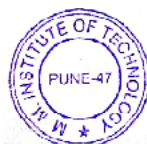
Total Duration of the session is 2 hrs.

Total Participants: 189

Glimpses of the Session



VIKRAM SIR INTERACTING WITH STUDENTS



15th Session-Topic- Peak Performance

Speaker: Mrs.Priyanka Srivastava- Co-Founder KPIED, Market Intelligence & IP consulting for Pharma, IT, Automobile, agriculture, Clean Technology companies in product development and product evaluation. Lupin Senior Manager - Business Development.

Date- 25/02/2024

Total Duration of the session is 2 hrs.

Total Participants: 172

Glimpses of the Session



16th Session-Topic- Hearthful Conversations

Speaker: Mr Chandrashekhar- Automation head with an integrated business solution provider. Having more than 22 years of experience. Meditation trainer since 2018 and practitioner since 1999

Date- 10/03/2024

Total Duration of the session is 2 hrs.

Total Participants: 186

Glimpses of the Session



CHANDRASHEKHAR SIR TAKING MEDITATION



17th Session-Topic- Healthy Relationship

Speaker: Mrs. Yamini Murthy , Electronics Engineer by Degree and Profession, working as Technical Project Lead in a German Automotive MNC in Pune.

Date- 31/03/2024

Total Duration of the session is 2 hrs.

Total Participants: 187

Glimpses of the Session



18th Session-Topic- Silence is the Language of the Heart

Speaker:- Priyanka Shrivastav

Date- 14/04/2024

Total Duration of the session is 2 hrs.

Total Participants: 179

Glimpses of the Session



A.G. Darekar

Prof. Anil G. Darekar
Coordinator



U.P. Mohan

Dr. Umesh Moharil
HOD, FE