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Audyogik Tantra Shikshan Sanstha's Institute of Industrial and Computer Management and Research (IICMR) Approved by AICTE, Permanently Affiliated to SP Pune University, Recognized by DTE, Government of Maharashtra, NAAC Re-accredited Particle Platiant Careford to AICTE Concernment Technical Institute



Date: 7/06/2022

REPORT

1. Title of the Activity: Career Excellence Program - Emotional Intelligence

2. Date & Venue: 6 June 2022. MBA@IICMR had organized its Sixth Career Excellence Program (CEP) 2022 for First year MBA Students.

Time: 1:30 p.m. - 3:30 p.m.

3. Outcomes of Activity:

- 1. The students got to know importance of Emotional Intelligence.
- 2. The students got the difference of EQ and IQ also how decisions matters with EI.

4. Description of the Study:

- 1. How to handle emotions.
- 2. How to take right decisions.

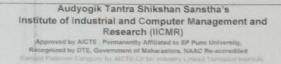
This was sixth CEP session conducted by **Prof. Romita Vishwanath**. The sessions started with Anagram solver activity from which students have to make multiple word out of a word like Development ,Talent , Listen ,Morale etc..

Managing various emotions such as Happiness ,Surprise , Fear, Sadness, Anger and Disguist by Mirror matching activity. The meaning of EI was discussed.





Ref.: IICMR/MBA/CEP-2022/6



MBA@IICMR

5. Activity Experience

Following Steps were covered in the Emotional Intelligence activity:

- 1. To manage emotions start labeling feeling stop labeling people.
- 2. Analyze your own feeling also ask other how they feel.
- Express your feelings. Identify your fear and desires.
- 4. Take time to reflect your feelings.
- 5. Anagram solver activity was conducted.
- 6. Balloon and sponge ball activity was done.

6. Assessment of Activity Outcomes:

Students got to know that IQ decisions matters 20% however EQ decisions are important and effective by 80 %. Maintain good relationship with people around you.

Feedback:

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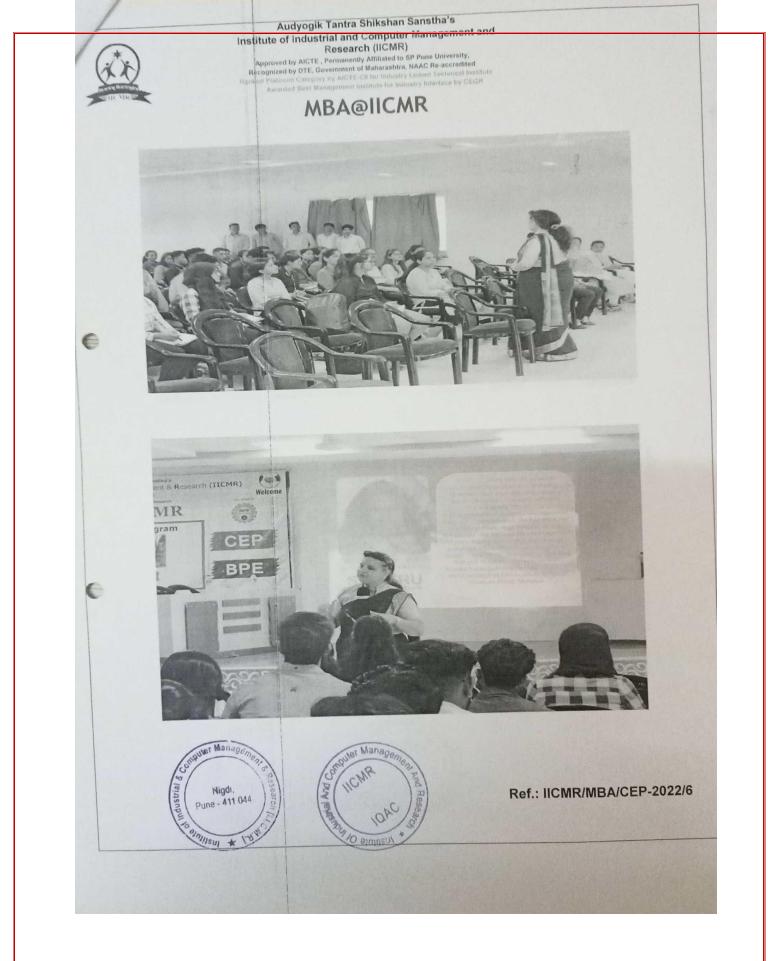
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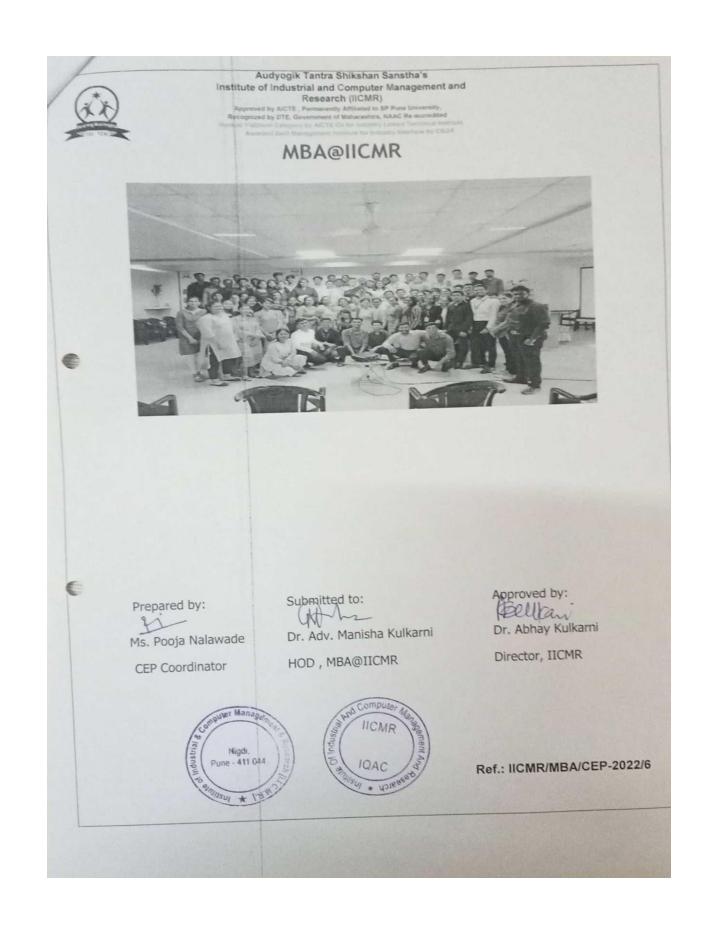
The Feedback was very good. Students learnt various ways of handle emotions. Students rated the session on the basis of Relevance of the Topic, Quality of Content, Delivery of Content, Practical application of subject, Participation of students in discussion, Handling of Question - Answer Session and Interest Generated by Speaker and the Overall Opinion about the Speaker. The rating from students stood between 3 to 5. Overall, it was a very good and useful session. Students were happy with the delivery.

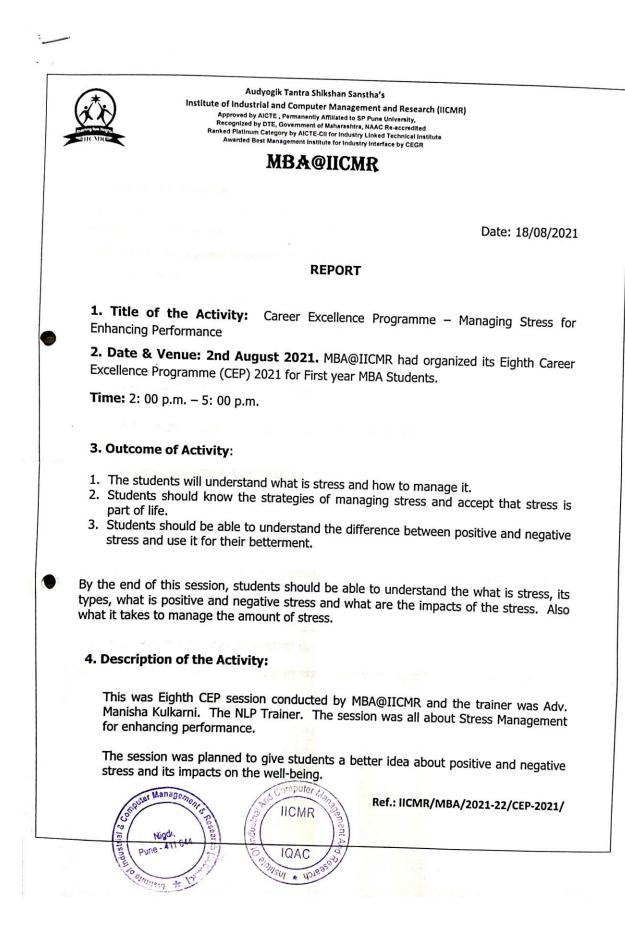




Ref.: IICMR/MBA/CEP-2022/6









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5. Activity Experience

The trainer started with his presentation by stating the various facts about what the stress is and how a person feels when he is stressed.

Following Steps were covered in the Activity:

- 1. What is stress?
- 2. What is positive and negative stress?
- 3. How students should manage stress and how to deal with it?
- 4. What strategies can be adopted to manage stress?

6. Assessment of Activity Outcomes:

After initial presentation and guidance on Stress Management, the Trainer emphasized that

1. Everybody feels stress. Everybody has to deal with stress.

2. Everybody should feel relaxed and accept the reality.

3. Everybody should talk about the stress. 100%interaction is the key to handle the stress.

4. Stress is a condition when an individual feels that things are going out of control for that person.

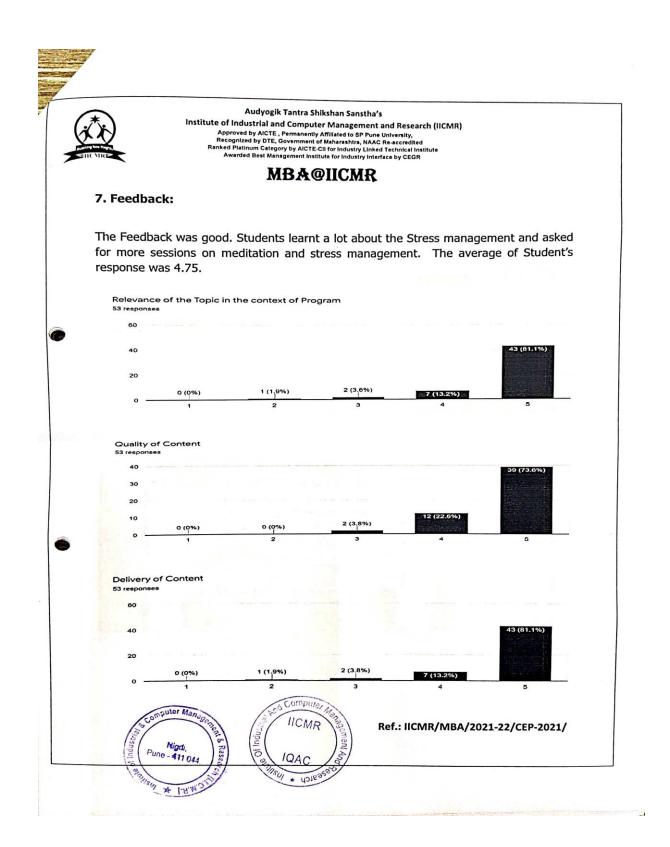
Tools of Managing Stress:

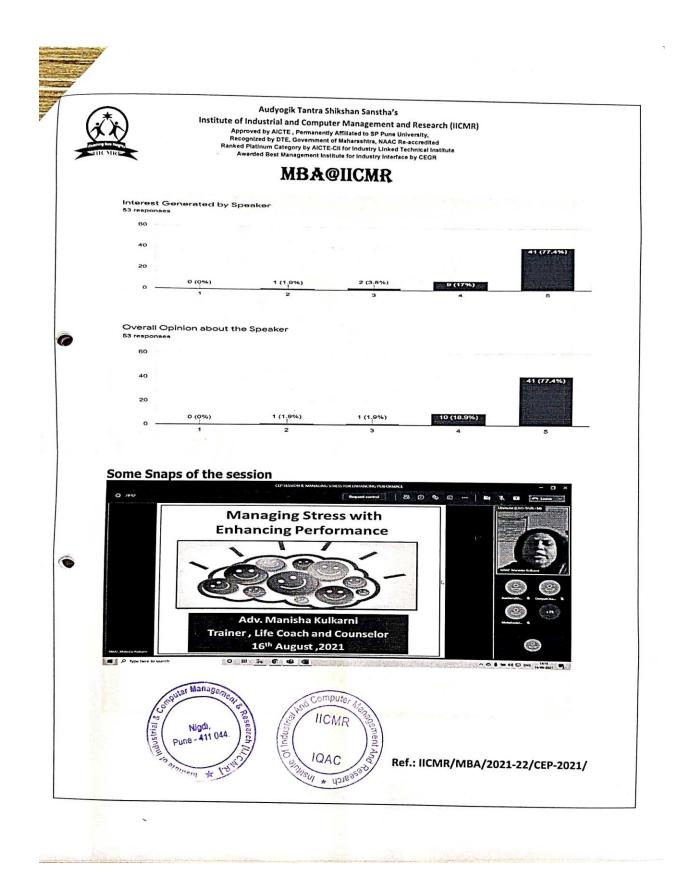
1. Stress is normal so relax and accept it.

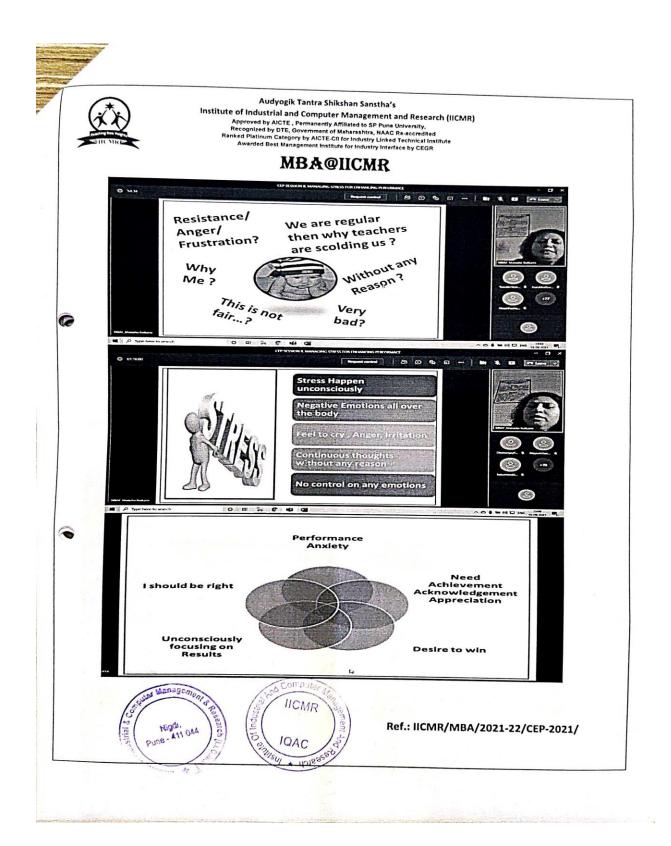
2. Look at the changes in your body as our body shows the initial symptoms of stress.

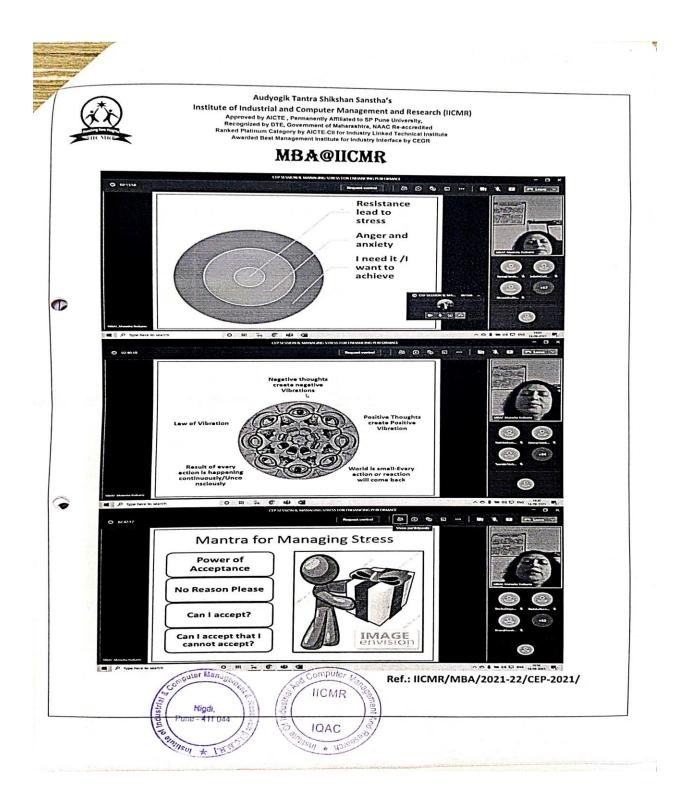
3. Do not stretch the stress but accept it, deal with it and move on.

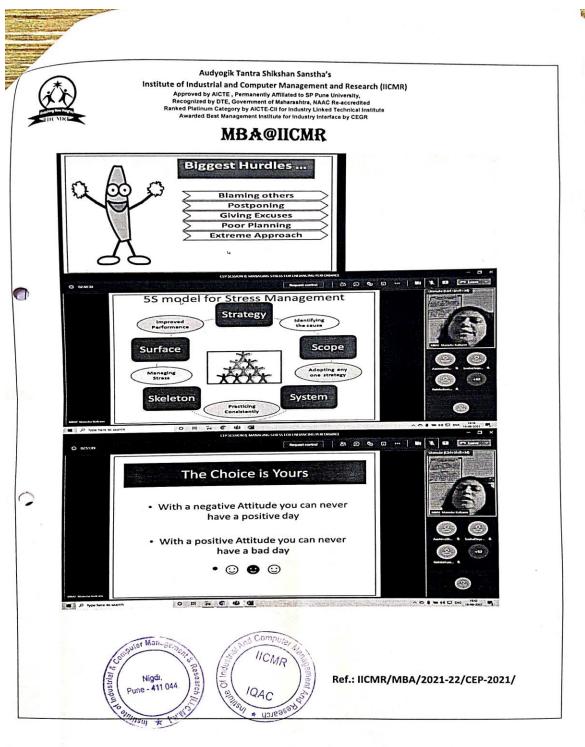












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MBA@IICMR

Date: 22/06/2022

ASR Report

1. Title of Activity: International Yoga Day

2. Date & venue: 21th Jun, 2021

Venue – IICMR Auditorium for MBA, MCA Students, teaching and non-teaching staff of IICMR keeping social distancing.

Time: 10.30am to 11.30am

Resource person: Dr. Ajit Jagtap from Patanjali

3. Outcomes of activity:

- 1. Exploring awareness about Yoga in Youth of IICMR.
- 2. Importance of Pranayama in day-to-day life.
- 3. Improving immunity and positivity in Corona Pandemic.



4. Description of activity:

IICMR is always advocating value creation and value addition to not only students but to the members of the IICMR family. Celebrating Yoga day was the part of same. The main aim of the session was to let people know the amazing and natural benefits of yoga.

5. Activity Experience:

Every participant assured Dr. Abhay Kulkarni Sir who initiated the session to practice Yoga every day. The event was taken by the Institute as the part of it's Academic and Social Responsibility. Every year IICMR takes initiative to participate such activities. All the participants were happy as they were able to check their physical stamina.

6. Assessment of activity outcomes:

MBA@IICMR/Academic_Social_Responsibility_2021-22/

The Yoga day had been successfully conducted in the IICMR campus. Director of the Institute Dr. Abhay Kulkarni along with all teaching and nonteaching staff were participated in activity. The students & all staff members of IICMR participated in Yoga activity.

7. Feedback:

It was positive feedback, each participant took away a key benefit point from this activity. Overall it was satisfying experience. This session proved fruitful to the audience. The participants also learnt the easy and simple methods of performing Yoga asanas. They understood that 'Yoga makes each one mentally and physically fit'. Yoga is not an exercise but a lifestyle.

No. of Students participated: 120

No. of teaching staff and non-teaching staff participated: 30

Coordinator of the Activity: Mr. Harshal Patil

Glimpses of the event



Guest felicitation by ASR Coordinator

Prepared by

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Mr. Harshal Patil ASR Coordinator

Dr. Manisha Kulkarni HOD, MBA@IICMR

Verified by

Approved by

Students are performing Yoga.

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Dr. Abhay Kulkarni Director, IICMR

MBA@IICMR/Academic_Social_Responsibility_2021-22/

भ्रमणास्त्रनी : ०९२७२७२७२९, ०८२७५५१५३५४, इंग्रेल ; adparchure@gmail.com, bsd@unipune.ac.in कार्यालय: ०१०–२५६२२६८०, ०१०–२५६२२६८७, संकेलस्वाज : http://www.unipune.ac.in/bsd





Institute of Industrial and Computer Management and Research (Affiliated to SP Pune University, Approved by AICTE New Delhi, Recognized by Govt. of Maharashtra)

MBA @ IICMR

Date: 22/06/2020

ACTIVITY REPORT

1. Title of Activity: International Yoga Day Celebration in association with Vivekanand Kendra, Kanyakumari; Chinchwad Branch.

2. Date & venue: 21st June, 2020

Venue - Auditorium for faculty and non-faculty members IICMR keeping social distancing.

Venue - Online platform _ MsTeams for the students of IICMR

Time: 10.00am to 11.00am

Resource person: Mr. Kishore Kakde (Guest speaker), Mr. Avinash Gokhale (Yoga

3. Outcomes of activity:

- 1. Exploring awareness about Yoga in Youth of IICMR.
- 2. Importance of Pranayama in day to day life.
- 3. Improving immunity and positivity in Corona Pandemic.

4. Description of activity:

IICMR is always advocating value creation and value addition to not only students but to the members of the IICMR family. Celebrating Yoga day was the part of same. MBA@IICMR has made MoU with Vivekanand Kendra Kanyakumari, Chichwad Branch about various student development activities and programs. So Vivekanand volunteers managed the activities. At the very beginning, the video about the Yoga was been displayed. The director of IICMR, Dr Abhay Kulkarni asked to follow Yoga throughout the life instead of particular day celebration. The program commenced with 3 onkars followed by the prayers. Then Mr. Jagajeet Kulkarni shared few quotes of Vivekanand. The Sanchalika Mrs Aruna Tai Marathe briefed about the Kendra. The speaker of the day, Mr Kishore Kakde guided students about "Arogya Dhan Sampada". Mr Avinash Gokhale Demonstrated the Yoga and everybody enjoyed the Yoga practice. The program was concluded with Shanti Mantra.

The faculty members and the students from MBA@IICMR enjoyed the process of living

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5. Activity Experience:

MBA@IICMR/Academic_Social_Responsibility_2020-21/Yoga day celebration-1

Every participant assured Dr Kulkarni Sir who initiated the session to practice Yoga every day. The event was taken by the Institute as the part of it's Academic and Social Responsibility. Every year MBA@IICMR is taking initiative to participate such activities. All the participants were happy as they were able to check their physical stamina.

6. Assessment of activity outcomes:

The Yoga day had been successfully conducted in the MBA@IICMR campus and online platform. Director of the Institute Dr. Abhay Kulkarni along with all teaching and non-teaching staff were participated in activity. The students & all staff members of IICMR participated in Yoga activity.

7. Feedback:

It was positive feedback, each participant took away a key benefit point from this activity. Overall it was satisfying experience.

8. Participation Details:

Number of students participated – 173 Number of Faculty members participated – 23 Number of Non-faculty members participated – 7 Event Coordinated by – Asst. Prof Kiran Rao

Prepared by

Verified by

Approved by

Mrs. Kiran Rao

Coordinator

Adv. Manisha Kulkarni HOD, MBA@IICMR

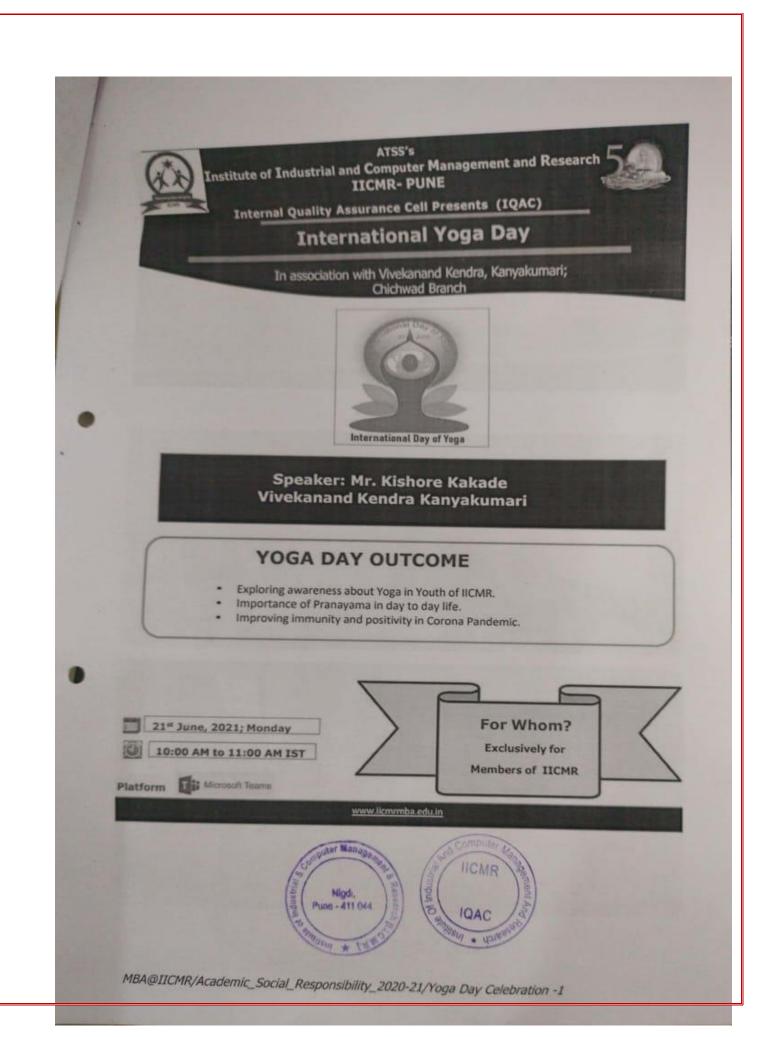
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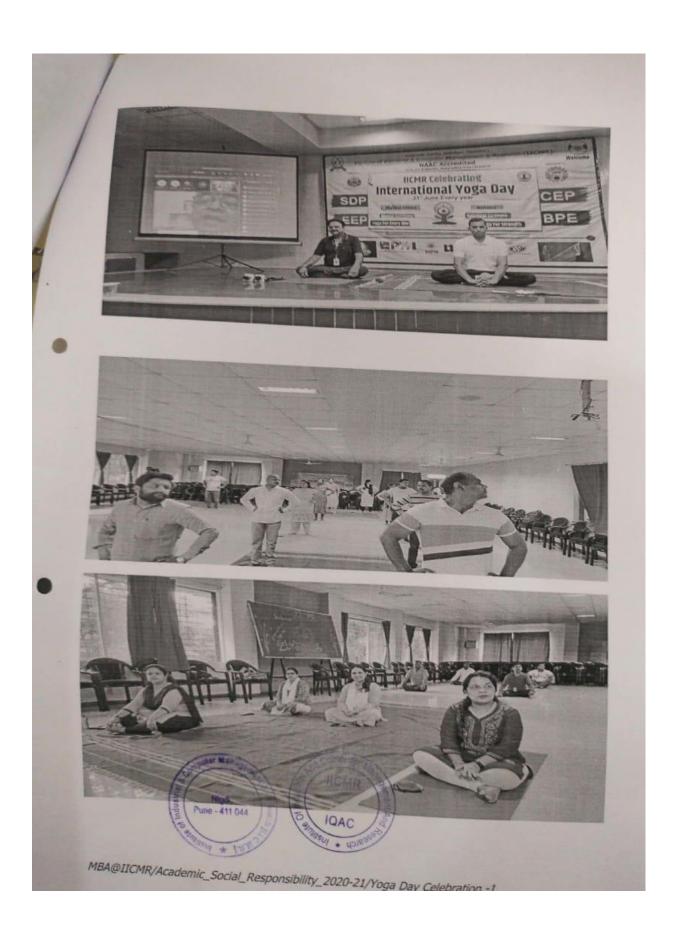
hi Dr. Abhay Kulkarni Director Institute of industrial & Computer Management & Research [I.I.C.M.R.] Nicdi, Pune - 411 044



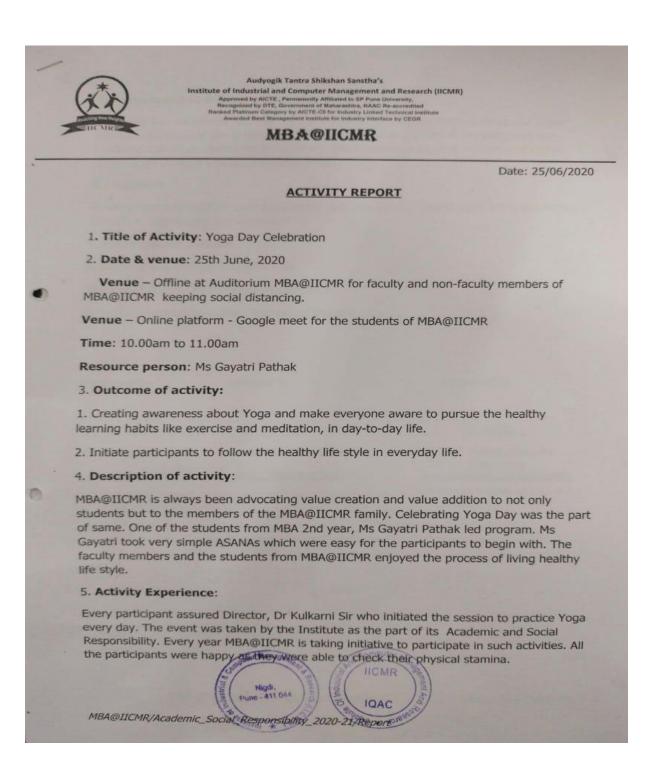


MBA@IICMR/Academic_Social_Responsibility_2020-21/Yoga Day Celebration -1





Yoga Day Celebration - promoting physical, mental, and spiritual well-being worldwide



6. Assessment of activity outcomes:

The Yoga Day had been successfully conducted in the MBA@IICMR campus and online platform. Director of the Institute Dr. Abhay Kulkarni along with all teaching and nonteaching staff were participated in activity. The students & all staff members of IICMR participated in Yoga and meditation activity.

7. Feedback:

It was positive feedback; each participant took away a key benefit point from this activity. Overall, it was satisfying experience.

8. Participation Details:

Number of students participated - 28

Number of Faculty Members participated - 8

Event Coordinated by - Asst. Prof Vinod Bhelose

Prepared by

Verified by

Mrs. Kiran Rao

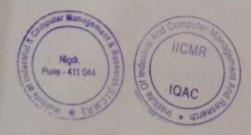
Coordinator

Adv. Manisha Kulkarni

HOD, MBA@IICMR

Approved by

Dr. Abhay Kulkarni DIRECTOR Institution MBA@IICMR Management & Research [LI.C.M.R.] Nigdi, Pune - 411 044



MBA@IICMR/Academic_Social_Responsibility_2020-21/Yoga Day Celebration

Wellness During Covid Lockdown - Community, respect for diversity, and awareness



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MBA @ IICMR

Date: 20/05/2020

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ACTIVITY REPORT

1. Title of Activity: "Wellness during Covid Lockdown" -> National Level in Association With INSSAN & PMI

2. Date & venue: 17th May, 2020 On online platform Zoom.

Time: 11am to 12.30pm

Resource person: Dr.Vidydhar Kumbhar (MD Ayurved) Dr.Pushkar Khair (MBBS,DNB)

3. Outcomes of activity:

Due to CORONA virus pandemic, all were unable to do normal routine work, physical exercise. So considering the situation MBA@IICMR co-partnering with INSAAN gave guidelines to balance Physical and Mental health during the restricted moments of people. All received the guidance on both physical and Mental health by expert Doctors, "Dr.Vidydhar Kumbhar (MD Ayurved) and Dr.Pushkar Khair (MBBS,DNB)".

4. Description of activity:

Dr.Vidydhar Kumbhar (MD Ayurved) and Dr.Pushkar Khair (MBBS,DNB) Both Consulting doctors guided the audience in terms of finding Prakruti (Cough ,Pitta,Vat), how to take care of our wellness and Do's and Dont's in such conditions. Dr.Pushkar is expert in the field of Stress Management. He addressed on this occasion to the questions asked by Dr. Abhay Kulkarni On behalf of the participants.

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5. Activity Experience:

The topics covered by the Expert doctors were as below

- 1. Self Management for wellness (Short Success Story during lock down)
- 2. Environment Conservation post Lock down (Proactive suggestion for nature

MBA@IICMR/Academic_Social_Responsibility_2019-20/Report

conservation)

3. Suggestion for implementing Physical Distance for safety and Security post lock down.

All the participants cleared the doubts and queries regarding the Covid 19 illness.

6. Assessment of activity outcomes:

Every participant cleared their doubts through this webinar also they gave suggestions to INSAAN team on same. "In Corona crisis, the most important thing is to be achieved is mental and physical fitness", this is the take away of the seminar.

7. Feedback:

It was very pleasing experience realizing concern of MBA@IICMR towards their employees. Everyone gave positive feedback to Director Dr Abhay Kulkarni Sir. The participants also gave suggestions to INSAAN team.

8. Participation Details:

Participants: 500 Faculty members (National Audience) Event Coordinated by - Asst. Prof Vinod Bhelose

Prepared by

Mrs. Kiran Rao

Coordinator

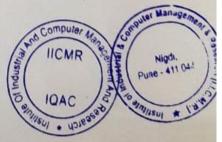
Verified by

Adv. Manisha Kulkarni

HOD, MBA@IICMR

Approved by Dr. Abhay Kulkarni

Director, IICMR



MBA@IICMR/Academic_Social_Responsibility_2019-20/Report



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MBA@IICMR

Event Report: "Be the Change"

: Others

Event Type **Event Title** Date Time

: Be the Change : Wednesday, November 30, 2022 : 9:30 AM to 05.30pm (7hrs) : Ms. Dipti Bajpai & Mr. Harshal Patil

Coordinator(s)

Purpose

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: Social Learning

Learning Outcome

- 1. Students are able to overcome their fears
- 2. 2. Students developed self confidence

Batch of Students	: MBA 1
No of Students	: 112
Participated	

Description

MBA@IICMR organizes a session on 'Be the Change". This session is conducted by Dr. Manisha Kulkarni, HoD MBA@IICMR. The session is conducted for MBA first year students during Induction. The session objective is to make students realize their present position, where they stand, to encounter themselves and build self-confidence, and create pathways for success. During the session the activities were conducted to help students overcome their fear, identify things that they cannot do/wont do in their life, making things happen in their life by using the Cancel and tick technique. In the end a fire was lit and students were asked to burn the negativity in the fire and balloons were set afloat on the sky depicting freedom from worries and New beginning.



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Ref: MBA@IICMR/Be the change/2022-2023/



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Feedback from Students (if app.) The students found the session very insightful. They were delighted and felt relaxed and stress free.

Glimpses of 'Be the Change"

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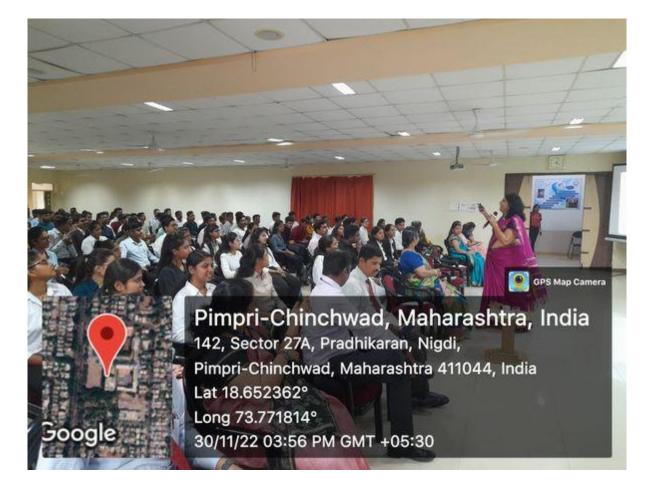
Prepared by Ms. Dipti Bajpai Mr. Harshal Patil MBA I Coordinator



Approved by Dr. Abhay Kulkarni

Director, IICMR DIRECTOR Institute of Industrial & Computer Management & Research [I.I.C.M.R.] Nigdi, Pune - 411 044

Ref: MBA@IICMR/Be the change/2022-2023/







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MBA@IICMR

15-09-2022

Report

Title of Activity:FDP on "Enhancing the Spiritual Quotient"Date & Time:15-09-2022, 02.00pm to 08.30pmVenue:ISKCON Temple KondhawaResource Person:Prabhu Sarvalakshan Das

Outcomes of activity:

- a) Faculty Members understood the importance of enhancing the Spiritual Quotient
- Faculty members were guided exercising the bhakti as part of life.

Description of activity:

Mr. Devdatta Madore, Coordinator for this FDP welcomed faculty members at ISKCON Temple Kondhawa. All faculty members attended the Aarti and felt the power of existience of Hare Krishna. He introduced Resource person Prabhu Sarvalakshan Das and requested him to guide the faculty members for the importance of Bhagvad Gita and exercising spirituality.

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Summary & conclusion:

- Prabhu ji started that a person is the slave of his sensors and he should fight for the freedom from Senses then only he will be able to progress in his spiritual Journey.
- The faculty members sensed the power of existence of Hare Krishna and chanted Bhajan "Hare Rama Hare Krishna"
- Prabhu Ji stated that there are enemies in our heart namely Kama, krodha, lobha moha mada matsar. If we are removing these from our heart, then we will be happy will not regard anybody as our enemy.
- He also stated that the physical achievement like money and beauty are temporary and the bhakti that we will carry in our heart will remain with us forever.
- He recited some shlokas of Bhagvad Gita and explained them.
- He also specified that Bhagvan ji whenever gives something to the devotee, he will give something through some instrument. Recognise that instrument.
- He gave the ABCD formula to the attendees namely A Association Satsang, B Bhagvad Gita, C – Charity and D – Deity, Dham and Diet.

MBA@IICMR/FDP 2 /Report /2022

programme concluded with vote of thanks proposed by Dr.Abhay Kulkarni .

Some Snaps of the session





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MBA@IICMR

Report

23-08-2023

Title of Activity: FDP on Spirituality – Way to Eternal Harmony Date & Time: 16th August, 2023, Rajgad Iskcon Temple Venue: Resource Person: Prabhu Ji Iskcon Temple

Objectives of activity:

- To understand the importance of spirituality and its application in the life. a)
- To experience the divine anubhuti for eternal harmony. b)

Description of activity:

Faculty members of MBA@IICMR went on spiritual excursion in search of eternal peace and harmony. Under the leadership of Director Dr. Abhay Kulkarni, accompanied by Dr. Shailesh Kasande, Chairman Governing Council, IICMR and Mr. Devdatta Mandore, Directoer, Webclincher, First they visited the Baneshwar Temple where they made darshan of divine Shakti of Shiva and performed Pooja. Further they moved to Rajgad Iskcon temple to offer prayers to Lord Krishna. They took part in Bhajan and offered prayers to Gomata. Prabhuji guided the faculty members through establishing a connection between Bhagvad Geeta and Management. Through the Bhajan, everybody could experience divine anubhuti for the soul and peace of mind. Prabhu JI preached everyone on the path of eternal harmony.

Summary & conclusion:

The FDP was aimed at development of spiritual quotient of the faculty members of MBA@IICMR. The scenic beauty of the destination, holy and serene environment of the temple made the participants feel the inner beauty of the soul. They understood they the soul is important and should be focused for the spiritual development.



photographs of the event Some Glimpses of the event Prepared by Verified by Approved by moe alla Dr. Madhura Deshpande-FDP Co Ordinator Dr. Abhay Kulkarni Dr. Manisha Kulkarni Director, IICMR DIRECTOR HOD, MBA@IICMR er Manag IICMR Institute of Industrial & Computer Management & Research [I.I.G.M.R.] Nigdi, Pune - 411 044 OAC MBA@IICMR/FDP Report /200



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MBA@IICMR

Date: 13/09/2022

(3)

CIRCULAR

This is to inform all the MBA@IICMR Faculty members that Faculty Development Program on "Spiritual Quotient" has been arranged by MBA@IICMR under the aegis of IQAC.

Venue: ISKCON Temple Kondhwa/Katraj Time: 02:00 pm to 08:30 pm Date: 15th September 2022 Mode of Conduct: Offline

Please confirm your availability.

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Dr. Madhura Deshpande Dr. Manisha Kulkarni FDP Co Ordinator

HOD, MBA@IICMR

Dr. Abhay Kulkarni

Director, IICMR

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MBA@IICMR

15-09-2022

Report

Title of Activity: FDP on "Enhancing the Spiritual Quotient" Date & Time: 15-09-2022, 02.00pm to 08.30pm Venue: **ISKCON Temple Kondhawa** Resource Person: Prabhu Sarvalakshan Das

Outcomes of activity:

- a) Faculty Members understood the importance of enhancing the Spiritual Quotient
- Faculty members were guided exercising the bhakti as part of life. b)

Description of activity:

Mr. Devdatta Madore, Coordinator for this FDP welcomed faculty members at ISKCON Temple Kondhawa. All faculty members attended the Aarti and felt the power of existience of Hare Krishna. He introduced Resource person Prabhu Sarvalakshan Das and requested him to guide the faculty members for the importance of Bhagvad Gita and exercising spirituality.

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Summary & conclusion:

- · Prabhu ji started that a person is the slave of his sensors and he should fight for the freedom from Senses then only he will be able to progress in his spiritual Journey.
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