



**JNAN VIKAS MANDAL'S**  
**Mohanlal Raichand Mehta College of Commerce**  
**Diwali Maa Degree College of Science**  
**Amritlal Raichand Mehta Degree College of Arts**  
**Padmashree (Dr.) R.T. Doshi Degree College of Computer Science**  
**Plot no.9, Sector -19, Airoli Navi Mumbai**

Name of the activity- "Seminar on Emotional Intelligence and Mental Hygiene"

**Members involved: -**

Dr. Leena Sarkar

**Principal**

Dr.B.R.Deshpande

**Vice-Principal**

Mrs.Yogita Sawant

**Convener**

Counselling Cell (Incharge)

**Organizing Committee**

1. Mrs. Sharayu Kadam (Counselling Cell)
2. Mrs. Archana Sanap (Counselling Cell)







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Plot no.9, Sector -19, Airoli, Navi Mumbai

### Notice of The Meeting

Date: 01<sup>st</sup> October, 2022

All the Counselling Cell members are hereby informed that the meeting will be conducted on 01<sup>st</sup> October, 2022 at 11:00 AM.

Agenda of the meeting will be as follows: -

- Finalizing Seminar
- Topic of Seminar
- Duration
- Distribution of Work



*Leena*  
Dr. Leena Sarkar

Principal

**PRINCIPAL**  
**JNAN VIKAS MANDAL'S**  
M.R. MEHTA COLLEGE OF COMMERCE  
D.M. COLLEGE OF SCIENCE  
A.R. MEHTA COLLEGE OF ARTS  
Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE  
Plot No.9, SEC.- 19, AIROLI,  
NAVI MUMBAI-400 708





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**Plot no.9, Sector -19, Airoli Navi Mumbai**

### 3. Minutes of the Meeting :-

For planning the Seminar on "Emotional Intelligence and Mental Hygiene" a meeting was held with Principal Madam on 01<sup>st</sup> October 2022 in the Principal cabin at 11:00 AM. The meeting was presided by Principal Dr. Leena Sarkar and attended by Asst prof. Yogita Sawant, Asst. Prof. Sharayu Kadam, Asst. Prof. Archana Sanap.

In the meeting following points were discussed and decisions were taken:

**Finalizing Workshop:** It is was discussed among the member that the Seminar on "Emotional Intelligence and Mental Hygiene" shall be organized on 04<sup>th</sup> October 2022.

**Topic of webinar:** During the meeting 'Emotional Intelligence and Mental Hygiene' topic was finalized for the workshop.

**Duration:** It was decided that the duration of the workshop will be for one hour and half hour i.e 11:00am to 12:30 pm.

**Platform :** The Workshop will be offline in Auditorium.

**Distribution of Work :** The distribution of work was done. It was decided that Asst. Prof. Yogita Sawant would be Convenor for the event.

- Certificate Designing – Yogita Sawant
- Flyer Designing - Yogita Sawant
- Script of Speech preparing – Yogita Sawant
- Creation of Feedback link- Archana Sanap
- Creation of Registration link - Archana Sanap
- Certificate Distribution- Archana Sanap
- Report Preparing – Sharayu Kadam.

As there was no matter to discuss further, meeting ended with vote of thanks by the chair person.





chair person.

Dr. Leena Sarkar – Principal  
Dr.B.R.Deshpande- Vice Principal

*Leena*  
*[Signature]*

Asst Prof. Yogita Sawant – Coordinator, Counseling Cell  
Asst. Prof. Sharayu Kadam – Member, Counseling Cell  
Asst. Prof. Archana Sanap - Member, Counseling Cell

*[Signature]*  
*[Signature]*  
*[Signature]*





4. Flyer prepared:

**JNAN VIKAS MANDAL'S DEGREE COLLEGE**  
NAAC Re-accredited - "A" Grade (CGPA 3.33)  
Plot No. 9, Sector-19, Airoli, Navi Mumbai  
Counselling Cell of JVM'S Degree College In  
Association with Rotary Club Of Link Town, Airoli  
ORGANIZES

**Seminar On -**   
"EMOTIONAL INTELLIGENCE  
AND MENTAL HYGIENE"  
**SPEAKER- SUNILA NAMBIAR**

**Date : 4th October, 2022**  
**Time : 11:00 am**  
**Venue : Auditorium**

**Asst. Prof. Yogita Sawant**  
(Convenor)  
**Asst. Prof. Sharayu Kadam**  
(Co-Convenor)  
**Asst. Prof. Archana Sanap**  
(Co-Convenor)  
**Dr. B. R. Deshpande**  
(Vice Principal)  
**Dr. Mrs. Leena Sarkar**  
(Principal)

5. Registration form link:

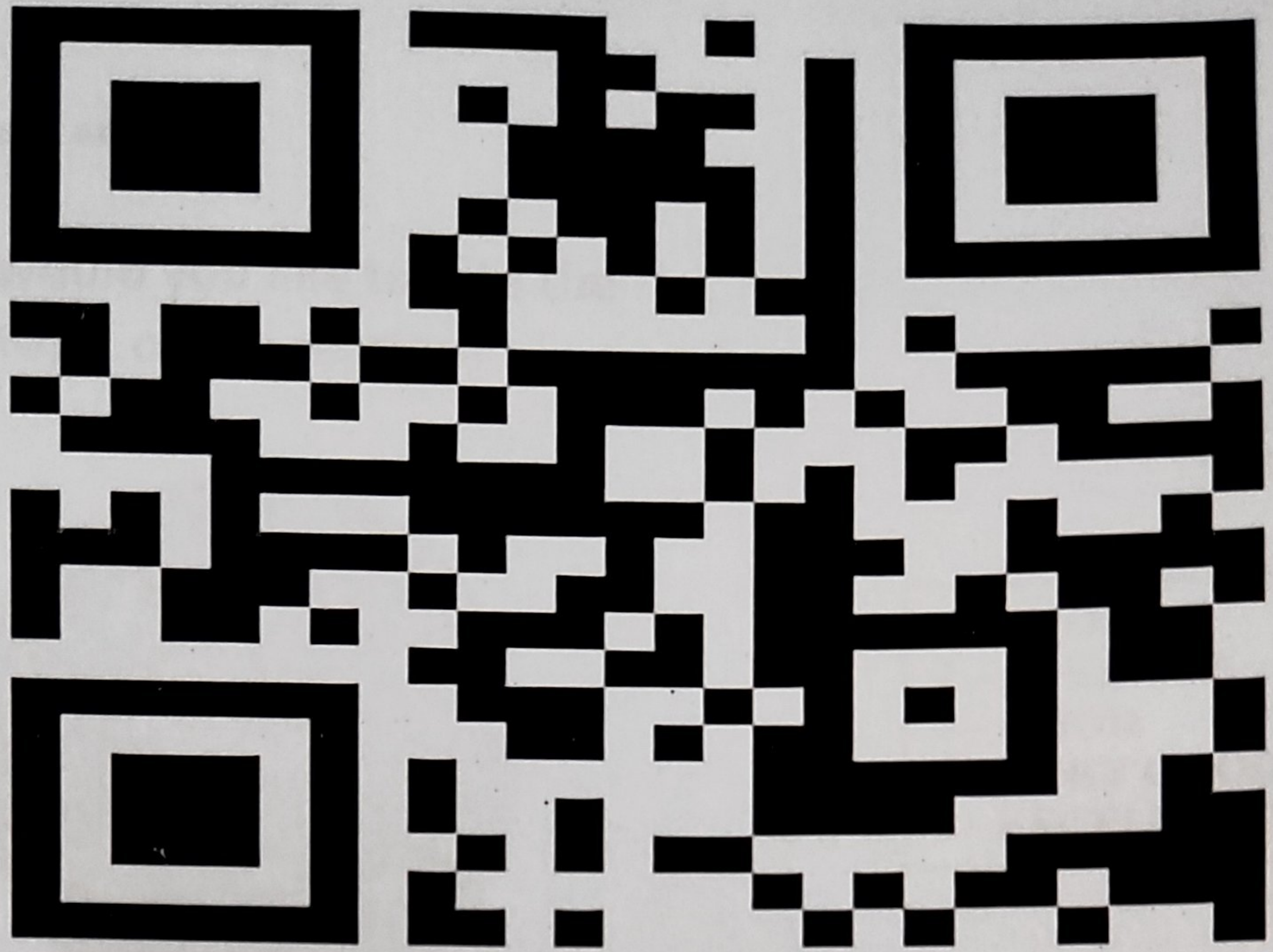
<https://forms.gle/MLv356h1wrBZXQ2D7>

6. Feedback form link and QR code :

<https://forms.gle/7UjSM3YTJWjukqmi8>



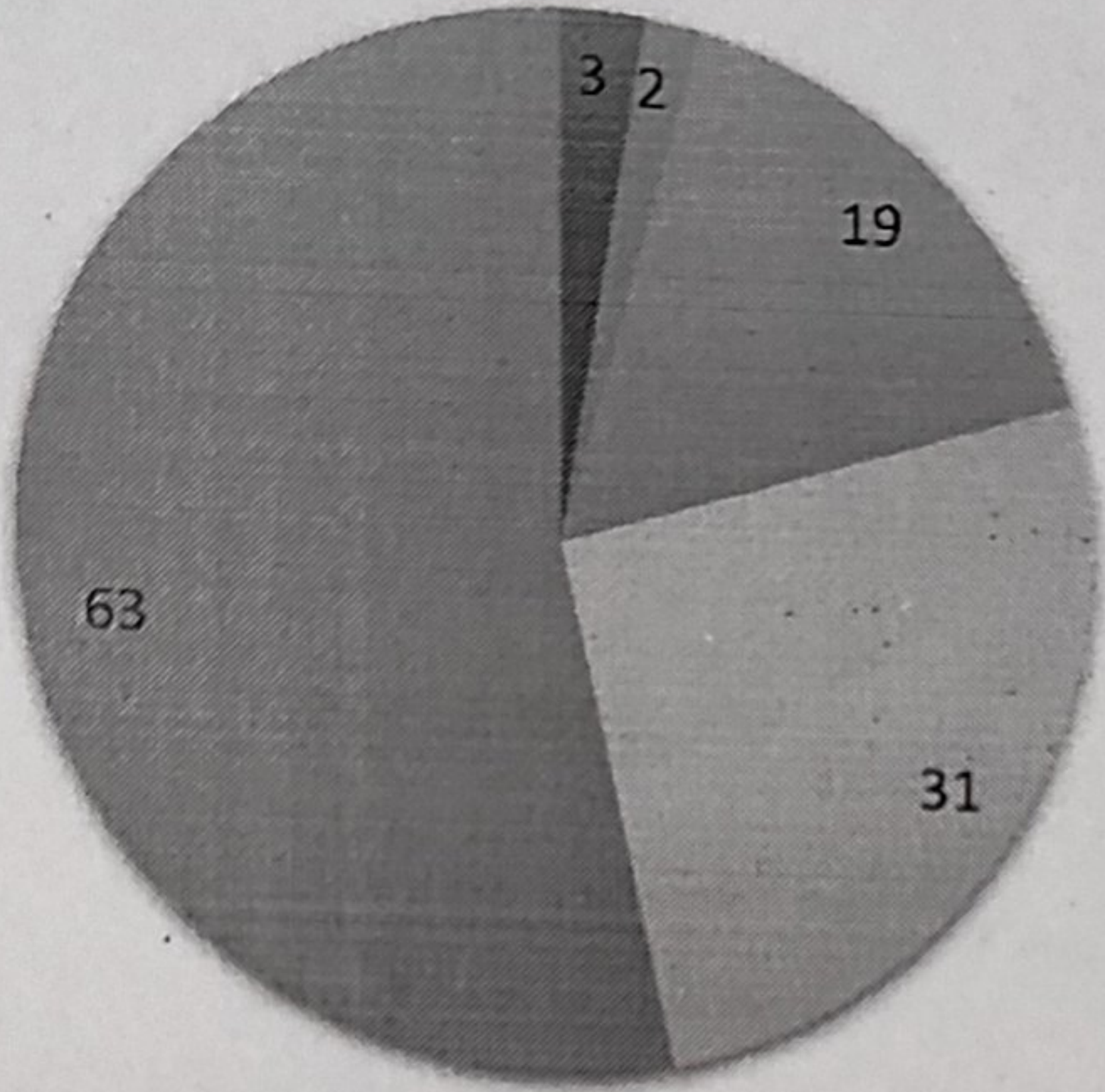






7. Feedback analysis:

How would you like to rate the topic of the session?



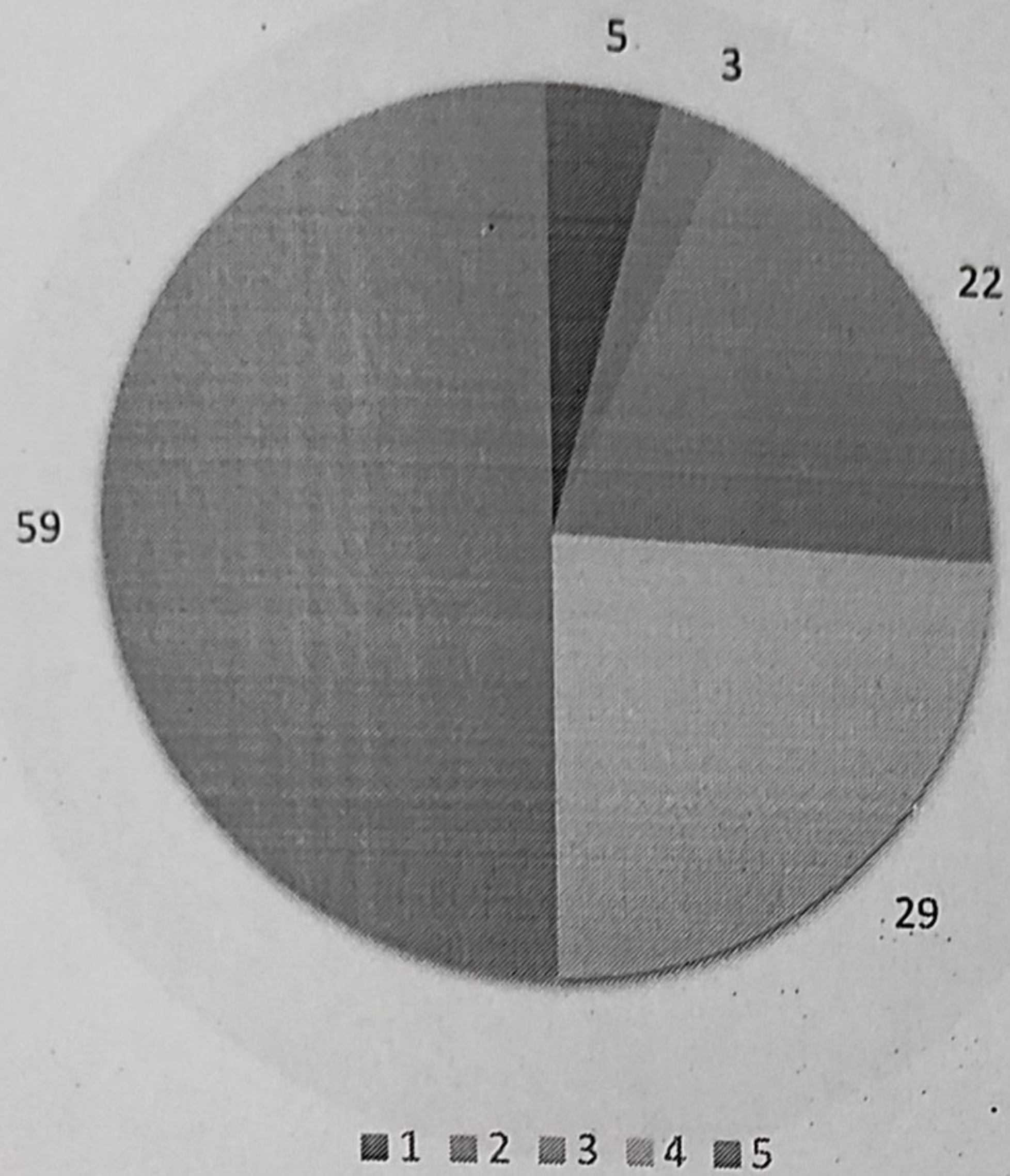
■ 1 ■ 2 ■ 3 ■ 4 ■ 5

- 1 - POOR
- 2 - AVERAGE
- 3 - GOOD
- 4 - VERY GOOD
- 5 - EXCELLENT



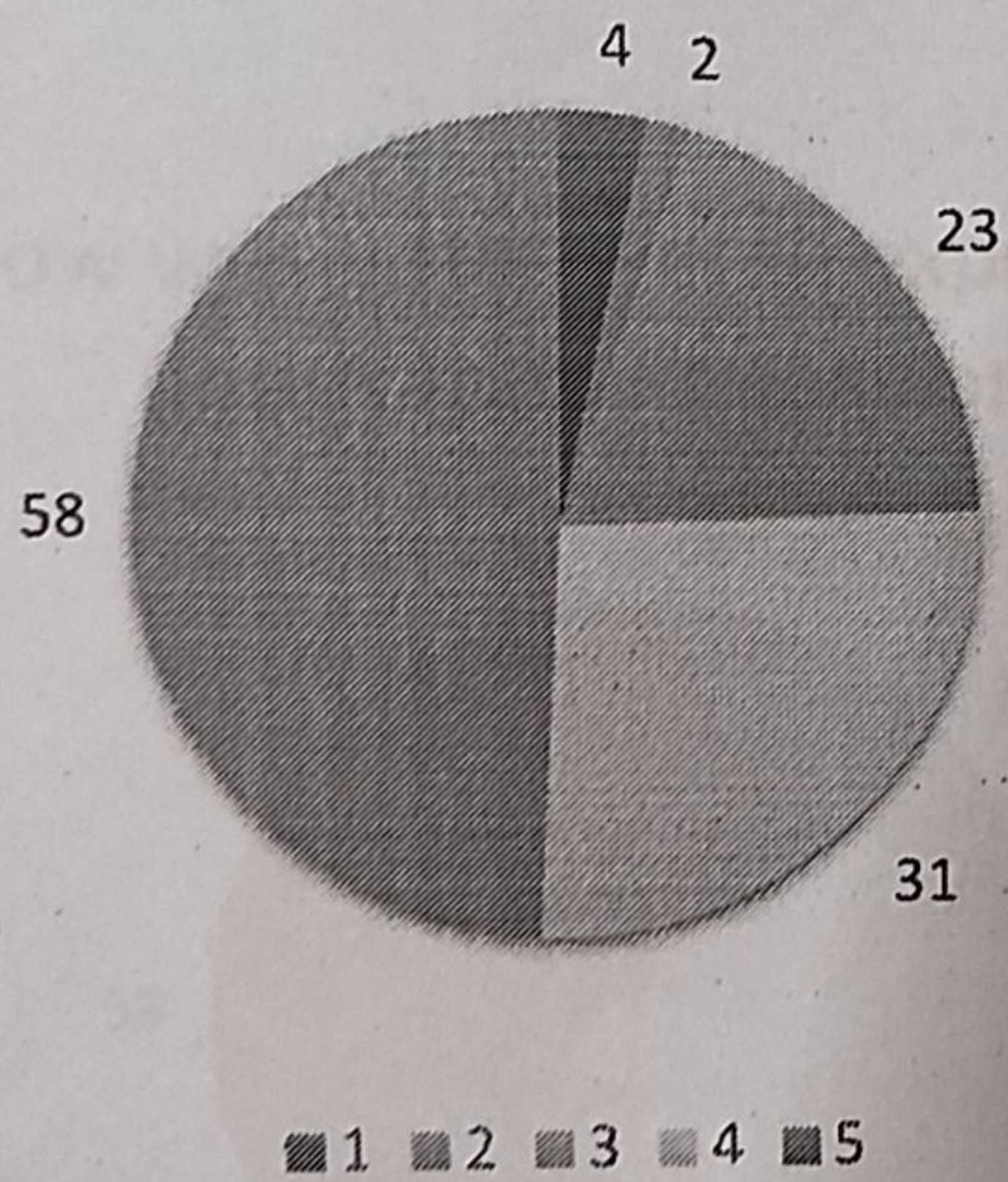


**How were the contents covered in the session?**



1 - POOR  
2 - AVERAGE  
3 - GOOD  
4 - VERY GOOD  
5 - EXCELLENT

**How was the content delivery by the speaker Sunila Nambiar?**

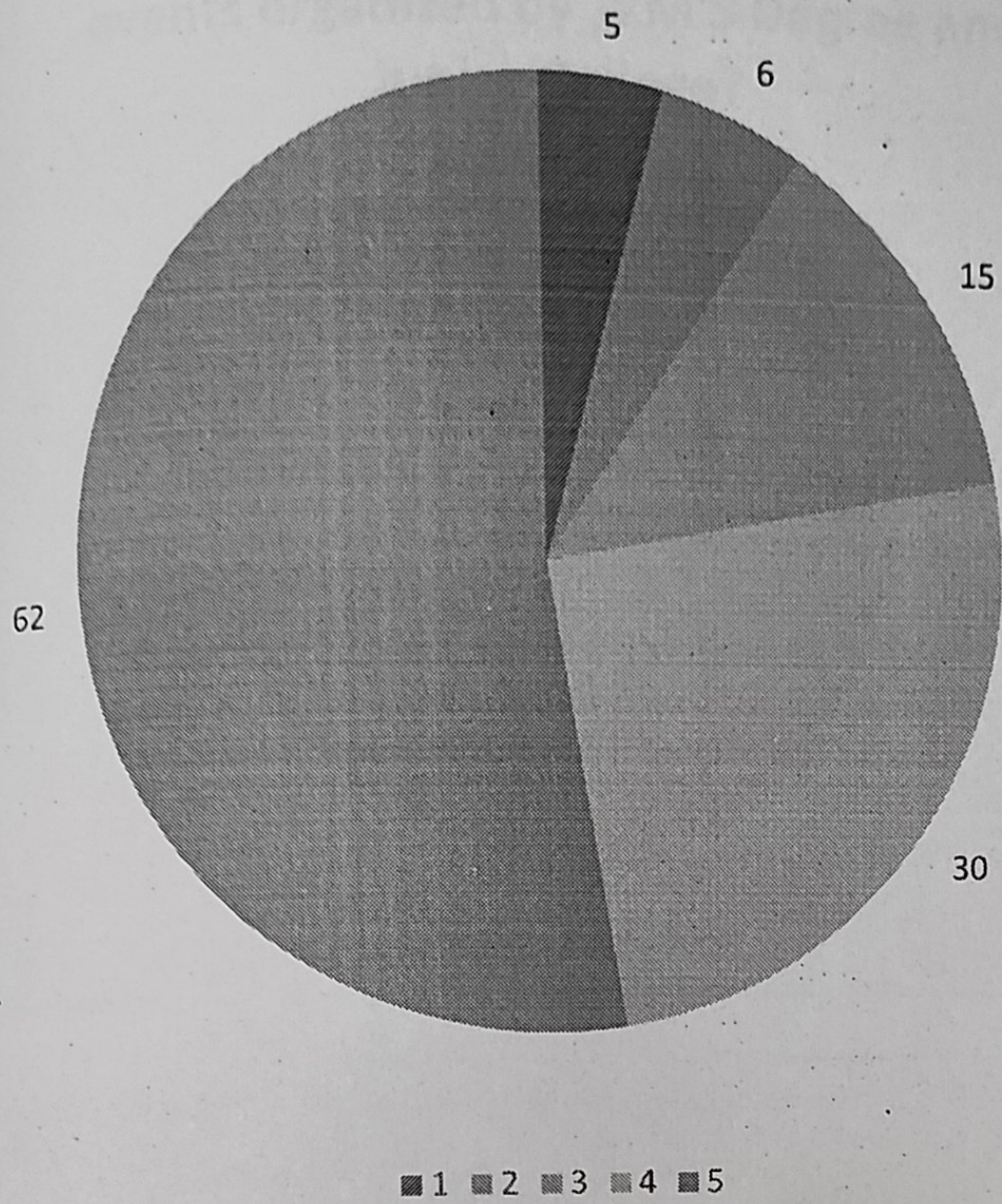


1 - POOR  
2 - AVERAGE  
3 - GOOD  
4 - VERY GOOD  
5 - EXCELLENT



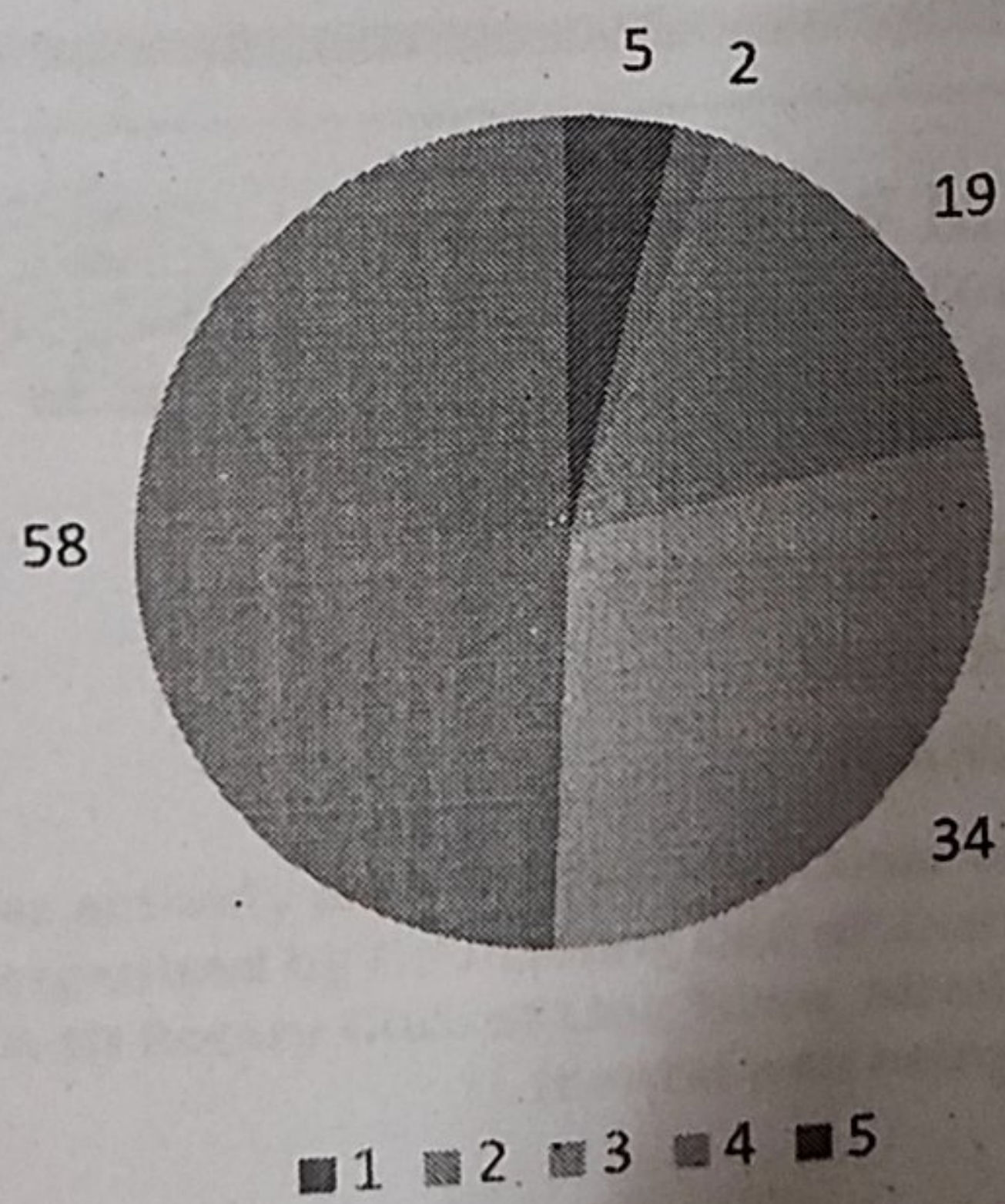


How well was the session organized?



- 1 - POOR
- 2 - AVERAGE
- 3 - GOOD
- 4 - VERY GOOD
- 5 - EXCELLENT

How was your overall experience about today's session?

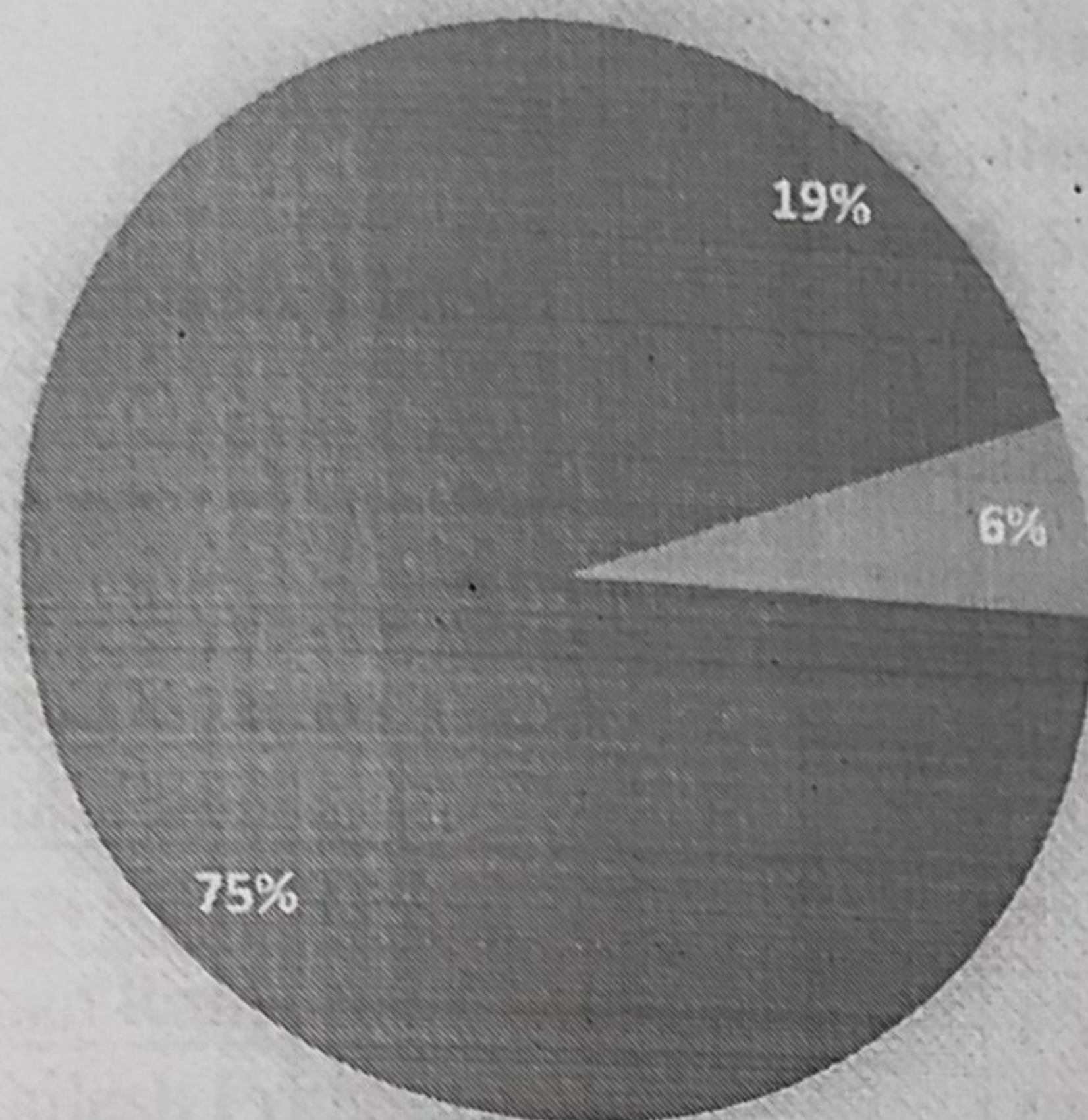


- 1 - POOR
- 2 - AVERAGE
- 3 - GOOD
- 4 - VERY GOOD
- 5 - EXCELLENT



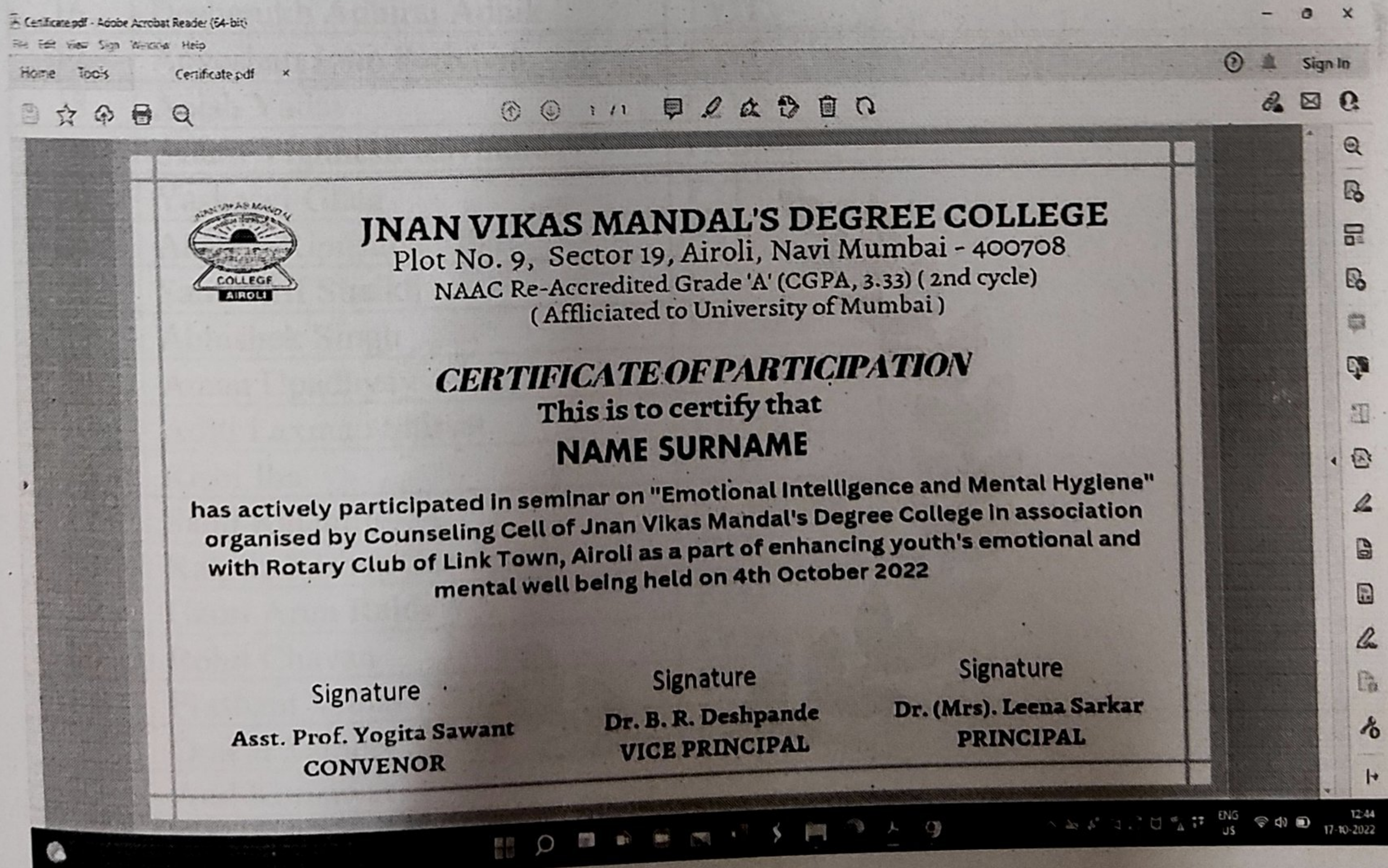


Would you like to get notified about the events organized by JVM'S Degree and Junior College?



■ Maybe ■ No ■ Yes

### 8. Certificate:



*Keena*

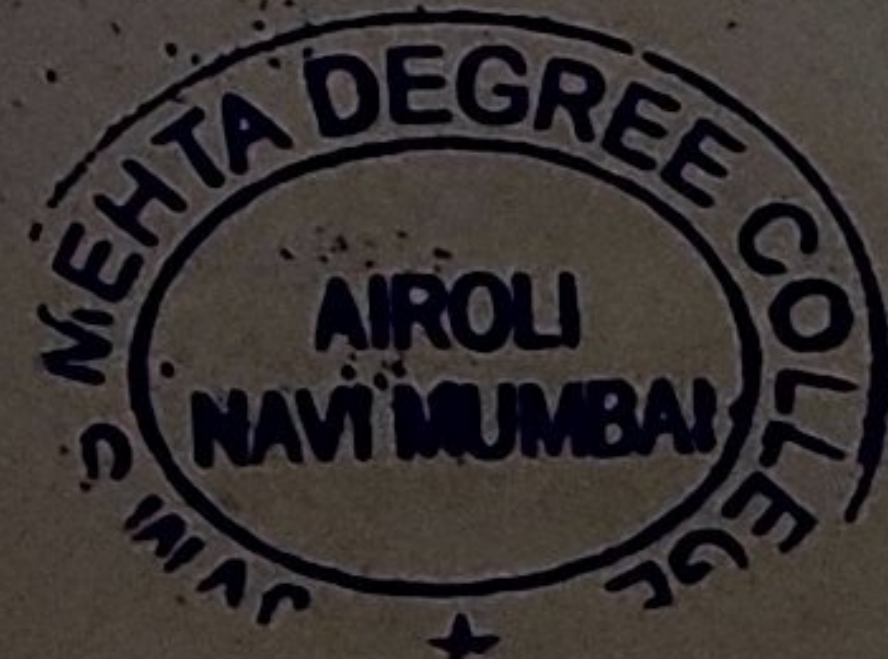




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Plot no.9, Sector -19, Airoli Navi Mumbai

9. Participants List :

Sr.No.	Name of the Participant	Class
1	Bhavesch Gangurde	TYIT
2	Reeta Dayaram Yadav	TYIT
3	Shruti Pathak	TYIT
4	Tanvi Sunil Sangle	TYIT
5	Aman Ramasare Chaurasia	FYBMS
6	Akhilesh Pritam Bhoir	FYBMS
7	Kaushal Patil	FYBMS
8	Patil Jeet Rajendra	FYBMS
9	Cadet Shriraj D Chaughule	TYIT
10	Sarthak Balu Dhayarkar	FYBMS
11	Shinare Aniket	TYIT
12	Ganesh Sudhakar Chavan	FYScience
13	Dipti Daji Sawant	FYBMS
14	Talaha Khan	FYBMS
15	Gauravkumar Raviprakash Gupta	FYBMS
16	Deshmukh Adhiraj Adhik	TYIT
17	Anveshan John Parichha	TYIT
18	Anish Yadav	FYCS
19	Satam Vighnesh Ravindra	FYBMS
20	Yashasvi Ghag	FYBMS
21	Akshay Ripusudan Jha	FYBMS
22	Sami Arif Shaikh	FYBMS
23	Abhishek Singh	FYBMS
24	Aman Upadhyay	FYIT
25	Aditi Laxman Shirsat	FYBMS
26	Rishi Jha	FYIT
27	Sahil Kalantre	FYScience
28	Kalpita Kishor Gaonkar	FYIT
29	Gauri Arun Rajdev	FYIT
30	Rohit Chavan	FYBMS
31	Prashant Vithal Godhe	TYIT
32	Omkar Sameer Sarang	FYBMS
33	Anil Kumawat	TYIT
34	Kartik Gupta	FYBMS
35	Janvi Sanjay Salunke	FYBMS



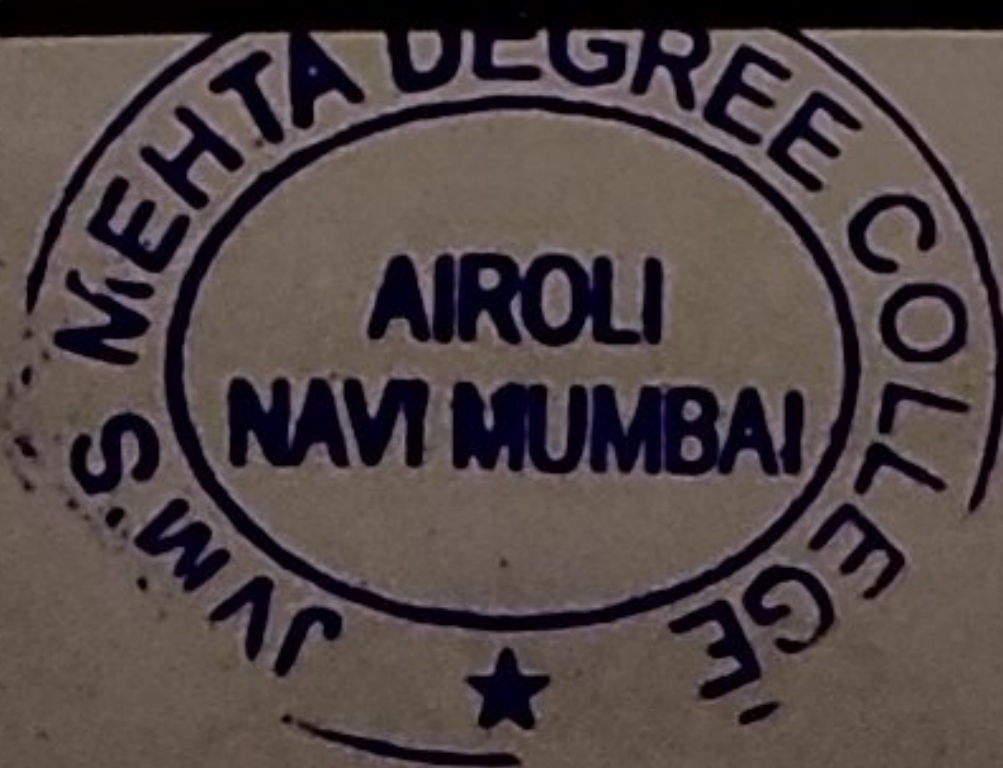
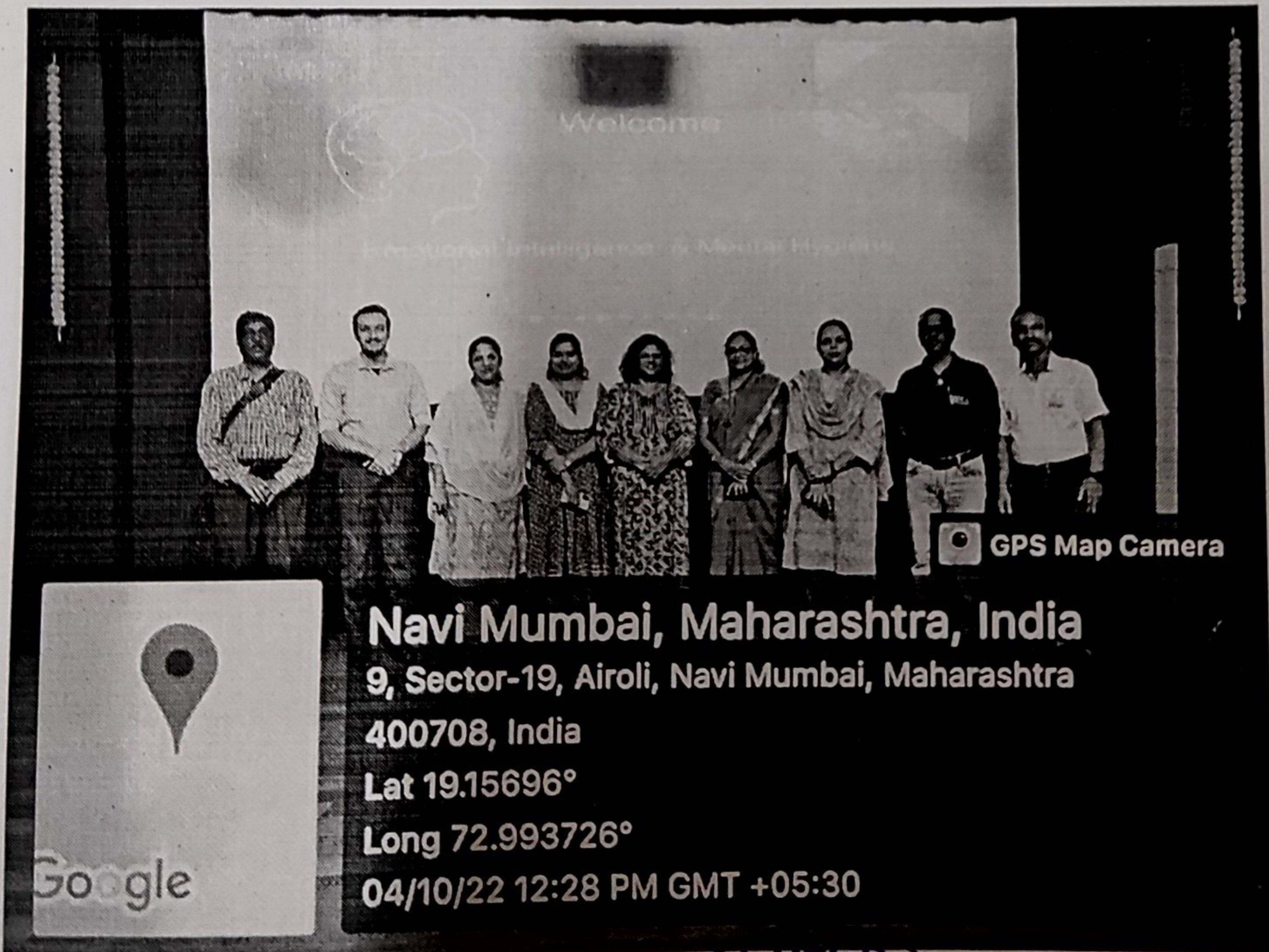
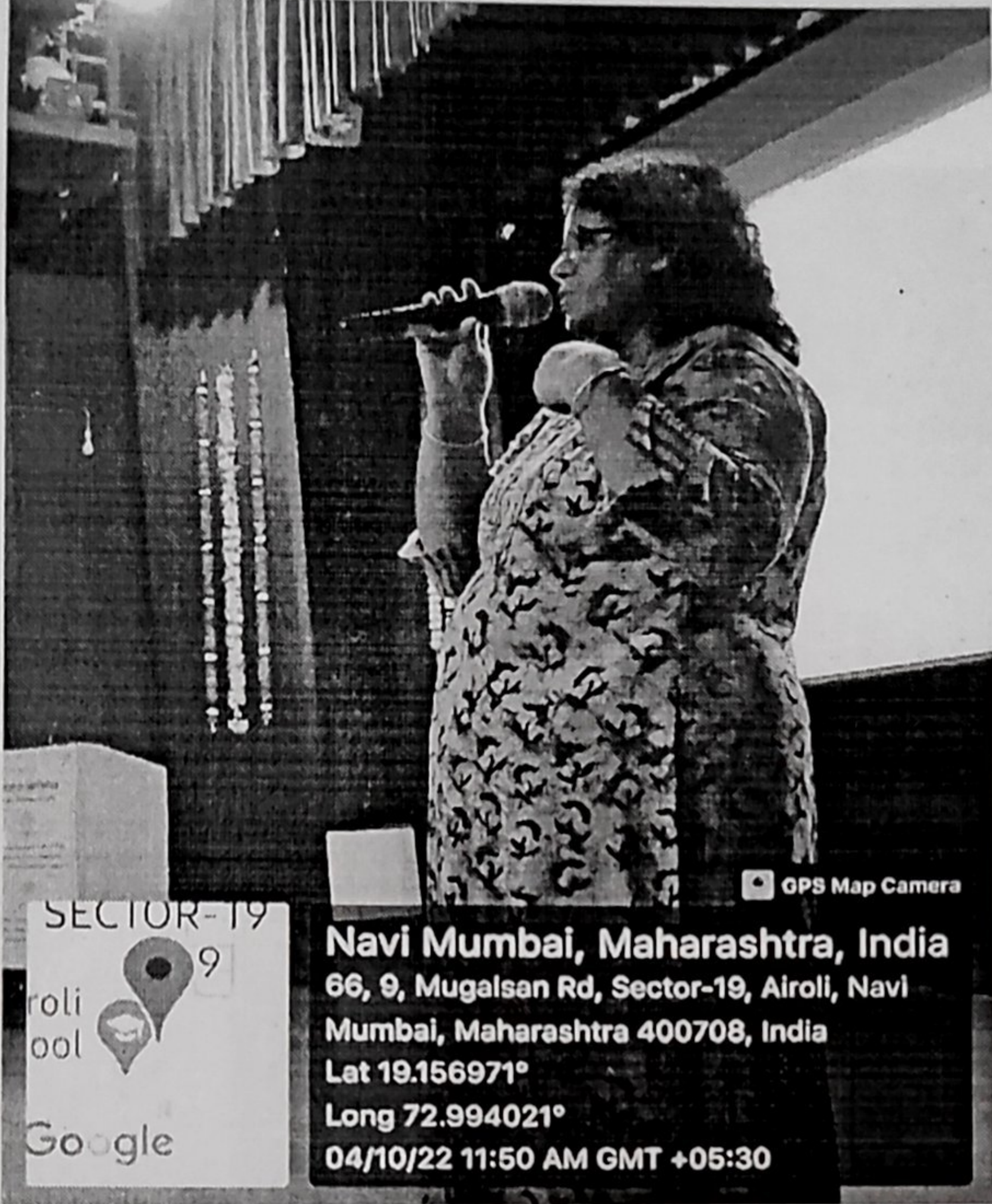


36	Khan Imran Shakeel Ahmed	TYIT
37	Ribika Autade	TYIT
38	Ayushman Kumar	FYBMS
39	Samruddhi Prashant Pawar	FYBMS
40	Aryan Raju Mourya	FYIT
41	Shubhangi Shivaji Date	TYIT
42	Gandharva Vitthal Naik	FYIT
43	Sachin Yadav	TYIT
44	Atharvi Narvekar	FYBMS
45	Sneha Saraswati Amit Soni	FYBMS
46	Rushabh Sandeep Bhosle	FYBMS
47	Pratham Pawar	FYBMS
48	Vinay Nagesh Sarde	TYIT
49	Yash Kanojiya	FYBMS
50	Nirmal Sunila Bhikhu	FYIT
51	Vinayak Rajan Vishwakarma	FYCS
52	Gowda Pratik Sunil	FYBMS
53	Sumitkumar Gurunath Panda	FYBMS
54	Bhumika Gorakhnath Salvi	TYIT
55	Adarsh Mohanty	FYBMS
56	Sachin Patel	FYIT
57	Pushkar Guddu Pandey	FYCS
58	Pooja Dhotre	FYBMS
59	Sneha Suresh Kamble	FYCS
60	Rahul Sanjay Sonawane	FYCS
61	Namrata Chandrakant Somvanshi	FYBMS
62	Nandini Dayashankar Choudhary	FYBMS
63		FYBMS
64	Arnesh Sadanand Patole	FYBMS
65	Sagar Sadashiva Naik	FYBMS
66	Shruti Harishchandra Walke	FYBMS
67	Jeevan Laxmikant Randive	FYBMS
68	Bind Sunny Virendrapradad	FYIT
69	Dhuri Arya Subhash	FYIT
70	Prachi Prakash Kasurde	FYBMS
71	Tanuja Vilas Chavan	FYBMS
72	Sarika Sharnappa Patil	FYBMS
73	Yadav Shubham Pyarelal	FYCS
74	Shreya Sanjay Bodke	FYCS
75	Vaishnavi Tiwari	FYCS
76	Omeshwariben Sanjay Desai	FYCS
77	Atish Mahesh Nikam	FYScience
78	Khushboo Ramvinay Vishwakarma	FYBMS
79	Siddhi Vinayak Salvi	FYCS

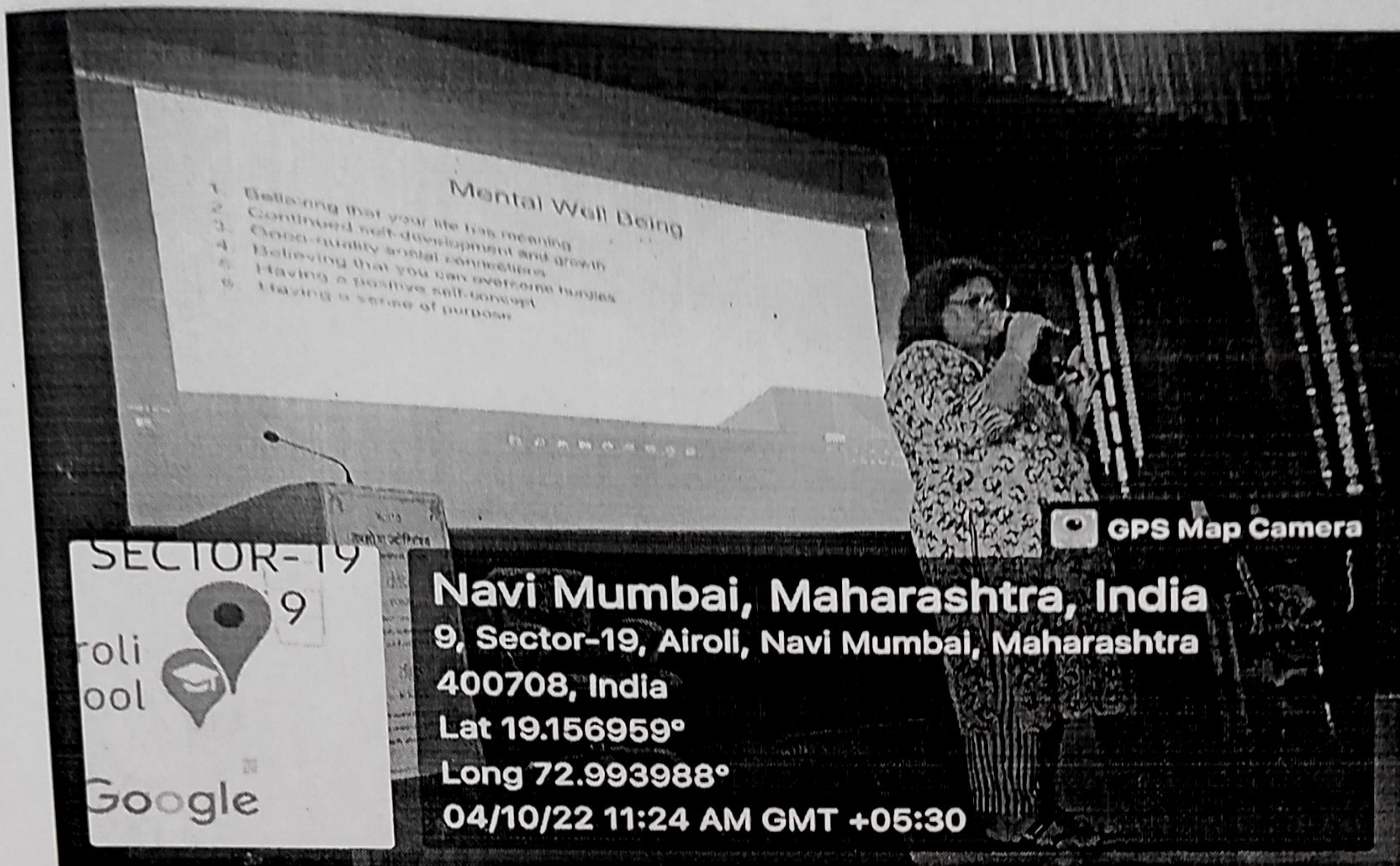




10. Photographs:



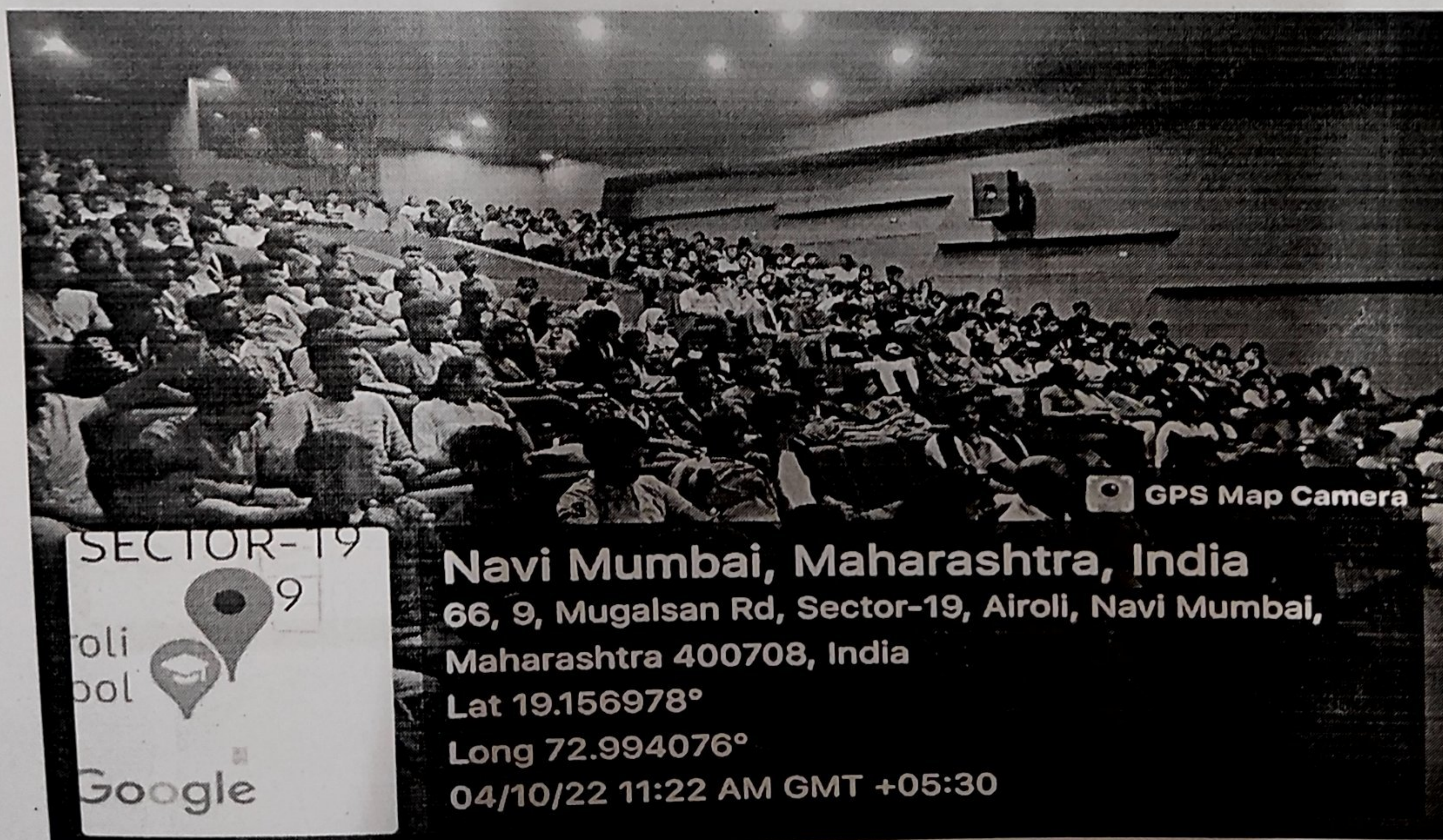




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Airoli  
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Google

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400708, India  
Lat 19.156959°  
Long 72.993988°  
04/10/22 11:24 AM GMT +05:30

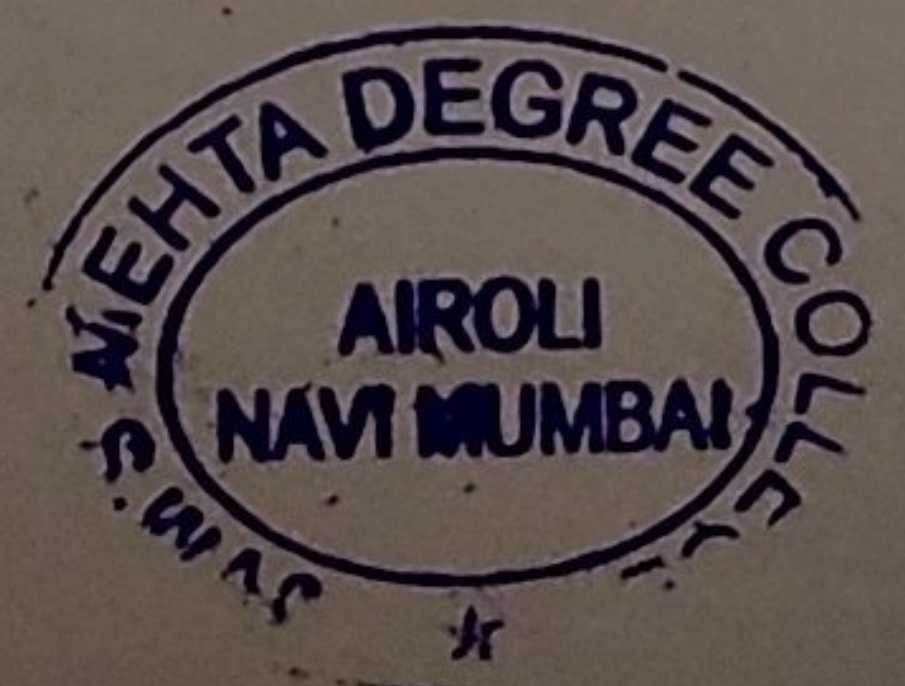
GPS Map Camera



SECTOR-19  
Airoli  
ool  
Google

**Navi Mumbai, Maharashtra, India**  
66, 9, Mugalsan Rd, Sector-19, Airoli, Navi Mumbai,  
Maharashtra 400708, India  
Lat 19.156978°  
Long 72.994076°  
04/10/22 11:22 AM GMT +05:30

GPS Map Camera



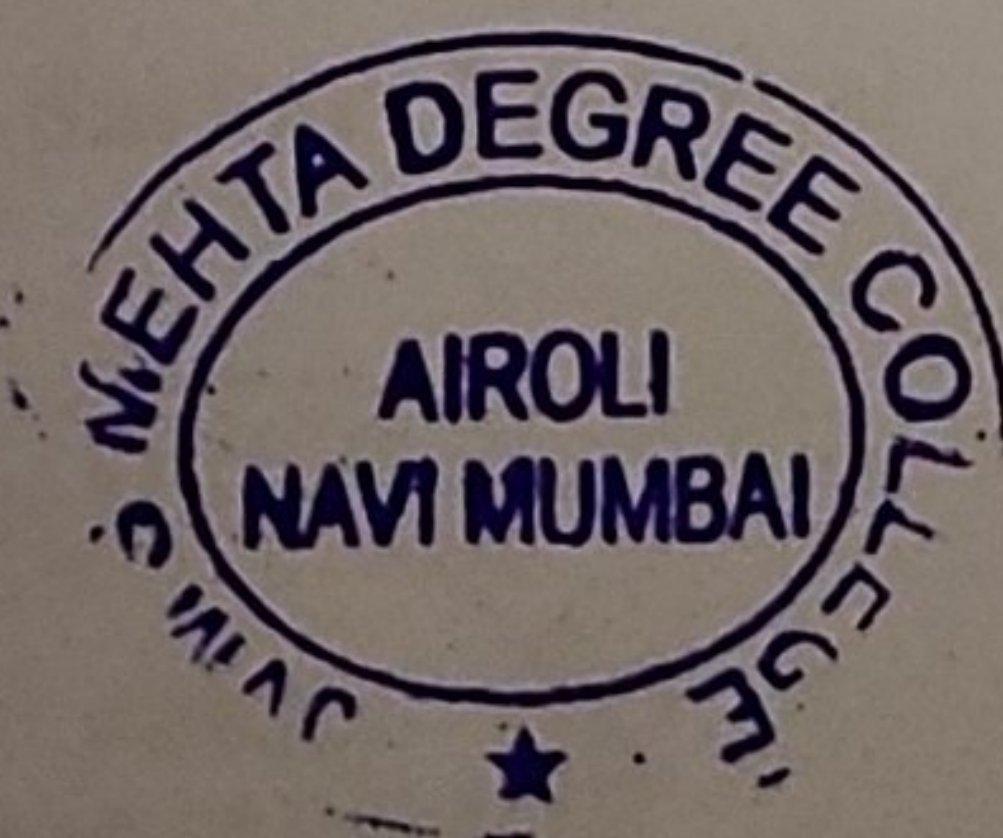




GPS Map Camera

SECTOR-19  
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Google

**Navi Mumbai, Maharashtra, India**  
9, Sector-19, Airoli, Navi Mumbai,  
Maharashtra 400708, India  
Lat 19.156928°  
Long 72.993696°  
04/10/22 11:37 AM GMT +05:30





11. Report:



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Report of "Emotional Intelligence and Mental Hygiene"

A Seminar on "Emotional Intelligence and Mental Hygiene" was organized by Counselling Cell on behalf of Jnan Vikas Mandal's Degree College on 04<sup>th</sup> October, 2022 under the guidance of Principal Dr. Leena Sarkar.

The main function of a seminar is among all the positive traits that effective leaders bring to the workplace, research has revealed an attribute that is more reliable in predicting overall success than our intelligence quotient (IQ)... And that is our emotional intelligence (EI). It's an effective way to catch and hold the attention of pupils or students as well as maintain their interest in the subject. Keeping this in mind the need for emotional intelligence and in today's world and to create awareness about it. Seminar can motivate students to learn a specific topic. They can help learners to focus on a certain idea, fact, event or process.

Seminar was open to JVM'S UG and PG students, and total 79 participants has taken benefit of the seminar. The feedback was also collected from the participants.

**Organizing Committee**

- 1) Mrs. Yogita Sawant (Convenor)
- 2) Mrs. Sharayu Kadam
- 3) Mrs. Archana Sanap

Report Prepared by - Asst. Prof. Sharayu Kadam *Shrk*

Report Checked by - Asst. Prof. Yogita Sawant - Convenor *Y*

Report Approved by - Dr. Leena Sarkar - Principal *Leena*



*Leena*  
**PRINCIPAL**  
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