# VIDYA PRABODHINI COLLEGE

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,

VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

(APPROVED BY GOVT. OF GOA, AFFILIATED TO GOA UNIVERSITY AND RECOGNIZED BY NCTE) (RECOGNIZED BY U.G.C. UNDER SECTION 2(F) AND 12 (B) OF THE UGC ACT 195 ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

**Excellence Everywhere Everytime** 

Created On: 30/01/2025

## **Activity Proposal**

:P2514261

Participation/Organization :Organization

**Event Name** :Mindfulness and Emotional Intelligence: Tools for

Personal and Professional Growth

**Academic Year** :2024-25

:Seminars / Conferences **Activity Type** 

Reach of the Event :Local **Mode of the Event** Offline

**Date of the Event** :2025-02-12 **To**2025-02-12

No of Dav(s) :one day

:1) To introduce the concepts of mindfulness and **Objective of the Event** emotional intelligence 2) To highlight the role of mindfulness in enhancing emotional intelligence. 3) To provide practical strategies and exercises to practice mindfulness. 4) To discuss real-life

applications of emotional intelligence.

### **Outcome of the Event:**

**Event Id** 

1) Increased awareness of emotional intelligence and mindfulness. 2) Enhanced ability to manage emotions effectively in personal and professional settings. 3) Improved interpersonal relationships and communication skills through empathy and active listening. 4) Practical application of mindfulness and EI principles in leadership, teamwork, and conflict resolution.

### A brief write-up about your Event (in about 300 words):

Emotional Intelligence and Mindfulness is essential in today's fast-paced world to help individuals manage stress, enhance self-awareness, and improve interpersonal relationships. By fostering emotional intelligence and mindfulness, participants can develop better decision-making skills, resilience, and overall well-being, leading to personal and professional growth.









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## **Participants Details**

Local	State	National	International	<b>Total Delegates</b>
100	0	0	0	100

### **Resource Person Details**

Name of the Resource Person: Ms. Shrishti Tamankar

Institutional Affiliation: Vidya Prabodhini College of commerce, education, computer and management,

Parvari

**Expertise**: Counselling Psychology Any Other Details :college counsellor

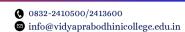
## **Proposed Registration Fee to be Collected from Delegates**

Sr.	Delegates	Amt.
No		Per Person
1	Local Delegate	0
2	State Delegate	0
3	National Delegate	0
4	International Delegate	0
	Total Registration Fees	0

## **Proposed Source of Funds**

Sr.	Particulars	Amt.
No		
1	Registration Fees:	0
2	Sponsorship:	0
3	Support from funding agencies/ departments/	0
	institutions:	
4	Other 0:	0
	TOTAL Funds in Rupees	0

# **Proposed Expenditure**





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Sr.	Particulars	Amt.
No		
1	Hall/Venue Booking:	0
2	Remuneration/Honorarium:	0
3	Accommodation	0
4	Local Conveyance	0
5	Food and Refreshments	200
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration	0
	etc.	
8	Miscellaneous	200
9	Rs 200 for refreshment and Rs 200 for a potted plant	0
	for the guest lecturer:	
	Total Expenditure in Rupees	400

### **Co-ordinator Details**

Name of the Event Co-ordinator: M. Sakshi P. Kuber

Co-ordinator Department: Education

Event Co-ordinator Mobile Number: 7038076440

Working Committee : No Working Comittee

**Keywords:**, Quality initiative, Curriculum enrichment

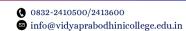
Date:30-01-2025

### Remarks

**HOD Remark:** Approved **IQAC Remark:** Approved Principal Remark: Approved

Head Clerk's remark by the Principal: **Accountant's remark by the Principal:** 

## **Signatures**





# VIDYA PRABODHINI COLLEGE



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Excellence Everywhere Everytime

|| विद्या सर्वस्य भूषणम् ||

**User Signature:** 

**HOD Signature:** 

**IQAC Signature:** 

**Principal Signature:** 



## VIDYA PRABODHINI COLLEGE

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT, PARVARI – GOA.

# NOTICE (2024 - 2025) (STUDENTS – B.A.B.ED.)

This is to inform all the students of F.Y. B.A.B.Ed. (A&B) that the Department of Education is organizing a guest lecture on 'Mindfulness and Emotional Intelligence: Tools for Personal and Professional Growth' on 12<sup>th</sup> February, 2025 from 10:00 a.m. to 12:00 p.m.

All the students are requested to be present for the same.

(Ms. Sakshi Kuber) Coordinator (Dr. Anil T. Thosare) H.O.D. (B.A.B.Ed.) (Prof. Bhushan V. Bhave) Principal

Date: 07th February, 2025

F. Y. B. A. B. Ed A

F. Y. B. A. B. Ed B

Commerce, Education of Computer & Computer &



# Prabodhan Education Society's VIDYA PRABODHINI COLLEGE



of Commerce, Education, Computer & Management

Vidya Nagar, Alto-Parvari, Goa

Accredited by NAAC with 'A+' Grade (CGPA Score 3.42, Second Cycle in 2024),
Ranked Among 300 Colleges by NIRF in 2024

#### **Guest-Lecture**

# Mindfulness and Emotional Intelligence: Tools for Personal and Professional Growth

**Resource Person** 

Ms. Shrishti Tamankar

**College Counsellor** 

12 February 2025

Ms. Sakshi Kuber

Asst. Prof. in History

Coordinator

10:00AM to 12:00 PM

Dr. Ujvala Hanjunkar Vice-Principal HoD Commerce T -3 Classroom

Prof. Bhushan V. Bhave
Principal

EXCELLENCE... EVERYWHERE... EVERYTIME...

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Department/Co	mmittee - 8	duration	J	0	ground
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51	2418105	Durra Salgaonkag	FYBABED-A'	8
6.	2418106	Pragati Garkar	FYBABED(A)	<u>-िश्राम्</u>
7.	2418107	Harshada Fawata	-11-	11.02
8.	2418 108	Hazel Vaz	11	The
9,	2418 109	3 0		01
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14.	2418114	Richa Sawant	FYBABED(A)	Quela
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18.	2418/18	Shaheen Fernandes	4	gas.
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19.	2418/18	Shaheen Fernandes	F-V-B-A-B-E-T	Saux.
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19. 20. 21. 22. 23.	2418/18 2418/19 6418/20 2418/21 2418/22 2418/23	Shaheen Fernandes  Srushti Dhwi  Tuhina Kiyur  Vidhula Dhury  Yashmeen Khan	11 F. V. B. A. B. E. I	Salara Viviny
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Name & Sign of Coordinator: - Ms. Sakohi Kubea

Principal's Signature: -

25/02/2025



	ATTENDANCE RE			
Name of the Event:- Mind	When & Emotional	Intelligence	? Tools for	Personal of
Department/ Committee: -	Education		00	
1- th C	1 2005	Time:	10'00am to	12:00 pm

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33.	2418133	Lakshita Vengualekar	FIA BHRED	Corsim
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44.	2418 144	Sanika & Parab Chaonkar	FYRABEDIA	Saula
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46.	2418 146	should S. Gouelle	FYBABOD(A)	Soude
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Name & Sign of Coordinator: - Ms . Sakshi Kuber

Principal's Signature: -

25/62/2015



ATTENDANCE RECORD

Name of the Event: - Guest - lecture: Mindfulness & Emotional Intelligence: Tools feet Pensonal & Professional Growth.

Department/Committee: - Education

Event Date: 12th february 2025 Time: 10:00an to 12:00pm

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
1.	2418201	Teena Prabhy	FY BA BEDE	Brahm
2.	2418202	Swana Desai	",	A
3.	2418203	Vaibhavi Naik	F. Y. BA. GEd (B)	Vinak
4.	2418204		th bused (B)	
5.	24182 05		FY.BH.BEDG	Share.
6.	24182 06	Aachal Sahani	W 9.	P
7.	2418207	Anisha Narulkan	F.Y.B.A : B. EB(8	) finds.
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14.		Drinka Pagui	f-Y-BA-BEDB	Moren
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26.	2418226	Roshma Shateriya	F. y. BA. BED F. Y. BA. BED	Rashme
27.	24112 07	0.0	F.Y. BABED	Bokhan .

Name & Sign of Coordinator:- Ms. Sakshi Kuben kulus

25 0 2 2021-



		ATTENDA	NCE RECO	RD		0 1001 :00
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		Education		· ·	In'on a	to 12 '00ha
Event Date:	12th Febru	any 20	25	Time:_	10,00am	to 12:00pm

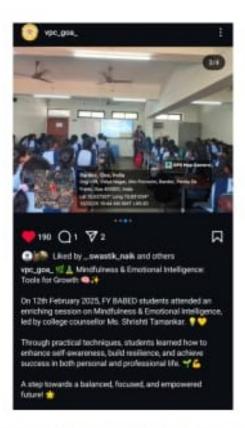
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29 2418229 Mayana Shaikh F.YB.ABEA NO. 30. 2418230 Siya Halaunkan 31. 2418231 Sneha Velip 32. 2418232 Sheha Shaw 33. 2418233 Sophia Shaikh F.M.R.R.EDB F.M.R.R.R.EDB F.M.R.R.R.R.EDB F.M.R.R.R.EDB F.M.R.R.R.R.B.EDB F.M.R.R.R.R.B.EDB F.M.R.R.R.R.B.EDB F.M.R.R.R.R.B.EDB F.M.R.R.R.R.B.EDB F.M.R.R.R.R.B.EDB F.M.R.R.R.R.B.EDB F.M.R.R.R.R.B.EDB F.M.R.R.R.R.R.R.R.R.R.R.R.R.R.R.R.R.R.R.	liar
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Name & Sign of Coordinator: - Ms - Sakshi Kuller Principal's Signature: - 2562 2 2015

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#### Social Media News on the Seminar

### Mindfulness and Emotional Intelligence: tools for personal and professional growth



https://www.instagram.com/p/DG7euoGoJru/?igsh=MTc1ZHNiYW83MXhiaw==

# VIDYA PRABODHINI COLLEGE

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,

VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

(APPROVED BY GOVT. OF GOA, AFFILIATED TO GOA UNIVERSITY AND RECOGNIZED BY NCTE) (RECOGNIZED BY U.G.C. UNDER SECTION 2(F) AND 12 (B) OF THE UGC ACT 195 ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK **Excellence Everywhere Everytime** 

Created On: 23/04/2025

## **Activity Report**

**Event Id:** A2514117

**Event Name:** Mindfulness and Emotional Intelligence: Tools for Personal and Professional Growth

Academic Year: 2024-25

**Activity Type:** Seminars / Conferences

**Reach of the Event:** Local Mode of the Event: Offline

**Date of the Event:** 2025-02-12 **To** 2025-02-12

No of Day(s): one day

Venue: College Board Room

**Objective of the Event:** 1) To introduce the concepts of mindfulness and emotional intelligence 2) To highlight the role of mindfulness in enhancing emotional intelligence. 3) To provide practical strategies and exercises to practice mindfulness. 4) To discuss real-life applications of emotional intelligence.

Outcome of the Event: 1) Increased awareness of emotional intelligence and mindfulness. 2) Enhanced ability to manage emotions effectively in personal and professional settings. 3) Improved interpersonal relationships and communication skills through empathy and active listening. 4) Practical application of mindfulness and EI principles in leadership, teamwork, and conflict resolution.

A brief write-up about your Event (in about 300 words): Emotional Intelligence and Mindfulness is essential in today's fast-paced world to help individuals manage stress, enhance self-awareness, and improve interpersonal relationships. By fostering emotional intelligence and mindfulness, participants can develop better decision-making skills, resilience, and overall well-being, leading to personal and professional growth.







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## **Participants Details**

Local	State	National	International	<b>Total Delegates</b>
100	0	0	0	100

### **Resource Person Details**

Name of the Resource Person: Ms. Shrishti Tamankar

**Institutional Affiliation:** Vidya Prabodhini College of commerce, education, computer and management,

Parvari

**Expertise:** Counselling Psychology Any Other Details: college counsellor

### **Co-ordinator Details**

Name of the Event Co-ordinator: M. Sakshi P. Kuber

**Co-ordinator Department:** Education

**Event Co-ordinator Mobile Number:** 7038076440

Working Committee: No Working Comittee

Keywords:, Quality initiative, Curriculum enrichment

Date: 23-04-2025

### **Remarks**

**HOD Remark:** Approved



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**IQAC Remark:** Approved

**Signatures** 

**User Signature:** 

**HOD Signature:** 

**IQAC Signature:** 

**Principal Signature:** 

