



Created On :30/01/2025

## Activity Proposal

Participation/Organization	:Organization
Event Id	:P2514261
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
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.



|| विद्या सर्वस्य भूषणम् ||

PRABODHAN EDUCATION SOCIETY'S  
**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 1956)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime

## Participants Details

Local	State	National	International	Total Delegates
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. No	Delegates	Amt. 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. No	Particulars	Amt.
1	Registration Fees :	0
2	Sponsorship :	0
3	Support from funding agencies/ departments/ institutions :	0
4	Other 0 :	0
	TOTAL Funds in Rupees	0

## Proposed Expenditure



# VIDYA PRABODHINI COLLEGE

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,  
VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

|| विद्या सर्वस्य भूषणम् ||

(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 1956)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime

Sr. No	Particulars	Amt.
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 etc.	0
8	Miscellaneous	200
9	Rs 200 for refreshment and Rs 200 for a potted plant for the guest lecturer :	0
	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 Committee

**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

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,  
VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

|| विद्या सर्वस्य भूषणम् ||

(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 1956)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime

User Signature :

HOD Signature :

IQAC Signature :

Principal Signature :



PRABODHAN EDUCATION SOCIETY'S  
**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. Bhawe)  
Principal

Date: 07<sup>th</sup> February, 2025

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



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





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



10:00AM to 12:00 PM



T -3 Classroom

**Ms. Sakshi Kuber**  
Asst. Prof. in History  
Coordinator

**Dr. Ujvala Hanjunker**  
Vice-Principal  
HoD Commerce

**Prof. Bhushan V. Bhawe**  
Principal

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



VIDYA PRABODHINI COLLEGE OF COMMERCE,  
EDUCATION, COMPUTER AND MANAGEMENT, ALTO PARVARI-GOA

ATTENDANCE RECORD

Name of the Event: Mindfulness & Emotional Intelligence : Tools for Personal & Professional Growth  
Department/ Committee: Education  
Event Date: 12<sup>th</sup> February 2025 Time: 10:00am to 12:00pm

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
1.	2418101	Amrita Dias	FYBABED(A)	<i>Dias</i>
2.	2418102	Beyonce Raya Fernandes	FYBABED(A)	<i>Beyonce</i>
3.	2418103			
4.	2418104	Durva Naik	FYBABED 'A'	<i>Naik</i>
5.	2418105	Durra Salgaonkar	FYBABED 'A'	<i>Salgaonkar</i>
6.	2418106	Pragati Gaonkar	FYBABED(A)	<i>Gaonkar</i>
7.	2418107	Harshada Pawara	-II-	<i>Pawara</i>
8.	2418108	Hazel Vaz	"	<i>Vaz</i>
9.	2418109			
10.	2418110	Kimaya Pareb.	FYBABED(A)	<i>Pareb</i>
11.	2418111	Maryann Gracious	"	<i>Gracious</i>
12.	2418112	Niki Joyela De Souza	FYBABED(A)	<i>De Souza</i>
13.	2418113	Preksha Premchand Morajkar	F.Y.B.A.B.ED	<i>Morajkar</i>
14.	2418114	Richa Sawant	FYBABED(A)	<i>Sawant</i>
15.	2418115	Saamya Khan	FYBABED(A)	<i>Khan</i>
16.	2418116	Sanika Mainkar	F.Y.B.A.B.ED	<i>Mainkar</i>
17.	2418117	Sidra Farooqui	FYBABED(A)	<i>Farooqui</i>
18.	2418118	Shaheen Fernandes	"	<i>Fernandes</i>
19.	2418119			
20.	2418120	Srushti Dhuri	F.Y.B.A.B.ED	<i>Dhuri</i>
21.	2418121			
22.	2418122	Tuhina Kujur	"	<i>Kujur</i>
23.	2418123	Vidhala Dhuri	"	<i>Dhuri</i>
24.	2418124	Yashmeen Khan	F.Y.B.A.B.ED	<i>Khan</i>
25.	2418125	Aditya Velingkar	F.Y.B.A.B.ED	<i>Velingkar</i>
26.	2418126	Akansa Sopte	F.Y.B.A.B.ED	<i>Sopte</i>
27.	2418127	Ahiali Chawan	FYBABED	<i>Chawan</i>

Name & Sign of Coordinator: Ms. Sakshi Kubeer *Kubeer*

Principal's Signature: *[Signature]*  
25/02/2025



VIDYA PRABODHINI COLLEGE OF COMMERCE,  
EDUCATION, COMPUTER AND MANAGEMENT, ALTO PARVARI-GOA

ATTENDANCE RECORD

Name of the Event: Mindfulness & Emotional Intelligence : Tools for Personal & Professional growth  
Department/ Committee: Education  
Event Date: 12<sup>th</sup> February 2025 Time: 10:00am to 12:00pm

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
28.	2418128			
29.	2418129	Diksha Dalam	F.Y.B.A.BED(A)	<u>Balam</u>
30.	2418130	Divya Velip	F.Y.B.A.BED(A)	<u>Velip</u>
31.	2418131	Harshada Langate	F.Y.B.A.BED(A)	<u>Langate</u>
32.	2418132	Karuna S. Maulingkar	F.Y.B.A.BED(A)	<u>Maulingkar</u>
33.	2418133	Lakshita Vengurlekar	F.Y.B.A.BED	<u>Lakshita</u>
34.	2418134	Lavisha B. Kalangutkar	F.Y.B.A.BED(A)	<u>Kalangutkar</u>
35.	2418135	Neetesh R. Moholkar	F.Y.B.A.BED(A)	<u>Moholkar</u>
36.	2418136	Nitisa N. Naik	F.Y.B.A.BED(A)	<u>Naik</u>
37.	2418137	Niya J Velip	F.Y.B.A.BED(A)	<u>Velip</u>
38.	2418138	Prachi D. Chavkar	F.Y.B.A.BED(A)	<u>Chavkar</u>
39.	2418139	Pratyot. P. Shirodkar	F.Y.B.A.BED(A)	<u>Shirodkar</u>
40.	2418140	Prachi R. Gande	F.Y.B.A.BED(A)	<u>Gande</u>
41.	2418141	Prarthana Chari	F.Y.B.A.BED(A)	<u>Chari</u>
42.	2418142			
43.	2418143	Ruthvi .R. Usapkar	F.Y.B.A.BED(A)	<u>Usapkar</u>
44.	2418144	Sanika S. Parab Chavkar	F.Y.B.A.BED(A)	<u>Sanika</u>
45.	2418145			
46.	2418146	Shradha S. Gande	F.Y.B.A.BED(A)	<u>Gande</u>
47.	2418147	Shrujal .R. Gosavi	F.Y.B.A.BED(A)	<u>Gosavi</u>
48.	2418148	Shrushti k. Naik	F.Y.B.A.BED(A)	<u>Naik</u>
49.	2418149	Smriti S. Velingkar	F.Y.B.A.BED(A)	<u>Velingkar</u>
50.	2418150	Supriya S. Lamber	F.Y.B.A.BED(A)	<u>Lamber</u>

Name & Sign of Coordinator: Ms. Sakshi Kuber

Principal's Signature: -

[Signature]  
25/02/2025





VIDYA PRABODHINI COLLEGE OF COMMERCE,  
EDUCATION, COMPUTER AND MANAGEMENT, ALTO PARVARI-GOA

ATTENDANCE RECORD

Name of the Event: Guest - lecture: Mindfulness & Emotional Intelligence: Tools for Personal & Professional Growth.  
Department/ Committee: Education  
Event Date: 12<sup>th</sup> February 2025 Time: 10:00am to 12:00pm

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
1.	2418201	Teena Prabhu	FY BA-BED	<i>Prabhu</i>
2.	2418202	Swara Desai	"	A
3.	2418203	Vaibhavi Naik	F.Y.BA.BED(B)	<i>Vaibhavi Naik</i>
4.	2418204	Vaidahi Nadgaonkar	FY B.A.BED(B)	<i>Vaidahi</i>
5.	2418205	Vishva S. Bhavle	FY.BA-BED(B)	<i>Vishva</i>
6.	2418206	Aachal Sahani	"	A
7.	2418207	Anisha Narulkar	F.Y.B.A-B.E.D(B)	<i>Anisha</i>
8.	2418208	Apurva Mandrekar	"	A
9.	2418209	Ashu Chavan	"	A
10.	2418210	Aastha Parab	"	A
11.	2418211	Bhakti M. Marshelkar	F.Y.B.A.B.E.D(B)	<i>Bhakti</i>
12.	2418212	Disha Pedrekar	"	A
13.	2418213	Disha Gaonkar	"	A
14.	2418214	Dhruva Pagui	F.Y.BA-BED(B)	<i>Dhruva</i>
15.	2418215	Fatima Bi	F.Y.BA-BED(B)	<i>Fatima</i>
16.	2418216	Geetanjali Salgaonkar	F.Y.B.A.BED	<i>Geetanjali</i>
17.	2418217	Gaishma G. Gaonkar	"	<i>Gaishma</i>
18.	2418218	JOCELA FERNANDES	F.Y.B.A.BED	<i>Jocela</i>
19.	2418219	Maya Gaonkar	F.Y.B.A	<i>Maya</i>
20.	2418220	Neelhi Rao	FYBARED	<i>Neelhi</i>
21.	2418221	Neha Pujari	"	<i>Neha</i>
22.	2418222	Pooja Prajapati	F.Y.B.A.BED(B)	<i>Pooja</i>
23.	2418223	Pragati Singh	F.Y.BA-BED	<i>Pragati</i>
24.	2418224	Ramsha Pramila Gaonkar	"	A
25.	2418225	Ranisha Madhankar	"	A
26.	2418226	Roshma Shetye	F.Y.BA-BED	<i>Roshma</i>
27.	2418227	Ritika K. Pilyekar	F.Y.BA-BED	<i>Ritika</i>

Name & Sign of Coordinator: Ms. Sakshi Kuber *Kuber*

Principal's Signature: *[Signature]*  
25/02/2025



VIDYA PRABODHINI COLLEGE OF COMMERCE,  
EDUCATION, COMPUTER AND MANAGEMENT, ALTO PARVARI-GOA

ATTENDANCE RECORD

Name of the Event: Mindfulness & Emotional Intelligence? Tools for Personal & Professional growth  
Department/ Committee: Educations  
Event Date: 12<sup>th</sup> February 2025 Time: 10:00 am to 12:00 pm

Sr. No.	Roll No.	Name of the Participant	Class & Div.	Signature
28.	2418 228	Sanchita Nagarkar	F.Y.B.A.B.(B)ED	<i>Sanchita</i>
29.	2418229	Muzana Shaikh	F.Y.B.A.B.ED	<i>Muzana</i>
30.	2418230	Siya Halankar	" "	
31.	2418231	Sncha Velip	F.Y.B.A.B.(B)ED	<i>Sncha</i>
32.	24182 32	Shreha Shaw	F.Y.B.A.B.ED	<i>Shreha</i>
33.	24182 33	Sophia Shaikh	F.Y.B.A.B.ED(B)	<i>Sophia</i>
34.	24182 34	Swastik. Naik	F.Y.B.A.B.ED(B)	<i>Swastik</i>
35.	24182 35	Umi Pednekar	" "	
36.	24182 36	Aanya Dhargalkar	F.Y.B.A.B.ED(B)	<i>Aanya</i>
37.	24182 37	Adsila Colaco	F.Y.B.A.B.ED(B)	<i>Adsila</i>
38.	24182 38	Andrea Cruz	" "	<i>Andrea</i>
39.	24182 39	Dnya Kuber	" "	
40.	24182 40	Palak Shrivastava	F.Y.B.A.B.ED	<i>Palak</i>
41.	24182 41	Pooja Gauns	F.Y.B.A.B.ED	<i>Pooja</i>
42.	24182 42	Pooja Gadekar	" "	
43.	24182 43	Prasiddi Naik	F.Y.B.A.B.ED(B)	<i>Prasiddi</i>
44.	24182 44	Reekhi Komarpant	" "	<i>Reekhi</i>
45.	24182 45	Renuka Nagarkar	F.Y.B.A.B.ED(B)	<i>Renuka</i>
46.	24182 46	Sachi Dabhale	F.Y.B.A.B.ED(B)	<i>Sachi</i>
47.	24182 47	Sakshi Kholkar	F.Y.B.A.B.ED(B)	<i>Sakshi</i>
48.	24182 48	Suyasha madhalkar	F.Y.B.A.B.ED(B)	<i>Suyasha</i>
49.	24182 49	Tejaswini Naik	" "	<i>Tejaswini</i>
50.	24182 50	Vaibhavi Fadte	F.Y.B.A.B.ED(B)	<i>Vaibhavi</i>

Name & Sign of Coordinator: Ms. Sakshi Kuber

Principal's Signature: [Signature]

25/02/2025





### Social Media News on the Seminar

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



<https://www.instagram.com/p/DG7euoGajru/?igsh=MTc1ZHNIYW83MXh1aw==>



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.





|| विद्या सर्वस्य भूषणम् ||

# PRABODHAN EDUCATION SOCIETY'S 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 1956)  
ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime



## Participants Details

Local	State	National	International	Total Delegates
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 Committee

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

**Date:** 23-04-2025

## Remarks

**HOD Remark:** Approved



**IQAC Remark:** Approved

## Signatures

**User Signature :**

**HOD Signature :**

**IQAC Signature :**



**Principal Signature :**