


**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai (Autonomous)**  
**NAAC Re-Accredited 'A+' Grade**  
**IMC RBNQ Certificate of Merit 2019**  
**ISO 21001:2018 Certified**

**Event: "Talk on Discover Yourself"**  
**Notice**

SMS 2024-25  
Aditi, Adv, Asha, Ashwini, Avneet, Disha, Insi, John, Kalpana, Laxmi, Liji, Namrata, Neena, Nidhi, Nivedita, P...

Liji Mam VP TODAY



6:26 pm

All faculty members are invited to attend the session 6:27 pm

SMS 2024-25  
Aditi, Adv, Asha, Ashwini, Avneet, Disha, Insi, John, Kalpana, Laxmi, Liji, Namrata, Neena, Nidhi, Nivedita, P...

Sandesha Sir  
**Teachers please note: !!**  
Today regular lectures will be there till 10.30am 7:20 am

Sandesha Sir  
Forwarded



7:22 am

Forwarded

All faculty members are invited to attend the session 7:22 am

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**Programme Schedule**

- Introduction of the event
- Introduction of the Resource Person
- Felicitation of the Guest
- Session by Prof.Mohandas Hegde
- Question and Answers
- Vote of thanks

**Report & Glimpses**

The talk on "Discover Yourself" aimed to inspire self-exploration and personal growth. Dr.Mohandas Hedge, a renowned motivational speaker, conducted the session. Key themes included self-identity, overcoming self-doubt, and finding purpose. Mindfulness techniques and self-care strategies were discussed. Interactive exercises engaged the audience in self-reflection. Attendees participated actively and asked insightful questions. Feedback indicated that the session was inspiring and thought-provoking. Participants gained practical tools for personal and professional growth. Follow-up workshops and mentorship programs were recommended. The session successfully motivated individuals toward self-discovery.



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**Attendance**

| <b>Sr. No.</b> | <b>Full Name</b>           | <b>Department</b>      | <b>Gender</b> |
|----------------|----------------------------|------------------------|---------------|
| 1              | SR                         | Non-Teaching           | Female        |
| 2              | Dr Tushar Sambare          | Information Technology | Male          |
| 3              | Himani Shukla              | Information Technology | Female        |
| 4              | Sahana Raviprasad          | Commerce               | Female        |
| 5              | Insi Gandhi                | Mass Media             | Female        |
| 6              | Ms. Priya Nadar            | Commerce               | Female        |
| 7              | Dipti Parab                | Information Technology | Female        |
| 8              | Mithilesh Chauhan          | Information Technology | Male          |
| 9              | Aditi Shashank Chikhalikar | Information Technology | Female        |
| 10             | Upadhyay Suman Omprakash   | Mathematics            | Female        |
| 11             | Neena Sharma               | Mass Media             | Female        |
| 12             | Virendra Singh             | Accountancy            | Male          |
| 13             | Sharvari Shetty            | Mass Media             | Female        |

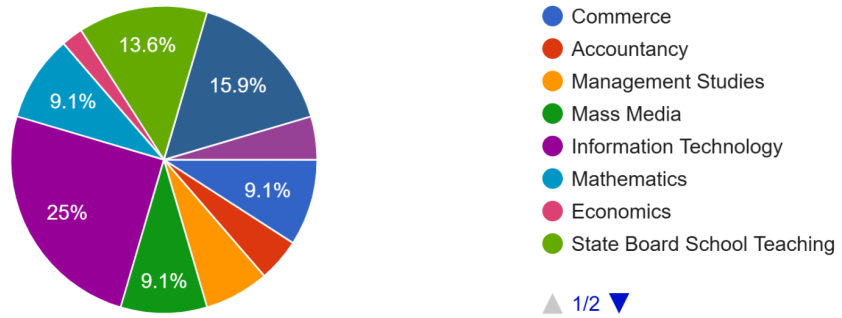
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|    |                              |                             |        |
|----|------------------------------|-----------------------------|--------|
| 14 | Reshma Rao                   | State Board School Teaching | Female |
| 15 | Vinay Vilas Shahapurkar      | Information Technology      | Male   |
| 16 | Pooja Singh                  | State Board School Teaching | Female |
| 17 | CA Zainab Rangwala           | Management Studies          | Female |
| 18 | Raveena Shetty               | Information Technology      | Female |
| 19 | Zeenat Sultana               | Information Technology      | Female |
| 20 | Nidhi Chandorkar             | Management Studies          | Female |
| 21 | Kalpna Rai Menon             | Mass Media                  | Female |
| 22 | Namrata Dube                 | Mathematics                 | Female |
| 23 | NIVEDITHA SHETTY             | Commerce                    | Female |
| 24 | Avneet Kaur                  | Information Technology      | Female |
| 25 | Sheetal Soni                 | State Board School Teaching | Female |
| 26 | Disha Roshan Bhakta          | Information Technology      | Female |
| 27 | Priya Singh Sharma           | Junior College Teaching     | Female |
| 28 | Akhilesh Aingh               | Mathematics                 | Male   |
| 29 | Sheetal Birje                | Junior College Teaching     | Female |
| 30 | CS Sandesha Shetty           | Accountancy                 | Male   |
| 31 | Vaishali Nikam               | Management Studies          | Female |
| 32 | Pratibha M Gadagalli         | Junior College Teaching     | Female |
| 33 | Ms. Hilda Esther Christopher | Information Technology      | Female |
| 34 | Rutuja Rohan Raut            | State Board School Teaching | Female |
| 35 | Atish Chorge                 | Mathematics                 | Male   |
| 36 | Lydia Fernandes              | State Board School Teaching | Female |
| 37 | Liji Santosh                 | Economics                   | Female |
| 38 | Preethi Warior               | Junior College Teaching     | Female |
| 39 | Uma Nair                     | Junior College Teaching     | Female |
| 40 | Usha singh                   | Junior College Teaching     | Female |
| 41 | Uday madhukar vedak          | Commerce                    | Male   |
| 42 | PRAKASH SHIRKE               | Junior College Teaching     | Male   |
| 43 | Mallika Shetty               | State Board School Teaching | Female |
| 44 | Smitha Ravindranath          | Non-Teaching                | Female |

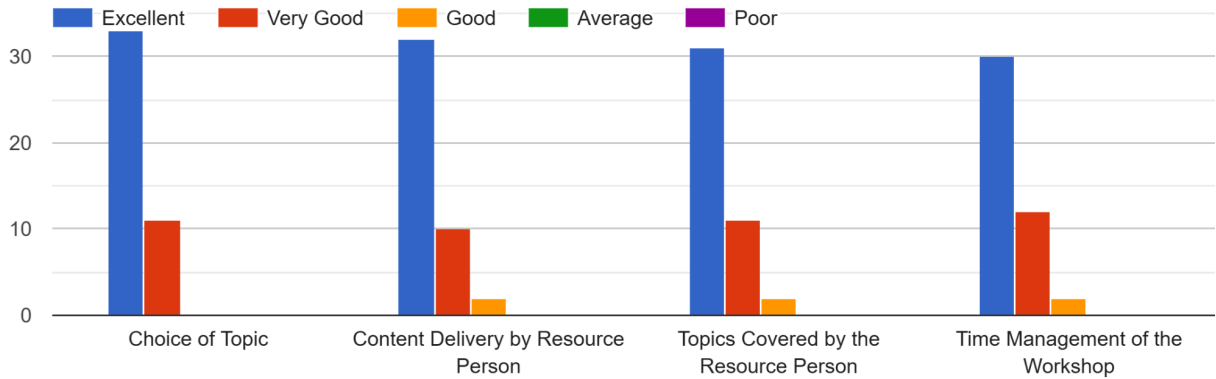
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**Feedback**

Department  
 44 responses



Please give your feedback about the FDP.



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Session on Discover Yourself 📄 ☆ 🔍 🗨️ 👁️ 🔄 🔄 Send ⋮ 👤

Questions   Responses 44   Settings   Total points: 0

Any other suggestion.

26 responses

- we need to have this session for more time as the time was not sufficient
- No
- Would like to have more such sessions
- Very Good Session
- Nice session
- It was a wonderful & relaxing session. Good learning & examples related to life skills helped a lot. Thank you so much.
- Nil
- Really effective that change the thinking Process in day to day life.
- Thanks for the efforts

## Sample Certificate



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