

MKSSS's HNIMR – EXTENSION ACTIVITIES
A Training Workshop for Personality Development
REPORT ON

Five days Two hours Training Workshop on "I am Strong"

For

**Residential Girls of Venutai Hostel of Maharshi Karve Stree Shikshan Samstha
Karvengar, Pune 411052**

Dates and Time of Workshop: 12th Nov 2018 to 16th Nov 2018; 4 to 6 pm.

➤ **Learning Objectives of the Course:**

- To create awareness among Students about strength of Meditation and alternative healing techniques in day-to-day life and personality development.
- To enhance confidence of Students with different meditation and alternative healing techniques viz. Yoga, Diet Plan, Meditations etc.
- To add value to holistic personality development of Students with hands-on experience of above methods

➤ **Learning Outcome:**

- Students got aware about simple and easy techniques of Meditation and alternative healing methods.
- The exercises enabled to help Students overcome their known / unknown fears, ignite “Self-awareness”
- Value addition to Student’s holistic personality development process.

➤ **Content of the Workshop:**

Sr. No.	Date	Name of Trainer	Content
1.	12/11/2018	Dr. Purushottam K. Pisal	Concentration Techniques with Videos, Exercises on “I am happy.”
2.	13/11/2018	Mrs. Priya Deshpande	Music Therapy – Omkar and Makar for improving concentration, Selection of songs
3.	14/11/2018	Mr. Govind Gadgil	Yoga Sessions
4.	15/11/2018	Dr. Suvarna Dhamdhare	Self-awareness with Poster making, Enhancing inner strength with easy meditation techniques, Videos on Unity and applied learning, Cooperation and helping attitude
5.	16/11/2018	Dr. Purushottam K. Pisal	Exercises on Confidence boosting, Unity circles, meditation with videos

➤ **Feedback of the Workshop:**

The Feedback Analysis is given below as per response given by Students in prescribed

Feedback Form:

Sr. No.	Particulars	Excellent (%)	Good (%)	Average (%)
1.	Overall Liking about the Programme	99	-	1
2.	Day-wise Sessions			
a)	12th Nov 2018 - Dr. Pisal P.K.	73	19	8
	Meditation with videos and breathing techniques			
b)	13th Nov 2018 - Mrs. Priya Deshpande	54	33	13
	Music Therapy			
c)	14th Nov 2018 - Mr. Gadgil	69	19	12
	Yoga Sessions			
d)	15th Nov 2018 - Dr. Suvarna Dhamdhare	100	0	0
	"Self-awareness" with meditation techniques			
e)	16th Nov 2018 - Dr. Pisal P.K.	87	10	3
	Meditation with videos and breathing techniques			
3.	Outcome of the Activities			
a)	Peace of Mind	59	41	0
b)	Happy Mind	89	11	0
c)	Improved Enthusiasm	88	12	0
d)	Like to Do repetitively	66	31	3
e)	Releasing Fear	62	37	1
f)	Releasing Stress	65	34	1
4.	Would you like to have such kind of workshops in future	Yes	No	
		100%	-	
5	Most liked Activities	All		

Students were also asked about what activities they did not like; the responses are given in the following table:

6.	Activities less appreciated by Students	No. of Students
a)	Closing eyes	11
b)	Dhyan	1
c)	Omkar	3
d)	Song Competition	3
e)	Yoga	1

The responses given to Sr. No. 6 mainly of points a), b) and c) indicate that there are blockages at subconscious level of students. Therefore there is a need to work more on the students regularly and consistently for their overall development.

The activity entitled “Self-awareness” was conducted to understand clarity of thoughts of the Students. Students prepared Posters from given Material under this activity individually about “My Dream”. Students had been informed a day in advance to think. Few Students found clear in thoughts. The related question was asked in Feedback Form also which might help Organization to work on the Students in that direction. The following table depicts the same.

Sr. No.	Career Plan	No. of Students
1	Actress	3
2	Advocate	3
3	Agri. Officer	1
4	Air Hostess	9
5	C.A.	1
6	Dancer	1
7	Doctor	8
8	Engineer	4
9	Fashion Designer	4
10	Hotel Manager	1
11	IAS	3
12	IPS	12
13	Journalist	1
14	Officer	1
15	Police Department	10
16	Singer	1
17	Social Worker	4
18	Soldier	2
19	Sports Person	1
20	Teacher	4
21	Yoga Trainer	1
	Grand Total	75

The information mentioned in the above table might help to organize focused group sessions that would help Students to get more clarity about their career path. The regular mentoring of experts from the domain might add value to make students determined and consistent for their choices and dreams.

➤ **Post Programme activities:**

- Course Coordinator had interaction with Students twice after the programme; observations from interaction were:
 - Few Students are regularly practicing some techniques.
 - They could recall few videos.
 - Students are interested in regular sessions except Yoga as they have rigorous sessions on Yoga during Summer Camp.
- Students will be felicitated with “**Certificate of Completion**” by HNIMR

➤ **Future Activities proposed by HNIMR:**

HNIMR is keen to conduct activities for these Students and Staff members under its “Center for Inner Excellence” as mentioned below:

- Training Workshop / Courses for Staff members
- Focused 30 hours Course in small batches with more easy techniques for mood balancing, emotion balancing and positive attitude
- Energy Light Circle – twice in a month to channelize the energy of Students
- Meditation Session of 30 minutes - per week
- Distance Healing for selected cases (as suggested by Hostel authorities) to bring positive change in their attitude

Dr. Jagdish Pol
Director

Dr. Suvarna Dhamdhare
Course Coordinator

