



Hope Foundation's  
**International Institute of Information Technology**

P-14, Rajiv Gandhi Infotech Park, Phase I, Hinjewadi, Pune – 411057

**INTERNAL QUALITY ASSURANCE CELL**

**A session on “Mindfulness and Emotional Intelligence”**

**Date: 21/12/2023**

**Academic Year:** 2023-24 Sem I

**Name of the Event:** A session on ‘Mindfulness and Emotional Intelligence’

**Date & Time of the Event:** Monday, 18th December 2023 at 3 PM

**Name of the Speaker:** Mr. Raju Mandhyan

**Designation:** Author and Communication Coach

**Targeted Audience:** Faculty members and staff

**Venue:** A-111 (Convention Centre)

**Coordinator:** Dr S M M Naidu

**Prepared by:** Mr. Prashant L. Ahire (IQAC Member)

**Number of Participants:** 66

**Activity Description in Nutshell:**

Mr. Raju Mandhyan shares his expertise on the mindfulness with all of us. The session on mindfulness and emotional intelligence serves as a transformative journey towards self-awareness and enhanced interpersonal relationships. The primary objective of the session was to provide participants with practical tools and insights to develop mindfulness and emotional intelligence. Mindfulness, the practice of being present in the moment without judgment, and emotional intelligence, the ability to recognize and manage one's emotions and empathize with others, were the focal points.

**Activities:**

- **Mindful Body Scan:** Participants engaged in a guided body scan meditation, bringing attention to each part of the body, promoting awareness and relaxation.
- **Emotion Mapping:** Participants were encouraged to map their emotions throughout the day, identifying triggers and considering how mindfulness



could positively impact emotional responses.

- Mindful Communication Exercise: Role-playing scenarios were used to practice mindful communication, emphasizing active listening, empathy, and thoughtful responses.

#### **Key Takeaways:**

- Enhanced Self-Awareness: Participants reported an increased awareness of their thoughts, emotions, and physical sensations through mindfulness practices.
- Improved Emotional Regulation: The session facilitated the development of strategies for managing and regulating emotions, contributing to a more balanced and resilient emotional state.
- Strengthened Interpersonal Skills: Participants expressed improvements in their ability to empathize with others, communicate effectively, and navigate challenging interpersonal situations.
- Integration into Daily Life: Attendees recognized the practicality of incorporating mindfulness and emotional intelligence into their daily routines, both personally and professionally.

#### **Conclusion:**

The session on mindfulness and emotional intelligence proved to be a valuable exploration of self-awareness and interpersonal growth. Participants left with practical tools to apply in their lives, fostering a positive impact on their overall well-being and relationships. As we continue to prioritize mental and emotional well-being, sessions like these play a crucial role in cultivating a more mindful and emotionally intelligent society.







**Fig 3:** Mr. Raju Mandhyan interacting with participants.



**Fig 4:** Participants in sitting meditation.





## Event Photos:



**Fig 1:** Mr. Raju Mandhyan welcome by Dr. Vaishali Patil (Principal) and Mr. Adesh Patwardhan (T&P Officer)



**Fig 2:** Mr. Raju Mandhyan explaining mindfulness and emotional intelligence.







**Fig 5:** Participants in standing mediation.



**Fig 6:** Participants in mediation with sound

*Prashant L. Ahire*  
Prashant L. Ahire  
IQAC Member

*S M M Naidu*  
21/12/2023  
Dr. S M M Naidu  
Event Coordinator



*Vaishali Patil*  
22/12/2023  
Dr. Vaishali Patil  
Principal






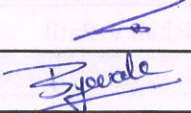

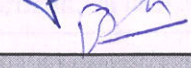
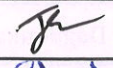



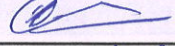
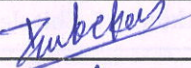
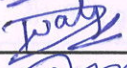






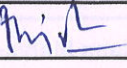
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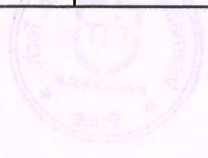
Session on "Mindfulness and Emotional Intelligence"  
held on 18/12/2023 at 3.00 PM in the Convention Center

Sr. No.	Name of the Employees	Designation	Signature
1	Dr. Vaishali V. Patil	Principal	
Department of Electronics & Telecommunication			
2	Dr. S M Mahalakshami Naidu	Associate Professor	
3	Dr. Risil R. Chhatrala	Associate Professor	
4	Dr. V. Rajesh Chowdhary	Associate Professor	
5	Dr. Varsha N. Degaonkar	Associate Professor	
6	Ms. Bhagyashri T. Thorat	Assistant Professor	
7	Ms. Sujata S. Virulkar	Assistant Professor	
8	Ms. Anjali A. Jagtap	Assistant Professor	
9	Ms. Ashvini A. Deshmukh	Assistant Professor	
10	Ms. Suvarna A. Hande	Assistant Professor	
11	Mr. Prashant L. Ahire	Assistant Professor	
12	Ms. Shweta N. Jain	Assistant Professor	
13	Ms. Dia N. Magnani	Assistant Professor	
Department of Computer Engineering			
14	Dr. Ajitkumar S. Shitole	Associate Professor	
15	Dr. Sandeep R. Patil	Associate Professor	
16	Dr. Deepak S. Uplaonkar	Associate Professor	
17	Ms. Ashwini A. Jarali	Assistant Professor	
18	Ms. Deptii D. Chaudhari	Assistant Professor	
19	Ms. Kimi Ramteke	Assistant Professor	
20	Mr. Mukesh M. More	Assistant Professor	
21	Mr. Nitin H. Alzende	Assistant Professor	
22	Ms. Raksha A. Naidu	Assistant Professor	
23	Ms. Milana Malvadkar	Assistant Professor	





Sr. No.	Name of the Employees	Designation	Signature
24	Mr. Abhijeet V. Sagare	Assistant Professor	
25	Ms. Lata Verma	Assistant Professor	
26	Ms. Shital S. Wadaganve	Assistant Professor	
27	Ms. Pradnya N. Shinde	Assistant Professor	
28	Ms. Pallavi S. Yevale	Assistant Professor	
29	Ms. Silkesha S. Thigale	Assistant Professor	
30	Ms. Poonam M. Deokar	Assistant Professor	
<b>Department of Information Technology</b>			
31	Dr. Jyoti Vishwas Surve	Associate Professor	
32	Dr. Bhavana Kanawade	Associate Professor	
33	Mr. Sarang Saoji	Assistant Professor	
34	Mr. Keshav Tambre	Assistant Professor	
35	Ms. Monali A. Bansode	Assistant Professor	
36	Ms. Sayali B. Sabale	Assistant Professor	
37	Ms. Sonali S. Patil	Assistant Professor	
38	Ms. Kamna Sahu	Assistant Professor	
39	Mr. Prashant L. Mandale	Assistant Professor	
40	Ms. Prachi M. Nilekar	Assistant Professor	
41	Ms. Deepali N. Bhaturkar	Assistant Professor	
42	Ms. Deepika D. Walanjkar	Assistant Professor	
43	Mr. Deepak M. Kapase	Assistant Professor	
44	Ms. Kanchan Bhale	Assistant Professor	
45	Ms. Sonal R. Kulkarni	Assistant Professor	
46	Ms. Harshali T. Chaudhari	Assistant Professor	
47	Ms. Achala R. Deshpande	Assistant Professor	
48	Ms. Megha Mehar	Assistant Professor	
<b>Department of Engineering Sciences</b>			
49	Mr. Ravindra P. Joshi	Associate Professor	
50	Dr. Sandeep R. Varpe	Associate Professor	

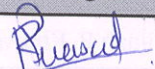


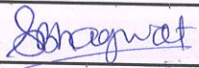
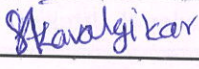

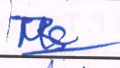


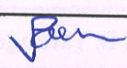
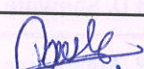


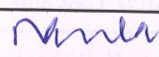






Sr. No.	Name of the Employees	Designation	Signature
78	Mr. Kailash B. Kharat	Junior clerk	
79	Ms. Neena M. Bhumkar	Junior Clerk (Accounts cum Admin.)	Bhumkar N-M
80	Ms. Jini J. Bharnikulangara	Nurse cum Hostel Warden	Jini
81	Ms. Utkarsha U. Joshi	Campus Nurse cum Warden	Utkarsha
82	Ms. Anjali G. Kastar	Accounts Assistant	Anjali
83	Ms. Sonali M. Mote	Receptionist cum Telephone Operator	
84	Mr. Govind K. Shinde	Assistant Hostel Warden	Shinde
<b>Non-Teaching Staff (System)</b>			
85	Mr. Mahesh S. Jathar	Engineer - Hardware and Campus Networking	Jathar
<b>Non-Teaching Staff (Technical)</b>			
86	Mr. Sahadev N. Uttekar	Assistant Workshop Instructor	
87	Mr. Dipak R. Jadhav	Technical Assistant (CE)	Jadhav
88	Mr. Sumesh P. Kamble	Lab Assistant - Chem.	Kamble S.P.
89	Ms. Ashwini P. Tarade	Lab Assistant - E&TC	Tarade
90	Mr. Prashant Bhintade	Lab Assistant - IT	P.B.
91	Mr. Vishal U. Shinde	Lab Assistant - CE	Shinde
92	Mr. Yash S. Dahivalkar	Lab Assistant - IT	
93	Mr. Nitin D. Tarange	Lab Assistant - CE	N.D.
94	Ms. Sonal P. Kumbhar	Lab Assistant - E&TC	S.P.
95	Mr. Swapnil D. Shewale	Lab Assistant - ES	Shewale
96	Ms. Shruti P. Ajgaonkar	Creatives and Web Developer	
<b>Non-Teaching Staff (Maintenance)</b>			
97	Mr. Onkar K. Bhistannavar	Superintendent - Maintenance & Utility Services	Bhistannavar
98	Mr. Rohit S. Mundhe	Maintenance Technician	Mundhe
99	Mr. Satish D. Gawade	Attendant	
100	Mr. Tushar V. Bhosale	Attendant	
101	Mr. Vinodkumar S. Singh	Library Attendant	
102	Mr. Adesh Patwardhan	Head- Corporate Relations	Adesh
103	Mr. Vilas S. Gaiwal	Security Officer	
104	Ms. Vijaya G. Nair	Senior Clerk	Nair





Sr. No.	Name of the Employees	Designation	Signature
51	Ms. Rakhi P. Wagh	Assistant Professor	
52	Ms. Madhuri S. Reddy	Assistant Professor	
53	Ms. Rupali Yeole	Assistant Professor	
54	Mr. Mahesh Waghmare	Assistant Professor	
55	Mr. Mandar Datar	Assistant Professor	
56	Mr. Yogiraj R. Deshmukh	Assistant Professor	
57	Mr. Amit B. Kasar	Assistant Professor	
58	Ms. Vaidehi Banerjee	Assistant Professor	
59	Ms. Suvarna Bhagwat	Assistant Professor	
60	Dr. Smita Kavalgikar (Nande)	Assistant Professor	
61	Mr. Namdev T. Mhetre	Assistant Professor	
62	Mr. Rahul R. Joshi	Assistant Professor	
63	Ms. Minal K. Badgujar	Assistant Professor	
64	Ms. Pooja M. Khatkale	Assistant Professor	
65	Ms. Bhavana M. Tayde	Assistant Professor	
66	Mr. Santosh S. Ambare	Assistant Professor	
67	Ms. Priya V. Pawar	Assistant Professor	
<b>Non-Teaching Staff (Academic)</b>			
68	Dr. Ankita S. Dhone	Physical Education Director	
69	Ms. Vaishali Kshirsagar	Assistant Librarian	
70	Mr. Prabodhan D. Sawant	Library Assistant	
71	Mr. Swapnil Khambayat	Assistant T&P	
<b>Non-Teaching Staff (Admin.)</b>			
72	Mr. Dinesh R. Joje	Registrar	
73	Ms. Namita K. Shende	Assistant Registrar	
74	Mr. Satishchandra P. Hatagale	Office Superintendent	
75	Mr. Pravin D. Patil	Accounts and Compliance Officer	
76	Mr. Mohan Swaminathan	Administrative Superintendent	
77	Ms. Jimixa N. Golwala	Senior Clerk	