

Mahatma Education Society's
Pillai HOC College of Arts, Science and
Commerce, Rasayani
(NAAC Accredited & ISO 9001:2015 Certified)

6.3.3. QnM.

Professional

Development

Programmes

(A.Y. 2017-18)



Catam
Principal
Mahatma Education Society's
Pillai's HOC College of Arts
Science and Commerce
HOC Educational Campus,
Rasayani, Tal. Khelapur,
Dist. Raigad, PIN - 410 207

**Number of professional development /administrative training programmes
organized by the institution for non-teaching staff during the year**

- 1) POISE (Pursuit Of Inner Self Excellence)**
- 2) Medical Camp**
- 3) Yoga Session**

POISE (Pursuit Of Inner Self Excellence)

Mahatma Education Society's

Pillai HOC College Of Arts, Science & Commerce, Rasayani

Report on Teachers Training Workshop – POISE (Pursuit Of Inner Self Excellence)


Pillai HOC College of Arts, Science and Commerce hosted a 3-day workshop entitled “**POISE (Pursuit Of Inner Self Excellence)**” on 14, 15 and 16 July, 2017. The workshop was part of the Teachers Training initiative of the institution. The resource experts were Dr. Mohandas Hegde and Dr. Rajeshwari Hegde from Heartfulness Institute, Sahaj Marg Spirituality Foundation, Research Center recognised by University of Mysore.

The aim of the workshop was to bring together teachers from various departments to learn about and identify opportunities for self-excellence and implement the good practices learnt in their classrooms and day to day activities. The 50 workshop participants represented over 9 departments, including MMS, B.Com, BMS, BAF, BMM, BSc, BEd and primary school teachers.

The main objective of the training programme was to facilitate self-introspection among the teachers and to support them in pursuit of quality education. Teachers transform society and are responsible for inculcating good values in the student community. The programme consisted of meditation sessions, presentations, discussions, team-activities and display of videos.

The long term expected result of the training programme is to enhance effectiveness, innovation and spirituality in the teaching pedagogy followed. The training programme will also assist the participants to handle students and conflicts in a smooth way.

On the last day of the workshop, group presentations were conducted for the participants to assess their intakes from the workshop. The participants also provided feedback on the training programme. The feedback was absolutely encouraging. Overall, the teachers training programme was successfully conducted and the participants have been immensely benefitted.

 <p>Mahatma Education Society's Pillai HOC College of Arts, Science and Commerce, Rasayani (Accredited By NAAC) Internal Quality Assurance Cell In association with Heartfulness Institute organizes POISE (Pursuit Of Inner Self Excellence) Date : 14th to 16th July, 2017 Resource Person: 1) Dr. Mohandas Hegde 2) Dr. Rajeshwari Hegde</p>	<p>PATRONS</p> <p>Dr. K.M. Vasudevan Pillai • (Chairman and CEO, Mahatma Education Society)</p> <p>Dr. Daphne Pillai • (Secretary, Mahatma Education Society)</p> <p>Dr. Priam Pillai • (COO, Mahatma Education Society)</p> <p>Dr. Pranav Pillai • (Deputy CEO, Mahatma Education Society)</p> <p>Dr. Lata Menon • (Deputy CEO, Pillai HOC Educational Centre, Rasayani) • (Principal, Pillai HOC College of Arts, Science and Commerce, Rasayani)</p> <p>ORGANIZING TEAM</p> <p>Convener • Ms. Swati Mishra</p>	<p>ABOUT MES</p> <p>Mahatma Education Society was established in 1979 with objective of spreading education for all. MES is an epitome of vision linked irrevocably to national goals. Born in a time when education was deemed a service, it set about bringing social and economic changes through proactive personal development of every child that came into its fold. The management of MES is headed by Dr. K. M. Vasudevan Pillai (Chairman and CEO) and Dr. Daphne Pillai (Secretary) with the team of experienced professionals from the field of education. Today, MES owns and manages 48 institutions from pre-primary to post graduation having more than 35 thousand students and 2000 teachers.</p> <p>ABOUT PHCASC</p> <p>Pillai HOC College of Arts, Science and Commerce, Rasayani is NAAC accredited institution and an affiliated college of Mumbai university. PHCASC, one of the reputed institutions of learning and wisdom was established in 2008 with the noble objective of providing fundamental learning and assuring higher education in the semi-urban area of Rasayani. The vision of the institution is to provide education for all irrespective of region, religion, caste, economic state and academic performance thereby becoming the real catalyst for change in society. Being guided by inspiring thoughts and encouraging words of the great visionary and CEO of MES Dr. K. M. Vasudevan Pillai, the institution caters to about 1600 plus students in various disciplines of undergraduates and post graduates programs.</p>
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<p>Objectives</p> <ul style="list-style-type: none"> • To learn about and identify opportunities for self-excellence • Implement the good practices learnt in respective classrooms and day to day activities. • To facilitate self-introspection among the teachers. • To support them in pursuit of quality education. • To enhance effectiveness, innovation and spirituality in the teaching pedagogy followed. 	<p>Activities</p> <ul style="list-style-type: none"> • Meditation sessions, • Presentations • Discussions • Team-activities • Display of videos. 	<p>Registration</p> <p>Contact Details:</p> <p>1) Swati Mishra: 8454843607 2) Shweta Roy Choudhary: 9773052850</p>
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List of Participants - POISE

SR.NO	NAME OF THE FACULTY
1	MR. RAKESH JACOB
2	MR. AMRUT .S. PATIL
3	MS. RENJINI NAIR
4	MS. ANU VIDYADHARAN
5	MR. KUNAL PATIL
6	MR. RAMESH UCHADE
7	MS. DIVYA PRASEETH
8	MR. ASHISH KURUP
9	MS. CHAITALI PATIL
10	MR. JERRY MATHAI
11	MR. JITESH KENI
12	MR. HARIDAS.M
13	MR. ATUL MANE
14	MS. PRITIKA BHOIR
15	MR. DARSHAN .A. PATIL
16	MS. DEEPTHI NOBIN
17	MS. ANJU DAMODARAN

Medical Camp

**Mahatma Education Society's
Pillai HOC College of Arts, Science & Commerce,
Rasayani**

Report of the Medical Check Up Camp Organised by PHCASC in association with Lion's Club

The NSS unit of PHCASC in collaboration with the Lion's Club of Navi Mumbai (Champions) had organised a free Health Check Up Camp on 24th February, 2018 at Pillai HOC College of Arts, Science & Commerce campus.

In all around 10 Doctors were summoned from the prestigious Apollo Hospital, Vashi. The Health Check Up Camp was inaugurated by Dr. Lata Menon, Principal, PHCASC at 10:30 am. The teaching and non-teaching fraternity too joined their hands to be the part of the noble cause.

The agenda of the Check up included the list of the following facilities:-

1. Height Weight BMI
2. B.P Check up
3. Random Blood Sugar (RBS)
4. Eye Check up
5. Lady Doctor Consultation
6. Bone Mass Density
7. Dentist

Around 150 participants were part of this occasion. The volunteers from student community were of great help in maintaining discipline throughout the course of the activity. The activity culminated by 2:30 pm.



List of Participants-Medical Camp

Sr. No.	NAME OF THE STAFF
1	MR. RAKESH JACOB
2	MR. AMRUT .S. PATIL
3	MS. RENJINI NAIR
4	MS. ANU VIDYADHARAN
5	MR. KUNAL PATIL
6	MR. RAMESH UCHADE
7	MS. DIVYA PRASEETH
8	MR. ASHISH KURUP
9	MS. CHAITALI PATIL
10	MR. JERRY MATHAI
11	MR. JITESH KENI
12	MR. HARIDAS.M
13	MR. ATUL MANE
14	MS. PRITIKA BHOIR
15	MR. DARSHAN .A. PATIL
16	MS. DEEPTHI NOBIN
17	MS. ANJU DAMODARAN

Yoga Session

Mahatma Education Society's
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Rasayani

Report on International Yoga Day 2017-18

In the Academic Year 2017-18, Yoga Committee of Pillai HOC College of Arts, Science & Commerce organized a yoga session for the non-teaching staff.

Yoga's positive benefits on physical and mental health have made it an important practice across the globe. Yoga, meditation and Pranayama have become mainstream culture in the world yet there are various sections of society which are still unaware of its myriad benefits. A Yoga Session of around sixty minutes was organized for The Female Housekeeping Staff of our College with an aim to create awareness amongst them about the concept of Yoga and help them with some *basic asanas* and breathing exercises which can bring in a whale of a change in their day to day life.

Our Principal, **Dr. Lata Menon**, who is a Yoga Practitioner herself, demonstrated the *asanas* which served as a motivation for all the ladies present there. The female staff and female student volunteers made it a point to personally assist the Housekeeping Staff so that no asana goes wrong. The programme was well received.





List of Participants-Yoga Session

Sr. No	Name
1	Mangal More
2	Sunita Gaikwad
3	Sharda
4	Kalpana Raut
5	Mananisha Sathe
6	Gulab Khane
7	Veera Kedare
8	Geeta Jadhav
9	Sangeeta Bhingare
10	Surekha Chavan
11	Leena More
12	Ranjana Gaikwad
13	Pavitra Mhaskar
14	Govinda Mistri
15	Megha Mhaskar
16	Sangeeta Patil
17	Deepika Kavade
18	Sugandha Shelke