

**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. 2018-19)**



A handwritten signature in blue ink, appearing to read "D. Anam", written over a horizontal line.

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

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

- 1) POISE (Pursuit Of Inner Self Excellence)**
- 2) Efficient Professional English**
- 3) Mind Map**
- 4) Expert Talk on Nutrition**

# **POISE (Pursuit Of Inner Self Excellence)**

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

## **Report on Faculty Development Program – POISE (Pursuit Of Inner Self Excellence)**

Pillai HOC College of Arts, Science and Commerce in collaboration with Heartfulness Institute, hosted a workshop entitled “**POISE**” (**Pursuit Of Inner Self Excellence**) along with Relaxation technique and Heartfulness Meditation on 14 February, 2019. The resource expert was Dr. Mohandas Hegde from Heartfulness Institute, Sahaj Marg Spirituality Foundation, Research Centre recognised by University of Mysore.

The aim of the workshop was to conduct a follow up for the initial session held in July 2017. Forty teachers from various departments participated in the workshop. They represented over 8 departments, including B.Com, BMS, BAF, BMM, BSc, BEd and primary school teachers. The participants shared the transformation that they had observed in themselves after undergoing the previous workshop. They discussed the benefits that they are enjoying and affirmed that the learnings are being implemented in their classrooms and day to day activities.

The main objective of the development program was to reinforce the importance of Spiritual Quotient among the teachers and to support them in pursuit of a quality living. The expert speaker suggested that apart from teaching the academic syllabus, teachers are responsible for inculcating values and spirituality among the students. The program consisted of presentations, discussions and display of videos.

Towards the end of the workshop, a session of Heartfulness Meditation was conducted for the participants by Dr. Mohandas Hegde .Everyone experienced an immediate positive vibration and became energized. The feedback received from the teachers for the workshop is totally encouraging. The program was successfully conducted and the teachers are greatly benefitted.

 <p><b>Mahatma Education Society's Pillai HOC College of Arts, Science and Commerce, Rasayani</b> (Accredited By NAAC)</p> <p><b>Internal Quality Assurance Cell</b> In association with</p> <p><b>Heartfulness Institute</b> organizes</p> <p><b>Pursuit Of Inner Self Excellence (POISE)</b></p> <p>Date : 14<sup>th</sup> February, 2019</p> <p>Resource Person: 1) Dr. Mohandas Hegde</p>	<p><b>PATRONS</b></p> <table border="1"> <tr> <td> <p><b>Dr. K.M. Vasudevan Pillai</b></p> <p>(Chairman and CEO, Mahatma Education Society)</p> </td> <td> <p><b>Dr. Daphne Pillai</b></p> <p>(Secretary, Mahatma Education Society)</p> </td> <td> <p><b>Dr. Priam Pillai</b></p> <p>(CEO, Mahatma Education Society)</p> </td> <td> <p><b>Dr. Pranav Pillai</b></p> <p>(Deputy CEO, Mahatma Education Society)</p> </td> <td> <p><b>Dr. Lata Menon</b></p> <p>(Deputy CEO, Pillai HOC, Educational Campus, Rasayani)</p> <p>(In-charge, Pillai HOC, College of Arts, Science and Commerce, Rasayani)</p> </td> </tr> </table>	<p><b>Dr. K.M. Vasudevan Pillai</b></p> <p>(Chairman and CEO, Mahatma Education Society)</p>	<p><b>Dr. Daphne Pillai</b></p> <p>(Secretary, Mahatma Education Society)</p>	<p><b>Dr. Priam Pillai</b></p> <p>(CEO, Mahatma Education Society)</p>	<p><b>Dr. Pranav Pillai</b></p> <p>(Deputy CEO, Mahatma Education Society)</p>	<p><b>Dr. Lata Menon</b></p> <p>(Deputy CEO, Pillai HOC, Educational Campus, Rasayani)</p> <p>(In-charge, Pillai HOC, College of Arts, Science and Commerce, Rasayani)</p>	<p><b>ABOUT MES</b></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><b>Dr. K.M. Vasudevan Pillai</b></p> <p>(Chairman and CEO, Mahatma Education Society)</p>	<p><b>Dr. Daphne Pillai</b></p> <p>(Secretary, Mahatma Education Society)</p>	<p><b>Dr. Priam Pillai</b></p> <p>(CEO, Mahatma Education Society)</p>	<p><b>Dr. Pranav Pillai</b></p> <p>(Deputy CEO, Mahatma Education Society)</p>	<p><b>Dr. Lata Menon</b></p> <p>(Deputy CEO, Pillai HOC, Educational Campus, Rasayani)</p> <p>(In-charge, Pillai HOC, College of Arts, Science and Commerce, Rasayani)</p>		
	<p><b>ORGANIZING TEAM</b></p> <p><b>Convener</b> : Ms. Shweta Roy Choudhary</p>	<p><b>ABOUT PHCASC</b></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>					

<p><b>Objectives</b></p> <ul style="list-style-type: none"> <li>To learn about and identify opportunities for self-excellence</li> <li>Implement the good practices learnt in respective classrooms and day to day activities.</li> <li>To facilitate self-introspection among the teachers.</li> <li>To support them in pursuit of quality education.</li> <li>To enhance effectiveness, innovation and spirituality in the teaching pedagogy followed.</li> <li>To reinforce the importance of Spiritual Quotient among the teachers</li> <li>To support them in pursuit of a quality living.</li> </ul>	<p><b>Activities</b></p> <ul style="list-style-type: none"> <li>Meditation sessions,</li> <li>Presentations</li> <li>Discussions</li> <li>Team-activities</li> <li>Display of videos.</li> </ul>	<p><b>Registration</b></p> <p><b>Contact Details:</b></p> <ol style="list-style-type: none"> <li>Shweta Roy Choudhary: 9773052850</li> <li>Swati Mishra: 8454843607</li> </ol>
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**Welcome to our Chief Guest.....**



**Keenly Focussing on the Session.....**



**Mission Accomplished.....**



## List of Participants-POISE

SR.NO	NAME OF THE FACULTY
1	MR. BINIT KUMAR
2	MR. SUJITH BABU
3	MR. PRATHAMESH GOKHALE
4	MR. RAVINDRA MHATRE
5	MS. NEETHUMOL K G
6	MS. NIRALI VERMA
7	MS. REWATI SOMAN
8	MS. REMYA MADANGOPAL
9	MR. SUMEET MHATRE
10	MS. HARSHITA SINGH
11	MR. VINEET MURLI
12	MS. KALAVATI UPADHYAY
13	MS. SWETA ROY CHOUDHURY
14	MS. TEENA ZACHARIA
15	MS. SINDHUJA JOSHI
16	MR. HARDIK DAVE
17	MS. ARUSHI DUBE
18	DR. VISHAKHA BODADE
19	MS. POOJA SINGH

# Efficient Professional English


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

## Report on Workshop on “Efficient Professional English”

In the Academic Year 2018-19, Internal Quality Assurance Cell (IQAC) of Pillai HOC College of Arts, Science & Commerce aimed at extending its Faculty Development activities to teaching and non-teaching staff member of the entire Pillai HOC Educational Campus. In pursuit for the same a workshop on Efficient Professional English was organised by IQAC as a part of Faculty Development Programme on 24 April, 2019.

The workshop was organised to make formal communication extremely effective for concentrated, quick and specialised coaching either on a one to one basis or ideally in groups. There were 103 registered entries of staff members from the entire campus to attend the workshop. The guests were welcomed warmly. The Deputy CEO of the campus and Principal of our college, Dr. Lata Menon and Principal of Pillai HOC Polytechnic, Prof. Amar Mange presided over the event. The resource persons were faculty members of Department of Arts, Prof. Swati Mishra & Prof. Ashvini Satve.

The workshop was subject-specific and served to deepen knowledge of professional English by using the concept of **7 Cs of Communication**. They are Completeness, Concreteness, Courtesy, Correctness, Clarity, Consideration and Conciseness. Many activities were also conducted providing by worksheets, activities, discussions and enacting role plays by involving participants by giving life situations of formal communication. The resource persons also gave prominence for Improving overall written English skills, professional message and email formats to write more effective and precise subject lines and pointed on common errors. The workshop concluded with vote of thanks. The feed backs forms were collected for the same to get suggestions and implement to improve the programme which was generally very well received.



**Mahatma Education Society's  
Pillai HOC College of Arts, Science and Commerce,  
Rasayani**  
(Accredited By NAAC)  
**Faculty of Arts**  
In association with  
**Internal Quality Assurance Cell**  
organizes

**Workshop on Efficient Professional  
English**

April 24, 2019

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**Resource Persons:**

1) Prof. Swati Mishra      2) Ms. Ashvini Satve

**PATRONS**

Dr. K.M. Vasudevan Pillai	Dr. Daphne Pillai	Dr. Priam Pillai	Dr. Franav Pillai	Dr. Lata Menon
(Chairman and CEO, Mahatma Education Society)	(Secretary, Mahatma Education Society)	(COO, Mahatma Education Society)	(Deputy CEO, Mahatma Education Society)	(Deputy CEO, Pillai HOC, Educational Campus, Rasayani)  (Principal, Pillai HOC College of Arts, Science and Commerce, Rasayani)

Convener

Prof. Swati Mishra



**ABOUT MES**

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.

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**ABOUT PHCASC**

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.

Objectives	Topics Covered	Registration
<ul style="list-style-type: none"> <li>To make formal communication extremely effective.</li> <li>To deepen knowledge of professional English by using the concept of 7 Cs of Communication</li> <li>To give prominence for improving overall written English skills, professional message and email formats</li> <li>To write more effective and precise subject lines and pointed on common errors</li> </ul>	<ul style="list-style-type: none"> <li>Email Etiquettes</li> <li>Resume preparation</li> <li>Improving Vocabulary</li> <li>Formal and Informal Communication</li> <li>Texting Formal Messages</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>	<p><b>Contact Details:</b></p> <p>1) Ms. Swati Mishra: +91 84548 43607 2) Ms. Ashvini Satve: +91 97027 87284</p> <div style="text-align: center; margin-top: 20px;">  </div>





## List of Participants-Effective Professional English

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

IQAC Organises  
Registration form for Faculty Development Programme (24.04.2019)

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Mahatma Education Society's  
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IQAC Organises  
Registration form for Faculty Development Programme (24.04.2019)

"Effective Professional English"

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# **Mind Map**




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

## **Report on Seminar on “Mind Map”**

In the Academic Year 2018-19, Internal Quality Assurance Cell (IQAC) of Pillai HOC College of Arts, Science & Commerce aimed at extending its Faculty Development activities. In pursuit for the same, a seminar on Mind Map was organised by IQAC as a part of Faculty Development Programme on 08 May, 2019. The resource person for the same was Mr. Dharmendra Rai, who is considered to be Mumbai's first mind map trainer. The guest of honour is declared a “Genius” by Tony Buzan – Mind Map Inventor & Nobel Peace Prize Nominee. He has conducted 302 Mind Map Seminars – Probably a world record!

The Deputy CEO of the campus and Principal of our college, Dr. Lata Menon and heads of various institutions of Pillai HOC Educational Campus presided over the event. The guest was welcomed warmly. The workshop was organised to introduce the concept of mind map in academics. The speaker put forth the idea of teaching methodology easier in all subjects and techniques to follow to implement the idea successfully. The session began with introduction of 4 pillars of Education as per UNESCO which can be employed in institutions for students. The trainer talked about mind map or brain activity is often enhanced by images, colour, associations, grouping and location. He also generated interest on lateral thinking and relevance of 4Cs, critical thinking, creativity, communication and collaboration.

The workshop was subject-specific and served to deepen knowledge of an innovative concept that seems highly effective in academics. The resource persons also gave prominence for managing our brain activity and necessity of rejuvenating the brain to improve our standards. The workshop concluded with vote of thanks. The seminar was very engaging and was generally very well received.






**Mahatma Education Society's  
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(Accredited by NAAC)


**Internal Quality Assurance Cell**  
organizes

A seminar on  
**Mind Map**

**Speaker:**  
**Mr. Dharmendra Rai**



**8 May, 2019**



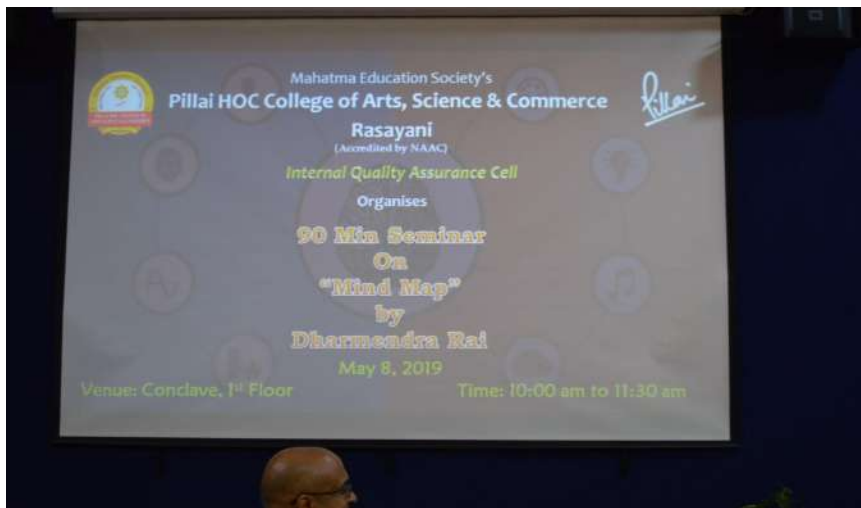
**PATRONS**

- Dr. K.M. Vasudevan Pillai  
• (Chairman and CEO, Mahatma Education Society)
- Dr. Pragnan Pillai  
• (Secretary, Mahatma Education Society)
- Dr. Priyam Pillai  
• (DGS, Mahatma Education Society)
- Dr. Frimay Pillai  
• (Deputy CEO, Mahatma Education Society)
- Dr. Lata Menon  
• (Deputy CEO, Pillai HOC, Educational Campus, Rasayani)  
• (Principal, Pillai HOC College of Arts, Science and Commerce, Bangalore)

**ORGANIZING TEAM**

IQAC Members

SEMINAR TOPICS	ABOUT MES	SEMINAR PREAMBLE
<p style="text-align: center;">Mind Mapping and its implications to Education</p>	<p style="text-align: center;"><b>ABOUT MES</b></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 style="text-align: center;"><b>SEMINAR PREAMBLE</b></p> <p>A Mind Map is a Thinking Tool, used by an estimated 1 Billion People, that reflects externally what goes on inside your head. It is like a Swiss Army Knife for the Brain. Anything you may want to do in terms of Thinking, Contemplation, Cognition, Remembering, Creating, it is the Ideal Tool for that.</p>
	<p style="text-align: center;"><b>ABOUT PHCASC</b></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>	<p style="text-align: center;"><b>OBJECTIVES OF SEMINAR</b></p> <p>The objective is to introduce the concept of mind map in academics. The speaker will put forth the idea of teaching methodology easier in all subjects and techniques to follow to implement the idea successfully. The talk will discuss about mind map or brain activity is often enhanced by images, colour, associations, grouping and location. He also generated interest on lateral thinking and relevance of 4Cs, critical thinking, creativity, communication and collaboration.</p>





## List of Participants-Mind Map

SR.NO	NAME OF THE FACULTY
1	DR. LATA MENON
2	MR. BINIT KUMAR
3	MS. NAVNEET SANDHU
4	MR. SUJITH BABU
5	MS. SWATI MISHRA
6	MS. DISHA CHOTALIYA
7	MR. PRATHAMESH GOKHALE
8	MS. ASHVINI SATVE
9	DR. JAYANTA KUMAR BEHERA
10	DR. VISHAKHA BODADE
11	DR. SAPANA CHILATE
12	DR. ARCHANA ASHOK BHAGWAT
13	MR. SWAPNIL PATIL
14	MS. PRIYANKA SORTE
15	MR. RAVINDRA MHATRE
16	MS. SREELAKSHMI NAIR
17	MS. NEETHUMOL K G
18	MS. BABITHA KURUP
19	MR. DEEPESH JAGDALE
20	MS. PRADNYA CHAVARKAR
21	MS. NIRALI VERMA
22	MS. REWATI SOMAN
23	MS. REMYA MADANGOPAL
24	MR. SUMEET MHATRE
25	MS. HARSHITA SINGH
26	MR. VINEET MURLI
27	MS. SHREEJA JOJI
28	MS. KALAVATI UPADHYAY
29	MS. SWETA ROY CHOUDHURY
30	MS. TEENA ZACHARIA
31	MS. SINDHUJA JOSHI
32	MR. HARDIK DAVE
33	MS. ARUSHI DUBE
34	MS. POOJA SINGH
35	MS. BABITA PANDA

# Expert Talk on Nutrition

## REPORT ON BEAUTY AND NUTRITION

DATE: 10<sup>th</sup> October, 2018

TIME: 2:30-4:30

VENUE: CONCLAVE 1 ( ARCHITECTURE BUILDING)

ORGANISED BY: PHCASC NSS UNIT AND WOMEN DEVELOPMENT CELL

The NSS unit and Women Development Cell of Pillai HOC College of Arts ,Science And Commerce organised an expert talk on Beauty and Nutrition.The expert talk was given by M.Sc. Meenu Rana.

She shares her views on how to maintain health, beauty, personality development by natural ways.

She guided us how we should maintain our diet and how much important the diet is for our health.

She ended the seminar by giving live example of a member from rotaract club of Panvel.



## FELICITATION OF MRS. MEENU RANA



## SESSION ON NUTRITION



## List of Participants-Expert talk on Nutrition

SR.NO	NAME OF THE FACULTY
1	DR. LATA MENON
2	MR. BINIT KUMAR
3	MS. NAVNEET SANDHU
4	MR. SUJITH BABU
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