

**Rayat Shikshan Sanstha's
Karmaveer Bhaurao Patil College, Vashi
Self Development Committee
Annual Report (A. Y. 2021-22)**

The “Self Development committee” was formed in our college in association with Heartfulness Institute, which is a non-profit, volunteer based organization and offers unique yet simple and secular practices of relaxation, meditation, rejuvenation and connecting with our source. The main aim of this committee is to help students and faculty members to know and connect to them in a better way and lead a happy and successful life.

It is one of the best practices of our institute.

In academic year 2021-22 SDP committee celebrated International Yoga Day on 21st June. Talk on “Yoga & Heart : Physical & Spiritual” by Dr. Haresh Mehta, Director of Cardiology, Raheja Fortis Hospital. Total 68 faculty members attended and benefitted.

In July month Student activity was organized and more than 300 students participated. Students made posters, submitted poetry and write-ups on “My Definition of Happiness”, “Family Values” and “Goal of my Life”. Best entries were published on college website and were awarded with e-certificate.

From academic year 2021-22 as we started following choice based credit system pattern, Discover-1 & Discover -2 were included under Ability Enhancement Compulsory Course for extra 2 credits in each semester-1 & 2.

In September faculty training for Discover-2 was arranged. Trainers were invited from Heartfulness Institute. Training was organized in offline mode and around 42 faculty members were benefitted. At the same time Pre-EQ test was arranged for all F.Y. classes to start Discover-1 modules under Self Development Program.

Formation of Student Forum for SDP was done. Same was used for arranging student activities under SDP committee. Assessment of Discover-1 was done on online mode and Discover-2 was started in all F.Y. classes.

In February 2021 MOU was signed between Heartfulness Educational Trust and Karmaveer Bhaurao Patil College Vashi.

E -Quiz on Self Awareness was organized by committee on 20th April 2022. Students from all departments participated and three best students were awarded with e- certificate.

Discover -2 assessments was taken in the month of April followed by post-EQ test.

Following is the sample of EQ analysis.

Emotional Quotient Domains	Total No of students participated	Number of students showed Improvement	% Improvement in post EQ test
Emotional Awareness	(Commerce) 111	59	53.1%
Emotional Management		50	45.0%
Social Emotional Awareness		54	48.64%
Relationship Management		60	54.0%

EQ analysis is done by Psychology Department of K.B.P. College, Vashi. Results will be analyzed on the basis of report and action will be taken accordingly.



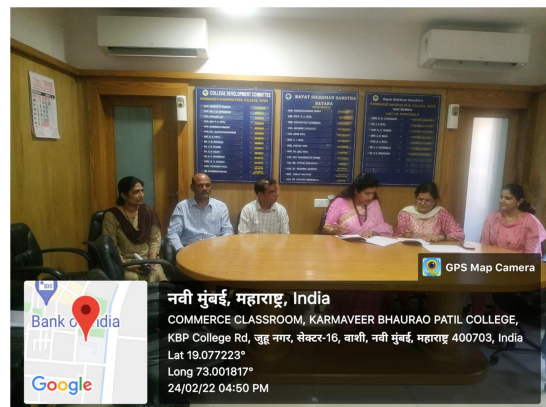
Manminder Riyat
(Chairperson, SDP Committee)


Approved By,


Principal
Karmaveer Bhaurao Patil College
Vashi, Navi Mumbai-400703.

Dr. Shubhada Nayak
I/C Principal


MOU between K.B.P. College, Vashi & Heartfulness Institute signed in Feb 2022






On account of **International Yoga Day**
Heartfulness Wellness and K.B.P.College, Vashi
invite you for a session on

YOGA & HEART: Physical and Spiritual



Speaker




Dr. Haresh Mehta
Director Cardiology,
Raheja Fortis Hospital, Mumbai
Heartfulness Trainer

Time: 11 A.M IST | Date: Monday, 21st June 2021

Manminder Riyat
Chairperson, SDP committee
K.B.P.College, Vashi, Navi Mumbai

Dr. Shubhada Nayak
I/C Principal
K.B.P.College, Vashi, Navi Mumbai



21st June 2021, Online / Offline mode – Talk By DR. Haresh Mehta, Director Cardiology, Raheja Fortis Hospital, Mumbai, Heartfulness Trainer



Self-Development Program Wallpaper Activity

In July month Student activity was arranged and more than 300 students participated. Students made posters and submitted poetry and write-ups on My Definition of Happiness, Family Values and Goal of my Life.

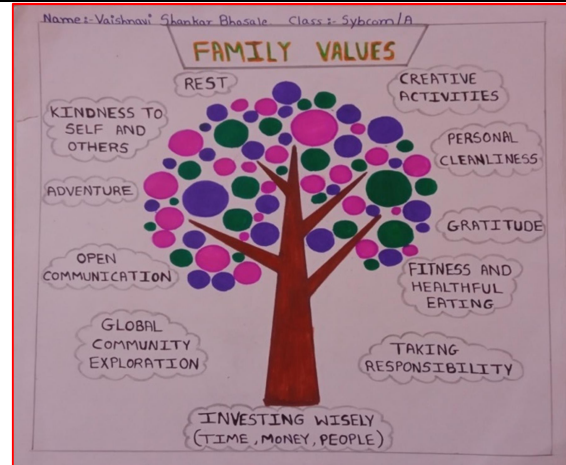
Poem
Family Values

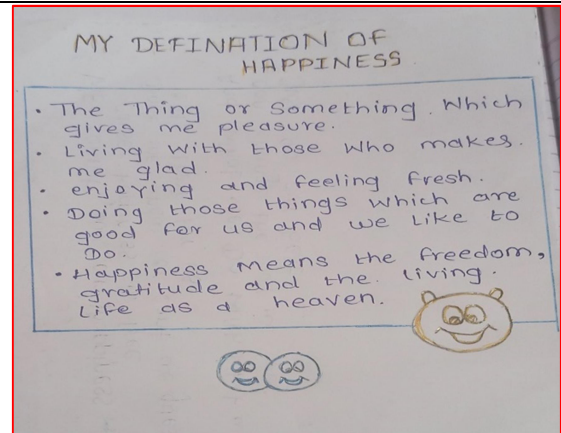
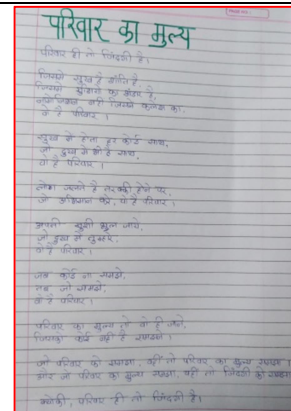
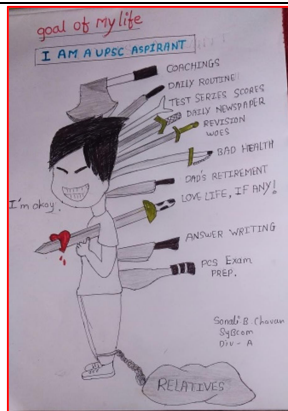
Blood makes you related
Loyalty makes you family.

Gossiping with mom gives another level of happiness

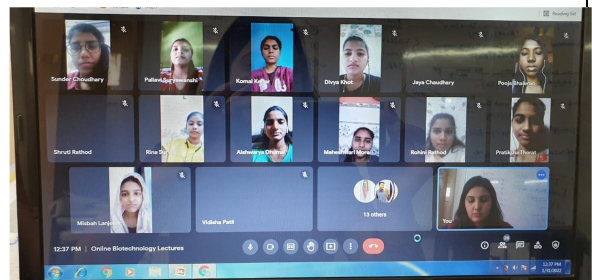
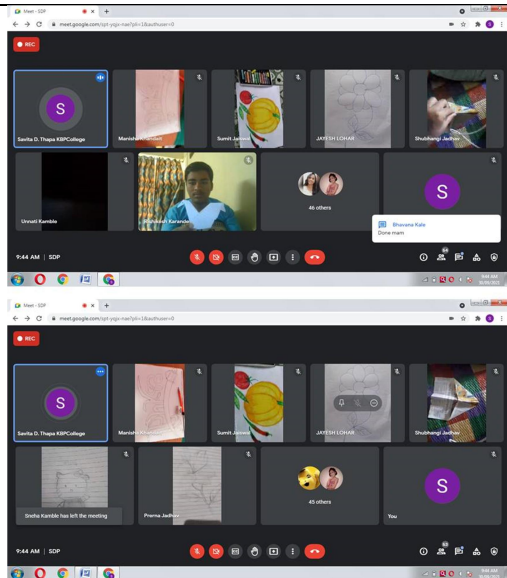
When I was a kid,
I was walking by holding my parent's hand.
Whenever I had a tough time,
My family was always there to help me.
Whenever I got upset,
my mom & Dad was always there to make me happy.
Whenever I had any problem in solving my maths,
My Dad was always there to make it easy for me.
Whenever I got discouraged due to less marks in exam,
My family was always there to encourage me.
I always Pray to God that,
I want the same mom & Dad for next Life!
Nobody on earth can ever love you more than your Parents..

Prachi Singh
Bhav





Online mode of SDP, Students are doing some activities based on module



Self Awareness Quiz certificate

<p>Rayat Shikshan Sanstha's KARMAVEER BHAURAO PATIL COLLEGE, VASHI (Autonomous College) <small>Accredited as "A+" Grade with CSPA 3.53/5 ISO 9001:2015 Certified Institute STAR STATUS BY DEPARTMENT OF BIOTECHNOLOGY (Government of India)</small></p>	
	
<p>SELF DEVELOPMENT COMMITTEE</p>	
<p>CERTIFICATE</p>	
<p>This is to certify that Mr./Ms/ Shweta Gole from K.B.P College has secured 1st Rank in quiz on "SELF AWARENESS" organized on 21st April 2022 by Self Development Committee, K.B.P. College, Vashi, Navi Mumbai.</p>	
 Ms. Manminder Riyat (Chairperson, SDP Committee)	 Dr. Shubhada Nayak (Principal)