

REPORT OF THE ONE DAY WORKSHOP ON “WORK LIFE BALANCE” AT DES’S NMITD

Date: 17th August 2017

Organized by MMS Department, DES’s NMITD

Venue: DES’s NMITD

A one day workshop was conducted for the women employees of APNA Sahakari Bank Ltd on 17th August 2017 at DES’s NMITD Campus by two MMS faculties Dr. Kasturi Naik and Ms. Renuka Savant on Work-Life Balance. The workshop covered various self management techniques like Neuro Linguistic Programming, Emotional Intelligence, Stress management, Image management to enable the women employees to achieve an efficient and effective work life balance.

The Objectives of the workshop are as follows:

1. To generate awareness among the participants regarding the effective techniques to bring about work life balance
2. To recognize and respect different emotions and manage the same in an emotionally intelligent manner
3. To make participants understand the technique to befriend stress
4. To introduce NLP communication model to the participants
5. To introduce the participants to the concept of power of language

Program of Workshop:

Session	Particulars	Resource Person
ABCD of Image	Appearance, Behavior, Communication and Digital Etiquette of Image	Dr. Kasturi Naik Assistant Professor DES’s NMITD Certified NLP and Emotional Intelligence Practitioner

Introduction to stress/perception	Concept of stress and perception Techniques of handling stress and perception	Ms. Renuka Savant Assistant Professor DES's NMITD
Introduction to NLP	Concept of NLP NLP Communication Model Application of the Model	Dr. Kasturi Naik Assistant Professor DES's NMITD Certified NLP and Emotional Intelligence Practitioner
Stress management	Individual stress management Organizational stress management	Ms. Renuka Savant Assistant Professor DES's NMITD
Introduction to emotional intelligence	Concept of emotional intelligence Four components of emotional intelligence Power of language	Dr. Kasturi Naik Assistant Professor DES's NMITD Certified NLP and Emotional Intelligence Practitioner
Activity	Emotion Yoga Power of language	Dr. Kasturi Naik Assistant Professor DES's NMITD Certified NLP and Emotional Intelligence Practitioner

Number of participants: 62 women employees of APNA Sahakari Bank Ltd from various branches

Outcome of the Workshop:

1. The workshop enabled the participants to practice the ABCD of image management by means of various activities
2. The workshop revitalized the emotional connect of the participants with self and others by focusing on four components of Personality enhancement self-awareness, self-management, social awareness and relationship management
3. The workshop also enabled the participants to understand the significance of NLP communication model and the participants also realized that in communication feedback is essential
4. The workshop also made participants realize the important of handling stress in a productive manner by introducing various individual and organization stress management techniques

In conclusion, it can be said that the workshop achieved its intended purpose to enable the participants to be equipped with various self management techniques like NLP, Emotional intelligence and stress management to achieve work life balance





Session on “Work Life Balance” for APNA Sahakari Bank Ltd female employees

REPORT OF THE ONE DAY WORKSHOP ON “PERSONALITY ENHANCEMENT VIA SELF-MANAGEMENT TECHNIQUES” AT DES’S NMITD

Date: 20th January 2018

Organized by MMS Department, DES’s NMITD

Venue: DES’s NMITD

One day workshop was conducted by Dr. Kasturi Naik and Ms. Renuka Savant , MMS Faculties of DES’s NMITD titled “Personality Enhancement via Self-Management Techniques” on 20th January, 2018 at DES’s NMITD, campus from 10.00 a.m. to 5.00 p.m. The main theme of FDP was to generate awareness that Teachers are Mental Health Soldiers. Teachers act as a Mentor, coach, guide, parent, and philosopher for the students and to be successful in all these roles it’s essential to emotionally connect with the students. This requires emotional self-appraisal of the teachers themselves.

The Objectives of the workshop are as follows:

1. To generate awareness that Teachers are Mental Health Soldiers
2. To recognize and respect different emotions and manage the same in an emotionally intelligent manner
3. To make participants understand the technique to befriend stress
4. To introduce NLP communication model to the participants
5. To enable participants to be design their personal vision, mission and personal ambition statement on the basis of their personal value system

Program of Workshop:

Session	Particulars	Resource Persons
ABCD of Image	Appearance, Behavior, Communication and Digital Etiquette of Image	Dr. Kasturi Naik Assistant Professor DES’s NMITD

		Certified NLP and Emotional Intelligence Practitioner
Introduction to stress/perception	Concept of stress and perception Techniques of handling stress and perception	Ms. Renuka Savant Assistant Professor DES's NMITD
Introduction to NLP	Concept of NLP NLP Communication Model Application of the Model	Dr. Kasturi Naik Assistant Professor DES's NMITD Certified NLP and Emotional Intelligence Practitioner
Stress management	Individual stress management Organizational stress management	Ms. Renuka Savant Assistant Professor DES's NMITD
Introduction to emotional intelligence	Concept of emotional intelligence Four components of emotional intelligence	Dr. Kasturi Naik Assistant Professor DES's NMITD Certified NLP and Emotional Intelligence Practitioner
Personality Enhancement and Activity	Designing Personal vision Personal mission and personal ambition statement based on personal value system	Dr. Kasturi Naik Assistant Professor DES's NMITD Certified NLP and Emotional Intelligence Practitioner

Number of participants: 22 Faculties from various B Schools and Other Colleges

Outcome of the Workshop:

1. The workshop revitalized the emotional connect of the participants with self and others by focusing on four components of Personality enhancement self-awareness, self-management, social awareness and relationship management.
2. The take away of the workshop was realization of a stable internal frame of mind which leads to reflection of confident and vibrant external personality by means of personal value identification exercise.
3. The workshop also enabled the participants to understand the significance of NLP communication model and the participants also realized that in communication feedback is essential.

In conclusion, it can be said that the workshop achieved its intended purpose to enable the participants to realize that Teachers are Mental Health Soldiers. Teachers act as a Mentor, coach, guide, parent, and philosopher for the students and to be successful in all these roles it's essential to emotionally connect with the students.



Workshop on "Personality Enhancement via Self-Management Techniques"

REPORT OF THE ONE DAY WORKSHOP ON “FORMA – PROFESSIONALIZATION” AT GOGATE JOGALEKAR COLLEGE, RATNAGIRI

Date: 8th September 2017

Organized by MMS Department, DES’s NMITD

Venue: Gogate Jogalekar College, Ratnagiri

A one day workshop was conducted for around 60 female students under Women Development Cell of Gogate Jogalekar College, Ratnagiri by Dr. Kasturi Naik , MMS Faculty of DES’s NMITD on 8th September 2017. The training session combined both class room teaching and practical exposure to Mock interviews, mock group discussions, grooming, hygiene, business etiquette, resume writing etc..

The Objectives of the workshop are as follows:

1. To understand the Power of personal appearance and Power Dressing
2. To understand the importance of Grooming, hygiene and Etiquette
3. To experience the importance of Emotional intelligence & power of language
4. To prepare the students to have a successful transition from classroom to corporate.

Program of Workshop:

Session	Particulars	Resource Person
Clothing and Appearance	Personal appearance and power dressing	Dr. Kasturi Naik, Assistant Professor, DES’s NMITD Certified NLP, Image Management and Emotional Intelligence Practitioner
Grooming, hygiene and Etiquette	Basic grooming and hygiene maintenance techniques Business and general etiquette	
Emotional intelligence (EQ)	Four components of EQ and power of language	
Interview and group discussion	Do’s and don’ts of Interviews and Group Discussion	
Activity	Mock interview and Mock	

	Group Discussion	
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Number of participants: 60 female students of Gogate Jogaekar College, Ratnagiri

Outcome of the Workshop:

1. The entire session gave confidence and prepared the female students to face the actual real time interviews with better chances of getting selected.
2. The take away of the workshop also include the basic grooming and hygiene required in the day to day life for mental and physical health.

In conclusion, it can be said that the workshop achieved its intended purpose to enable the participants to imbibe the learning that beautifying internal frame of mind and external appearance by means of understanding the concepts of NLP, emotional intelligence and image management which is an important aspect of the service sector. The feedback of the workshop was positive.



Dr.Kasturi Naik taking session at Gogate Jogalekar College, Ratnagiri

REPORT OF THE ONE DAY WORKSHOP ON “IDFC- INVESTMENT AWARENESS PROGRAM” AT DES’S NMITD

Date: 14th September, 2017

Organized by MMS and MCA Department, DES’s NMITD

Venue: DES’s NMITD, Mumbai

As an initiative of SEBI , Lotus Knowlweath a financial firm conducted IDFC Session focused on “Investor Awareness Program” on 14th September, 2017 Thursday for both MMS and MCA student’s at DES’s NMITD campus. Topic for the same was INVEST to Create WEALTH - Start Early (Audio-Visual cum PPT Seminar). The program was scheduled for upto a maximum of 90 minutes (including Q&A upto 15 minutes).

The Objectives of the workshop are as follows:

1. To create financial awareness among the students with regards to investments
2. To understand basics of Financial Planning
3. To understand basics of Asset Allocation
4. To understand the usage of SIP to create wealth

Program of Workshop:

Session	Particulars	Resource Person
Investment awareness	Basics of Financial Planning, Asset Allocation and usage of SIP to create wealth	Mr. Ashok Kumar (CA with a Law Degree) CMD - Lotus Knowlweath
Video	Video on “ Investment Awareness” https://youtu.be/vU111TB7GzI	

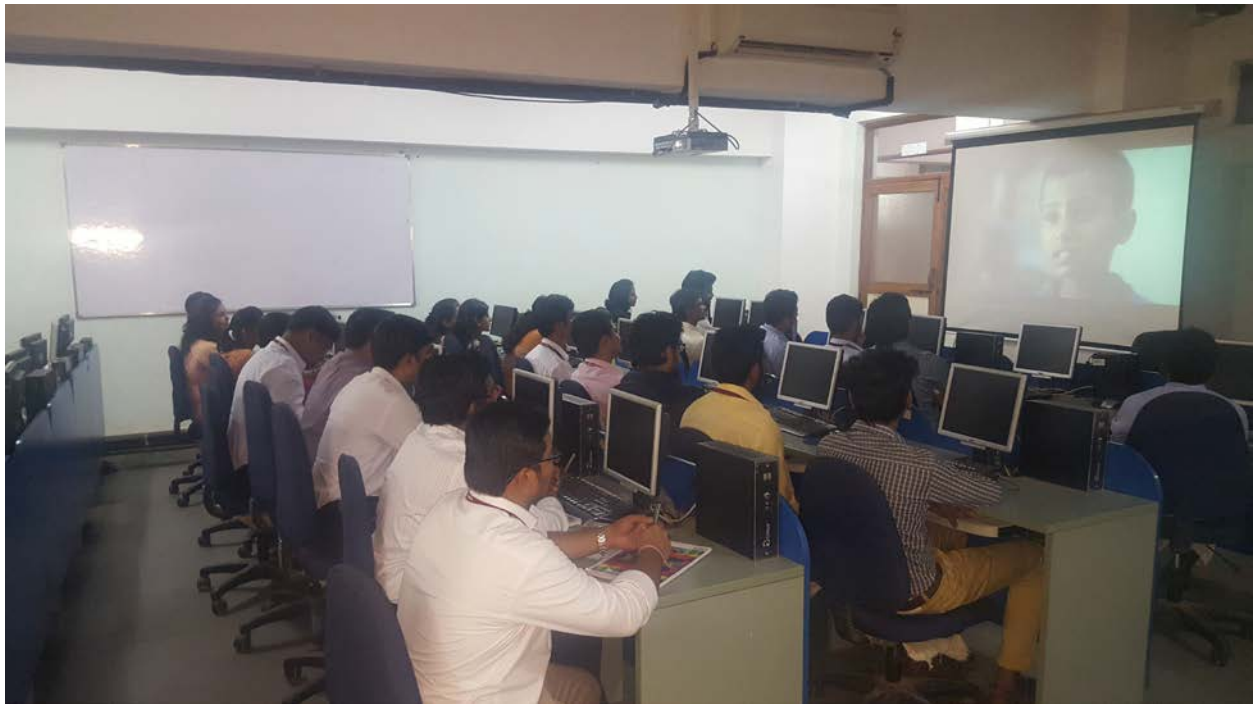
Number of participants: Around 55 students and 2 faculties

Outcome of the Workshop:

Students understood the following things post the presentation by the resource person:

1. Basics of Financial Planning
2. Asset Allocation
3. Usage of SIP to create wealth

In conclusion, it can be said that the workshop benefitted the participants in terms of enhanced Knowledge and Awareness for making Capital Market and Investment Decisions.



Students watching the video on “Investment Awareness”

REPORT ON THE ONE DAY NATIONAL CONFERENCE ON “LIBRARY MANAGEMENT AND INFORMATION TECHNOLOGY” AT DES’S NMITD

Date: 19th August 2017

Organized by Library Department, DES’s NMITD

Venue: DES’s NMITD

Background:

The theme of the conference is “ Management Techniques & Information Technology for 21st Century Libraries” with 4 sub –themes Human Resource /Personnel Perspective, Finance and Marketing Perspective, Operations Perspective and Library as a Social Organisation and ICT Perspective. Library management is a sub-discipline of institutional management that focuses on specific issues faced by libraries and library management professionals. Library management integrates normal managerial tasks, as well as intellectual freedom and fundraising responsibilities. Issues faced in library management frequently overlap with those faced in managing non-profit organizations.

In the early years of the 21st century, the developments of electronic resources have not only created new learning patterns, but also a new medium of the library's traditional roles in that field, as well as an extension of library activities. Access to the Internet has transformed scholarly communication. The new academic environment extends beyond the classroom walls. The new shift in the process toward the virtual library is the facilitation of cooperation between researchers separated by time and space. New multimedia and interactive software packages have freed students from the restrictions of the traditional classroom. For example, the modern library has been transitioning to a networked electronic environment for some years now, and the modern library is not only the library with walls, i.e., the building and its collections, but it is also the library without walls, i.e., the virtual library. Education is being restructured by the recent shifts in strategic planning processes, professional identities, and roles, as well as technological capabilities. The theme of the conference is on Advanced Computing in Asian

Century and Managing Business in the Asian Century. Advance Computing enlightens the power of integrated software, systems and support. It's about empowering businesses, organisations and users to achieve more. This allows to understand needs of client, committing to the task and delivering the best solution through information technology to client and society.

Brief Introduction about the conference:

National Conference on 'Library Management and Information Technology for 21st Century' NCLMIT-2017 was conducted on 19th August,2017 at DES's NMITD. The theme of the conference is "Management Techniques & Information Technology for 21st Century Libraries" with 4 sub –themes Human Resource /Personnel Perspective, Finance and Marketing Perspective, Operations Perspective and Library as a Social Organisation and ICT Perspective. The Conference, received twenty-four research papers . Out of which seventeen papers were selected for the Conference. Fourteen participants presented their papers in the session chaired by Dr. Sandeep Bhavsar, Librarian, Welingkar Institute of Management Development & Research. Twenty Delegates attended the conference. The key note speaker Dr. Akhtar Parvez, HoD, Central Library, Maulana Azad National Urdu University, Hyderabad, delivered a lecture on 'Role of Librarians in Promoting Academic Writing' Two expert speakers namely, Dr. Sushma Powdwal, Former Librarian, SNTD Women's University, Mumbai and Dr. Sandeep Bhavsar, Librarian, L. N. Welingkar Institute of Management Development & Research; spoke about "Effective Leadership for today's libraries" and "Library Services in Technology Era". The conference was attended by 26 Librarians and 4 Research Scholars.

Details of the participants:

Number of Librarians: 26

Number of research scholars: 4

Conduct of the conference:

For conducting the conference, several meetings were taken. The details of the same are as follows:

Date of Meeting	Committee	Important Discussion
25 th May 2017	Library Committee	Finalization of the committees to be framed for the conference along with the date of conference
1 st June 2017	Library committee along with other committees framed in meeting dated	Finalization of the theme of conference and other required details for the promotion of the conference
31 st July 2017	Library committee along with other committees framed in meeting dated	Finalization of the table program, session chair, key note speaker and other essential aspects of the conference
22 nd August 2017	Library committee along with other committees framed in meeting dated	Post conference discussion on the over all conduct and feedback from the participants

Presentations at the Sessions:

The research papers selected by the editorial board were published in conference proceedings that has an ISBN Number 978-81-933546-2-9

Discussion during the session:

The theme of the conference is “ Management Techniques & Information Technology for 21st Century Libraries” with 4 sub –themes Human Resource /Personnel Perspective, Finance and Marketing Perspective, Operations Perspective and Library as a Social Organisation and ICT Perspective. The key note speaker Dr. Akhtar Parvez, HoD, Central Library, Maulana Azad National Urdu University, Hyderabad, delivered a lecture on 'Role of Librarians in Promoting Academic Writing'. Two expert speakers namely, Dr. Sushma Powdwal, Former Librarian, SNDT Women's University, Mumbai and Dr. Sandeep Bhavsar, Librarian, L. N.

Welingkar Institute of Management Development & Research; spoke about “Effective Leadership for today's libraries” and “Library Services in Technology Era” respectively. The key note speakers also discussed on the theme of the conference and the subtheme and gave insights into the implication of the theme in the corporate and academic scenario.

The session was chaired by Dr. Sandeep Bhavsar, Librarian, Welingkar Institute of Management Development & Research. The session chair introduced the theme at the start of the track and gave constructive review to each presenter highlighting the strengths in their research paper and the areas of improvement. The participants also solved their queries with regards to their topic after discussions with the session chairs.

Response to the proceedings:

Positive oral feedback was received by the participants of the conference on the proceedings and the conduct of the conference.



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REPORT ON THE ONE DAY NATIONAL CONFERENCE ON “MANAGING BUSINESS AND TECHNOLOGY IN THE KNOWLEDGE ECONOMY” AT DES’S NMITD

Date: 24th February 2018

Organized by MCA and MMS Department, DES’s NMITD

Venue: DES’s NMITD

Background:

The knowledge economy represents an intangible economic configuration whereby knowledge is valued as a key factor in production. Economic growth in leading world economies is increasingly based on knowledge, in addition to tangible assets such as capital and labor. Knowledge is notable in the twenty first century as an important resource, which grows as it is frequently used. Knowledge tends, therefore, to play an increasingly significant role in economic development. Further, increasing knowledge-intensity takes two forms: the rising education level of the workforce (living or subjective knowledge) and the growing scientific and technical knowledge materialized in new equipment and new products (embodied or objectified knowledge).

Access to global knowledge needs to be modified for generation of local knowledge which will empower local groups to solve local challenges and also make significant contributions to the wealth of global knowledge. The Conference will ponder over the questions like, Are knowledge networks leading to information asymmetry and increasing concentration of power? How can developing nations overcome the digital divide as well as the knowledge gap? How can one make technology to be all inclusive to create sustainable business models? Can the universities and academic institutions strengthen the ties with Information Technology firms to create globally networked knowledge communities?

Brief Introduction about the conference:

One day national conference was arranged by DES’s NMITD on 24th February 2018. The theme of the conference was “Managing Business and Technology in the Knowledge Economy”. The

two subthemes for the NCMAT 2018 conference were: Managing Technology in the Knowledge Economy and Managing Business in the Knowledge Economy.

The Total Number of Research Papers received were 68 . The Total Number of Papers accepted were 55. NCMAT journal has an impact factor of 5.1899 (UIF) with an ISSN Number 2249 3867. The conference was attended by 35 faculties and 68 students and was a great success. The Keynote Speaker for Management was Dr. PravakarSahoo, Professor and Eminent , Institute of Economic Growth, New Delhi and the Key Note Speaker for Technology was Dr.Radha Shankarmani, Professor and HOD of Information Technology at Sardar Patel Institute of Technology, Mumbai. The Session Chairs for Technology was Dr.Sarvamanagai, Professor at Department of Information Technology, University of Mumbai and for Management was Dr. Harish Purohit, Director, Of Parle Tilak Vidyalyaya Association's PTVA's Institute of Management, Mumbai.

Details of the participants:

Number of Teacher delegates: 35

Number of student delegates: 68

Number of other delegates: 10

Conduct of the conference:

For conducting the conference, several meetings were taken. The details of the same are as follows:

Date of Meeting	Committee	Important Discussion
2 nd November 2017	Research Committee	Finalization of the committees to be framed for the conference along with the date of conference
15 th November 2017	Research committee along with other committees framed in meeting dated	Finalization of the theme of conference and other required details for the promotion of the conference
18 th January 2018	Research committee along with other committees framed in meeting dated	Finalization of the table program, session chair, key note speaker and other essential aspects of the

		conference
27 th February 2018	Research committee along with other committees framed in meeting dated	Post conference discussion on the over all conduct and feedback from the participants

Presentations at the Sessions:

The research papers selected by the editorial board were published in Research Dimensions Journal that has an impact factor of 5.1899 (UIF) with an ISSN Number 2249 3867.

Discussion during the session:

The theme of the conference was “Managing Business and Technology in the Knowledge Economy”. The two subthemes for the NCMAT 2018 conference were: Managing Technology in the Knowledge Economy and Managing Business in the Knowledge Economy. The presentations took place in two parallel tracks one was Technology and other was Management. The Keynote Speaker for Management was Dr. Pravakar Sahoo, Professor and Eminent , Institute of Economic Growth, New Delhi and the Key Note Speaker for Technology was Dr.Radha Shankarmani, Professor and HOD of Information Technology at Sardar Patel Institute of Technology, Mumbai. The Session Chairs for Technology was Dr.Sarvamanagai, Professor at Department of Information Technology, University of Mumbai and for Management was Dr. Harish Purohit, Director, Of Parle Tilak Vidyalyaya Association's PTVA's Institute of Management, Mumbai. The key note speakers discussed on the theme of the conference and the subtheme and gave insights into the implication of the theme in the corporate and academic scenario.

The session chair introduced the theme at the start for both the tracks and gave constructive review to each presenter highlighting the strengths in their research paper and the areas of improvement. The participants also solved their queries with regards to their topic after discussions with the session chairs.

Response to the proceedings:

Feedback forms were used to gather the response of the participants. The parameters used for the feedback were Hospitality, sessions quality, knowledge gained, time management and over all organization of the conference. The participants rated the parameters as Satisfactory, Good, better, best and needs improvements. Following is the analysis of the feedback received:

Sr.No	Feedback for	Response
1	Hospitality	Majority of the participants rated hospitality as best
2	Sessions	Majority of the participants rated hospitality as best
3	Knowledge content gained through conference	Majority of the participants rated hospitality as best
4	Time management	Around half of the respondents rated time management as best
5	Over all management	Around half of the respondents rated time management as best

Over all response was positive and the participants appreciated that they received the Research Dimensions Journal that has an impact factor of 5.1899 (UIF) with an ISSN Number 2249 3867 with their research paper published on the day of the conference itself.



“NCMAT 2018”

REPORT OF THE ONE DAY WORKSHOP ON “SELF ENHANCEMENT THROUGH NLP AND EMOTIONAL INTELLIGENCE” AT TAJ

Date: 16th March 2018

Organized by MMS Department, DES’s NMITD

Venue: TAJ Wellington Mews Luxury Residencies, Mumbai

The workshop titled “Self Enhancement Through NLP and Emotional Intelligence” for the participants of TAJ Wellington Mews Luxury Residencies was conducted at their premises with the focus on beautifying the internal frame of mind and external appearance by means of understanding the concepts of NLP , emotional intelligence and image management.

The Objectives of the workshop are as follows:

1. To understand the concept of Image Inside Out
2. To enable the participants to Project Positive Self-image
3. To understand the different emotions and management of the same
4. To understand how to connect to people and build long lasting relationships
5. To understand Personal Value Identification importance and its role in stress management

Program of Workshop:

Session	Particulars	Resource Person
Image management	First impression, Image inside out, Self - image	Dr. Kasturi Naik, Assistant Professor, DES’s NMITD Certified NLP, Image Management and Emotional Intelligence Practitioner
Emotional Intelligence	Four components of emotions	
Personal Branding	Designing Personal values, mission, vision and Personal ambition statement	
Activity	Seeing is Believing	
Activity	Emotion Yoga	
Feedback	Interaction and feedback with the participants	

Number of participants: 12 participants including the head of the department and director

Outcome of the Workshop:

1. The take away of the workshop was the learning that the external image (Image viewed by others) is generally based on our internal thought process. That is it reflects an individual's internal values, attitudes and personality.
2. The other outcome was that by means of activity like Emotion Yoga the participants experience different emotions and how these emotions have an impact on external physiology
3. This workshop also enabled the participants to understand Personal Value Identification importance and its role in stress management

In conclusion, it can be said that the workshop achieved its intended purpose to enable the participants to imbibe the learning that beautifying internal frame of mind and external appearance by means of understanding the concepts of NLP, emotional intelligence and image management which is an important aspect of the service sector. The feedback of the workshop was positive.



Dear Kasturi

The entire Taj Wellington Mews team would like to congratulate & thank you for the enriching session you conducted yesterday on Self Enhancement through NLP and Emotional Intelligence for our heads of the departments and directors, the session was very well conducted and all of us would like to appreciate your efforts

Thank you for taking out time for all of us!! attached are few glimpse of yesterday's session



Warm Regards,

Asmita Desai

Learning and Development Manager

Taj Wellington Mews Luxury Residences



Glimpses of Workshop on “Self Management Through NLP and Emotional Intelligence”

REPORT OF THE ONE DAY WORKSHOP ON “SELF ENHANCEMENT THROUGH ART & SCIENCE OF FIRST IMPRESSIONS AND EMOTIONAL INTELLIGENCE” AT URJA INVESTMENT SERVICES

Date: 13th April 2018

Organized by MMS Department, DES’s NMITD

Venue: Urja Investment Services, Mumbai

The workshop titled “Self Enhancement through Art & Science of First Impressions and Emotional Intelligence” for the staff of Urja Investment Services was conducted at their premises to instill the importance of first impression and emotional intelligence among the staff of a financial firm who are well equipped with financial knowledge.

The Objectives of the workshop are as follows:

1. To understand the concept of first impressions and Image Inside Out
2. To enable the participants to Project Positive Self-image
3. To understand the different emotions and management of the same
4. To understand how to connect to people and build long lasting relationships

Program of Workshop:

Session	Particulars	Resource Person
Image management	First impression, Image inside out	Dr. Kasturi Naik, Assistant Professor, DES’s NMITD
Emotional Intelligence	Four components of emotions	
Activity	Emotion Yoga	Certified NLP, Image Management and Emotional Intelligence Practitioner
Feedback	Interaction and feedback with the participants	

Number of Participants: 14 participants including the owner

Outcome of the Workshop:

1. The main reason for conduction of the workshop was to make the staff understand the soft skills importance in customer relationship management.
2. The take away of the workshop for the participants was to understand and implement the ABCD of image management in managing and retaining the first impression.
3. Another take away of the workshop was the personal and professional benefits by means of imbibing the four components of emotional intelligence – self awareness, self management, social awareness and relationship management.
4. The feedback of the workshop was positive.

In conclusion, it can be said that the workshop achieved its intended purpose to enable the participants to understand the soft skills importance in customer relationship management.



Glimpses of the Workshop on “Self Enhancement through Art & Science of First Impressions and Emotional Intelligence”