

Department of Management Studies & Management Wale Association

PROPOSAL

Date: 05th Februray, 2019

To,
The Principal
Dr. Kiran Save
Sonopant Dandekar Arts, V.S. Apte Commerce and
M.H. Mehta Science College,
Palghar.

Subject: Proposal for organizing One day workshop on Concentration Techniques

Name of the Programme: One day workshop on Concentration Techniques

Organizer: Department of BMS (Management Studies)

Proposed Day & Dates – Tuesday, 12th February, 2019

Objectives –

- To understand the importance of concentration
- To explore the science of concentration
- To practice mindfulness
- To learn time management strategies

Speaker of the Programme: Mrs. Deepti Natu

Proposed Venue: BMS Building, Ganesh Nilkantha Dandekar Hall (BMS Seminar Hall)

S.S. Mishra

Proposed By
Prof. Shreya Mishra
Head, Department of
BMS, BAF & M.Com



Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND
M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Dist. – Palghar, Pin – 401 404, E – Mail: sdsmcollege@yahoo.com

11th February, 2019

**Department of Management Studies &
Management Wale Association**

NOTICE

All the students of BMS and BAF are hereby informed that we are organizing
“One Day Workshop on Concentration Techniques” on **12th February, 2019** at
BMS Seminar Hall at 11 am.

It is compulsory for students to attend this seminar.

In case of any queries you may contact Head of the Department.

S.S. Mishra

Prof. Shreya Mishra
Head, Department of
BMS, BAF & M.Com

Workshop on Concentration Technique

Date: 12th February, 2019

Speaker: Deepthi Natu

Sr.No.	Roll.No.	Name of the Student	Class	Sign
1	96065	Jyoti P. Shari	F.Y.BMS	Jyoti
2	96045	Reemal R. Adarshkar	F.Y.BMS	Reemal
3	96037	Manisha Ghawli	F.Y.BMS	Manisha
4	96103	Shital R. Harjekar	F.Y.BMS	Shital
5	96033	Soham H. Singh	F.Y.BMS	Soham
6	96094	Shalu P. Pal	F.Y.BMS	Shalu
7	96116	Shubhashree Y. Kuckian	F.Y.BMS	Shubha
8	97045	Snehal R. Nimbalkar	S.Y.BMS	Snehal
9	97043	Sneha G. Gini	S.Y.BMS	Sneha
10	96279	Riya M. Shah	F.Y.BMS	Riya
11	96083	Pooja Tiwari	F.Y.BMS	Pooja
12	96122	Simran Chauhan	F.Y.BMS	Simran
13	97034	Aditi Dubey	S.Y.BMS	Aditi
14	97035	Harsheda Jain	S.Y.BMS	Harsheda
15	96071	Disha Lakhyani	F.Y.BMS	Disha
16	96041	Sakshi Dhote	F.Y.BMS	Sakshi
17	96053	Shruti S. Shetty	F.Y.BMS	Shruti
18	96114	Riya Shukla	F.Y.BMS	Riya
19	97046	Patel Suresh	S.Y.BMS	Patel
20	97047	Dharmamurher Samuksha	S.Y.BMS	Dharmamurher
21	97016	Janhavi Sawant	S.Y.BMS	Janhavi
22	97014	Meenakshi Sharma	S.Y.BMS	Meenakshi
23	97028	Himani Gore	S.Y.BMS	Himani
24	97021	Akshata Kulkarni	S.Y.BMS	Akshata
25	97038	Ravi Yadav	S.Y.BMS	Ravi
26	97040	Hrudika Mishra	S.Y.BMS	Hrudika
27	97088	Kaustubh Bhat	S.Y.BMS	Kaustubh
28	97044	Saali Dixit	S.Y.BMS	Saali
29	97030	Rashmi Sani	S.Y.BMS	Rashmi
30	97031	Simple Taurani	S.Y.BMS	Simple
31	97064	Kiran Sani	S.Y.BMS	Kiran
32	97066	Ankita Mishra	S.Y.BMS	Ankita
33	97029	Vandana Yadav	S.Y.BMS	Vandana
34	97004	Joby Issrael	S.Y.BMS	Joby
35	97005	Renita Lewis	S.Y.BMS	Renita
36	97065	Subhanga S. Rathod	S.Y.BMS	Subhanga
37	97010	Anju R. Yadav	S.Y.BMS	Anju
38	97078	Khyati B. Chafekar	S.Y.BMS	Khyati
39	97085	Snehal A. Thakur	S.Y.BMS	Snehal

Workshop on Concentration Technique

Date: 12th February, 2019

Speaker: Deepti Natu

Sr.No.	Roll.No.	Name of the Student	Class	Sign
1	96047	Sudhysudhastan	F.Y.BMS	
2	96044	Deepak Yadav	F.Y.BMS	
3	96098	Anbi R. Bharat	F.Y.BMS	
4	96054	omkar v. Bhore	F.Y.BMS	
5	96118	saurabh Bant.	F.Y.BMS	
6	96078	Devendra Singh	F.Y.BMS	
7	97056	Deepak R. Yachuv.	F.Y.B.M.S.	
8	96088	Charan Gupta	F.Y.BMS	
9	96087	Singh Nitish Kumar Suchit	F.Y.BMS	Nitish
10	96086	Prasad Arjun Kumar Shankar	F.Y.BMS	
11	96077	Pratik B. Chaudhari	F.Y.BMS	Pratik
12	96070	mohan m. Pratapati	F.Y.BMS	
13	96076	Ashish R. Thakur	F.Y.BMS	
14	96102	Vinit R. Desai	F.Y.BMS	
15	96101	chintan P. Bhogayta	F.Y.BMS	chintan
16	96063	Abhishek R. Burole	F.Y.BMS	
17	96023	Deegan Patil	F.Y.BMS	Deegan
18	96006	Mehul N. Patil	F.Y.BMS	Mehul
19	96096	Bhupendar Jhu	F.Y.BMS	Bhupendar
20	97053	Chirag S. Murtay	F.Y.BMS	Chirag
21	96050	mogay Kumar S. Piddi	F.Y.BMS	
22	96009	Surbaj C. Tokurde	F.Y.BMS	
23	166	Kiran B. Jadhav	F.Y.BA	
24	16	Aditya M. Dabhekar	F.Y.BA	
25	96017	Murlihar Parakhit	F.Y.BMS	
26	96052	VAHZD. K. SHAZAM	F.Y.BMS	
27	96113	Pallavi Gupta	F.Y.BMS	
28	96100	Mijan Shaikh	F.Y.BMS	

Department of Management Studies & Management Wale Association

EVENT REPORT

Name of the Event – One day workshop on Concentration Techniques

Date – 12th February, 2019

Time – 11.00 a.m. to 1.00 p.m.

No. of Students Participated – 67

About the Event – The Department of Commerce and Department of Management Studies, Sonopant Dandekar College, Palghar had organized a One day workshop on Concentration Techniques for BMS & BAF students.

The session was conducted by Mrs. Deepti Natu who guided the participants regarding interview skills and etiquettes.

Event Objectives –

- To understand the importance of concentration
- To explore the science of concentration
- To practice mindfulness
- To learn time management strategies

Learning Outcome –

Learning outcome of the guest lecture on concentration techniques was to equip participants with a comprehensive understanding of the significance of concentration in achieving personal and professional goals. Through practical exercises and theoretical insights, attendees gained the ability to apply mindfulness techniques for heightened focus, implement effective time management strategies to optimize productivity, and identify and mitigate common distractions.

S.S. Mishra

Prof. Shreya Mishra
Head, Department of
BMS, BAF & M.Com