



Harshali Gomase <harshali.gomase@matrixpune.com>

Invitation for the Online Guest Session on 28/01/2023

3 messages

Harshali Gomase <harshali.gomase@matrixpune.com>
To: "prema09kotecha@gmail.com" <prema09kotecha@gmail.com>

Tue, Jan 24, 2023 at 5:37 PM

Dear Madam,

Greetings from Matrix School of Management Studies, Pune !!!

About Matrix School of Management Studies:

The Matrix Educational Foundation established the Matrix School of Management Studies in the year 2010. Matrix Educational Foundation is one of the most promising names in the field of management education providing sincere, focused and reliable young managers to the corporate world according to their criteria, this has been the Institute's constant dictum.

The **Founder Secretary Dr. Mrs. Shilpa R. Kulkarni** is a versatile entrepreneur who is a totally focused, committed and result oriented lady heading the organization. The Matrix School of Management Studies offers MBA.

Director Prof. (Dr) Satish S. Ubale believes in delivering quality Management education with "Excellence and Values" as guiding principles. His goal is to make Matrix School of Management studies a B-School of generative ideas.

Matrix believes in imparting quality education and knowledge upliftment of students. "Guest sessions" is one of the facets of it. In continuation to this we invite you as a Guest Speaker on 28th January 2023 at 10.30 AM on Zoom platform. You will be allotted 60 minutes for the online session. We will share the zoom link on 27/01/2023

Kindly mail us your Topic Name, short CV, photograph and bank details.

Looking forward to your cooperation.

Thanks & Regards,

Dr. Harshali Gomase
Assistant Professor

Matrix School of Management Studies

| Near Westernly Bypass Road | Survey No. 9/1/5, 9/2/4 & 9/1/4

| Next to Sinhgad Science College | Wadgaon | Ambegaon (BK)

| Pune - 411 041 | Phone no: +91-020-24356637 |

Email:harshali.gomase@gmail.com
MOB.No.9850320369/8766582223

prema k <prema09kotecha@gmail.com>
To: Harshali Gomase <harshali.gomase@matrixpune.com>

Tue, Jan 24, 2023 at 8:42 PM

Hello Ma'am,
I hope you are doing well,
I'm pleased to accept your invitation for 28th January 2023 session.
As mentioned in the mail, below are the following details along with photograph



Harshali Gomase <harshali.gomase@matrixpune.com>

Guest Session organized under 4th Dimension Series on "How to Unlock Your Potential"

1 message

Harshali Gomase <harshali.gomase@matrixpune.com>

Fri, Jan 27, 2023 at 12:50 PM

To: prerna09kotecha@gmail.com

Cc: anandp@matrixpune.com, satish ubale <satishubale@yahoo.com>

Dear Madam,

Greetings from Matrix School of Management Studies !!!

Matrix College is inviting you to a scheduled Zoom meeting.

Topic: Guest Session organized under 4th Dimension Series on "How to Unlock Your Potential"

Time: Jan 28, 2023, 11:00 AM India

Join Zoom Meeting

<https://us06web.zoom.us/j/84137785526?pwd=RIRKT3N3U21VTEhTZUxydEFIMINjQT09>

Meeting ID: 841 3778 5526

Passcode: 919221

One tap mobile

+13863475053,,84137785526#,,, *919221# US

+15074734847,,84137785526#,,, *919221# US

Dial by your location

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 931 3860 US

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 689 278 1000 US

+1 719 359 4580 US

+1 929 205 6099 US (New York)

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 360 209 5623 US

Meeting ID: 841 3778 5526

Passcode: 919221

Find your local number: <https://us06web.zoom.us/j/84137785526>

Thanks & Regards,



Matrix School of Management Studies

| Near Westernly Bypass Road | Survey No. 9/1/5, 9/2/4 & 9/1/4

| Next to Sinhgad Science College | Wadgaon Ambegaon (BK)

| Pune - 411 041 | Phone no: +91-020-24356637 |

| Phone: +91-020-64703335 |

Email: studentnotice@matrixpune.com



PRERNA KOTECHA

FOUNDER AND DIRECTOR AT DREAM LIFE COUNSELLING, CAREER AND PERSONAL COUNSELOR, SPEAKER, CORPORATE TRAINER, EDUCATOR AND COLOUR THERAPIST

CONTACT

Phone

+91 8007952750
+91 8177878017

Email

dreamlifecounselling@gmail.com

Website

www.dreamlifecounselling.com

SKILLS

- Career Counselling
- Personal Counselling
- Emotional Counselling
- Leadership
- Corporate Training
- Colour Therapy

ABOUT ME

Miss Prerna Kotecha is the Founder and Director at Dream Life Counselling. She has more than 4+ years of experience in Education and Counselling. She has conducted seminars on various topics which is related to Career Guidance and Mental health for students as well as professionals. She has a professional certificate in Public speaking from a National Trainer and has won various prizes in Debates and public speaking

WORKSHOPS & SEMINARS

- Career Guidance
- Goal Settings
- Time management
- A-Z of Effective Stress management
- How to stop procrastination
- How to train your brain to accept challenges
- How to make effective strategies for your work
- How to discover your potential





Miss. Prerna Kotecha

Miss. Prerna Kotecha is the founder of Dream Life Counselling and an Educator having an experience of more than 4+ years in Education and Counselling. She has conducted seminars on various topics which is related to career guidance and mental health for students as well as professionals.

Contact

Phone

+918007952750

+918177878017

Email

prerna09kotecha@gmail.com

Address

Mahal, Nagpur

Education

1. 10th (2010) with 91.82%
2. 12th (2012) with 77.50%
3. BSc (2015) with 71.25 %
4. MSc in Chemistry (2017) with 72.16
5. B.ed (2021) with 7.86 CGPA

Expertise

- Career Counselor
- Personal Counselor
- Color Therapist
- Motivational Speaker
- Trainer
- Educator

Language

English

Hindi

Marwadi

German (learning)

CERTIFICATION :

1. Certificate in Career Counselling and International Career Counseling
2. Certificate in Public Speaking by National Trainer
3. Completed NPTEL Online Certification Course in 2016 with 69% from IIT Madras.
4. Certificate of "Student Consortium Exchange Program"-2014 at CMS College of Science and Commerce Coimbatore 49, Tamilnadu.
5. Presented paper in National Conference on synthesis and characterization study pyrimidine-azo dyes.
6. Certificates of appreciation from various schools and colleges for conducting Seminars



Website - dreamlifecounselling.com

Email - dreamlifecounselling@gmail.com



THE MATRIX EDUCATIONAL FOUNDATION'S
MATRIX SCHOOL OF MANAGEMENT STUDIES

**Guest Session organized under 4th Dimension Series on
"How to Unlock Your Potential"**

Resource Person

Ms. Prerna Kotecha



28th Jan' 2023



11:00 AM

**Dream Life Counselling
(Founder & Director)**

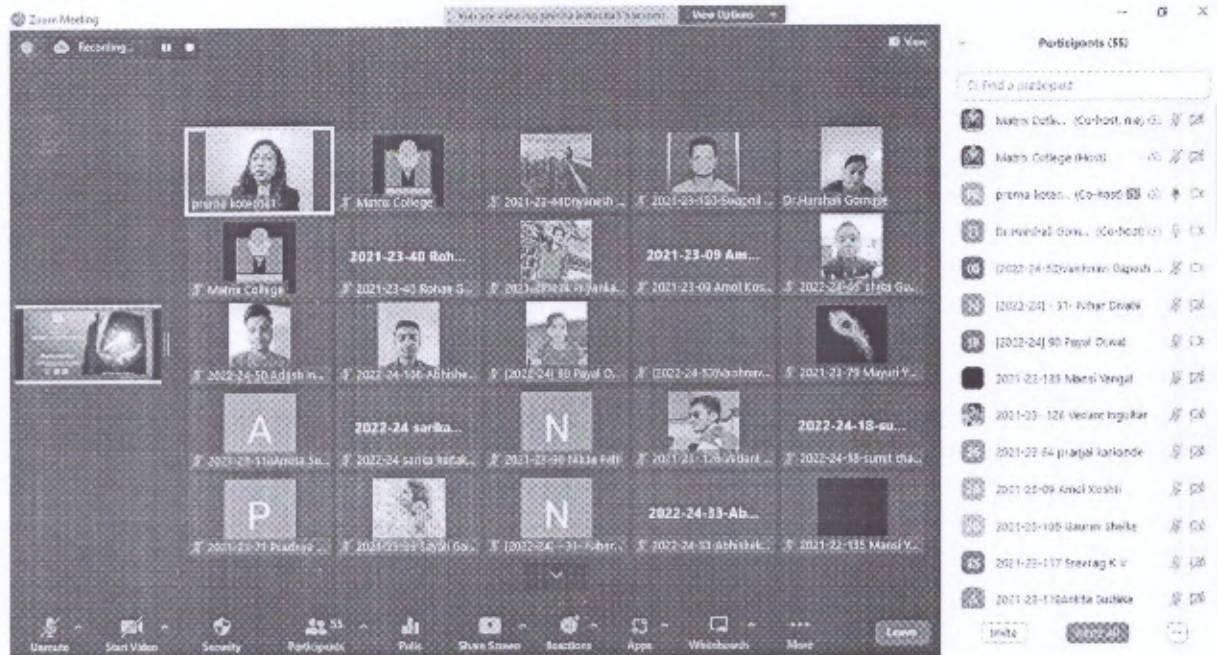
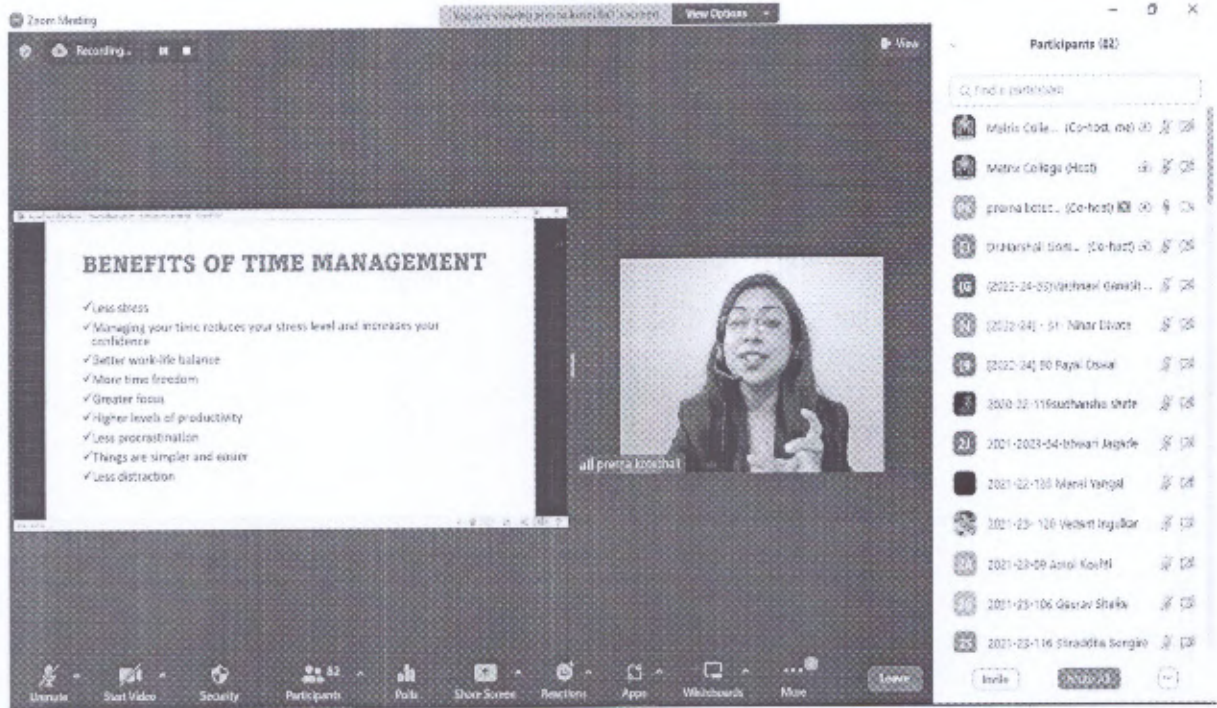
The Matrix Educational Foundation's
Matrix School of Management Studies, Pune
 Survey No. 9/1/5, 9/2/4 & 9/1/4, Near Westernly Bypass Road, Next to Sinhgad Science
 College Wadgaon, Ambegaon (BK), Pune- 411 041

Title of the Activity:	Guest Sessions: "How to Unlock Your Potential".
Day & Date:	28/01/2023 (Saturday)
Category of Activity:	Curricular/co-Curricular/Extra-curricular activity
Organized Under:	IQAC, NDLI, 4 th Dimension Lecture Series
Objectives:	To think about big dreams and take small steps to fulfil your potential. To create self-esteem, confidence, achievement, respect of others & respect by others.
Level:	Institute / City / State / National / International
Name, Organization and Designation of Expert	Ms. Prerna Kotecha, Founder & Director at Dream Life Counsellor
Number of students benefitted	111
Summary report:	Speaker Miss Prerna start the session with small activity through interacts with all students. She explained that full potential isn't a destination; it's a path. It's a journey of liberation from own limitations and the limitations that others often with good intentions put upon you. She said, reaching your full potential takes patience, courage, self-awareness, and a whole lot of grit. She motivated the students, that, having access to information and resources that help us fulfill our full potential is a critical component for success. Overall wonderful session has been done.
Outcome:	Students took an advantage of the session and learned the ways to reached full potential. Acknowledged that, how to overcome internal obstacles and focus to achieve the goal.
Name of Staff coordinators:	Dr. Harshali Gomase
Session Link	https://youtu.be/fy5yRBI05zE

Satish
Dr. Satish S. Ubale
 Director
 Matrix School of Management Studies



The Matrix Educational Foundation's
Matrix School of Management Studies, Pune
 Survey No. 9/1/5, 9/2/4 & 9/1/4, Near Westernly Bypass Road, Next to Sinhgad Science
 College Wadgaon, Ambegaon (BK), Pune- 411 041







The screenshot shows a Zoom meeting interface. On the left, a slide titled "BENEFITS OF TIME MANAGEMENT" is displayed with the following bullet points:

- ✓ Less stress
- ✓ Managing your time reduces your stress level and increases your confidence
- ✓ Better work-life balance
- ✓ More time freedom
- ✓ Greater focus
- ✓ Higher levels of productivity
- ✓ Less procrastination
- ✓ Things are simpler and easier
- ✓ Less distraction

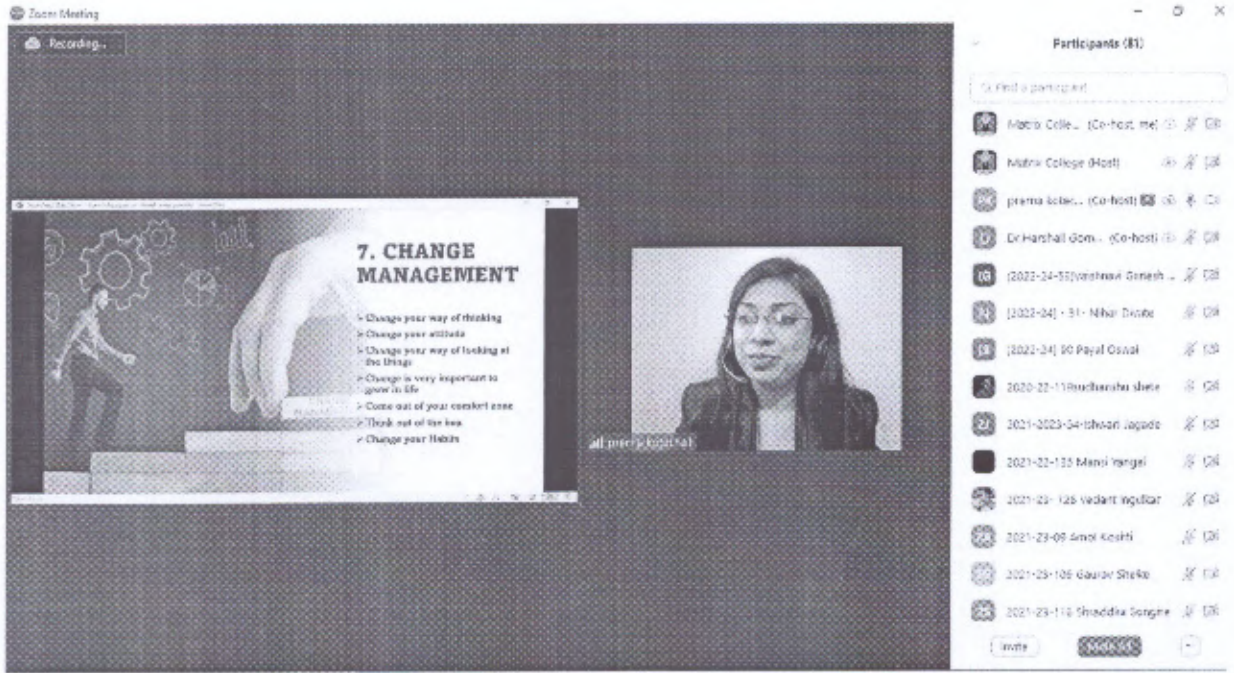
On the right, a "Participants (82)" list is visible, showing names and roles such as "Maths Cole... (Co-host, me)", "Maths College Host", "priyanka kote...", "Dr Harshad Gani...", "2022-20...", "2022-24 - 31- Nihar Divate", "2022-24) 90 Payal Oswal", "2020-22-118Ruchanshu shete", "2021-2023-54- Ishwari Jagade", "2021-21-135 Manvi Veer", "2021-20- 106 Vignesh Ingole", "2021-23-09 Amel Kosta", "2021-23-100 Geena Shete", and "2021-23-116 Shradha Songre".

At the bottom, the Zoom control bar includes icons for Mute, Start Video, Security, Participants, Polls, Share Screen, Reactions, Apps, Whiteboard, and More.



Zoom Meeting

Recording...



The screenshot shows a Zoom meeting interface. On the left, a slide titled "7. CHANGE MANAGEMENT" is displayed. The slide content includes:

- Change your way of thinking
- Change your attitude
- Change your way of looking at the things
- Change is very important to grow in life
- Come out of your comfort zone
- Think out of the box
- Change your habits

In the center, a video thumbnail shows a woman with glasses speaking. Below the thumbnail, the text "all meeting host" is visible.

On the right, the "Participants (81)" list is shown, including:

- Macro Colle... (Co-host, me)
- Makra College (Host)
- prerna kate... (Co-host)
- Dr Harshali Dom... (Co-host)
- (2021-24-55)Varshini Ganesh
- (2022-24) - 51- Nihar Dinkar
- (2022-24) 90 Payal Oswal
- 2020-22-119Rudransha Shete
- 2021-2023-04-Ishwari Jagade
- 2021-22-105 Manvi Yargal
- 2021-23 - 126 vedant ingdar
- 2021-23-09 Anvi Keshi
- 2021-23-106 Gaujar Shete
- 2021-23-110 Shradha Songre

At the bottom of the participants list, there are buttons for "mute" and "video off".



online attendance

Name (Original Name)	Total Duration (Minutes)	Guest
Matrix College	216	No
prerna kotecha1	102	Yes
2021-23-09 Amol Koshti	93	Yes
Dr.Harshali Gomase	69	Yes
2021-23- 126 Vedant Ingulkar	86	Yes
2021-23-40 Rohan Gardi (Rohan's iPhone)	79	Yes
2022-24-18-sumit chahande	80	Yes
PRUTHVI P.	8	Yes
2021-23-71 Pradnya Kshirsagar (Pradnya Kshirsagar)	81	Yes
[2022-24] 90 Payal Oswal (Payal Oswal 2022-24 90)	79	Yes
2021-23-118Ankita Sudake (Ankita Sudake)	6	Yes
2021-23-79 Mayuri Yewale	79	Yes
2021-23-36 Sayali Gaikwad	66	Yes
[2022-24] - 31- Nihar Divate	77	Yes
2021-23-55Aishwarya Javalkar (Aishwarya Javalkar)	14	Yes
2021-23-137 Yashodhan Mali (30Yashodhan Mali)	13	Yes
2021-23-44Dnyanesh Godse (Dnyanesh Godse)	17	Yes
2022-24-33 Abhishek ekbote (2022-24 Abhishek ekbote)	53	Yes
2021-22-135 Mansi Yagal	76	Yes
2022-24-72 Nupur Kulkarni (Nupur Kulkarni)	63	Yes
2022-24-52 Renuka Jadhav (Renuka Jadhav)	78	Yes
2021-23-134 Priyanka Wararkar	73	Yes
2022-24-46 Ishika Gupta	77	Yes
2022-24-110 Rahul salunke	76	Yes
2022-24-83 APURVA Musale	76	Yes
2022-24-128 laukik waikar	76	Yes
2022-24-50 Adesh Ingle	77	Yes
2021-23-117 Sreerag K V	75	Yes
2021-23-120-Swapnil Langhe	74	Yes
2022-24-108-Abhishek Rupnawar	74	Yes
2022-24-23 Rupali Dahatonde	68	Yes
2022-24 sarika haitake (47) (Zoom user)	74	Yes
2022-2024-88-shantanu v nikumbh (shantanu v nikumbh)	74	Yes
2022-24 57 Amisha kadam	76	Yes
2022-24-94 Prasad Pasnur (Prasad Pasnur)	74	Yes
2022-24 24 Priyanka Dahiwade (2022-24 24 Priyanka)	31	Yes
2022-24 - 102 PRUTHVI PHULSUNDAR	74	Yes
2022-24-34 HIMANSHU GADHAVE	74	Yes
2021-23-118Ankita Sudake	73	Yes
Tejal Shinde(114) 2022-2024	73	Yes
(2022-24-53)Vaishnavi Ganesh Jadhav (Vaishnavi Ganesh Jadh	73	Yes
Purva	62	Yes
2021-23-63 Shweta Kamble	72	Yes
2021-23-124 Vaishnavi Lohokare (2021-23 Vaishnavi Lohokare	73	Yes
2021-23-27 Devika Bhude	70	Yes
2022-24 -08-Vishalsinh Bayas	71	Yes



2021-23-72 Harshal kumbhar	45	Yes
2021-23-46 Omkar Gulave (omkar gulave)	71	Yes
2022-24/ 85 Sanket naikade	68	Yes
2021-23-137 Yashodhan Mali (2021-23-137 Yashodhan Mali)	68	Yes
2021-23-106 Gaurav Shelke	65	Yes
2021-23 64 pranjal karkande	29	Yes
2021-23-62- Pranoti Kamble	68	Yes
2021-23-90 Nikita Patil (Nikita Patil)	41	Yes
2021-23-122 Saurabh Tonde	67	Yes
2021-23-53 shashank jadhav	66	Yes
2023-24 -70 Sakshi kubade	65	Yes
2021-23-42 Dhanashri Ghasghase	25	Yes
Nikhil Shinde 2021-23-107	30	Yes
2021-23-28 Sakshi Dhaye	64	Yes
2021-23-44Dnyanesh Godse	60	Yes
2022-2024_076_Atul Sahebrao Lone (Atul Sahebrao Lone)	61	Yes
2022-2024 10 Sankalp Belsare	8	Yes
2021-23-74 Mahesh Bhujbal	2	Yes
2021-23-40 Suvarna Gavade	59	Yes
2022-24 - (78) Rushikesh Mane (Rushikesh Mane)	55	Yes
2021-23-24 Deepika Pareek	53	Yes
harshal sharma	19	Yes
2021-23-121 Tanaya kadu	54	Yes
2022-2024-56 Harshal Joshi (Harshal Joshi)	52	Yes
2022-24-81 vaibhav More	52	Yes
2022-24-33-Abhishek ekbote	22	Yes
2022-24-73 kumbhar suraj (suraj kumbhar)	50	Yes
2022-24-116 Omkar Shinde	50	Yes
118/Arjun Sonawane	18	Yes
2022 -24-06 Prithviraj Barate	45	Yes
2021-2023-54-Ishwari Jagade	48	Yes
2022-24--42- Shivraj Gawade	39	Yes
2021-23-94 Prajakta Vaidya (Prajakta Vaidya)	44	Yes
Mr. Vinayak Kadlag	46	Yes
2022-24- 55- Aniket jamdade	44	Yes
2022-24- 25- Divya Arjun Daswadkar (2022-24- 25- Divya)	43	Yes
2022-24-87 Aniket Nanavare (iPhone)	13	Yes
2022-24-87 Aniket Nanavare	5	Yes
Patil Patil	31	Yes
2022- 24 -1 Parvesh mubarak atar	36	Yes
2022-24-71Shreyas kulkarni	39	Yes
2022-24# 69-Sakshi Kshirsagar	5	Yes
2021-23-116 Shraddha Songire	34	Yes
[2022-24] 27 Abhishek Devale (2022-24- 27 Abhishek Devale)	9	Yes
Komal Awale	32	Yes
2020-22-119sudhanshu shete	31	Yes
2021-23-81 Santosh Narute	27	Yes
Pratik sadashiv patil	27	Yes
2022-24 24 Priyanka Dahiwade	28	Yes
Vaishnavi Dhumal	25	Yes



2021-23-90 Nikita Patil	16	Yes
[2022-24] 27 Abhishek Devale	2	Yes
2022-23-24-117	4	Yes
2021-23-29Akshay Dhobale	24	Yes
【2022-24】 27 Abhishek Devale	22	Yes
Naman tamboli	20	Yes
2022-24 #59 shailaja kalbhor	10	Yes
Darshan Bharti	2	Yes
2022-24- 36 Dikshita Gaikwad (Dikshita Gaikwad)	9	Yes
Rupesh Maighane	6	Yes
Shubham Patil	1	Yes
2021-23-21sujata chavan (sujata chavan)	3	Yes
2022-24-94 Prasad Pasnur	1	Yes
2021-23-75 Mahesh Waghmare	2	Yes
2021-23-104 satish khomane	1	Yes

MATRIX SCHOOL OF MANAGEMENT STUDIES ORGANISED Guest Session Under 4th Dimension Series on "How to Unlock Your Potentials" at 11.00AM

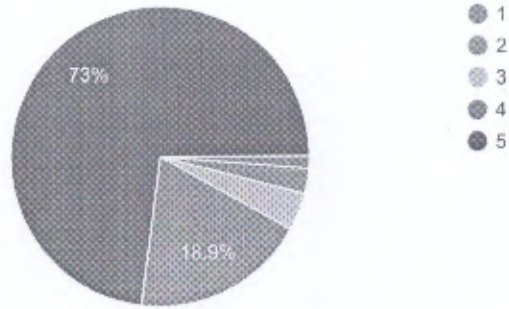
74 responses



1. Was the speaker effective? (1 being highly dissatisfied 5 being Highly satisfied)

Copy

74 responses



3. What are the take aways form today's session?

63 responses

Time management

Motivation

How Managing time can change our life

Schedule your work in proper manner

Management

Be set your goals & dreams

Skills of time management, how to keep growth mindset

How to know our strengths and weaknesses

gaust speack good lecture

Don't give up, and stay in a growth mindset

Time & Change Management

An understanding of a new concept or idea

Create SMART GOALS

Informative lecture

If we give our brain positive vibes then the things becomes positively

It is important to set goals and follow them. Have a positive mindset.

Goal achivement technic

Avoid laziness...be proactive

Good habits

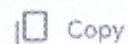
Negativity

Information

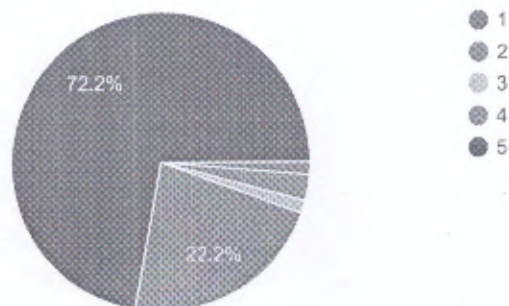
Improve growth mindset



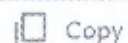
5. Was the content useful?(1 being highly dissatisfied 5 being Highly satisfied)



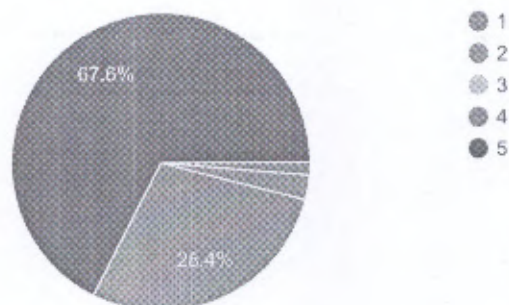
72 responses



6. Overall relevancy of the session? (1 being highly dissatisfied 5 being Highly satisfied)



74 responses



7.Suggestions if any

54 responses

No

No suggestions

No suggestions

Na

Nice session

Valuable session

It was wonderful

Thanks for the session

No

nothing

No any suggestions

Useful for study

Use for study

Good

Informative lecture

No suggestions required

Ntg

Awesome session

Want more lectures like this thank you

Not such

Yes

It is very useful session for me Thanks for this session





Harshali Gomase <harshali.gomase@matrixpune.com>

Thank you for the Guest Session

1 message

Harshali Gomase <harshali.gomase@matrixpune.com>

Sat, Jan 28, 2023 at 12:20 PM

To: prema09kotecha@gmail.com

Cc: satish ubale <satishubale@yahoo.com>, anandp@matrixpune.com

Dear Madam,

Greetings from Matrix School of Management Studies!!!

We thank you for conducting an Expert Session on " How To Unlock Your Potentials" for our MBA students on 28/01/2023 at 11.00 AM under our 4th Dimension Lecture Series.

It was really an informative and knowledgeable session.

We look forward to your cooperation in the future as well.

Thanks & Regards

Dr.Harshali Gomase

Assistant Professor

Matrix School of Management Studies

| Near Westernly Bypass Road | Survey No. 9/1/5, 9/2/4 & 9/1/4

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Email:harshali.gomase@gmail.com

MOB.No.9850320369