



Vaishali Ajotikar &lt;vaishali@matrixpune.com&gt;

**invitation as 'Guest Speaker'**

3 messages

Vaishali Ajotikar <vaishali@matrixpune.com>  
To: manasisbhagwat@gmail.com

Thu, Jan 27, 2022 at 7:20 AM

Good Afternoon 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.

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

Matrix believes in imparting quality education and knowledge upliftment of students. "Guest sessions" is one of the facets of it. We invite you as a guest speaker on 29th January, 2022 at 11.00 a.m. (Zoom online platform). Link will be sent to you. Please let us know the topic madam.

We would be thankful if you could spare your valuable time for our students.

Looking forward to your cooperation.

Thanks & Regards,

**Dr. Vaishali Ajotikar**

**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 |

| Mobile No :- 7588955516



Vaishali Ajotikar &lt;vaishali@matrixpune.com&gt;

## Guest Session is Organized under 4th Dimension Series on Mental Health in Current Situation

1 message

MATRIX STUDENT NOTICES &lt;studentnotice@matrixpune.com&gt;

Fri, Jan 28, 2022 at 3:15 PM

To: satishubale@yahoo.com

Cc: anandp@matrixpune.com, vaishali@matrixpune.com, harshali.gomase@matrixpune.com, sachinb@matrixpune.com, it@matrixpune.com, MSMS Ashtekar &lt;acctsmatrix@gmail.com&gt;, library@matrixpune.com

Dear students

Greetings from Matrix School of Management Studies !!!

## Guest Session is Organized under 4th Dimension Series on Mental Health in Current Situation

Matrix College is inviting you to a scheduled Zoom meeting.

Topic: Guest Session is Organized under 4th Dimension Series on Mental Health in Current Situation  
 Time: Jan 29, 2022 11:00 AM India

Join Zoom Meeting

<https://us02web.zoom.us/j/86289519965?pwd=VzVyWUUxZlJNd3FicnBrNEJYN1FoZz09>

Meeting ID: 862 8951 9965

Passcode: 479915

One tap mobile

+13017158592,,86289519965#,,,,\*479915# US (Washington DC)

+13126266799,,86289519965#,,,,\*479915# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

Meeting ID: 862 8951 9965

Passcode: 479915

Find your local number: <https://us02web.zoom.us/j/86289519965?pwd=VzVyWUUxZlJNd3FicnBrNEJYN1FoZz09>

Thanks &amp; Regards,

*Matrix School of Management Studies*

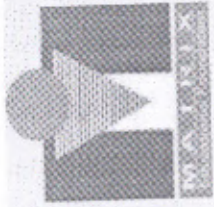
| Near Westernly Bypass Road | Survey No. 9/1/5, 9/2/4 &amp; 9/1/4

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

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

| Phone: +91-020-64703335 |

Email: [studentnotice@matrixpune.com](mailto:studentnotice@matrixpune.com)

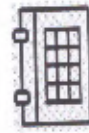


THE MATRIX EDUCATIONAL FOUNDATION'S  
**MATRIX SCHOOL OF MANAGEMENT STUDIES**

**Guest Session organized under 4<sup>th</sup> Dimension Series on  
“Mental Health in Current Situation”**

**Speaker**

**Manasi Bhagwat**



29<sup>th</sup> January 2022



11:00 AM



**B.H.Sc, MA**  
**Counselor and Lecturer**

## MANASI BHAGWAT

Phone: +91-9881236902

Address: B-7 Shankarchhaya society, Erandawane, Pune 411004, Maharashtra, India.

Email: manasisbhagwat@gmail.com



### SUMMARY OF QUALIFICATIONS

- Educational background in Home Science, Psychology and dance from reputed institutions in Pune.
- Dedicated, hardworking individual with good communication skills and patience.
- Good understanding of Human psychology and intervention
- Implementation of R.E.B.T., Dance movement therapy and flower remedy psychological counselling.

### EDUCATION

- B.H S c(Child Development ) from Smt Nathibai Damodar Thakarsi University in 2007.
- M.A (Counseling Psychology) from Smt Nathibai Damodar Thakarsi University in 2009.
- Certified dance therapist trained by Indian pioneer of dance movement therapy – Tripura Kashyab from Artsphere Pune.
- Basic and Advance Course(Including Rational Emotive Behavior Therapy, Art and Dance Therapy ) from Disha Counselling Centre Pune in 2010.
- Completed "Arangretam"( First Professional performance in Bharatnatyam )under due guidance from Guru Seema Joshi ) in January 2010.
- Visharad completed from Gandharva Mahavidyalaya.

### WORK EXPERIENCE

- Working for last 12 years in counselling field
- Worked with Disha counseling a counselor and lecturer (R.E.B.T.Therapy). Also conducted various workshops.
- Worked at Happy hours school as a preprimary teacher for 4 years.
- Practiced with Dr. Padalkar (Pediatrician) as a psychological counsellor for 3 years(free-lance)
- One batch of 50 sessions taken for students of class five to improve the concentration with the help of dance therapy.
- One batch of 50 sessions taken of postmenopausal women to improve emotional wellbeing..
- One batch taken of schizophrenic patient to get touch in real world, to enhance social skills. 30 sessions done successfully.
- Worked at Shikshanvivek magazine as psychological counsellor. अंतरंगातील 'मी'(१५ शाळांमध्ये), पालक म्हणून घडताना(८ शाळांमध्ये), जोळख स्पर्शाची(७ शाळांमध्ये), ताण व्यवस्थापन(३ शाळांमध्ये) all these workshops Designed and conducted, as well as one to one cases taken care of parents and students.
- Worked in BSM English medium School as a School Counselor from personality development centre of MES.
- Working with three schools of Sunderji Global Academia including one special needs school from last two years.
- Conducted many sessions of social worker, teachers, women, senior citizens, colleges and corporates of dance movement therapy and counselling.
- Trained educational professionals under teacher training courses.

### RESEARCH EXPERIENCE

- Hypothesis done on the subject "Dancers have good physical self-concept than non-dancers".
- Research on "Dance movement therapy helps adolescent children to enhance concentration".

- Research on "Dance movement therapy helps post-menopausal woman to enhance social skill".
- 

### **WORKSHOPS ATTENDED**

- Hands-on workshop on "multiple intelligence" by Dnyanprabhodhini
  - Workshop on "inclusion of special needs children in school"
- 

### **COMPUTER SKILLS**

Proficient in use of Microsoft Office applications, Email and Internet

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### **CO-CURRICULAR ACTIVITIES**

- Dance
- Flower remedy

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:	Session: " Mental Health in Current Situation"
Day & Date:	29 <sup>th</sup> January-2022 (Saturday)
Category of Activity:	Curricular/Co-curricular/Extra-curricular activity
Organized Under:	IQAC, NDLI,4 <sup>th</sup> Dimension Lecture Series
Objectives:	To building strong characteristics which will lead to success in life. To take care of himself with regards to mind and emotions.
Level:	Institute/City/State/National/International
Name, Organization and Designation of Expert	<b>Mrs. Manasi Bhagwat, Counselor and Lecturer</b>
Number of students benefitted	112
Summary report:	Session by engaging the students in a game. If one takes cares of himself with regards to mind and emotions, then only it will help in building strong characteristics which will lead to success in life. Speaker said that, students understand the importance of mind. 'Mind' is an abstract or virtual thing.
Outcome:	Students understand that, the knowledge of five layers of Vedas and kosha to change our life,
Name of Staff coordinators:	Dr.Anand Padle

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



Matrix Educational Foundation's  
Matrix School of Management Studies

Report on  
"Mental Health in Current Situation"  
Date: 29/1/2022

The institute organized a guest session on "Mental Health in Current Situation", under Dimension Four series-guest session, IQAC. Mrs. Manasi Bhagwat conducted this session on 29<sup>th</sup>, January, 2022. She was welcomed and introduced by Dr. Ajotikar.

Manasi madam started the session by engaging the students in a game. She opined that, if one takes care of himself with regards to mind and emotions, then only it will help in building strong characteristics which will lead to success in life. She made the students understand the importance of mind. 'Mind' is an abstract or virtual thing. If we want to take care of our mind, our body is also related to it and even its care should be taken. People usually ignore the psychological aspect. Bhagwat madam explained five layers of vedas, koshas. If we want to change our life, then these are the tools available. It will not happen unless one desires to do so.

First is the Annamaya Kosha, relates to food. Pranamaya kosha relates to breathing, Manomaya kosha relates to emotional layer, Vijnanamaya kosha is the knowledge and Anandamaya kosha is the internal happiness of the soul. She elaborated one by one of these koshas in detail to the students.

Annamaya kosha relates to food. The way we eat or intake of food, its quality, how we eat it, all these have reflections on a person. Our body strength has to be balanced by including nutritional food in our diet. Exercising, increasing physical strength, stamina builds our body. Try to inculcate good dietary habits for better health.

Pranamaya kosha relates to our breathing. The pattern of breathing, always changes with the situations. If we focus on breathing it will improve our healthy and mental emotions. Discipline breathing. Manage mental health, emotions will be taken care.

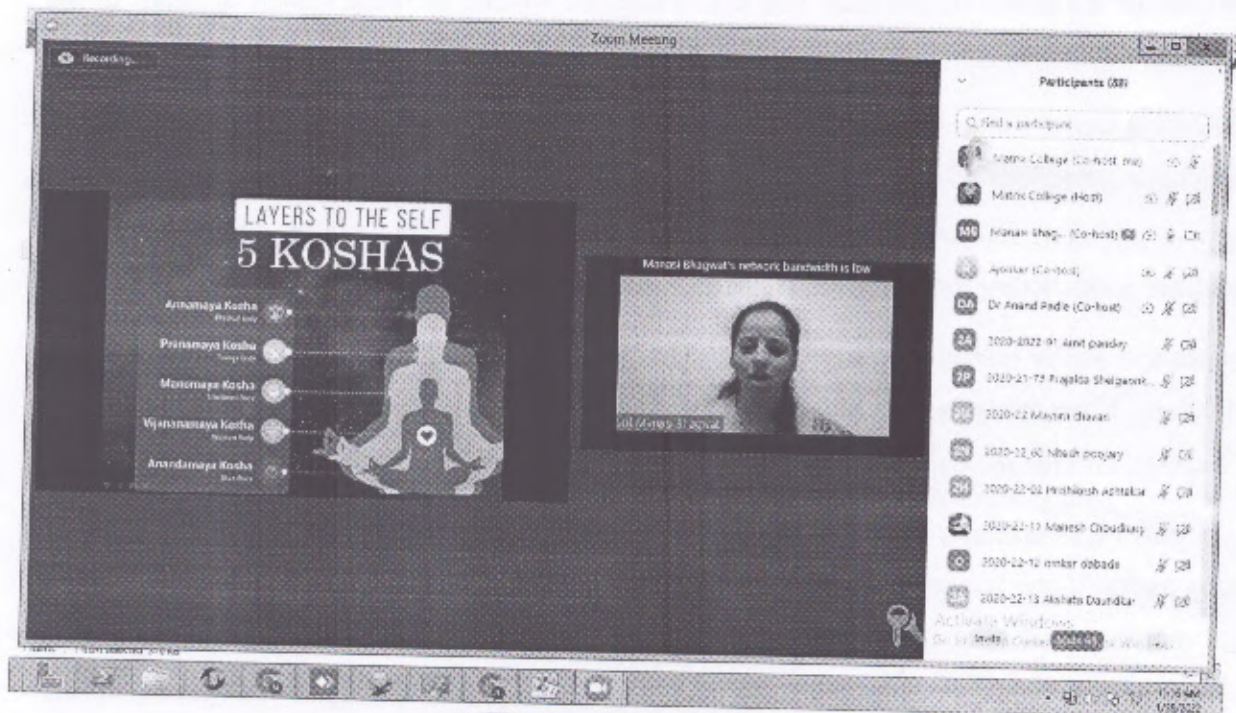
Manomaya Kosha relates to emotional aspects of a person. Our brain is thinking continuously on many tracks. If one wants to balance our mind, then meditation helps in calming ourselves. There is a debate on whether there are emotions first or our thoughts, crop up first. We have our relation or bond with ourselves, also and people ignore it. Don't jump up to conclusions in life.



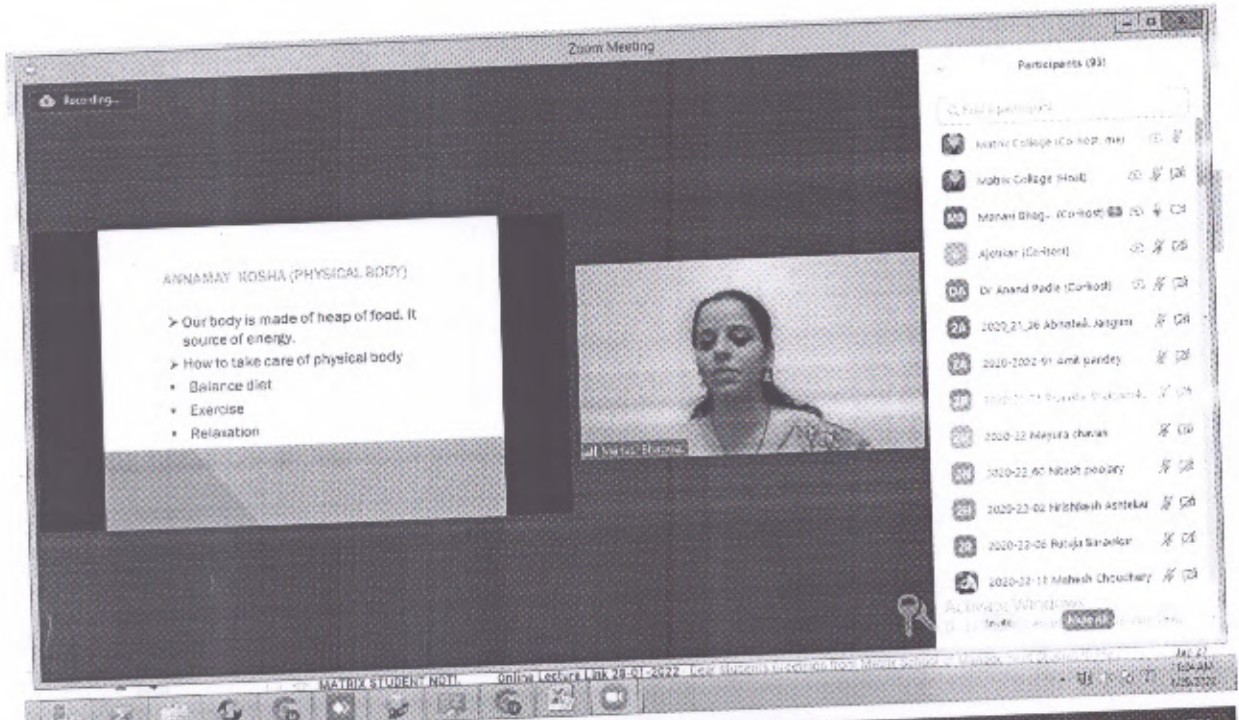
When we don't know about future, don't try to think much about it. We can only plan about it. Be in present, enjoy and think about it. Start writing about our emotions in a log book. Put up thoughts and then try to check on the emotions that come in your mind. If a person is satisfied with own, then one can always lead a better and lead life to a fuller extent. The internal mental peace will always have impact on external communication skills.

Vijnanamaya kosha deals with multiple intelligence. Every person has a set of intelligence. For each and every field needs expertise of skill sets. Those who are posed with kinetic energy, excel in yoga, dance, and sports personality. Interpersonal are those who can connect with people, are good in inter-relationship formations. They are more inclined to administration or HR jobs. Word smart is the people who are good in literature, can play with words, and learn foreign languages. logic smart are people who are good in mathematics, science. They find answers to questions in their mind and curious in nature. Nature smart are good in understanding nature, Self-smart are those whose like to work on them and help others.

Anandamaya kosha, There are difficult situations, but being able to face the situations and move ahead. To explore, experiment on self, motivate, understanding yourself is very important. Ti is the essence of our life. Students should take efforts to improve themselves. Work for yourself, discover with them strengths.







*Satish*

Director  
Dr. Satish Ubale

**Dr. Satish S. Ubale**  
Director

Matrix School of Management Studies



# Online attendance

Name (Original Name)	Total Duration (Minutes)	Guest
2020_21_36 Abhishek Jangam	10	Yes
2020-2022-91 Amit pandey	46	Yes
2020-21-75 Prajakta Shelgaonkar	66	Yes
2020-22 84 Rahul vadhane	21	Yes
2020-22 88rutuja wadkar	24	Yes
2020-22 Mayura chavan	71	Yes
2020-22_60 Nitesh poojary	64	Yes
2020-22-02 Hrishikesh Ashtekar	67	Yes
2020-22-06 Rutuja Barawkar	14	Yes
2020-22-11 Mahesh Choudhary	32	Yes
2020-22-119sudhanshu shete	39	Yes
2020-22-12 omkar dabade	50	Yes
2020-22-13 Akshata Daundkar	56	Yes
2020-22-24 Swarada Geet	61	Yes
2020-22-30Jayshri Hadawale.	73	Yes
2020-22-32 Jadhav Nikita	73	Yes
2020-22-34 Omkar Jadhav	78	Yes
2020-22-37 Mayuri Joshi	57	Yes
2020-22-38 Pranav joshi	29	Yes
2020-22-42 Soham Khodke	70	Yes
2020-22-44 Shubhada lokhande	38	Yes
2020-22-46 Aditya	67	Yes
2020-22-52 Rohan Nalavade	49	Yes
2020-22-57 Adwait pedgaonkar	72	Yes
2020-22-61deepikapoojary	31	Yes
2020-22-66 Neha Rajput	74	Yes
2020-22-68 Raskar Monika	49	Yes
2020-22-72 Mayuresh Salunkhe	68	Yes
2020-22-77 Ankur Singh (Ankur Singh)	9	Yes
2020-22-78 Deepali Suryawanshi	69	Yes
2020-22-87 Ganesh wadkar	54	Yes
2020-22-89 Kardile Pradnya	69	Yes
2021_23_133 Tejas Wake	29	Yes
2021-2022 31- Akshay Dighe	54	Yes
2021-2022 91 Pawankumar Allichandi	4	Yes
2021-22-01 Abhijit Bansode	17	Yes
2021-22-102 Purnima Salve	75	Yes
2021-22-12 Ashitosh Jambhale	47	Yes
2021-22-87 Sagar pahilwan	18	Yes
2021-22-94 Prajakta Vaidya	68	Yes
2021-22-98(Sable sushant)	30	Yes
2021-23- 104 Satish Khomane	56	Yes
2021-23- 115 - Snehal More	40	Yes
2021-23- 126 Vedant Ingulkar	37	Yes
2021-23-02 Abhishek Shyamsundar	6	Yes
2021-23-04 Abhishek Rathod	52	Yes



2021-23-06 Amar Patade	61	Yes
2021-23-07 Amit Gundal	64	Yes
2021-23-10 ANIKET MAHAMUNI	78	Yes
2021-23-100 Jayjeet Salgude	60	Yes
2021-23-103 Suraj Sarkale	20	Yes
2021-23-103 Suraj Sarkale	48	Yes
2021-23-105VIKAS SHELKE (VIKAS SHELKE)	23	Yes
2021-23-107 Nikhil Shinde	6	Yes
2021-23-108 Saurabh Shinde	64	Yes
2021-23-11 Aniket Sable	47	Yes
2021-23-110 Mahesh Shirsath	67	Yes
2021-23-111Shrinath Khanapurkar	35	Yes
2021-23-114 Atul Singh	65	Yes
2021-23-116 Shradha songire	61	Yes
2021-23-118 Ankita sudake	35	Yes
2021-23-120 Swapnil Langhe	6	Yes
2021-23-122 Saurabh Tonde	67	Yes
2021-23-129 Umakant Vitthal Wadje	70	Yes
2021-23-130 Rucha Wadke	45	Yes
2021-23-131 Anurag Waghmare	69	Yes
2021-23-134 Priyanka Wararkar	70	Yes
2021-23-135 Mansi Yangal	70	Yes
2021-23-137 Yashodhan Mali	75	Yes
2021-23-15 Prashant Bedre	64	Yes
2021-23-27 Devika Bhude	74	Yes
2021-23-35 / Ajay Gaikwad	67	Yes
2021-23-37 Vishal Gandate	9	Yes
2021-23-40 Suvarna Gavade	73	Yes
2021-23-42 Dhanashri Ghasghase	54	Yes
2021-23-44 Dnyanesh godse	62	Yes
2021-23-46 Omkar Gulave	54	Yes
2021-23-48 Himayu Mali	28	Yes
2021-23-5 ABHISHEK UTTEKAR	69	Yes
2021-23-50 Indrajeet Kale	61	Yes
2021-23-52 Aparna Jadhav	27	Yes
2021-23-53 Shashank Jadhav	11	Yes
2021-23-54Ishwari Jagade	51	Yes
2021-23-55 Aishwarya Javalkar	70	Yes
2021-23-58 Akash kale	66	Yes
2021-23-60 Pravin Kale	39	Yes
2021-23-62- Pranoti Kamble	60	Yes
2021-23-63 Shweta Kamble	72	Yes
2021-23-64pranjal karkande	48	Yes
2021-23-65 Renuka kasbe	75	Yes
2021-23-67 Shraddha khatavkar	68	Yes
2021-23-69.Shraddha kolhe	73	Yes
2021-23-71 Pradnya Kshirsagar	68	Yes
2021-23-74 Mahesh Bhujbal	32	Yes
2021-23-75 Mahesh Waghmare	67	Yes
2021-23-79 Mayuri Yewale	65	Yes



2021-23-81 Santosh Narute	79	Yes
2021-23-84 omkar ghare	49	Yes
2021-23-88 Akshay Pansambal	59	Yes
2021-23-89 Abhishek Patil	73	Yes
2021-23-92 Nikita Pol	71	Yes
2021-23-93 Pooja Makode	7	Yes
3080 Atharva kokate	60	Yes
47 Harshal Sharma	13	Yes
Abhishek Pawar 20-22-55	64	Yes
Adesh Dudhane 2020-22-17	35	Yes
Aishwarya Bandal	46	Yes
Ajotikar	68	Yes
Dr Anand Padle	70	Yes
Dr Satish Ubale	1	Yes
Manasi Bhagwat	66	Yes
Matrix College	163	No
Mr. Vinayak Kadlag	68	Yes
Neha kharade 2021-22-66	45	Yes
Roll No 62 Palash Puntambekar	66	Yes
Shubham bhatkar	23	Yes





# MATRIX SCHOOL OF MANAGEMENT STUDIES ORGANISED ONLINE SESSION ON: "M

Questions Responses 66 Settings

## 66 responses



Accepting responses

Summary

Question

Individual

### Who has responded?

Email

rutujawadkar5@gmail.com

adi1212pro@gmail.com

prajaktavaidya946@gmail.com

smr.shraddha96@gmail.com

deepikapoojary355@gmail.com

devikabhude0405@gmail.com


akshatadaundkar2017@gmail.com

nikujadhav4556@gmail.com

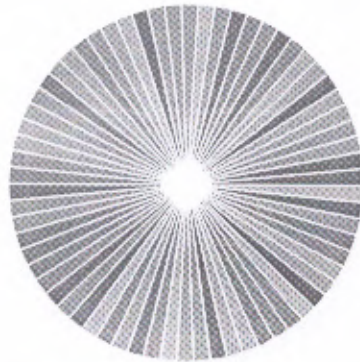
.....@mail.com



### Roll No. & Name of the Student

 Copy

66 responses



- 2021-23-01 ABHIJEET UATTAM BAN...
- 2021-23-02 ABHISHEK JITENDRA S...
- 2021-23-03 ABHISHEK RAJU PUND
- 2021-23-04 ABHISHEK RATHOD
- 2021-23-05 ABHISHEK SHEEPAT UT..
- 2021-23-06 AMAR RANADHIR PATADE
- 2021-23-07 AMIT DINKAR GUNDAL
- 2021-23-08 AMIT SUNIL DIGHE

▲ 1/28 ▼

### Mobile No.

66 responses

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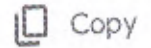
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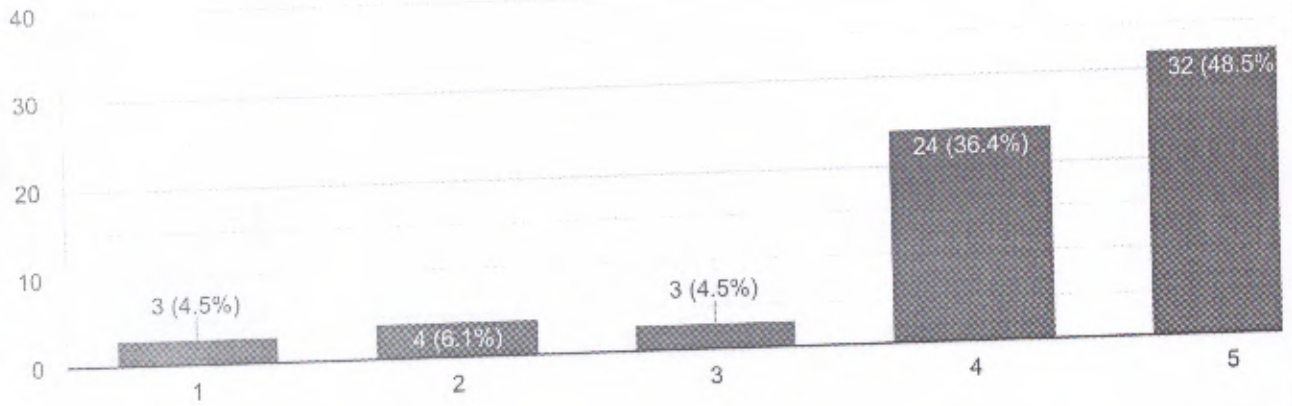
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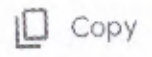
1. Rate the effectiveness of the speaker? (1 being highly dissatisfied 5 being highly satisfied)



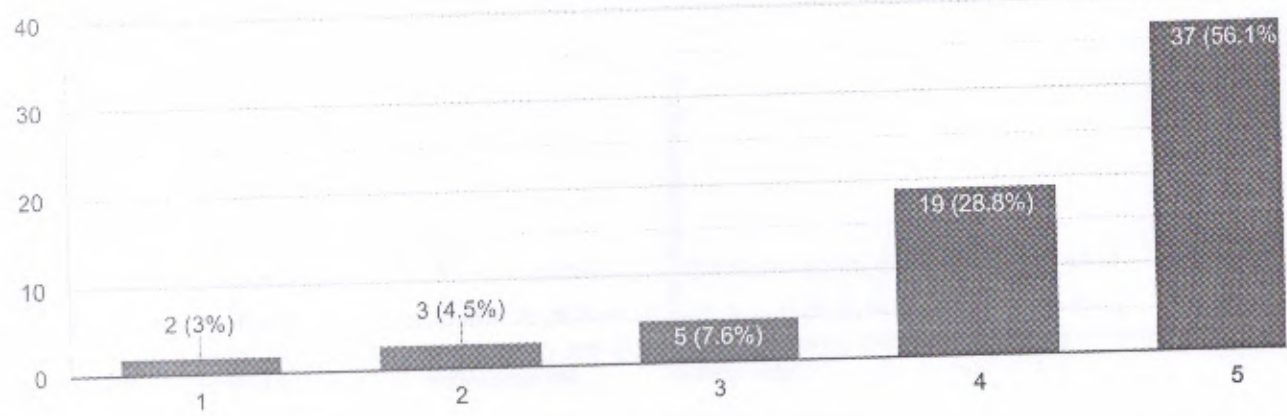
66 responses

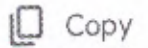


2. Rate the content of the session.(1 being highly dissatisfied 5 being highly satisfied)



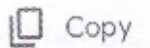
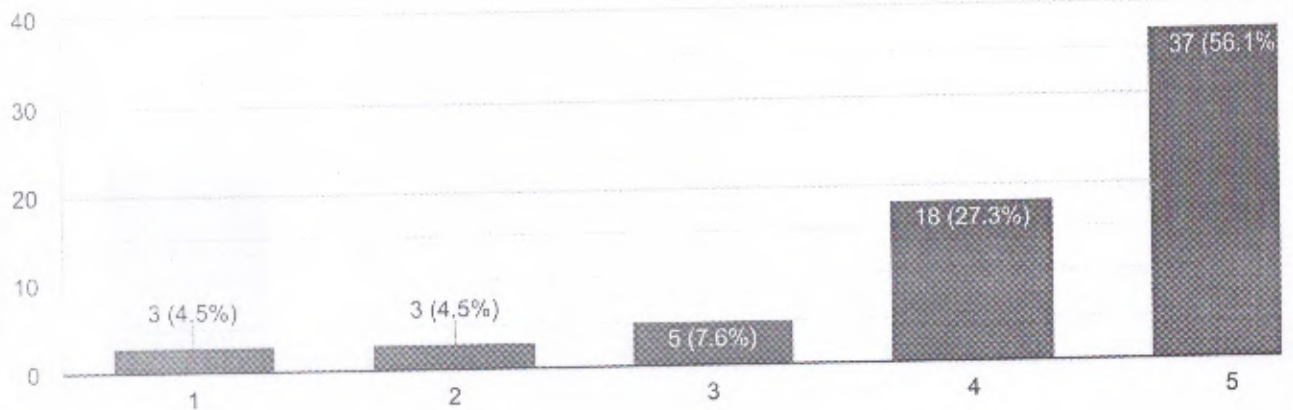
66 responses





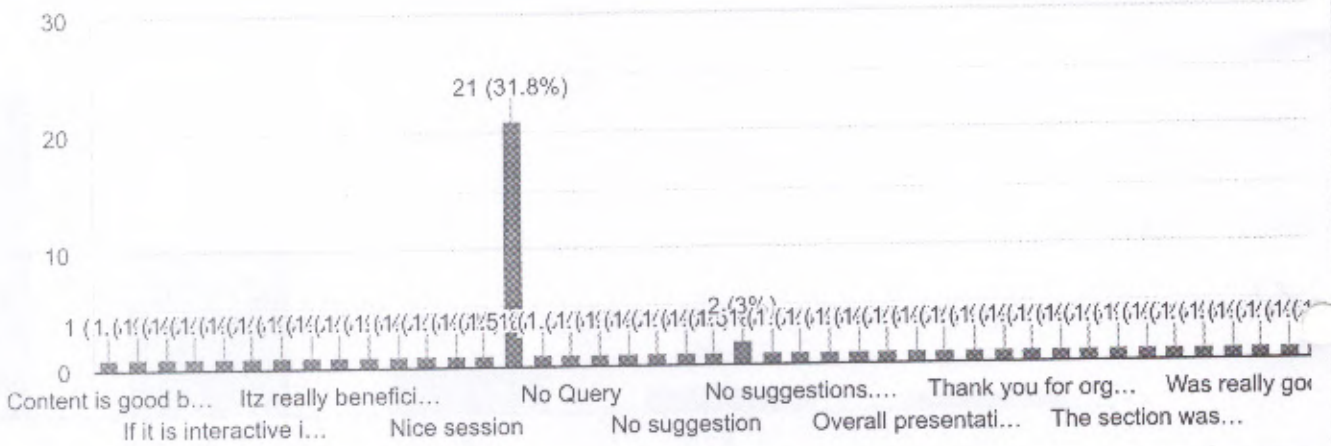
3. Rate the overall presentation of the session. (1 being highly dissatisfied 5 being highly satisfied)

66 responses



4. Your suggestion, if any

66 responses







THE MATRIX EDUCATIONAL FOUNDATION'S  
**MATRIX SCHOOL OF MANAGEMENT STUDIES**

Survey No. 9/1/5, 9/2/4 & 9/1/4, Off Westernly Bypass Road, Next to Sinhgad Science College,  
Vadgaon, Ambegaon (Bk.) Pune - 411 041. Tel.: 020 - 24356637

**PROF. M. N. NAVALE**  
(FOUNDER PRESIDENT)

**DR. SHILPA R. KULKARNI**  
(FOUNDER SECRETARY)

Ref. No. MEF/MSMS/2022/08 A

29/01/2022

To

Mrs. Manasi Bhagwat

Pune

**Subject: Appreciation Letter**

We thank you for conducting online session on "Mental Health in Current Situation" for our MBA students on 29/01/2022 at 11.00 AM.

It was really an informative and interesting online session.

We are grateful that you spared time from your busy schedule and conducted this online session for our students.

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

Thanks & Best Regards

*Satish*

Prof. (Dr) Satish Ubale  
Director



*Received*  
*30/01/22*