

Satish Misal Educational Foundation's



Certificate Course

On Values of Excellence in Life: A collaborative activity between S.M.E.F.'s
Brick School of Architecture and Bhakti Vedant Foundation



Year 2022-23

Certificate courses, Academic year 2022-23

Collaborative activity with Bhakti Vedant

1. Values of Excellence in Life

This course was conducted by the institute in collaboration with Bhakti Vedant Gurukul and was led by Ar. Ruchi Bajaj. The course is designed for young students to learn values for excellence in life. Students today are complaining about regular stress and their inability to cope with it due to lack of training in such areas.

Hence, Bhaktivedant Gurukul has come up with a subject outline, designed as a manual for life for overall

wellbeing covered through the four quotients of life. The course was conducted on a weekly basis. The sessions happened on every Monday 4:00 pm onward. These sessions were a combination of inputs and discussions.

1. PQ= proper diet, sleep and exercise
2. EQ= emotional intelligence in dealing with own mental health and also with other people
3. IQ= developing talents and capacities to offer value to the society through our work
4. SQ= developing personal qualities and character to handle stress in life

The course is designed to inculcate the values which are an utmost need of the hour to overcome various challenges. The students will learn to adopt and implement the suitable values at appropriate time, understand various challenges in value adoption in this contemporary world, use the 'Reflection method' to explore values from inside out.

The course is expected to acquaint students with the core values such as physical, mental and spiritual aspects of personality, developing respect for the dignity of individual and the society, inculcation of spirit of patriotism and national integrity and developing tolerance towards understanding of different religious faiths as well. The course will help students to be a better human being and a strong pillar of society.

Course Content

1. Values for excellence in life:

Developing Values, Personal Values, Family Values, Professional Values.

2. Life Skills:

Motivational Skills, Communication Skills, Life style modification, Accessibility and Addiction, Environmental Awareness.

3. Spiritual Education:

Different schools of meditation, exploring the self, universal concept of the supreme, changing the belief system, Self Esteem, Stress free living.

Weekly Schedule

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Week Date Details of Topic

1. Jan 1st 2023- Why do we need to study values for excellence in life
2. Jan. 28th 2023- Panchkosha Vikas -what is all rounded development
3. Feb 4th, 2023- Principles of self-management
4. Feb 11th, 2023- Power of Habits
5. Feb 18th, 2023 -Joy of stress-stop worrying start living
6. Feb 25th, 2023- Wheel of life- priority management for balance and sustainability
7. March 4th 2023- panchamahabhuta- how to take care of the body
8. March 11th 2023-Food is life-satvic ahar-eat well to perform well
9. March 18th 2023- What is purpose of life
10. March 25th 2023- My credo- how to make a vision and mission statement and weekly timetable

Design of exercises to meet the teaching objectives

- Timetable weekly/ daily based on Panchkosha - Learn to make your personal timetable understanding the five sheaths
- Food and exercise menu - Work out option for healthy diet and movement
- Wheel of life - Priority management tool wheel of life with scores for different areas of life
Personal vision and mission -Learn to prepare a vision and mission statement of life

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CERTIFICATE COURSES

VALUES FOR EXCELLENCE IN LIFE COURSE



We are offering **Values For Excellence In Life Course** in collaboration with **Ar. Ruchi Bajaj**, Director at **Bhaktivedanta Gurukula**, at our institute. She is a certified life coach and mentors youth in character development and skill building.

The value added course is aimed at:

- How to succeed in life using the tried and tested ways of Indian knowledge systems.
- To get peace within, get goal-oriented, have a balanced lifestyle and be socially contributing.
- To have loving relationships and successful attitude for a healthy, happy and wholesome life.



Join to learn the tips to get a healthy body, stress-free mind, sharp intellect and a jolly soul.

Course Commencement : 23.01.2023

Time: Every Monday 4:00 PM onwards

Venue: SMEF'S Brick School Of Architecture,

Link To Register : <https://forms.gle/5SYdKg2oHwGHX3qB7>

An IQAC Initiative by SMEF'S Brick School Of Architecture

Ar. Shraddha Manjrekar
Faculty course coordinator

Ar. Manali Deshmukh
Vice Principal

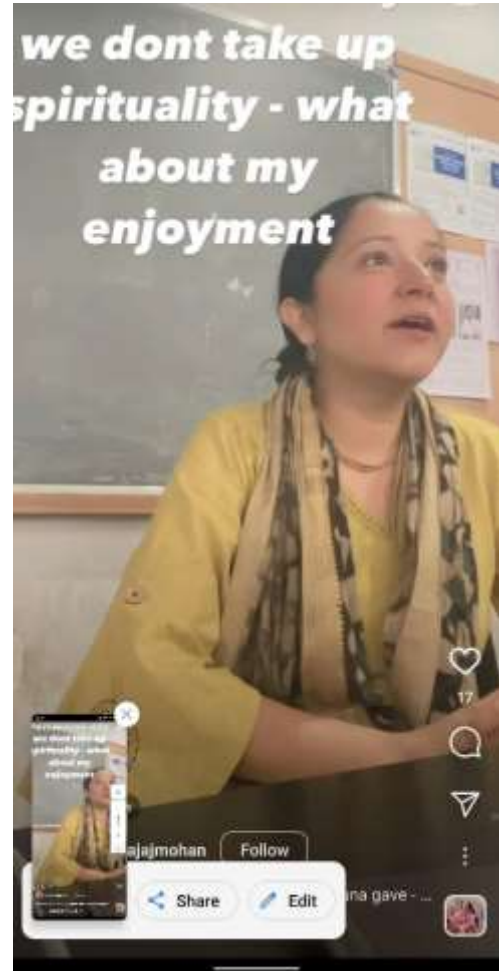
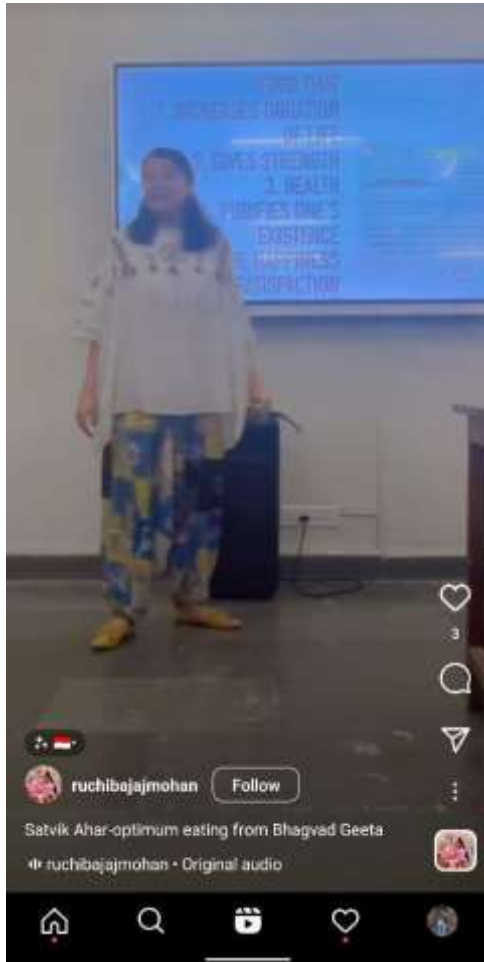
Dr. Poorva Keskar
Principal

Dr. Pooja Misal
Director

SMEF'S Brick Group of Institutes, S. No./50/3 Undri Pune – 411028

Certificate courses, Academic year 2022-23

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Photographs taken during the session

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List of students, who attended the course

	NAME	Year of Study	Department
1	Neha Patil	Fourth Year	BSOA
2	Siddharth	Fourth Year	BSOA
3	Purushottam Santosh Khandve	First Year	BSOA
4	Tejas Balasaheb Bhujbal	First Year	BSOA
5	Diksha Sharma	First Year	BSOA
6	Amit kale	First Year	BSOA
7	Samarth talkute	First Year	BSOA
8	Saanvi	First Year	BSID
9	Moksha Shah	First Year	BSID
10	Rajul Surana	First Year	BSID
11	Tejas Patil	Third Year	BSOA
12	Prerana Halonde	First Year	BSID
13	Mitali shah	First Year	BSID
14	Gautamee pawar	First Year	BSID
15	Isha Gundecha	First Year	BSOA
16	Rashi vyas	First Year	BSOA
17	Anushka Sirohiya	First Year	BSOA
18	Anshal Shah	First Year	BSOA
19	Tithi	First Year	BSOA
20	Spandan Patil	First Year	BSOA
21	Samiksha Ghive	First Year	BSOA
22	Sneha Amol Dhamavat	First Year	BSOA
23	Virenn Sanghvi	First Year	BSOA
24	Heena Dharamsi	First Year	BSOA
25	Hakimuddin Gulshan	First Year	BSOA
26	Dinesh Budhad	First Year	BSOA
27	Riya Saindane	First Year	BSOA

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28	Tanvi Mahesh Bhoir	First Year	BSOA
29	Abhijeet landge	First Year	BSOA
30	Rajesh Kamble	First Year	BSOA
31	Yash kature	First Year	BSOA
32	Neeraj More	First Year	BSOA
33	Khamale Pranoti Bhagwanrao	First Year	BSOA
34	Anmol Vitthal Tome	First Year	BSOA
35	Priyanka modak	First Year	BSOA
36	VAISHNAVI KORE	First Year	BSOA
37	Bhakti Bhalodi	First Year	BSOA
38	Yashkumar Ajit Ghunake	First Year	BSOA
39	Yash Manwani	First Year	BSOA
40	SEJAL SONI	First Year	BSOA
41	Anjali Gawade	First Year	BSOA
42	Rushikesh Bhise	First Year	BSOA
43	Saurabh Chauhan	First Year	BSOA
44	Rahil Oswal	First Year	BSOA
45	Anusuya halvi	First Year	BSOA
46	Kanak Singh	First Year	BSOA
47	Varisha khan	First Year	BSOA
48	Paras satish shaha	First Year	BSOA
49	Sakshi Pawar	First Year	BSOA
50	Deep Prakash Gulve	First Year	BSOA
51	Aayushi Dev	First Year	BSOA
52	Anvesha Sherekar	First Year	BSOA
53	Samruddhi Mirkute	First Year	BSOA
54	Tanvee Khadse	First Year	BSOA

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55	PRIYANSHI LILADIYA	First Year	BSOA
56	Sanskriti Sahuji	First Year	BSOA
57	Shruti Bhandari	First Year	BSOA
58	Jinto Joshy	First Year	BSOA
59	Siya Gundecha	First Year	BSOA
60	Aditi kurve	First Year	BSOA
61	Tanushree Vishwasrao	First Year	BSOA
62	Aditi Jadav	First Year	BSOA
63	Kaveri Pathak	First Year	BSOA
64	Shreyas Wadkar	First Year	BSOA
65	Kajal Desarda	First Year	BSOA
66	Atharva Dashpute	First Year	BSOA
67	Manish Somage	First Year	BSOA
68	Shrutika Bhongare	First Year	BSOA
69	Aditya Berod	First Year	BSOA
70	Ruturaj Nanakkar	First Year	BSOA
71	Ayush Shrirame	First Year	BSOA
72	Sahil Firodia	First Year	BSOA
73	Purva Zavar	First Year	BSOA
74	Samruddhi Madilgekar	First Year	BSOA
75	Shruti Jadav	First Year	BSOA
76	Sahil Gundewar	First Year	BSOA
77	Haet Patel	First Year	BSOA
78	Tanmay Mandaogade	First Year	BSOA
79	Aditi Kuwe	First Year	BSOA
80	Atharva Mhatre	First Year	BSOA
81	Anjali Sunil Raut	First Year	BSOA
82	Kaveri Sunil Pathak	First Year	BSOA
83	Tanishq Karkekar	First Year	BSOA