

7.2_SSBF_Best Practice_2023-24

Practicing Manager's Sessions

Objective:

SSBF tries to provide the best learning environment for each individual student with the aim of better preparing them for the job and assisting them in developing their research skills. The Practicing Manager's Sessions are designed to help students understand the relationship between theoretical and practical approaches.

The Context:

This program aims to improve students and give them a practical learning experience by applying the expertise of the practicing managers to construct effective and engaging learning experiences. Students gain a thorough understanding of professional work through industrial professionals sharing their knowledge and professional conduct with them. Collaborations with industries lead to internship and work placement opportunities for students. These experiences offer students a chance to work in real work environments, understand industry practices, and build relevant skills.

The Practice:

Throughout the academic year, a variety of guest lectures and workshops are held to help the students get ready for the workplace. These include different sessions on holistic development, aptitude sessions, technical knowledge development, and other pertinent and contemporary issues.

To give the students a completely different view on the industry, several guest lectures and seminars are organized through this effort. These support students by providing value-added certification programs, internship opportunities, and job placements in their organizations. Industry experts and professionals are invited to deliver guest lectures and conduct workshops on campus. They share their experiences, industry trends, and best practices, providing students with exposure to the latest developments in their fields. The below sessions/workshops are conducted under this program throughout the academic year:

- Aptitude Training Sessions, Mock GD-PI
- Technical Sessions on Design Thinking, Technical Analysis, Stock trading workshop, Valuation Techniques, etc.
- Holistic Development Sessions – Yoga and Meditation workshop, Self-branding, Stress management and dealing with internal conflict, Work-life balance, Business Etiquettes, etc.

Evidence of Success:

This collaborative effort between the two has been dynamic and rewarding. It has helped the students to get a continuous update on the challenges in the corporate world. Also, the students are benefitted through internship and placement opportunities from these associations.

Problems Encountered:

- Location of institution which is in the outskirts of Pune and thus it is difficult or sometimes not feasible to invite speakers or experts from outside Pune who are at higher position in their organization.

Future Action Plan:

To continue to conduct the relevant workshops and certification programs in collaboration with the BFSI industries for enhancing the skills of the students and making them industry ready.

PACT Sessions

Objective:

In order to help students become more skilled communicators and articulators and to better prepare them for the workforce, SSBF works to provide the greatest learning environment possible for each individual student. The Placement Assistance Counselling and Training sessions, which are intended to mentor and prepare students for success in the selection process of internship and placement, are referred to by the acronym "PACT."

The Context:

This program aims to improve students and give them a practical learning experience by conducting various sessions to train the students for effective communication and engaging learning experiences. These sessions are conducted for skill enhancement and professional development of students such that they are industry ready.



The Practice:

Throughout the academic year, a variety of training, counselling sessions and workshops are held to help the students get ready for the workplace. These include different sessions on aptitude sessions, mock GD-PI, workshops on effective communication, building resume, sessions on basics of the technical knowledge, etc. These support students to develop strong communication skills such that they can express their ideas clearly and concisely, making it easier for them to participate in class discussions. The industry experts and professionals are invited to deliver these sessions and conduct workshops on campus. Also, in-house faculty members conduct sessions to brush-up the basic terminologies and knowledge required for the internship and placement interviews. The below sessions/workshops are conducted throughout the academic year:

- Aptitude Training Sessions, Mock GD-PI
- Soft Skill Sessions
- Resume Writing
- Newspaper Reading
- JD discussions
- Questionnaire discussion
- Financial terminologies/brush-up sessions

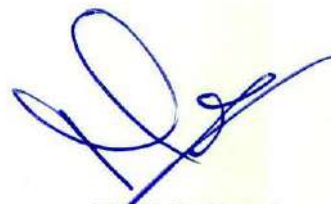
Evidence of Success:

This practice has been stimulating and rewarding in terms of getting better placements in various profiles and has helped the students to gain skills and knowledge needed to craft professional resumes, improved personal skills including active listening, empathy and effective written and oral communication.

Problems Encountered: Nil**Future Action Plan:**

To continue to conduct the relevant workshops and sessions for enhancing the skills of the students and making them industry ready.

Dr. Trupti Bhosale
QIC-Coordinator



Dr. Neha Parashar
Director

Date: 6th July 2023 to 8th July 2023

Guest Speaker: Mr Sumit Suman, BI Developer

Topic: Workshop on Python

From the 6th to the 8th of July 2023, the esteemed Symbiosis School of Banking and Finance (SSBF) conducted a comprehensive Python Workshop under the highly regarded Program for Advancement in Careers and Technologies (PACT) sessions. This workshop aimed to enlighten the participating students about the fundamental principles of Python programming and its practical applications within the financial sector. The event garnered enthusiastic attendance, with all students eagerly engaging in the enlightening sessions, which were skillfully led by Mr. Suman, a distinguished expert from Credencea.

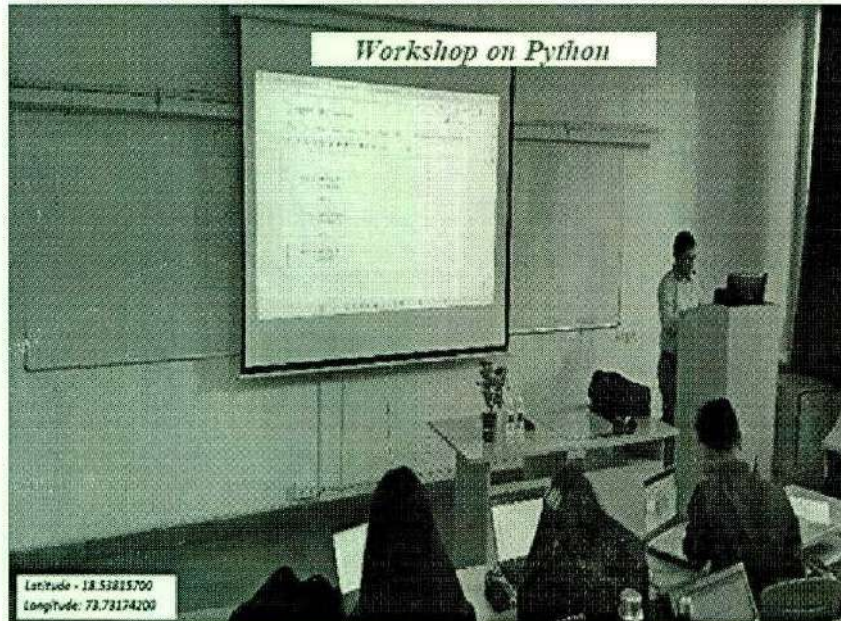
The workshop commenced on the 6th of July 2023, with Mr. Suman outlining the itinerary for the subsequent two days. The meticulously designed schedule comprised three 5-hour sessions, during which students came well-prepared, having proactively installed Python and its associated software to facilitate hands-on practice. Mr. Suman initiated the lectures by introducing the basics of Python, accompanied by pertinent examples showcasing its diverse utility in various financial contexts. The students were introduced to concise one-line codes, and practice assignments were thoughtfully assigned to reinforce the concepts taught.

On the following day, the students conscientiously presented their completed homework, displaying their eagerness to grasp the material. Mr. Suman delved further into the subject matter, introducing the class to essential mathematical and logical operators utilized in Python programming. As the day progressed, the students were adeptly guided through practical applications of these concepts, and they were given a challenging assignment to consolidate their understanding.

The final day of the workshop, the 8th of July 2023, focused on the crucial concepts of conditional statements, namely "If," "If-else," and "Loops." Though these concepts were somewhat intricate, Mr. Suman employed his unique and proficient teaching methods, ensuring that the majority of students comprehended them with ease. The practical relevance of these concepts within the financial workspace was also emphasized, providing the students with valuable insights into real-world applications.

Overall, the Python Workshop organized by Symbiosis School of Banking and Finance proved to be a resounding success. The students were presented with an exceptional learning opportunity to grasp the foundational principles of Python programming and its immense significance in the financial domain. Mr. Suman's expertise and innovative teaching approach undoubtedly contributed to the workshop's triumph.

As a gesture of appreciation for his outstanding efforts, Mr. Suman was duly honoured with a token of appreciation at the end of the workshop. The Python Workshop undoubtedly left a lasting impact on the participants, equipping them with invaluable skills to navigate the dynamic landscape of finance with confidence and proficiency.



Dr. Trupti Bhosale

QIC-Coordinator



Dr. Neha Parashar

Director



Workshop on Python				
MBA Banking & Finance (Batch 2022-24) Sem-III				
Attendance of Python Session (SIBM- X- 202)				
Date: 7/7/2023				Time- 8:30 am to 1:30 pm
Sr. No.	PRN	Name	8:30 am to 10:30 am	10:30 am to 1:30 pm
1	22020942004	AYUSHA AGRAWAL	Susp	Susp.
2	22020942008	VISHWAJIT SINGH GOUD	P	P
3	22020942010	ARJUN BIPINKUMAR BHIMANI	P	P
4	22020942011	DEEPAK DIXIT	P	P
5	22020942014	SHREY VAGHELA	P	P
6	22020942019	SHIVAM PAWAR	P	P
7	22020942020	VAISHNAVI DUDHALE	P	P
8	22020942021	RAKSHITA JAIN	P	P
9	22020942023	SHUBHANK TRIVEDI	P	P
10	22020942024	NATASHA PASWAN	P	P
11	22020942026	KHUSHALI KHATLAWALA	P	P
12	22020942032	RANVIJAY SINGH	P	P
13	22020942033	HARSHIL CHOKSI	P	P
14	22020942034	KASAK BANSAL	P	P
15	22020942036	ANUPRIYA SHRIVASTAVA	P	P
16	22020942038	MEHAK GARG	P	P
17	22020942040	ADITYA JAIN	P	P
18	22020942041	SRUSHTI PATIL	P	P
19	22020942042	ARNAV KASHIVA	P	P
20	22020942051	NIHAL DALWAI	P	P
21	22020942059	NEHEMAIAH LYNGDOH	P	P
22	22020942060	SUMALAVANYA VEETURI	P	P
23	22020942061	DIYA CHOPRA	P	P
24	22020942065	ANOUSHKA AGARWAL	P	P
25	22020942066	PRIYA DEVANGBHAI CHOKSI	P	P
26	22020942069	UNNATI JAISWAL	P	P
27	22020942072	JAYATI SHAH	P	P
28	22020942073	VARAD BHANDARI	P	P
29	22020942074	RISHAB J SIMHA	P	P
30	22020942075	M SAI SANJEEV	P	P

31	22020942077	ROHIT JADHAV	P	P
32	22020942079	YASHASVI SINGH	P	P
33	22020942080	ANJALI KHANDELWAL	P	P
34	22020942081	GEETA ADWANKAR	P	P
35	22020942090	ADHARV KISHOR	P	P
36	22020942092	PRIYA AGRAWAL	A	A
37	22020942095	SUDIPA CHOWDHURY	P	P
38	22020942096	AARYA JADHAV	P	P
39	22020942097	ANUSHKA TYAGI	P	P
40	22020942100	STEPHEN REJI	P	P
41	22020942101	RENESSA MAJUMDAR	P	P
42	22020942102	B. M DEEKSHA SETTY	P	P
43	22020942105	ABHI SHAH	P	P
44	22020942106	RIDHIMA NANDA	P	P
45	22020942111	GURVANSHI PANJWANI	P	P
46	22020942112	BHAVYA AGRAWAL	P	P
47	22020942113	SYLBIA MUNDU	P	P
48	22020942114	PRIYAM SARANGI	P	P
49	22020942115	POOJA YEOLE	P	P
50	22020942116	PRATIK HEMANTKUMAR KACHHIA	P	P
51	22020942117	HARSH RANA	P	P



Certificate ID:PY002
Date of Issue: 20th July 2023

CERTIFICATE OF COMPLETION

ISSUED TO

ARJUN BIPINKUMAR BHIMANI

Student of Symbiosis School of Banking and Finance, Pune
Has successfully completed

Hands-on 15-hours Python workshop (Offline)

Conducted by

CREDENCA DATA SOLUTION PVT. LTD.

Course start date: 6th July 2023

Course end date: 8th July 2023

Total hours: 15

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Mr. Sushil Shinde
CEO


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SSBF



Ms. Prachi Patil
Coordinator

Date: 6th July 2023 to 8th July 2023

Guest Speaker: Mr Sushil Shinde, CEO- Credence Data

Topic: Workshop on Tableau

On 6th July 2023, Symbiosis School of Banking and Finance conducted a hands-on workshop on Tableau in association with CREDENCA DATA SOLUTION PVT. LTD. The workshop was carried out for 3 days starting from 6th July onwards till 8th July. It was majorly a practical workshop where the students were given a variety of tasks which they had to perform in real time leading to an enhanced learning experience. The students got to learn about various essential functions in Tableau such as

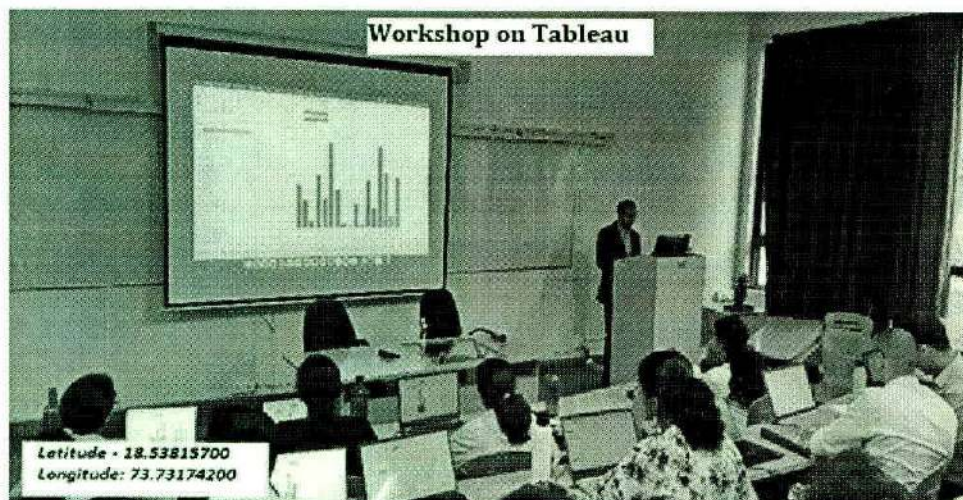
- How to connect to data sources.
- How to create visualizations.
- How to use calculations.
- How to share your visualizations.

The students were given a chance to learn the essentials of Tableau first, such as how to connect to data sources, create visualizations, and use calculations. Once they had a solid understanding of the basics, they were able to go deeper and learn more advanced techniques, such as data preparation, storytelling, and filtering, sorting, grouping, and drilling down.

The instructors were experienced Tableau users who were able to answer all of the students' questions and help them to understand the material. They also provided insights into how Tableau can be used to tell stories and communicate data effectively.

By the end of the workshop, the students had learned how to visualize data in a crisp and concise manner. They were also able to see how Tableau can be used to solve real-world problems.

We were very satisfied with the workshop and look forward to taking more such practical training workshops in the future. Knowing how to use Tableau is a valuable skill that will be very useful in our professional lives.



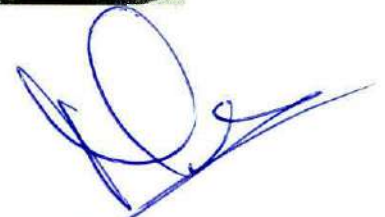
Dr. Trupti Bhosale

QIC-Coordinator



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SSBF



Dr. Neha Parashar

Director



Workshop on Tableau				
MBA Banking & Finance (Batch 2022-24) Sem-III				
Attendance of Tableau Session (SIBM-X-203)				
Date: 7/7/2023		Time- 8:30 am to 1:30 pm		
Sr. No.	PRN	Name	8:30 am to 10:30 am	10:30 am to 1:30 pm
1	22020942001	UMANG GOYAL	P-	P
2	22020942002	MRIGAKSHI SAIKIA	P	P
3	22020942003	ANUSHREE CHHANIWAL	P	P
4	22020942005	AMRIT RAI	P.	
5	22020942007	ANJALI MEHROTRA	P.	P
6	22020942009	MANASI PATOLE	P	P
7	22020942012	AKSHAY SATHOO	P	P
8	22020942015	SHRIYA DOGRA	P.	P
9	22020942016	SRISHTI GUMIDELLI	P	P
10	22020942017	PUNYATOYA	P	P
11	22020942018	RITAMBHARA	P	P
12	22020942022	ANKIT CHATURVEDI	P.	P
13	22020942025	ADITYA GOSWAMI	P.	P
14	22020942027	YASH GONDALIA	P	P
15	22020942029	GARGI MALIK	P.	P
16	22020942030	MOHIT HIRO GHIND	P	P
17	22020942031	ANJALI TIWARI	P	P
18	22020942035	RITIKA TIWARI	P.	P
19	22020942037	SNEHA GHATGE	P	P
20	22020942039	MEHANSH MANOJ PAL	P	P
21	22020942043	ABHIPSA ABHILASA MOHANTY	P	P
22	22020942044	ABHAY SHAWNEY	P	P
23	22020942045	VARSHA ALVA	P	P
24	22020942046	ABHAY VERMA	P	P
25	22020942047	TUSHAR KUCHIBHOTLA	P.	P
26	22020942048	KUNIKA RABHA	P	P
27	22020942049	GULSHAN PANWAR	P	P
28	22020942050	DISHANT CHHABRA	P	P
29	22020942052	MUGDHA MADHEKAR	P	P
30	22020942053	LIPIKA VIKRAM MALAKAR	P	P



31	22020942054	NAMAN OZA	P	P
32	22020942056	SHREYAS R. PRASAD	P.	P
33	22020942057	YOGITA BISHT	P	P
34	22020942058	ANOUSHKA RAJ	P	P
35	22020942062	DHRUV GUPTA	P.	P
36	22020942063	RUTUJA	P	P
37	22020942064	SHRAVAN SHUBHANAND JOG	P	P
38	22020942067	FANNY RATHI	P	P
39	22020942068	AASHWI MEHROTRA	P.	P
40	22020942070	ASHUTOSH KUMAR JHA	P	P
41	22020942071	SHATAKSHI TAMRA	P.	P
42	22020942078	TANVI SHAH	P	P
43	22020942082	SHREYASH WATILE	P	A
44	22020942083	SHREYA KHARE	P.	P
45	22020942084	BHUVAN SHAH	P	P
46	22020942085	AYUSH KUMAR SINGH	P	P
47	22020942086	JOSEPH KURIAN	P	P
48	22020942087	MANASI SATPUTE	P	P
49	22020942088	DHRUVI AGRAVAT	P	P
50	22020942089	SUSHANT SINGH	P	P
51	22020942091	SRISHTI SINHA	P	P
52	22020942093	RENUKA NAGLE	P.	P
53	22020942094	VANSHIKA	P.	P
54	22020942098	NALINA MOHAN	P	P
55	22020942099	ROHAN SHAH	P	P
56	22020942103	RACHIT RAJ	P	P
57	22020942104	KAUSTUBH KAMAT	P.	P
58	22020942107	TANYA	P	A
59	22020942108	JATIN SABHARWAL	P.	P
60	22020942109	SACHIN RATHI	P.	P
61	22020942110	ANUSHKA ANANDRAO MOHITE	P.	P



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SSBF

Certificate ID: TB006
Date of Issue: 20th July 2023

CERTIFICATE OF COMPLETION

ISSUED TO

MANASI PATOLE

Student of Symbiosis School of Banking and Finance, Pune
Has successfully completed
Hands-on 15-hours Tableau workshop (Offline)


Conducted by
CREDENCA DATA SOLUTION PVT. LTD.

Course start date: 6th July 2023 Course end date: 8th July 2023 Total hours: 15

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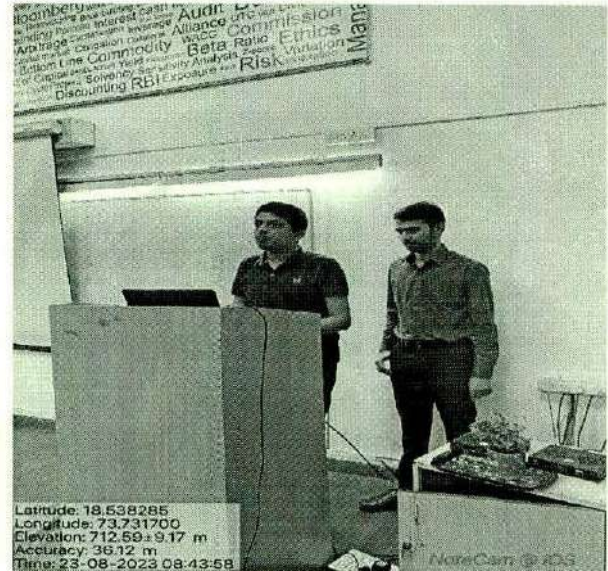
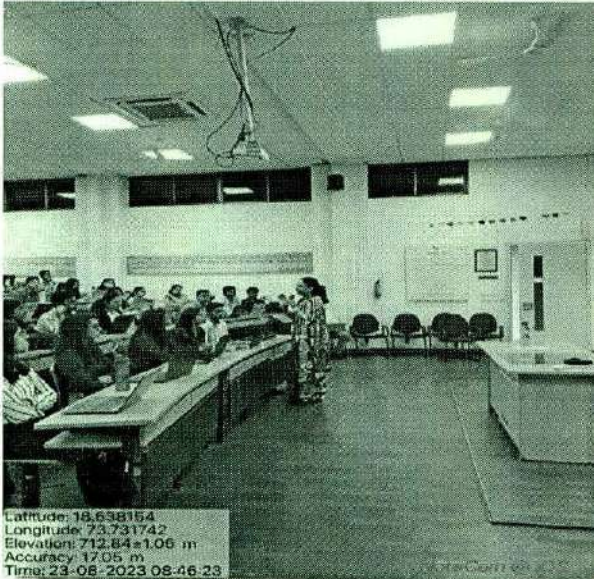

Mr. Sushil Shinde
CEO




Ms. Prachi Patil
Coordinator

Workshop on Power BI: 23rd Aug – 25th Aug 2023

SSBF has organized a Power BI workshop for the batch of 2023-25 from 23rd August to 25th August 2023. Power BI is an interactive data visualization software developed primarily on business intelligence.

Workshop on Power BI

Dr. Trupti Bhosale

QIC-Coordinator



Dr. Neha Parashar

Director

Symbiosis School of Banking and Finance (SSBF)
Batch 2023-25

Sr No	PRN No.	Name of the Students	Power BI Workshop on 23rd August'23	Power BI Workshop on 24th August'23	Power BI Workshop on 25th August'23
1	23020942002	ABHISHEK KUMAR TIWARI	P	P	P
2	23020942003	AAKERSHIKA SHUKLA	P	P	P
3	23020942004	VASU SHARMA	P	P	P
4	23020942005	MANGLA SALONI HARSHVARDHAN	P	P	P
5	23020942006	SHAURYA PRATAP SINGH	P	P	P
6	23020942007	DEVANSHU GAUTAM	P	P	P
7	23020942009	SIDDHANT RAHUL RASKAR	P	P	P
8	23020942010	MAHIMA PRUTHVIRAJ BHAIASARE	P	P	P
9	23020942012	VIPUL MISHRA	P	P	P
10	23020942013	SHRAVANI AJIT RAUT	P	P	P
11	23020942014	NIVEDITA AVINASH DODEJA	P	P	P
12	23020942015	JYOTSNA SHARMA	P	P	P
13	23020942016	SRILEKHA NALUKURTHI	P	P	P
14	23020942017	ANANYA GUPTA	P	P	P
15	23020942018	MANSI PANDEY	P	P	P
16	23020942019	SHUBHAM GUPTA	P	P	P
17	23020942020	ADITYA AJIT MONE	P	P	P
18	23020942021	AVNI BURMAN	P	P	P
19	23020942022	KARANJEET GORAKSHANATH PAWAR	P	P	P
20	23020942023	SOHAM GIRISH ATHAVLE	P	P	P
21	23020942024	KUSHAGRA GUPTA	P	P	P
22	23020942025	TANIYA SAMTANI	P	P	P
23	23020942026	YASH AVINASH KACHAVE	P	P	P
24	23020942027	OM VISHVAJIT JADHAV	P	P	P
25	23020942028	SIMONA SANJEEBITA	P	P	P
26	23020942029	ASHIK S	P	P	P
27	23020942030	CHERYL GEORGE	P	P	P
28	23020942031	ANNANYA JAIPRAKASH SINGH	P	P	P
29	23020942032	SHUBHAM JAIN	P	P	P
30	23020942033	ATHARVA SANJAY YEOLE	P	P	P
31	23020942034	VISHNUPRIYA TRILOKNATH NAIDU	P	P	P
32	23020942035	SHRUT JAIN	P	P	P
33	23020942036	ANUSHA KATKAR	P	P	P
34	23020942037	KRITIKA KUMAR	P	P	P
35	23020942038	HRISHI MISHRA	P	P	P
36	23020942039	TANYA	P	P	P
37	23020942040	SURYA PRAKASH BUDHATHOKI	P	P	P
38	23020942041	SRAJAN AUGUSTAYA	P	P	P
39	23020942042	MRIDUL AGRAWAL	P	P	P
40	23020942043	ANJALI KUMARI	P	P	P
41	23020942044	SHIVAM GAJANAN MHATRE	P	P	P
42	23020942045	RUSHABH BOKARIYA	P	P	P
43	23020942046	SANSKRUTI PARAG KOTHAWALE	P	P	P
44	23020942047	B SHREYAS PRABHU	P	P	P
45	23020942048	DEVANIRA VIANCA BOPANNA	P	P	P
46	23020942049	DESHPANDE RITIKA RAJIV	P	P	P
47	23020942050	JAGANI TWISHA YATISH	P	P	P



SSBF

48	23020942052	SIMRIT SINGH SIDHU	P	P	P
49	23020942053	ANANYA MAHESHWARI	P	P	P
50	23020942054	SAMRIDHI PATEL	P	P	P
51	23020942055	PURVI RANJAN	P	P	P
52	23020942056	SAMRUDDHI HEMANT KASAR	P	P	P
53	23020942057	VERNIKA JAIN	P	P	P
54	23020942058	TEMBHURNIKAR ANKUR PURUSHOTTAM	P	P	P
55	23020942059	LAHARI VYSYARAJU	P	P	P
56	23020942061	KRISHI KHACHROO	P	P	P
57	23020942062	DHRUV H HARIA	P	P	P
58	23020942063	ASHWIN SAJEEV MENON	P	P	P
59	23020942064	RAI VARSHINI VISHWANATH	P	P	P
60	23020942065	MADHAV EASHPUNIYANI	P	P	P
61	23020942066	VAIBHAV PANDEY	P	P	P
62	23020942067	SAWANT ANIRUDDH RAVINDRA	P	P	P
63	23020942068	KUNJIR RIYA RAHUL	P	P	P
64	23020942069	ISHITA GUPTA	P	P	P
65	23020942070	BHAVYA CHOPRA	P	P	P
66	23020942071	BOLKE JAY NAGORAO	P	P	P
67	23020942072	SOUMAY JAIN	P	P	P
68	23020942073	ISHA SINGHAL	P	P	P
69	23020942074	THAKUR PRIYANKA SHANKAR	P	P	P
70	23020942075	RIYA BINDU	P	P	P
71	23020942076	ASHISH YADAV	P	P	P
72	23020942077	PIYUSH KUMAR SINGH	P	P	P
73	23020942078	KRSNA SHRIVASTAVA	P	P	P
74	23020942080	ANUJ MEHARKURE	P	P	P
75	23020942082	HRIDITA MAJUMDER PRAPTI	P	P	P
76	23020942083	DIVYANSHU SULTANIYA	P	P	P
77	23020942084	ROBIN MATHEWS CHERIAN	P	P	P
78	23020942085	JANHAVI TRIPATHI	P	P	P
79	23020942086	NALLA VENKATA AKSHAYA	P	P	P
80	23020942087	TANMAY TYAGI	P	P	P
81	23020942088	KADWE RAHUL MANOHAR	P	P	P
82	23020942089	RIYA ASIJA	P	P	P
83	23020942090	KARVE SHAUNAK PRADEEP	P	P	P
84	23020942091	ANUBHAV JAIN	P	P	P
85	23020942092	SHUBHAM SARAWAGI	P	P	P
86	23020942093	RAVI KIRTI	P	P	P
87	23020942094	KARANDIP SINGH	P	P	P
88	23020942095	TANMOY DHALI	P	P	P
89	23020942096	SANJANA TILAKWAR	P	P	P
90	23020942097	RAHUL UJJWAL KUJUR	P	P	P
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92	23020942099	NEHHA BALASUBRAMANIAN	P	P	P
93	23020942100	OMKAR RAJKUMAR AVHAD	P	P	P
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96	23020942103	KAJAL CHHETIJA	P	P	P
97	23020942104	GARIMA MEDPILWAR	P	P	P
98	23020942106	IYER ADITYA GOPALAKRISHNAN	P	P	P
99	23020942107	SEJAL KUMARI	P	P	P
100	23020942108	RAHUL RATHI	P	P	P
101	23020942109	VAIBHAV DOUTANIA	P	P	P
102	23020942110	ATHARVA AKOLEKAR	P	P	P



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SSBF

103	23020942111	SUBHADIP GHOSH	P	P	P
104	23020942112	PRATYUSH GUPTA	P	P	P
105	23020942113	KALBHAIRAV KUNJAN MAHESH	P	P	P
106	23020942114	SUHANI DHIMAN	P	P	P
107	23020942115	VARNITA KATHERIA	P	P	P
108	23020942116	ASHAY JACKIN KUMAR	P	P	P
109	23020942117	SIDDHARTH NIGAM	P	P	P
110	23020942118	ROHITH R PAI	P	P	P
111	23020942119	SHRUTI SINGH	P	P	P
112	23020942120	SHREYASHI BHATTACHARJEE	P	P	P
113	23020942123	AISHWARYA VAIDYANATHAN	P	P	P
114	23020942124	DIPALI SHARMA	P	P	P
115	23020942125	ANKITA DHANUKA	P	P	P
116	23020942126	VERNEKAR DHRUV PANDURANG	P	P	P
117	23020942127	PRACHI AGARWAL	P	P	P
118	23020942130	SANJANA MISHRA	P	P	P
119	23020942131	RAHUL YADAV	P	P	P
120	23020942132	NITESH GAUTAM	P	P	P
121	23020942133	NITESH KUMAR	P	P	P



Workshop on Meditation: 3rd November 2023

On 3rd of November, the students of SSBF participated in a meditation and the chair yoga session which was organised in association with SCHS to allow the students soak up necessary methods and procedures to follow while practicing yoga sitting on a chair anywhere.

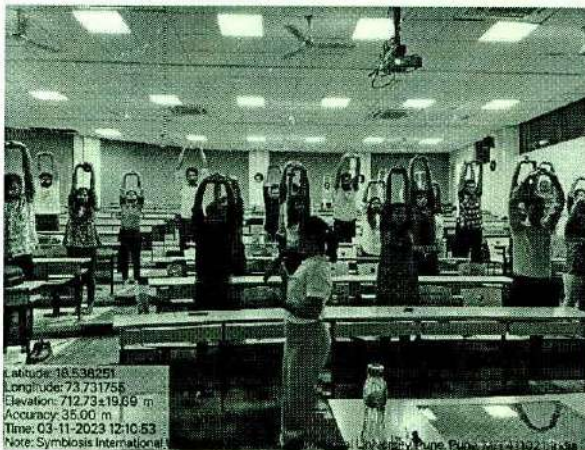
The following points were covered in the session:

- The importance of practicing yoga in small time intervals, during the break or while working on a desk.
- How and why meditation should be made a necessary part of one's daily life.
- Physical aspect: Yogic body stretches; Stress; Ocular exercises with a focus on stress reduction
- Mental aspect: Different types of breathing techniques and hacks; Instant relaxation technique; Deep relaxation techniques.
- The importance of chakras or energy nodules present our body.

The students were made to practice few stretching exercises and meditation techniques while emphasising the importance of breathing. Each Chakra/Energy Nodule in the body was explained in detail with the hymn associated with them.

The session ended with yet another meditation and deep relaxation breathing.

Workshop on Meditation



Dr. Trupti Bhosale

QIC-Coordinator



Dr. Neha Parashar

Director

MBA Banking & Finance (Batch 23-25)

Meditation and Chair Yoga session

Date: 3rd Nov'2023

Venue -AH1

**Time-11.45 am to
12.30 pm**

Sr.No	PRN No.	Name	Sign
1	23020942002	ABHISHEK KUMAR TIWARI	
2	23020942003	AAKERSHIKA SHUKLA	D
3	23020942004	VASU SHARMA	A
4	23020942005	SALONI HARSHVARDHAN MANGLA	A
5	23020942006	SHAURYA PRATAP SINGH	P
6	23020942007	DEVANSHU GAUTAM	A
7	23020942009	SIDDHANT RAHUL RASKAR	A
8	23020942010	MAHIMA PRUTHVIRAJ BHAIASARE	A
9	23020942012	VIPUL MISHRA	A
10	23020942013	SHRAVANI AJIT RAUT	A
11	23020942014	NIVEDITA AVINASH DODEJA	A
12	23020942015	JYOTSNA SHARMA	A
13	23020942016	SRILEKHA NALUKURTHI	A
14	23020942017	ANANYA GUPTA	A
15	23020942018	MANSI PANDEY	A
16	23020942019	SHUBHAM GUPTA	A
17	23020942020	ADITYA AJIT MONE	A
18	23020942021	AVNI BURMAN	A
19	23020942022	KARANJEET GORAKSHANATH PAWAR	A
20	23020942023	SOHAM GIRISH ATHAVLE	A
21	23020942024	KUSHAGRA GUPTA	A
22	23020942025	TANIYA SAMTANI	A
23	23020942026	YASH AVINASH KACHAVE	A
24	23020942027	OM VISHVAJIT JADHAV	A
25	23020942028	SIMONA SANJEEBITA	A
26	23020942029	ASHIK S	P
27	23020942030	CHERYL GEORGE	A
28	23020942031	ANNANYA JAIPRAKASH SINGH	P
29	23020942032	SHUBHAM JAIN	A
30	23020942033	ATHARVA SANJAY YEOLE	A
31	23020942034	VISHNUPRIYA TRILOKNATH NAIDU	A
32	23020942035	SHRUT JAIN	A
33	23020942036	ANUSHA KATKAR	P
34	23020942037	KRITIKA KUMAR	A
35	23020942038	HRISHI MISHRA	A
36	23020942039	TANYA	P
37	23020942040	SURYA PRAKASH BUDHATHOKI	P
38	23020942041	SRAJAN AUGUSTAYA	A
39	23020942042	MRIDUL AGRAWAL	A
40	23020942043	ANJALI KUMARI	P
41	23020942044	SHIVAM GAJANAN MHATRE	P
42	23020942045	RUSHABH BOKARIYA	A
43	23020942046	SANSKRUTI PARAG KOTHAWALE	A
44	23020942047	B SHREYAS PRABHU	P
45	23020942048	DEVANIRA VIANCA BOPANNA	A
46	23020942049	RITIKA RAJIV DESHPANDE	A
47	23020942050	TWISHA YATISH JAGANI	A
48	23020942052	SIMRIT SINGH SIDHU	A
49	23020942053	ANANYA MAHESHWARI	A
50	23020942054	SAMRIDHI PATEL	A
51	23020942055	PURVI RANJAN	A
52	23020942056	SAMRUDDHI HEMANT KASAR	A
53	23020942057	VERNIKA JAIN	A
54	23020942058	ANKUR PURUSHOTTAM TEMBHURNIKAR	P
55	23020942059	LAHARI VYSYARAJU	A
56	23020942061	KRISHI KHACHROO	A
57	23020942062	DHRUV H HARIA	A
58	23020942063	ASHWIN SAJEEV MENON	P
59	23020942064	VARSHINI VISHWANATH RAI	A
60	23020942065	MADHAV EASHPUNIYANI	P
61	23020942066	VAIBHAV PANDEY	P
62	23020942067	ANIRUDDH RAVINDRA SAWANT	A
63	23020942068	RIYA RAHUL KUNJIR	P
64	23020942069	ISHITA GUPTA	A
65	23020942070	BHAVYA CHOPRA	P
66	23020942071	JAY NAGORAO BOLKE	P
67	23020942072	SOUMAY JAIN	P
68	23020942073	ISHA SINGHAL	P



69	23020942074	PRIYANKA SHANKAR THAKUR	A
70	23020942075	RIYA BINDU	A
71	23020942076	ASHISH YADAV	A
72	23020942077	PIYUSH KUMAR SINGH	A
73	23020942078	KRSNA SHRIVASTAVA	A
74	23020942080	ANUJ MEHARKURE	A
75	23020942082	HRIDITA MAJUMDER PRAPTI	P
76	23020942083	DIVYANSHU SULTANIYA	A
77	23020942084	ROBIN MATHEWS CHERIAN	A
78	23020942085	JANHAVI TRIPATHI	A
79	23020942086	AKSHAYA NALLA VENKATA	A
80	23020942087	TANMAY TYAGI	A
81	23020942088	RAHUL MANOHAR KADWE	A
82	23020942089	RIYA ASIJA	A
83	23020942090	SHAUNAK PRADEEP KARVE	A
84	23020942091	ANUBHAV JAIN	P
85	23020942092	SHUBHAM SARAWAGI	P
86	23020942093	RAVI KIRTI	A
87	23020942094	KARANDIP SINGH	A
88	23020942095	TANMOY DHALI	P
89	23020942096	SANJANA TILAKWAR	A
90	23020942097	RAHUL UJJWAL KUJUR	A
91	23020942098	MAYANK KUMAR	A
92	23020942099	NEHHA BALASUBRAMANIAN	A
93	23020942100	OMKAR RAJKUMAR AVHAD	A
94	23020942101	ANANYAY ANKIT	A
95	23020942102	RHYTHM AWASTHI	A
96	23020942103	KAJAL CHHETIJA	A
97	23020942104	GARIMA MEDPILWAR	A
98	23020942106	ADITYA GOPALAKRISHNAN IYER	A
99	23020942107	SEJAL KUMARI	A
100	23020942108	RAHUL RATHI	P
101	23020942109	VAIBHAV DOUTANIA	A
102	23020942110	ATHARVA AKOLEKAR	A
103	23020942111	SUBHADIP GHOSH	P
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108	23020942116	ASHAY JACKIN KUMAR	A
109	23020942117	SIDDHARTH NIGAM	P
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114	23020942124	DIPALI SHARMA	P
115	23020942125	ANKITA DHANUKA	A
116	23020942126	DHRUV PANDURANG VERNEKAR	P
117	23020942127	PRACHI AGARWAL	A
118	23020942130	SANJANA MISHRA	A
119	23020942131	RAHUL YADAV	P
120	23020942132	NITESH GAUTAM	P
121	23020942133	NITESH KUMAR	P
122	23020942134	SIKHA BHAGAT	P

