# **Activity Reports**

# Academic year 2019-20

### 73RD INDEPENDENCE DAY CELEBRATION-15TH AUGUST 2019

### 15<sup>th</sup> August'19

73<sup>rd</sup> Independence Day was celebrated at Green Heaven Institute of Management and Research, Nagpur with the high spirits of Patriotism. The Program started with the flag hoisting, which was done at the hands of Chief Guest Mrs. Mangalatai Gadbail, Sarpanch of Village Rui and Guest of Honour, Mr. Guptraj Khonde, Member of Gram Panchyat, Village Rui, with other guest, which includes, Smt. Narmada Devi Sharmaji, Founder member of Jai Durga Bahu-uddeshiya Jankalyan Sanstha(JBJS) and Mr.Sanjay Chimalwar, Former Registrar, RTMNU and Also Director of Institute Dr. Anil Sharma. On this occasion, tree plantation was also done by the hands of Chief Guest and other guests of the occasion, Faculty Members and students in GHIMR campus. Following the mission of 'One student One Tree' lead by HRD, Ministry of Government of India, students planted about 50 trees in the campus. Cultural Program included a song and a poem by the students of Semester 3 which made the day more colourful and joyful. The program was co-ordinated by Dr. Mubina Saifee with the help of other Faculty members and staff. Dr. Anil Sharma, appreciated the efforts of Team GHIMR.





### "ANKUR 2019" THE INDUCTION PROGRAM

16<sup>th</sup> - 21<sup>st</sup> Sep 2019

The Induction Programme- "Ankur'2019" of Green Heaven Institute of Management and Research, Nagpur, commenced with the Inaugural Session by lighting the traditional lamp and seeking blessings of Maa Saraswati, the goddess of wisdom. Dr. Mubina Saifee, Officiating Principal welcomed the students and congratulated them for making a wise choice of choosing Green Heaven Institute of Management and Research. Speaking about the achievements and awards of the College, madam put forth the activities as well the Efforts College takes to develop the required skills and efforts among students. Madam also stressed upon the duties which the students need to perform during their stay in the college.

This was followed by a session on "Academics- an Overview" by the Academic Coordinator, Dr. Rajani Kumar. The new syllabus along with the directions (as prescribed by RTM, Nagpur University) was elaborately explained to the fresh batch of students. A session on acting techniques was taken by Dr. PL Thakur. Creative Body Movements and importance of clarity of speech was explained through video and role play.

During the 6 Days Induction Program, students got an opportunity to know about the college, meet their Faculty Members, and know the academics and examination pattern. Students were briefed about the various co-curricular and skill development programs of the college. Guest Lectures by experts in relevant fields were also organized to enlighten and motivate students towards Management education. Sessions on Self Exploration and Indian Ethos and Values was conducted to inculcate values and ethics among students and future managers. Alumni were also invited to guide and motivate students to maintain a perfect balance between their hard and soft skills for a bright future. Movie Uri was screened and movie review presentation done by Prof.Sameer Padole and Mr. Robin Ukey. To make learning fun, management games were conducted and lessons learnt from each game were discussed. A session on **MOODLE (Modular Object Oriented Dynamic Learning Environment)** was conducted to introduce the students to the online software. With an objective of inculcating a daily routine of physical activity yoga and Zumba session was also conducted.

The Induction Program, **ANKUR'19** provided a platform to students to show their talents. Director, Dr. Anil Sharma, appreciated the effort of the institution and congratulated the team on success of the program. The program was organized by Sem III students under the guidance of Faculty Members and Mr. Dhiraj Pandey, Mr. Manish Dhakate as student coordinators.





















### GUEST LECTURE BY DR. NITIN VIGHNE

# On 17.09.19

"Knowing oneself is the beginning of all wisdom"- keeping this objective and in alignment with the directives of RTMNU, a Guest Lecture on "Self Exploration" was conducted for the students. Guest speaker, Dr. Nitin Vighne, International Career Counsellor, and Clinical Psychologist enabled students to understand who they are and the path they need to take to reach their goal. Importance of different relationships in one's life was elaborated upon by citing cases from day today life. The nine values such as trust, respect, affection, care, guidance etc plays an important role in shaping one's personality and further lead to ascend the career ladder. Dr.Vighne put forth that our values are important because they help us to grow and develop. They help us to create the future we want to experience. He further explained with examples how every individual and every organisation is involved in making hundreds of decisions every day. The decisions we make are a reflection of our values and beliefs, and they are always directed towards a specific purpose. That purpose is the satisfaction of our individual or collective (organisational) needs. The guest speaker put forth that creating a right mind set is the first necessary step to everything. It can either limit your potential or power your success. The way you think influences your self-esteem, your confidence, your creativity, your world-view and your resilience in the face of challenges. Citing examples from the real world, Sir emphasised how a strong and timely determination, paves way for right career and success in personal and professional life. The session was appreciated by the Director, Dr. Anil Sharma and wished to conduct more lectures of similar nature in future. The Guest Lecture was coordinated by Prof. Sameer Padole and FacultMembers.



# NSS WEEK AND 150<sup>™</sup> BIRTH ANNIVERSARY OF MAHATMA GANDHIJI

24<sup>th</sup> September to 2<sup>nd</sup> October 2019

To Commemorate the 50 years if NSS and 150<sup>th</sup> Birth Anniversary of Mahatma Gandhiji NSS week from 24<sup>th</sup> Sep to 2<sup>nd</sup> Oct 2019 was celebrated at Green Heaven Institute of Management and Research, Nagpur . Program started with the Malyarpan on Mahatma Gandhiji's Photo to pay an homage towards him, by the hands of Dr. Kailas Kadu, Member of Academic Council of RTM Nagpur University . A small guest lecture was also delivered by the guest Dr. Kadu based on the life of Mahatma Gandihiji, during the lecture he stressed on various Life events of Gandhiji and explained the its relevance in today's world.

On 25/09/2019, an essay Writing Competition was organised based on Life of Mahatma Gandhiji, wherein all the students were to write an Essay on the topic mentioned above.

On 26/09/2019, Swach Bharat ABhiyaan was organised. The day started with Swachh Bharat Pledge sworn by all the students. They very sincerely took the pledge and promised

to follow it. It was then followed by Cleaning of the nearby roads and College premises by the students and Faculty of the Institute.

On 28/09/2019, A Tobacco Awareness Program was organised, a small session on awareness was taken by Mr. Robin Ukey, who attended a similar program arranged by NSS wing of RTM Nagpur University. During the session students were explained about the ill effects of Tobacco, consequences and showed through different pictures downloaded from Internet. Some videos were also shown to the students about the same.

The Program was coordinated by Dr. Mubina Saifee and Mr. Robin Ukey, Dr. Anil Sharma, Director, GHIMR appreciated the efforts of the team GHIMR.







# GUEST LECTURE ON "ROLE OF STRATEGIC PLANNING IN MANAGEMENT"

25<sup>th</sup> September 2019

To get a better understanding of the subject, a guest lecture on the topic "Role of Strategic Planning in Management" was recently organised by Green Heaven Institute of Management and Research, Nagpur. The Guest Speaker, Dr. Kailash Kadu, Academic Council member and Ex-Senate Member of RTM Nagpur University, Professor and Dean Academics, CIBMRD Nagpur cited case studies and live examples to give valuable insights on the topic. Students were explained the concept of Strategic Management. Dr. Kadu emphasised upon Importance of Vision, Mission and Corporate values in formulation of Corporate Strategy. He further explained the division of Strategies, Corporate, Business and Functional level. The session was an interactive one where several queries were raised by students to be clarified by the guest speaker. Dr. Anil Sharma, Director, GHIMR appreciated the session and wished to arrange such fruitful sessions in future too. The program was coordinated by Dr. Rajani Kumar.





Green Heaven Institute of Management and Research



Dr Kailash Kadu adressing the gathering.

TO GET a better understanding of the subject, a guest lecture on the topic 'Role of Strategic Planning in Management' was recently organised by Green Heaven Institute of Management and Research. The guest speaker Dr Kallash Kadu, Academic Council member and Ex-Senate Member of RTM Nagpur University. Professor and Dean Academics, CIBMRD cited case studies and live examples to give valuable insights on the topic. Students were explained the concept of Strategic Management. Dr Kadu emphasised upon Importance of Vision, Mission and Corporate values in formulation of Corporate Strategy. The session was an interactive one where several queries were raised by students to be clarified by the guest speaker. Dr Anil Sharma, Director, appreciated the session and wished to arrange such fruitful sessions in future too. The programme was co-ordinated by Dr Rajani Kumar.

### **GUEST LECTURE ON "DIGITAL MARKETING AND CAREER PROSPECTS"**

### 9<sup>th</sup> November 2019

*Digital Marketing* is growing at a great speed, and with great speed comes great opportunity so, Green Heaven Institute of Management and Research, Nagpur has conducted Power Workshop on Digital Marketing and Growth Hacking on 09/11/2019, by Mr. Govind Chandak, Business Head - NSDM INDIA. The Session covered all the aspects of Digital Marketing. Students were made to understand different forms of Digital Marketing its growth and the career opportunities available in this field. Students attended the session with great zeal and asked many queries related to the topic and training required for the same. Dr. Anil Sharma, Director of GHIMR wished to have more such session to boost and increase the employability skills of the budding managers. Dr. Mubina Saifee, coordinated the guest lecture.



# Date = 19/11/2019 The Hitavada City Line Page No - 7.



Dr Mubina Saifee co-ordinated the guest lecture.

# LOGO PUZZLE COMPETITION CONDUCTED BY KOTLER'S JUNCTION- THE MARKETING CLUB OF GHIMR

### 9<sup>th</sup> November 2019

Green Heaven Institute of Management and Research, Nagpur always strive towards the holistic developments of its students, in this endeavour Kotlers Junction-The Marketing Club of GHIMR has organised a Logo Puzzle making Competition on 09/11/2019. Students participated in this Competition in a group of 3, they had to make the correct logo with the puzzle provided to the respective groups in the allotted time. The group who made the correct logo in the least time was winner. These kind of activities are been organised by the Institute to foster creativity, team skills and self confidence. The program was coordinated by Dr. Mubina Saifee, assisted by Mr. Robin Ukey. Dr. Anil Sharma, Director appreciated the efforts of faculty and students.







### SKIT COMPETITION ON NATIONAL EDUCATION DAY

### 11<sup>th</sup> November 2019,

Observing National Education Day on 11<sup>th</sup> November 2019, Green Heaven Institute of Management and Research, Nagpur had organised a Intra College Skit Competition. The theme given to students was Education. Students had to perform in the group of minimum 3 and maximum 5 and time allotted to each group was 10 minutes. In all 5 groups participated in the Competition and performed skits on issues like Girl Education, Quest for Education, Importance of Education and Adult Education. Students enthusiastically participated in the competition with full fervour. The judges Dr. Pramod Thakur and Prof. Sameer Padole found very difficult to select a winner as the scores were very close of all the teams. The program was coordinated Dr. Mubina Saifee and supported by all faculty and staff under the guidance of Dr Anil Sharma, Director of GHIMR.





# TREE PLANTATION BY NSS VOLUNTEERS OF GHIMR

### 14<sup>th</sup> November'2019

Onset of One Student One Tree campaign launched by HRD Minister, Mr. Ramesh Pakhriyal, Green Heaven Institute of Management and Research, Nagpur organised Tree Plantation drive in the College Campus on 14<sup>th</sup> November 2018. Tree Plantation was done by the students, with the instructions that now they will be like parents to the plant and they need to nurture those plants until they become trees. They are also instructed to give development report of those plants to Faculty incharge with photos on a monthly basis.

Tree Plantation drive was coordinated by NSS officers Dr. Mubina Saifee and Mr. Robin Ukey, under the leadership of Director, Dr. Anil Sharma.



# FIRE SAFETY MOCK DRILL IN GHIMR

# 20<sup>th</sup> November 2019

To educate and train all the stakeholders viz. Students, faculty members and non teaching staff for an unforeseen emergency situation like fire, NSS unit of Green Heaven Institute of Management and Research, Nagpur has recently organised a Fire Safety Awareness seminar, as well Fire Mock Drill. A demonstration of using fire safety equipments was conducted by Mr. Etesh Patil Asst. Managger, Cease Fire Ltd, Nagpur. During the presentation Mr. Patil very well explained different kinds of Fires and techniques which can be used to rescue as well as described what kind of extinguisher to use, according to the type of Fire. The objective of the exercise was to sensitize the staff and students about life saving and to respond swiftly in times of emergency situations. Mock safety drills and safety procedures to be adopted were. Dr. Anil Sharma welcomed the guest and the program was co-ordinated by Mr. Robin



### WORKSHOP ON COMMUNICATION AND SOFT SKILLS

### 22<sup>nd</sup> November 2019

In the view of developing the students on employability skills of Management graduates, Green Heaven Institute of Management and Research, Nagpur has organised a Workshop on Communication and Soft skills and the topic of the workshop **was 'Training Students to become Leaders'.** Resource person for this workshop was Mr. Pravin Meshram, Founder and Director of SnehPravin Quest Motivational Academy, Nagpur. Workshop started with the orientation of Sem-1 students on Communication and Soft skills, He then involved the students by taking many activities, giving a platform to the students to come forward and speak on topics provided during the workshop. The Resource person very tactfully encouraged and motivated students to remove their stage fear and during the workshop ensured that each student got a chance to come forward and speak. GHIMR students attended the workshop with much enthusiasm and requested the Dr. Anil Sharama, Director of GHIMR to organise more such sessions. Workshop was coordinated by Mr. Robin Ukey and Dr. Mubina Saifee











Pates to 12/19 The Hitavada city line Page No-7

Green Heaven Institute of Management and Research



Guest speaker with student and other staffers.

GREEN Heaven Institute of Management and Research, had organised a workshop on communication and soft skills. The topic of the workshop was "Training Students to become Leaders. Resource person for the workshop was Pravin Meshram, Founder and Director of SnehPravin Quest Motivational Academy. The resource person very tactfully encouraged and motivated students to remove their stage fear and during the workshop ensured that each student get a chance to come forward and speak. Students attended the workshop with much enthusiasm and requested Dr Anil Sharama, Director to organise more such sessions. Workshop was co-ordinated by Robin Ukey and Dr Mubina Saifee.

# AWARENESS ON ROAD SAFETY AND OTHER ENVIRONMENTAL ISSUES

### 30<sup>th</sup> November 2019

With an objective of making our students understand various environmental issues and safety on road, an awareness building workshop was conducted at Green Heaven Institute of Management and Research, Nagpur. Mr.Shrikant Gudadhe, a chemical Engineer and a social activist working to bring about awareness about cleanliness and ways to reduce global warming and also safety on road conducted a session for the MBA students.

Through various news reports and videos, Mr. Shrikant Gudadhe emphasised the importance of abiding by the law and follow the norms for safe driving. The guest speaker put forth that almost all traffic accidents are avoidable. There are a number of things that individual drivers can do and a number of things that the individual drivers can avoid to make driving easier, safer and more fun. The data shows that reckless driving by youth and not being able to communicate with fellow drivers on road as well as pedestrians is one of the important reasons of increasing road accident. Citing examples, Sir, said that it seems that everyone is in a hurry. Having patience and following the traffic rules, wearing a helmet can reduce the accidents to a great extent. Thus the guest speaker asked students to be responsible citizens and work towards clean and safe India. Director of the Institute, Dr. Anil Sharma appreciated the program and its objective and emphasised that students should abide by the law to keep themselves and others safe and healthy. The Program was coordinated by Dr. Rajani Kumar and Faculty Members.















AN AWARENESS workshop was conducted at Green Heaven Institute of Management and Research recently. Shrikant Gudadhe, a chemical Engineer and a social activist conducted a session for the MBA students. Through various news reports and videos, Gudadhe emphasised the importance of abiding by the law and follow the norms for safe driving. College Director Dr Anil Sharma appreciated the programme. The programme was co-ordinated by Dr Rajani Kumar and faculty members.

### INDUSTRIAL VISIT OF GHIMR

### **5TH DECEMBER 2019**

As a part of its Institute Industry Interaction program, Green Heaven Institute of Management & Research recently organized an Industrial Visit for its students. A team of Students along with Faculty Members visited Eros Industries located at MIDC, Hingana, Nagpur. Shri Anil Pande, Director, Eros Industries provided full support and guidance for the visit. Mr. S.K.Dutta, plant head at Eros and his team took great efforts in explaining the various aspects of manufacturing steel furniture used for home and office purpose. The students were amused to see how a merchandise of daily use passes through many stages such as pressing, cutting, welding and painting. Immediately after the visit, the students visited Shree Jalaram Fragrance Pvt Ltd's facilities located at MIDC, Hingana. Mr. Vivek Thakral, Managing Director of the firm narrated the nitigrities involved in manufacturing Agarbatti, Camphor, Dhup and Perfumes. He also appealed the students to start their own small scale manufacturing unit and assured all the support needed to set up a small unit. Prof. Sameer Padole coordinated the industrial visit under the supervision of Coordinator, Dr. Rajani Kumar. Director Dr. Anil Sharma appreciated the efforts taken by faculty members.



# <section-header><section-header><text><section-header><image><caption><text><text>

# SUBJECT ENRICHMENT SESSION FOR MANAGERIAL ECONOMICS BY DR. ASHISH LINGE

### **13TH DECEMBER 2019**

For making Education more meaningful, and improve the quality of learning for the students, GHIMR always strive and conduct subject enrichment sessions. To make the subject Managerial Economics more substantial, GHIMR organised a session on "Price and Output Determination in different Market Structures" for its MBA Sem-1 students, by Dr. Ashish linge, Associate Professor of Department of Business Management, C.P. & Berar College, Nagpur. Dr. Linge, dealt with Numerical problems related to the above mentioned topic. These kind of sessions boost the self confidence of the students, which further help the students to score better marks in university examinations. The guest lecture was arranges and co-ordinated by Dr. Mubina Saifee and with the help of all Faculty Members and other staff. Dr. Anil Sharma Welcomed the speaker and applauded the team GHIMR.





# CANCER DETECTION CAMP AT GREEN HEAVEN INSTITUTE OF MANAGEMENT & RESEARCH

### 16TH DECEMBER' 2019

Today our lifestyle has changed rapidly than what it was a few years ago. Changed lifestyle along with increasing pollution, excessive use of pesticides, food adulteration and unwanted addictions have brought forth many agonies for humanity in the form of diseases. It is said that prevention is always better than cure. Lifestyle diseases such as has spread its tentacles all over irrespective of rural or urban population. In view of growing threats of cancer and enabling the rural masses about its ill effects, Green Heaven Institute of Management & Research located at Rui, near Wardha road felt the urge to create an awareness among the rural masses about cancer which is haunting humanity like never before. Director Dr. Anil Sharma proposed the idea to organize a Cancer Awareness Camp to Dr. Medha Dixit, Deputy General Manager (training and development) at the National Cancer Institute (NCI), Jamtha, Nagpur. She happily agreed and took forward the idea with an orientation program on cancer for MBA students of GHIMR, Nagpur.

In the orientation program on 5<sup>th</sup> **December'2019**, the students were enlightened about cancer, its types and the possible preventive remedies a person can take to keep it at bay. Dr. Dixit, Mrs. Sonashree Deshpande and their team at NCI shortlisted the MBA students through a process of Group Discussion and Personal Interview. A team of 13 dedicated students was created from the students. Camp experts from NCI headed by Dr. Dixit provided extensive and exhaustive training regarding how to create an awareness about a sensitive issue like cancer among villagers. The enlightened students, after training became enthusiastic volunteers fully prepared for advancing a social cause.

The volunteers spread the message to the villagers of Rui, Panjari, Pevtha, Banwadi and Varoda and counselled them about cancer, its impact on our body and the possible preventive actions. These female volunteers took great pains to communicate ladies of these villages about cancer related to females. They campaigned for over a week and the fruits of their effort were seen on the camp day. On tuesday December 17, Green Heaven Institute in association with NCI organized the Cancer Awareness Camp at the college premises at Rui. The camp saw over 120 overwhelming villages including young and old males and females who turned up for the event. Dr. Pawan Argade, Camp Co-ordinator at NCI and his team looked after checkup and post check up consultation. On behalf of Green Heaven Institute, Prof. Sameer Padole along with Dr. Rajani Kumar, Academic Coordinator took care of the necessary arrangements.Volunteers team led by Prachiti Shambharkar, Akshay Lokhande, Tushar Jadhav, Sheetal Ukare worked hard for the success of the program.





Green Heaven Institute of Management & Research



Volunteers of cancer awareness camp with teachers.

CS Scall

Volunteers of cancer awareness camp with teachers. GitEEN Heaven Institute of Management & Besearch organised an cancer awareness camp to create awareness among rural masses about cancer. Director Dr Anil Sharma proposed the idea to organise a Cancer Awareness Camp. Dr. Dioli, Mrs. Somaharee Deshpaneds and their noun as NC3 shorthised 13 Mith. students, The volunteers presed the message to the villagers of Ilui, Paniari, Pavitha. Barwadi and Xorda and counselled them about cancer The college in association with NC1 organised the camp at Bol Dr Pawan Angale, Camp Co-ordinator at NC3 and his team ren-dered their sorvice. ProfSamer Pauloa along with Dr Hajoni Kanna, Academic Co-ordinator worked under the guidance of Director Dr Anil Sharma, Volmieren tran led by Prachiti Shambharkan, Nathey Lickhando, Daving 1995; Sharelal Ukare worked Initia for the success of the programmes.

### **AWARDS AND RECOGNITION**

### 4TH UNIVERSITY MERIT FROM GHIMR

One of the students of Green Heaven Institute of Management and Research, Nagpur, Pranali Gajbhiye, stood 4<sup>th</sup> Position in University Merit list of MBA 4<sup>th</sup> Semester Summer-2019 examinations. Director, Dr. Anil Sharma and staff of GHIMR congratulated her for her achievement. Wish her all success and a bright future. The felicitation program was organised at GHIMR and was done at the hands of Director. Felicitating her, Dr. Anil Sharma hopes and wish all the students of GHIMR to work hard and take the legacy further.



Date & 26/11/19 Lokmat Samacheuz, Apria Nggpuz Page No - 02 ग्रीन हेवन की मेधावी छात्रा प्रणाली का सत्कार नागपुर: राष्ट्रसंत तुकडोजी नागपुर महाराज विश्वविद्यालय की एमबीए (चतुर्थ सेमिस्टर) की ग्रीष्मकालीन परीक्षा में ग्रीन हेवन इंस्टीट्यूट ऑफ मैनेजमेंट एंड रिसर्च, नागपुर की छात्रा प्रणाली गजभिये विश्वविद्यालय की मेरिट सूची मेघायी छात्रा प्रंणाली गजभिये का सत्कार में चौथे स्थान पर रही. प्रणाली करते हुए अनिल शर्मा, साथ में अन्य. की इस सफलता के लिए इंस्टीट्यूट के डायरेक्टर अनिल शर्मा और शिक्षकों ने उसे शुभकामनाएं दी और पुष्पगुच्छ देकर उसका सत्कार किया. इस कार्यक्रम के दौरान अनिल शर्मा ने विद्यार्थियों का मार्गदर्शन किया. उन्होंने प्रणाली का आदर्श घ्यान में रखते हुए विद्यार्थियों से भविष्य में सफलता हासिल करने की अपील की.

# REPUBLIC DAY CELEBRATIONS AT GREEN HEAVEN INSTITUTE OF MANAGEMENT AND RESEARCH, NAGPUR.

### 26-01-2020

Green Heaven Institute of Management and Research, Nagpur celebrated 71st Republic Day, chief guest for the occasion was Mr. Heman Singhal, CEO Aerographic Papers Pvt. Ltd. The tri colour was unfurled by the chief guest in the presence of Dr. Anil Sharma, Director, GHIMR, Smt. Narmada Devi Sharma, Founder Member, JBJS and Students and staff of the college took pride in glorifying and celebrating the spirit of unity. The flag hoisting ceremony was followed by a colourful cultural program by the students. The Cheif Guest, Mr. Singhal, while addressing to the students thrown light on the significance of celebrations of Republic Day, stressed on why this date 26th January was chosen. He also made students to realize their responsibilities towards nation. The program was co-ordinated by Dr. Rajani Kumar with the help of other Faculty members.





the ann live

### **ALUMNI- MEET AT GHIMR**

### 16<sup>™</sup> FEBRUARY'2020

To foster the sense of belongingness among the students and its Alumni, Green Heaven Institute of Management and Research, Nagpur recently organized Alumni-Meet 'Relive-2020'. The Alumni-Meet was organized by the members of GHIMR Alumni Association with the support of Faculty members and Management of GHIMR. Alumni from all passed out batches since 2011 attended the Alumni-Meet in big numbers. Chief Guest of the program was Dr. G. F. Surya, Director, Renaissance Institute of Management Studies. Dr. Anil Sharma, Director of GHIMR proposed the Inaugural address, in his address he welcomed the guest and Alumni and took the students through 11 years of journey of GHIMR. Dr. Surya in his address to Alumni shared his experiences in the college and invited Alumni to share their experiences during and after the college life. Alumni shared how the skills they learned during the college life helped them in their corporate life. Alumni also guided the current batch on skills to be developed during the college days, which can make the start of their corporate life smooth. The Alumni-Meet concluded with DJ and lunch, which made students to **Relive** the college days once again. Program was Coordinated by Dr. Mubina Saifee with the support of Faculty and staff, under the guidance of Director. Alumni including Akshay Saraf, Sandeep Dwivedi, Prachi Bais, Shubhangi Samurtwar worked hard for the success of the program.

Photo caption: Staff and Alumni of GHIMR in its Alumni Meet 'Relive-2020'



# 

# 

\_\_\_\_\_.

\_\_\_\_:

# SAHAJ YOGA CAMP FEBRUARY 5 2020

Yoga provides concentration, self-determination and self-motivation, which is a highly desirable trait in students as they need to be remain motivated and determined during their journey on the career path. Keeping this objective in mind, a session on Sahaj Yoga was conducted for the students on 7<sup>th</sup> Feb 2020.Yoga trainers, Mr.VivekChoudhary and Ms.ShaliniChoudharyexplained the importance of yoga in studentslife and stressed that it can really be a game changer for a student. It is difficult for a student to stay motivated throughout, pertaining to the ups and downs in life. Yoga is the union of physical, mental and spiritual aspects of the body.

Students were taught simple exercise and were asked to practice those daily. The trainers stressed that through the practice of Sahaja Yoga, our awareness gains a new dimension where the absolute truth of vibrations can be felt on our central nervous system and our palms. The vibrations are emanated from the palms of the person as a result of the awakening of the Kundalini. As a result of this experience, our spiritual ascent takes place effortlessly and physical, mental and emotional balance is achieved as a by-product of the self-realisation and Sahaja Yoga Meditation. The exercises consisted of combining physical postures with breathing techniques with the help of meditation and hence relaxation. According to ancient Indian texts, Yoga can open up all the senses of your body and keep us healthy and fit.



Student Coordinators with the Sahaj Yoga Team

### **GHIMR STUDENTS @ SAHAS THE CAMP**

### MARCH 19, 2020

Green Heaven Institute of Management and Research, Nagpur organized a two days outbound training program for their second semester management students at SAHAS THE CAMP, Wadgaon, Nagpur. The main objective of the outbound training program was to instill a sense of confidence, team work, problem solving skills and leadership qualities in the students. The participants learnt multiple management aspects from the various activities that were conducted at the venue. The activities included kayaking, boat making, rappelling, wall climbing and descending, cross fit, night trekking, floor balancing, knot removing etc. A total of 25 students along with program in-charge and GHIMR T&P Officer Prof. Sameer Padole took part in the various activities under guidance of director Dr. Anil Sharma who accompanied the students. Mr. Shubham, Mr. Prabhakar and Mrs Rajani from Sahas the Camp acted as instructors and support group for the successful conduct of the outbound training program.

