



Shri Mahaveer College

(Affiliated to the University of Rajasthan)
A Co-educational English Medium PG College



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(Affiliated to the University of Rajasthan)
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Mahaveer College of Commerce
(Affiliated to the University of Rajasthan)

One Day Seminar

MIND POWER TECHNIQUES

Invited Speaker: Ms. Vinisha Jain
(Personality Development Trainer)

11th June 2021

About: Mind Power Techniques:

Mind power techniques harness the strength of your thoughts and beliefs to achieve personal growth and success. Visualization is one such technique, where you imagine achieving your goals with vivid detail, helping to create a mental blueprint for success. Affirmations, repeating positive statements, reinforce self-belief and shift your mindset toward a more optimistic outlook. Meditation enhances focus and reduces stress, allowing for clearer thinking and emotional balance. Goal-setting involves defining clear, actionable objectives and breaking them into manageable steps, which helps maintain motivation and track progress. Another powerful technique is mindfulness, staying present and fully engaged in the moment, which improves decision-making and reduces anxiety. Practicing gratitude by acknowledging what you appreciate in your life can shift your perspective and boost overall well-being.

Schedule: 1-Day Seminar on Mind Power Techniques

Day 1: Topics

Introduction to Mind Power Techniques
Techniques for Mental Clarity and Focus
Techniques for Positive Thinking and Emotional Balance
Goal Setting and Visualization Techniques

Neelima
IQAC
Co-ordinator
Shri Mahaveer College



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A Report on “Mind Power Technique” Seminar

NAME OF ACTIVITY: Mind Power Techniques Seminar

DATE & DURATION: 11th June 2021

TYPE OF ACTIVITY: Seminar

ORGANIZER(S): Mahaveer College of Commerce, Jaipur.

EXPECTED OUTCOMES:

CO1: Participants will gain a foundational understanding of mind power techniques and the science behind these techniques.

CO2: Participants will learn techniques to improve their concentration and mental clarity.

CO3: Participants will learn strategies to cultivate positive thinking and overcome negative thought patterns.

Day-1 Seminar on Mind Power Techniques

Day 1: Topics	
Introduction to Mind Power Techniques	
Techniques for Mental Clarity and Focus	
Techniques for Positive Thinking and Emotional Balance	
Goal Setting and Visualization Techniques	

MAPPINGS WITH PO & PSO: Mapping Levels: 1- Low, 2- Moderate, 3-Strong

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	-	-	-	-	3	-	-	-	-	-	-	-	2	3	2
CO2	-	2	-	-	-	-	-	-	3	-	-	-	3	3	2
CO3	-	-	-	-	-	-	-	-	-	-	-	3	2	3	2

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NOTICE

Date: 04/06/2021

We are pleased to announce through this notice that a one day seminar entitled “**Mind Power Techniques**” will be organized on 11th June 2021. Participants are required to register themselves. Certificate will be issued to the registered participants.

Dr. Ravi Sharma

Principal
Mahaveer College of Commerce

IQAC
Co-ordinator
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FLYER/POSTER:



Mahaveer College of Commerce

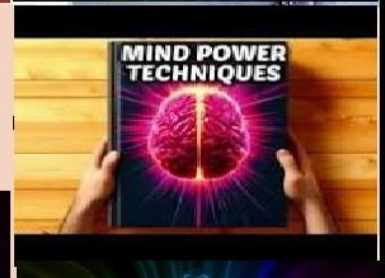
(Affiliated to the University of Rajasthan)

One Day Seminar

MIND POWER TECHNIQUES

Invited Speaker: Ms. Vinisha Jain

(Personality Development Trainer)



11th June 2021

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ABSTRACT OF THE SESSION: MCC organized 'Mind Power Techniques Seminar' on 11th June 2021. The main objective of this Seminar is to empower participants with practical skills and knowledge to harness the full potential of their minds. By introducing scientifically backed methods and time-tested practices, the seminar aims to enhance mental clarity, focus, and emotional balance. Participants will learn techniques to manage stress, cultivate positive thinking, or set and achieve personal goals through effective visualization. This seminar not only provides tools for immediate application but also fosters a deeper understanding of the mind-body connection, promoting long-term mental and emotional well-being. Ultimately, the goal is to equip attendees with the ability to transform their mental habits and achieve greater success and fulfillment in various aspects of their lives.

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GLIMPSES:



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ATTENDANCE SHEET:

S. No.	Name	College Name	Signature
1	AkshatSoni	Mahaveer College of Commerce	Akshat Soni
2	AkshuJangid	Mahaveer College of Commerce	Akshu Jangid
3	AnanyaKhurana	Mahaveer College of Commerce	Ananya Khurana
4	Anmol Singh Chouhan	Mahaveer College of Commerce	Anmol Singh
5	Anna Sharma	Mahaveer College of Commerce	Anna Sharma
6	Anushka Bhargava	Mahaveer College of Commerce	Anushka
7	Apeksha Agarwal	Mahaveer College of Commerce	Apeksha
8	ApoorvKalla	Mahaveer College of Commerce	Apoorv Kalla
9	Aryan Sain	Mahaveer College of Commerce	Aryan Sain
10	Aryan Sharma	Mahaveer College of Commerce	Aryan Sharma
11	Ashpreet Singh	Mahaveer College of Commerce	Ashpreet
12	AshutoshPareek	Mahaveer College of Commerce	Ashutosh Pareek
13	Ayush Patel	Mahaveer College of Commerce	Ayush Patel
14	Bilal Qureshi	Mahaveer College of Commerce	Bilal Qureshi
15	Charandeep Singh	Mahaveer College of Commerce	Charandeep
16	ChinmaySogani	Mahaveer College of Commerce	Chinmay Sogani
17	Chirag Gupta	Mahaveer College of Commerce	Chirag Gupta
18	DeeptikRajoria	Mahaveer College of Commerce	Deeptik
19	Dev Kapoor	Mahaveer College of Commerce	Dev Kapoor
20	DevanshGulyani	Mahaveer College of Commerce	Devansh
21	DeveshKoolwal	Mahaveer College of Commerce	Devesh Koolwal
22	Divyansh Sharma	Mahaveer College of Commerce	Divyansh
23	Divyanshi Sharma	Mahaveer College of Commerce	Divyanshi
24	Farhan Khan	Mahaveer College of Commerce	Farhan Khan
25	Ganesh Sharma	Mahaveer College of Commerce	Ganesh Sharma
26	GautamBihani	Mahaveer College of Commerce	Gautam
27	GautamJaipuria	Mahaveer College of Commerce	Gautam Jaipuria
28	Harsh Kushwaha	Mahaveer College of Commerce	Harsh Kushwaha
29	Harsh Pareek	Mahaveer College of Commerce	Harsh Pareek
30	Harsh Sharma	Mahaveer College of Commerce	Harsh
31	Harshita Bansal	Mahaveer College of Commerce	Harshita
32	Hemangi Sharma	Mahaveer College of Commerce	Hemangi
33	Hemant Sharma	Mahaveer College of Commerce	Hemant Sharma
34	Himanshi Agarwal	Mahaveer College of Commerce	Himanshi
35	HimanshuJhamtani	Mahaveer College of Commerce	Himanshu
36	Ishu Agarwal	Mahaveer College of Commerce	Ishu Agarwal
37	Jai Sharma	Mahaveer College of Commerce	Jai Sharma
38	JatinBathija	Mahaveer College of Commerce	Jatin
39	Kanika Gaur	Mahaveer College of Commerce	Kanika Gaur
40	Kashish Suresh Khanchandani	Mahaveer College of Commerce	Kashish Suresh
41	Kashvi Jain	Mahaveer College of Commerce	Kashvi Jain
42	KeshavKumawat	Mahaveer College of Commerce	Keshav Kumawat
43	KhushiKhandelwal	Mahaveer College of Commerce	Khushi
44	KirtiKhandal	Mahaveer College of Commerce	Kirti Khandal
45	KirtiKhandelwal	Mahaveer College of Commerce	Kirti Khandelwal
46	Krishna Soni	Mahaveer College of Commerce	Krishna Soni
47	Krishnam Rohra	Mahaveer College of Commerce	Krishnam Rohra

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FEEDBACK ANALYSIS:

SEMINAR FEEDBACK ANALYSIS								
Sr.no.	Attributes	Total Feed Back	Total Feed Back- 47					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think workshop was useful for you?	47	Yes	No	Partial	---	---	Remark
			42	0	5	0	0	Objective Achieved (89.36%)
			89.36	0.00	10.64	0.00	0.00	
2	Did you receive all the information you expected by the Workshop?	47	Yes	No	Partial	---	---	Remark
			41	0	6	0	0	Objective Achieved (87.23%)
			87.23	0.00	12.77	0.00	0.00	
3	Opinion on the speaker for the workshop	47	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			45	2	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			95.74	4.26	0	0	0	
4	Audience Query Response by the Speaker	47	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			47	0	0	0	0	Objective Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Workshop	47	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			40	0	7	0	0	Objective Achieved - Outstanding (85.11%)
			85.11	0	14.89	0	0	

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SAMPLE CERTIFICATE:



Mahaveer College of Commerce

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Present this

CERTIFICATE OF PARTICIPATION

to

This is to certify that Akshat Soni of Mahaveer College of Commerce has successfully completed the 1 day seminar on “Mind Power Techniques” held on 11th June 2021. He / She demonstrated a strong commitment to enhance their skills and developing their knowledge.

Dr. Neha Paliwal
Coordinator

Dr. Ravi Sharma
Principal
Mahaveer College of Commerce

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