

Start 'U'p Training Program 2022

Venue: Classroom no. 1, 2nd Floor, MGM SBS, MGMIHS, Navi Mumbai

Initiative by: Dr. Mansee Thakur, Director, MGM SBS collaboration with Heartful Campus

Modules: 6

Date: 12th September 2022 to 29th September 2022.

Participants: Ist Sem B.Sc. Allied Health Science students

IQAC INITIATIVE ALONG WITH STEP
(SPIRITUALITY ENLIGHTENMENT PROGRAM) SCIENCE AND SPIRITUALITY CLUB

 **MGM SCHOOL OF BIOMEDICAL SCIENCES,**
A CONSTITUENT UNIT OF
MGM INSTITUTE OF HEALTH SCIENCES



IN ASSOCIATION WITH
HEARTFULNESS EDUCATION TRUST ALONG WITH HEARTFUL CAMPUS

START 'U'P TRAINING PROGRAM
12th - 29th September 2022

Guest Speakers

| | |
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|  SEPT 12 | MR. VIKRAM MAKWANA DIRECTOR, DIGITAL SOLUTIONS GROUP, DIGITAL MOBILE INNOVATION INC. |
|  SEPT 15 | MS. POOJA SUSVEERKAR IT PROFESSIONAL |
|  SEPT 19 | MS. NAMRATA WALVEKAR HEARTFULNESS TRAINER |
|  SEPT 22 | MS. YAMINI MURTHY TECHNICAL PROJECT LEADER, GERMAN AUTOMATIC MNC |
|  SEPT 26 | MS. RAKHEE ARORA HEARTFULNESS TRAINER |
|  SEPT 29 | MS. SUDHA PERI PRESIDENT, MASTER GEOTECH SERVICES PVT LTD |

An Initiative by:

**DR. MANSEE THAKUR**
DIRECTOR,
MGM SCHOOL OF BIOMEDICAL
SCIENCES
NAVI MUMBAI

SUPPORTING FACULTY MEMBERS

DR. HIMANSHU GUPTA
DR. NEELAM YERAM
MR. SUBODH RAHATE
MS. RAFIYA SANGAMESHWARI

Time: 3:30 pm- 5:00 pm

GLIMPSE OF THE PROGRAM

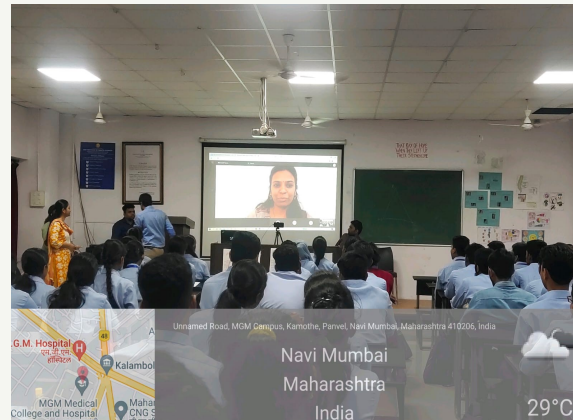
Day 1: 12th September 2022

Module 1: **Connect** – conducted by **Mr. Vikram Makhwana**, Director, Digital Solutions Group, Digital Mobile Innovations Inc. and Heartfulness Trainer



Day 2: 15th September 2022

Module 2: **Core** – conducted by **Ms. Pooja Susveerkar**, Certified Heartfulness Trainer



Day 3: 19th September 2022

Module 3: **Context** – conducted by **Ms. Namrata Walvekar**, Masters in Marketing & Vocational degree in Tourism and Travels. Also a certified Heartfulness Trainer



GLIMPSE OF THE PROGRAM

Day 4: 22nd September 2022

Module 4: Choices – conducted by **Ms. Yamini Murthy**, Electronics Engineer, Technical Project Lead, German Automotive Multinational Company, Pune.

Day 5: 26th September 2022

Module 5: Causality – conducted by **Ms. Sudha Perry**, President, Master Geotech Services Pvt Ltd and Heartfulness Trainer

Day 6: 29th September 2022

Module 6: Community – conducted by **Dr. Dipanjay Bhalerao** Assistant Professor, MDP Cell In charge and E-Cell at Indira Institute of Management, Pune and Heartfulness Meditation Practitioner

