



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

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REPORT
on
Faculty Development Program
Cum
Management Development Program

“6th Mavin Spiritual Festival”

(24th November 2022 to 30th November 2022)



School of Management & Commerce

K.R. MANGALAM UNIVERSITY, GURUGRAM

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1. Introduction including Topic

From November 24 to 30, 2022, the Chetana Society of KR Mangalam University organised a 7-day FDP-MDP for students, staff members, and other interested participants to mark The Sixth Mavin Spiritual Festival. The event's distinguished speakers came from a variety of walks of life, including counsellors, academics, IT specialists, healers, psychiatrists, and psychologists. They shared their specialised knowledge over the course of a week, with four sessions every day. The main goal of this event was to break down boundaries so that we may live and remember our lives and its significance. Page | 3

- The first day's focus was on spirituality, the Tao Framework for wisdom, wellness, and prosperity, as well as a thorough explanation of the Wisdom Bridge, which included the nine principles that resonate in our hearts.
- The second day's debriefing sessions by the speakers on important subjects like "Decoding and constructing your life's purpose" and "Karma vs. Manifestation" placed a stronger emphasis on your job and life purpose.
- The third day's session covered crucial subjects like abundance in relationships and co-creating to get rid of toxicity and unlearn some critiques.
- The focus on the fourth day, however, was more on taking control of our health to conquer challenges, regulate vitality, treat back pain, and learn about healing through frequency medicine.
- On the fifth and sixth days, there was a focus on action with a study on how to access abundance and get the best results when facing a variety of problems in life. The 3 Es of riches, the abundant framework, DIY of natural beauty, Enchantica, and the techniques of finding your own specialty were all clearly presented.
- The final day of the workshop was devoted to discovering our inner strength via self-honour and a thorough discussion of self-hypnosis, the Law of Universal Service, and the secrets of Self-Mastery. When asked pertinent questions, the audience responded with enthusiasm and the necessary composure.

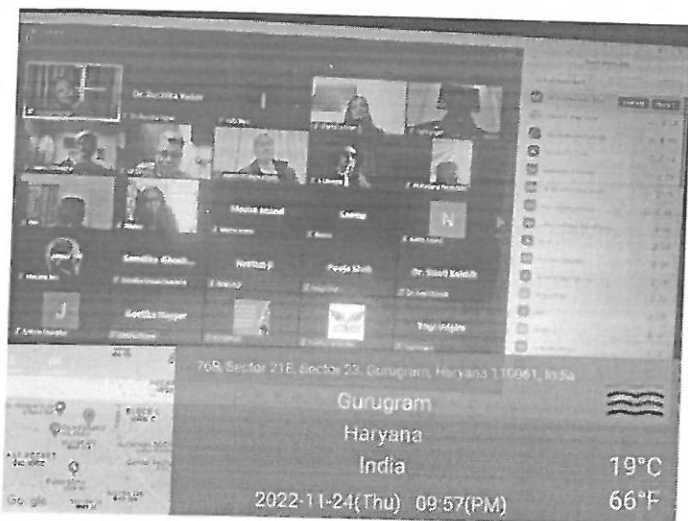
The audience were impressed by the clear engagement skills displayed by the keynote speakers as well as the straightforward way in which complicated terms were introduced to them. The participants responded favourably when the events ended since they appeared to have gained mental clarity and comprehended the event's main objective.

2. Day wise Report of the Sessions Conducted

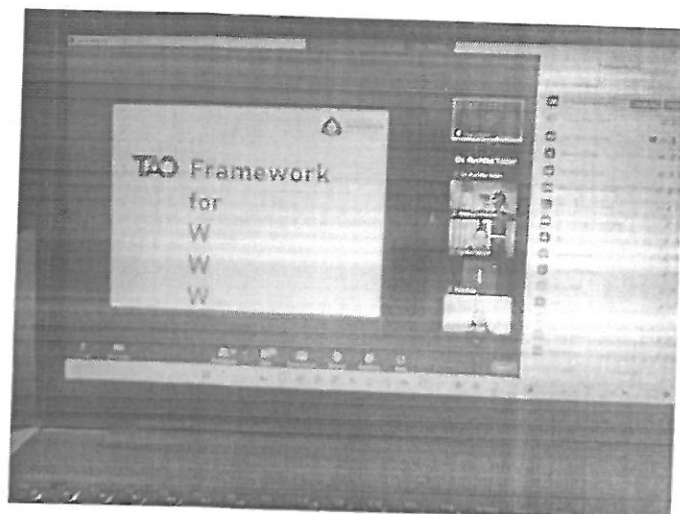
The sixth Mavin Spiritual Festival took place from November 24 to November 30, 2022, from 9:00 p.m. to 10:35 p.m. Each day, four sessions were held in succession to break down obstacles to living and rediscover our purpose in life.

Day 1: - Thursday, 24th November 2022. Pic1, Pic2 & Pic3 representing day1.

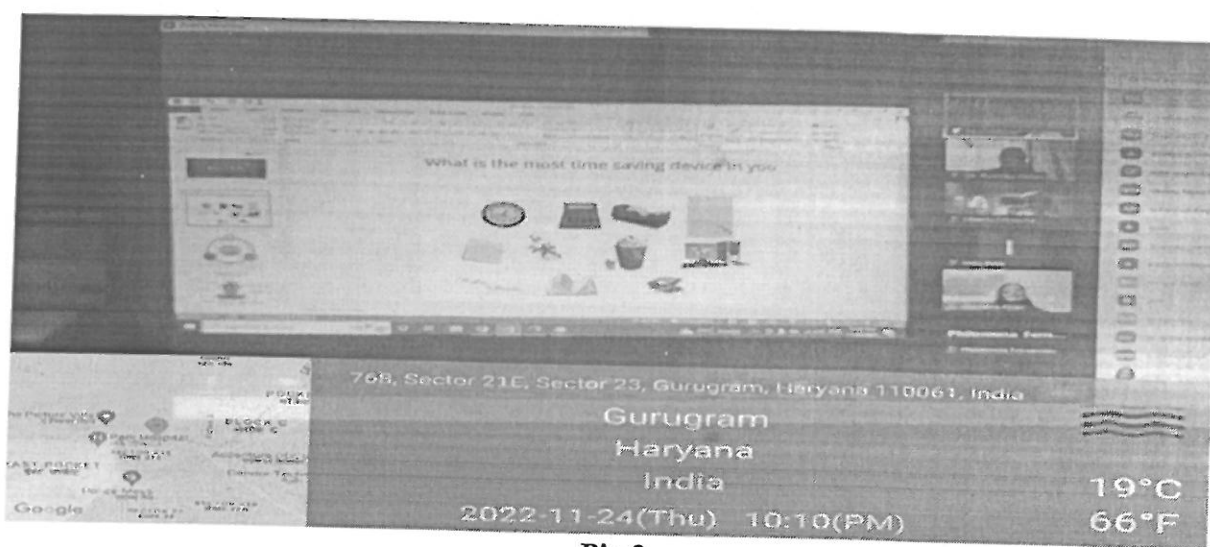
All of day 1's sessions were concentrated on the same theme of establishing a new life. Pic1, Pic2 & Pic3



Pic1



Pic2



Pic3

Session 1-

Introductory session was taken by By Meenu Minocha, she welcomed everyone to the event and gave an overview of how spirituality may be beneficial. She said that spirituality fosters a better interaction between individuals with the unknown, others, and oneself. Having a feeling of serenity, purpose, and forgiveness can help you cope with anxiety.

Session 2-

In her presentation, **Mynoo Maryel** discussed 10 elements that make up the basis of a brand-new planet. She engaged the audience in conversation while educating them about the ten elements that make up the new world.

Session 3-

'Tao frameworks' was a seminar led by **Yogi Udgire**. He educated everyone on the Tao framework while discussing the three virtues of knowledge, wellness, and riches.

Session 4-

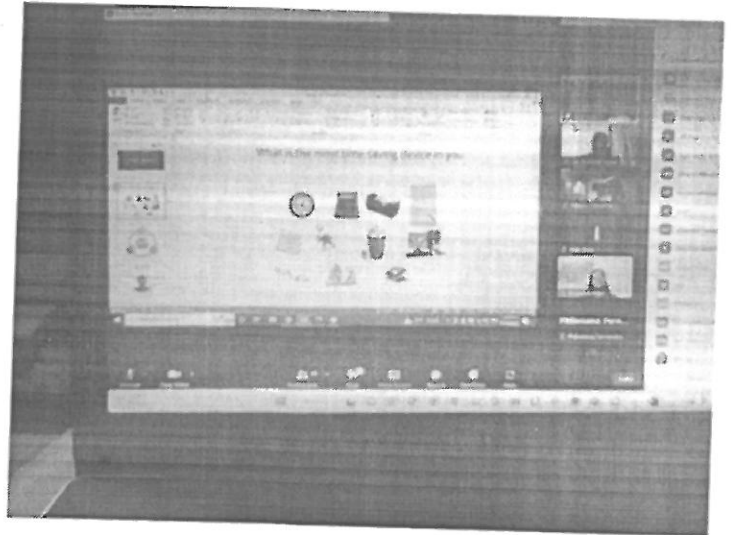
The seminar on the book "The Wisdom Bridge 9 principle that echo in the hearts of your loved ones" was led by **Dr. Ruchika Yadav**. She discussed how children's hearts are captured by the

intentions, ideas, and deeds of the elderly. Elders have a responsibility to not only raise the children well, but also to nurture and guide them in a way that would allow them to lead satisfying lives. Children observe, absorb, and assimilate the teachings swiftly and diligently. She adds that Daaji provides nine guidelines in 'The Wisdom Bridge' for the reader to follow to live a life that motivates their children and other loved ones. These guidelines are crucial for parents, future parents, grandparents, and carers who want to build happy and satisfying lives. They will not only assist you in raising responsible teens and enhancing the lives of your children, but also open the door for a fulfilling life and strong family ties. Page | 5

Day 2: - Friday ,25th November 2022. Pic-3 & Pic-4 representing day2



Pic-3



Pic-4

All of day 2's sessions were concentrated on the same theme of your work and life purpose.

Session1-

Decoding Your Life Purpose was a workshop **Pooja Agarwal Sheikh** addressed. She claimed that we live in a chaotic world and frequently ask ourselves, "What am I here for?" What have I been doing wrong all this time? What purpose have I been given for being here on earth? I who am? Thankfully, our ancestors found a method to make it simple for us and go on to extensively discuss this subject. The list of curious questions is boundless.

Session2-

Neelam Bakshi conducted the workshop on creating your life's purpose. Start where you are, she said. While mind mapping your thoughts and creating new life routes, turn inside to develop your compass and choose your course. Select one to prototype, choose a course of action, and stick with it.

Session3-

The seminar on karma vs. manifestation was given by **Kapli Gaitonde**. He discussed once-karma and how it significantly manifests in a once-life, as well as providing information on how to uphold good karma.

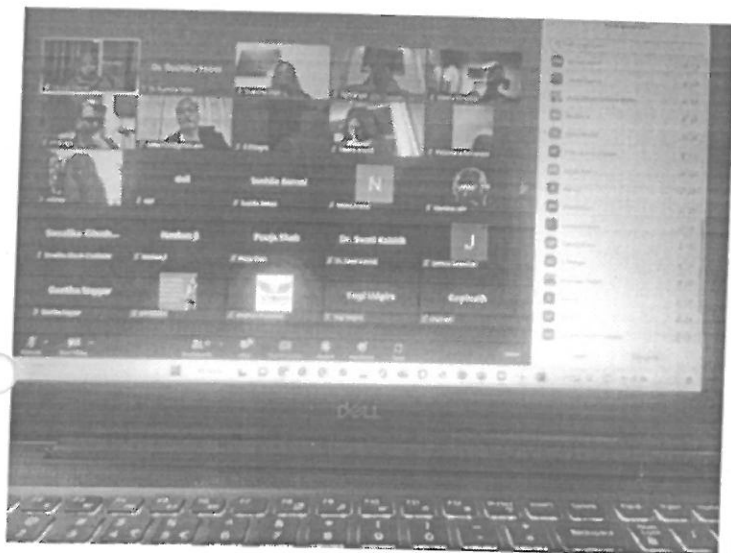
Session4-

Geetika Nayyar oversaw the seminar on removing old karmic barriers. She discussed the need of letting go of previous karmic barriers as well as how to do so.

Day 3: -Saturday, 26th November 2022. Pic-5 & Pic-6 representing day3

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All day 3's sessions were concentrated on the theme of co-creating your relationships.



Pic-5



Pic-6

Session1-

Richa Pathak conducted the workshop on developing strong relationships with others. As she addressed everyone in the room, she discussed the dos and don'ts of building relationships that would result in great outcomes.

Session 2-

The workshop on ending toxic relationships was led by **Poorva Gupta**. She discussed how a relationship can either make or break a person from who they truly are, as well as the negative effects of a toxic relationship and how to move on from those kinds of relationships.

Session 3-

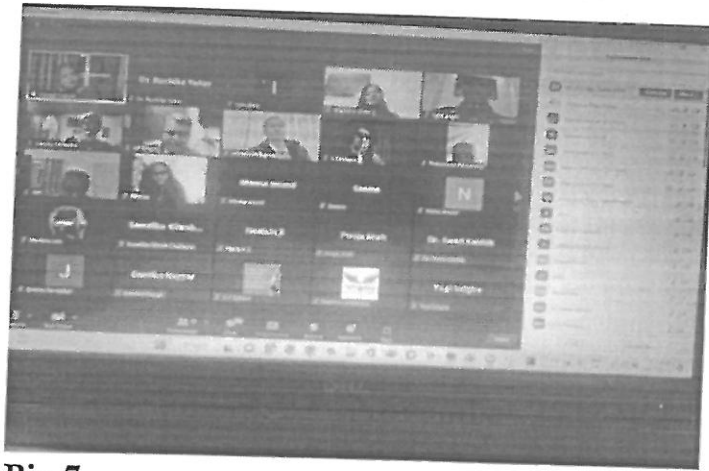
Ritu Saraff conducted the relationship abundance programme. The abundant attitude, according to her, is an encouragement to offer more and more to one another. By doing this, we provide fresh room for our partner to develop and for our relationship to thrive.

Session 4-

The session on learning and unlearning criticism was led by **Indu Bala**. She said that acquiring criticism and unacquiring it are the same. It entails examining your periods of self-criticism, examining the role self-criticism plays in your life, learning about and practising self-compassion, and stopping critical thoughts in their tracks.

Day 4: -Sunday, 27th November 2022. Pic-7 representing day4.

All day 4's sessions were concentrated on the same premise of taking charge of your health



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Pic-7

Session1-

Dr. Tulika Sanadhya, who specialises in health management, led the seminar on managing vitality for better health. She discussed the need of controlling one's vitality for improved health as well as seven easy techniques to manage and boost one's own energy. She claims that some easy strategies to increase vitality include eating a diet high in fruits and vegetables, drinking lots of water, getting adequate sleep, etc.

Session 2-

workshop on the topic of "cure yourself with frequency medicine" was led by **Dr. Manisha Jain**. She makes extensive mention of using sound therapy or sound frequency medicine to treat any internal abnormalities or problems.

Session3-

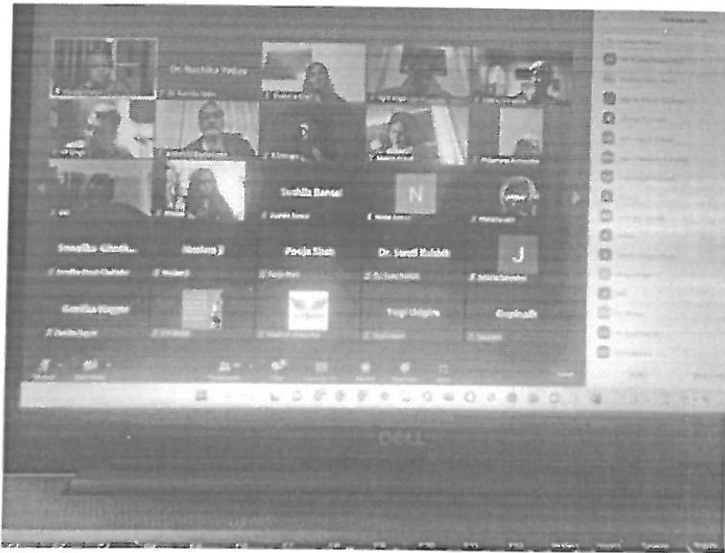
The workshop on how to relieve back pain without medicine was led by **Mr. V.P. Singh**. The treatment of spine aches without the aid of any medicine is covered in detail in this seminar. They discuss how self-care measures like stretching, massages, stress reduction, improved sleep, and activities to keep muscles moving may assist to ease back pain without the use of medication.

Session4-

Dr. Nupur Srivastava leads a seminar on getting over previous conflicts. It implies that one may overcome a difficulty to accomplish a goal. Growth is stimulated more by grim times than by prosperous ones. Resilience is a skill that is developed via facing problems and overcoming them. A strong basis for success in later life is the knowledge that one can conquer challenges, gain knowledge from challenges, and profit from mistakes.

Day 5: -Monday, 28th November 2022. Pic-8 representing day5.

All day 5's sessions were concentrated on the same premise of tapping into abundance



Pic-8

Session1-

Quanto shivo conducted the seminar on the topic of from industrial to idea economy.

Session2-

Mansi Bhagdeo led a workshop on identifying your special expertise.

When someone says to "find your niche," she explained, they intend to locate the really specialised activity or position that distinguishes you and in which you may succeed or find fulfilment.

Session3-

In his presentation on the three pillars of wealth, **CA Manish Kumar Sinha** stated that economy, efficiency, and effectiveness are all intricately connected ideas. Although this Practice Guide focuses on efficiency audits, it acknowledges that performance audits frequently include incorporate elements of economy and effectiveness.

The "3 Es," which are frequently referred to as being economical, efficient, and effective, are as follows:

- Economy — Finding the best inputs at the most affordable prices (or getting a good deal).
- Efficiency is the art of making the most of your inputs (or getting a lot for the efforts).
- Effectiveness: Achieving the desired outcomes from the outputs (or doing the right things).

Session4-

Harshhaa Garg spoke on the framework for discovering abundance. She said that to achieve sustainable growth, we must work together. Breaking out of our silos is essential, as is building and sustaining effective cross-functional and multidisciplinary teams, as well as cultivating a "rising tide lifts all ships" mentality where no one is left behind. Utilize the many contributions of your workforce to drive the upcoming innovation that will increase pie size.

Day 6: -Tuesday, 29th November 2022. Pic-9 representing day6.

All day 6's sessions were concentrated on the same premise of overcoming your challenges.



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Pic-9

Session1-

Stop thinking and pick your knowing was the theme of **Stefan Reiter's** lecture. He discussed cognitive reframing and noted that whether it is used on one's own or with a therapist's assistance, it may be a useful technique for transforming difficulties or unfavourable ideas into chances for improvement and progress. Although this method is frequently employed in treatment, you may also utilise it at home.

Session2-

Sandeep Kumar led a discussion on how to be your own superhero and went into great depth about how to use failure and adversity to your advantage and said-

- Evaluate one's mental toughness.
- State Ones Strengths.
- Determine the Critics and Weaknesses.
- Pay attention to one's inner self and act on it.
- Accept the bad, then blow it out of the water.
- Get Ones Weapons Ready.
- Keep one's commitment to your values.

Session3-

Speaking about natural beauty DIY, **Sarjana Sanadhya**. How can we do natural beauty advice, she asked? and spoke

- Start implementing these six healthy habits right away to look your best.
- Consider it later.
- Work up a sweat.
- Stay on the pedestrian-friendly side of the street.
- Remain hydrated.
- Less anxiety, greater happiness.
- Regularly exfoliate.

Session4-

Enchantica was the topic of a seminar that **Sushila Bansal** attended. She gave a brief introduction to Enchantica and discussed its goals, which include entertainment for children,

yoga and mindfulness for children, online learning, event management, wellness, preschool learning, corporate events, festivals, event consultation, and customer experience etc.

Day 7: -Wednesday, 30th November 2022.Pic10 & Pic11 representing Day7.

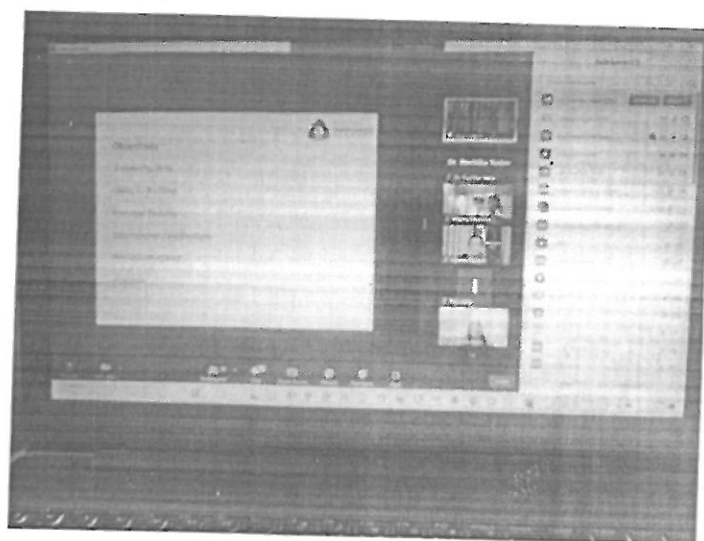
All day 7's sessions were concentrated on the same premise of attaining once true power.

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Pic-10



Pic-11



Session 1-

Sukhdeepak Malvai discussed the importance of self-honoring and stated that it entails respecting, adoring, and appreciating oneself. How do you think with such optimism. Honouring oneself does not mean becoming a noble person; rather, it means treating oneself with respect and appreciation.

Session2-

Meena Gupta discussed self-hypnosis in relation to obtaining a single life goal and stated the best way to define the hypnotic state is as one of intense concentration and increased suggestibility. Relaxation is sometimes, but not always, a part of hypnosis. Hetero hypnosis, sometimes known as hypnotherapy, is the induction of hypnosis in another person by a professional such as a therapist. Autohypnosis, often known as self-hypnosis, is the term used to describe hypnosis that is self-induced.

Session3-

According to **Vanita Keswani**, who led a discussion on the concept of universal service, the idea behind it is that everyone should have access to communications services. Put this notion into practise, the FCC has created a fund and a category of programmes and regulations called "universal service."

Session4-

Pooja Karan led a workshop on the secret to self-mastery. "We frequently hear that a single thought may transform a person's life or the entire universe," Although it is motivating, that concept is not complete. Show how to overcome the gap between ideas and action—and how to

combine the two to achieve success—Secrets of Self-Mastery delves into the lives of businesspeople, artists, and military leaders.

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Ruchika Yadav R Yadav