



**ANJUMAN-I-ISLAM'S**

**KALSEKAR TECHNICAL CAMPUS, NEW PANVEL**

Approved by : All India Council for Technical Education, Council of Architecture, Pharmacy Council of India New Delhi,  
Recognised by : Directorate of Technical Education, Govt. of Maharashtra, Affiliated to : University of Mumbai.

- SCHOOL OF ENGINEERING & TECHNOLOGY
- SCHOOL OF PHARMACY
- SCHOOL OF ARCHITECTURE

**Anjuman- I- Islam Kalsekar Technical Campus  
(AIKTC),  
*in association with*  
Student Mentoring and Counselling (SMC)  
Committee  
Organises a one day Workshop on  
**Let's Re Treat****

**REPORT**

Anjuman- I- Islam Kalsekar Technical Campus (AIKTC), Panvel in association with Student's Mentoring and Counselling (SMC) Committee is pleased to invite you for one day Workshop on **Let's Re Treat**. This session will help in empowering faculty members to build trust and respect, understand each other's strengths and contributions and also help to ease tension.

**Let's Re Treat**

Date: 31 August 2024 (Saturday)

Time: 10:00 am onwards

Venue: AIKTC Auditorium

Mode of Conduction: Offline mode

Resource Persons: Psy. Meraj Mir and Psy. Elisha Virani

Participants: Workshop was for teaching faculties of AIKTC.

Team SMC welcomes all AIKTCians to this One day Workshop on  
**“Let's Re Treat”**

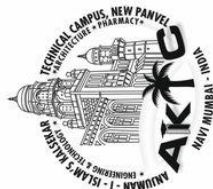


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**KALSEKAR TECHNICAL CAMPUS**

ACCREDITED BY NAAC & CERTIFIED BY ISO 9001:2015



**Centre for Student's Mentoring and Counselling (SMC)**

Organizes

"WORKSHOP ON

**"Let's Re Treat"**

for AIKTC Faculties

**RESOURCE PERSON**

Psy. Meraj Mir      Psy. Elisha Virani

**DATE**



**31st Aug. 2024**

**TIME**



**10:00 am to 12:30 pm**

**VENUE**



**AIKTC Auditorium, New Panvel**

Prof. Ghazala Parveen  
SMC Controller

Dr. Rajendra Magar  
Dean, SoET

Dr. Shariq Syed  
Dean, SoP

Prof. Raj Mhatre  
Dean, SoA

Dr. Ramjan Khatik  
Director, AIKTC

Mr. Burhan Harris  
Hon. Exec. Chairman, BINM

Dr. Zahir I Kazi  
President, AI (Padma Awardee)

**Innovative Teaching - Exuberant Learning**

Vision : To be the most sought after Technical campus that others would wish to emulate.



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**Centre for Student's Mentoring and Counselling (SMC)**

**Organizes**

**"Workshop on Let's Re Treat"**

**For AIKTC Faculties**

**Date: 31 August 2024 from 09:30am to 12:30 pm**

**Venue: AIKTC Auditorium**

**PROGRAM OUTLINE CUM NOTICE**

Sr. No	Topic	Responsibility/Resource Person	Time
1	Tea & Snacks (Hospitality)	Prof. Firoz Nadaf Prof. Kashif Kazmi	09:30-10:00 am
2	Welcome	Prof. Ghazala Parveen SMC Controller	10:00-10:05 am
3	Recitation of verses of Holy Quran	Prof. Kashif Kazmi SMC Member	10:05-10:10 am
4	Opening Remark	Dr. Ramzan Khatik Director, AIKTC	10:10-10:20 am
5	Importance of Mentoring	Dr. Rajendra Magar Dean, SoET	10:20-10:40 am
6	Resource Person's Introduction and Facilitation	Prof. Ghazala Parveen SMC Controller	10:40-10:50 am
7	Workshop	Ms. Elisha Virani Psychologist Ms. Meraj Mir Psychologist	10:50-12:20 pm
8	Vote of Thanks	Prof. Rehal Qureshi SMC Member	12:20-12:25 pm

Note: Attendance is mandatory for all faculties of Engineering , Architecture and Pharmacy.

Prof. Ghazala Parveen  
SMC Controller

Dr. Rajendra Magar  
Dean, SOET

Dr. Shariq Syed  
Dean, SOP

Dr. Ramzan Khatik  
Director

Prof. Raj Mhatre  
Dean, SOA

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## **About Students Mentoring and Counselling (SMC):**

Students Mentoring and Counselling cell provides students with guidance, support and advice on a wide range of concerns like academic, personal, emotional, family, peer related and career related matters through counselling. Cell also offers psychosocial support for the students by appointed counsellor to meet students, teachers and their parents as and when needed. The cell also helps in inspiring students and developing confidence in them so that they can take on tough tasks and challenges in their lives.

Overall, the mentoring and counselling cell aims to attain the said objectives and for that the Faculty members (Mentor) need to be charged and shall be psychologically strong and mentally motivated and prepared themselves for the making students empowered to overcome challenges, maximize their potential, and thrive academically, personally, and professionally during their college journey.

**This responsibility is entrusted on SMC Team Members:**

### **SMC Team Members:**

Prof. Ghazala Parveen, **Controller SMC**

Psy. Meraj Mir (**Counsellor**)

Psy. Elisha Virani (**Counsellor**)

Prof. Teena Pathan

Prof. Pritika Patil

Prof. Tehsin Attar

Prof. Kashif Kazmi

Prof. Firoz Nadaf

Prof. Atul Meshram

Prof. Rehal Qureshi

Dr. Faimida Sayyed





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Arrangement of refreshment was made by **Prof. Firoz Nadaf and Prof. Kashif Kazmi**, before the workshop begins. All the participants were offered Tea and Snacks. The workshop started at 10.30 AM.

**Prof. Ghazala Parveen**, Controller Student Mentoring and Counselling (SCM) welcomed all to the one day Workshop on **Let's Re Treat**.

Dr. Ramjan Khatik, Director, AIKTC, Dr. R. B. Magar, Dean SoET, Dr. Shariq Syed, Prof. Raj Mhatre, Dean SoA and heads of all department and faculty members of various schools of AIKTC were present for the workshop. The Resource Persons for the workshop were Psy. Meraj Mir and Psy. Elisha Virani.

The workshop started with the recitation of verses from **Holy Quran** by **Prof. Kashif Kazmi (SMC Member)**.

Inaugural speech was given by the **Director, Dr. Ramjan Khatik**. He specifically brought to the notice of everyone the purpose of conducting this workshop. He appealed all the participants to actively participate in the workshop and make maximum out of it. This program is to get recharged and to rejuvenate the energy as the mentor's role is vital in the growth and development of student.

Importance of Mentoring was explained by **Dr. R. B. Magar, Dean SoET**. He in his speech informed all about the records to be maintained during mentoring. He also told to focus on student's final year project. He appealed all to make student support system strong. He wanted all to be in an active mode and contribute together as a part of Mentor-Mentee



contribution which is important in making our Teaching-Learning process produce good results as far as research and publications are concerned.

Taking the program ahead as per schedule, Prof. Ghazala Parveen introduced the resource persons for the workshop, Psy. Meraj Mir and Psy. Elisha Virani.

### **Psy. Meraj Mir**

Psychologist and psychotherapist and a professional Auditor.

Founder of Synapse Counseling center

Worked at Accenture and Tata power

Having 10 years of experience, Serving project after project under the Kalsekar Roof since 2016.

### **Psy. Elisha Virani**

A Trained and experienced Psychologist, Gestalt Master Therapist, NLP Practitioner, Researcher and Trainer.

She has internationally Facilitated workshops for youths and serving in community as National health Board Member.

She has helped and empowered more than 10,000+ individuals reclaiming their self-worth, happiness, confidence through Counselling, therapy, workshops and Trainings.

### **Felicitation:**

Director, AIKTC & Deans of schools of AIKTC felicitated the resource persons, **Psy. Meraj Mir & Psy. Elisha Virani**, with the saplings.

**This was the beginning of the One Day Workshop: “Let’s Re Treat”**



## **One Day Workshop: “Let’s Re Treat”**

The workshop started with the introduction by **Psy. Meraj Mir**. She in the beginning appealed all to be relaxed, free from all the official work stress and wanted everyone to feel themselves. Everyone was asked to put their mobile phones on airplane mode or switch off or give it to the person sitting next to them, she asked on a lighter note. **Psy. Meraj Mir**, introduced all with the interns **Ms. Nidah Shaikh** and **Ms Daniya Shaikh**, who helped them in preparation of this workshop activities.

**Psy. Elisha Virani** started the session by explaining the reason on conducting this workshop for the faculty members and appealed all to forget everything else and be a part of this workshop. She explained all that the workshop will have many activities & each one of us irrespective of who he/ she is, have to take active part in each activity.

### **Activity 1: Word Association Game**

Activity was to say the word one after the other in a sequence. First person was given a single word; the next member was to tell the word that comes to his/her mind immediately after previous member tells it. The process started by **Psy. Elisha** who gave the first word (Example: Happy), the first member had to utter the word immediately whatever come to his/her mind (Example: Picnic), Holiday, Tea, sandwich, butter, yummy, chocolate, milk and so on, till the last member in the auditorium. It was really a good activity where everyone was involved and they literally had to be on their toes to respond quickly with the word they relate the earlier word with.



## **Activity 2: Breathing Exercise (Meditation)**

Psy. Meraj Mir took all on virtual tour through meditation by making all do the breathing exercise. She made all to do it by closing eyes and lights in the auditorium. Everyone was taken to the beach of their choice by Psy. Meraj and made us really feel that we are actually on the beach. This virtual tour made everyone revisit the places which they had visited before or would like to visit. The process is called as Hypnosis which actually needed much time to carry but this she tried everyone to experience the power of meditation. She also appealed all to meditate daily even though it is for a very small span. It will keep you relieve your daily stress, make you feel fresh and get recharged.

## **Activity 3: Reflection**

This was a very important activity called as “Reflection”. Psy Elisha Virani, gave everyone a piece of paper and asked all to reflect on following questions:

1. What was the proud moment or an achievement in the past one year?
2. What do you appreciate the most in yourself?
3. What are you looking forward to personally/professionally in the upcoming year?
4. How can you have fun and what brings you happiness?

Everyone was reflecting on these questions and these questions were making everyone think before they write anything. After this Elisha madam wanted everyone to keep this page with them.





## Activity 4: Treasure Hunt

Last activity of the day was Treasure Hunt. Three teams were made with all the participants irrespective of their department/ school. **Team1: Team Yellow, Team2: Team Blue, Team3: Team Green.** All were told that there are 11 clues hidden all over the campus and first clue was given to each team and were given a time of around 1 hour to search through clues and the winner will report the Auditorium.

All the teams and team members were searching for the treasures with the clues like small kids and were going places searching for treasures in a team. Everyone in the campus was surprised to see faculty members running like students in search of the treasures. The winner for the Treasure Hunt was **Team1: Team Yellow** and all the team members were felicitated and were given prizes too.

## Vote of Thanks:

The workshop got over with the vote of thanks by **Prof. Rehal Qureshi** (SMC Member). She thanked Management, Director, Dean, Heads, resource persons, interns, participants, the auditorium team, support staffs and everyone for making this event successful.

Finally, the workshop really was recharging and everyone at the end was so fresh and happy. This was one of its kinds where faculty members were not faculty. They were enjoying various activities and more over the joy and freshness on their faces could be literally seen. Everyone wanted to have such sessions on regular interval. **Dr. Shariq Syed (Dean SoP) and Prof. Raj Mhatre (Dean SoA)** were happy to see the involvement of faculty members, even they were part of Treasure Hunt



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teams. Both expressed their views on the occasion and wanted to have such sessions once in every semester.

Preparation and arrangements for the workshop and facilitating all during the activities were done by SMC Members, **Dr. Faimida Sayyed, Prof. Teena Pathan, Prof. Pritika Patil and Prof. Tehsin Attar.**

Finally the workshop ended with a Group Photo of SMC Team, who worked hard to make the workshop successful. SMC Members took responsibility of making various arrangements during the session and facilitating all for the successful conduction of the one day workshop on **Let's Re Treat.** The program ended with a smile on everyone's face.

The workshop got over at 1.30 PM.

The Report of Workshop is prepared by **Prof. Atul Meshram (SMC Member)** and submitted on 01.09.2024.

**Encl:** *Attendance of the Workshop*

*Feedback on the Workshop*

*Glimpses during the Workshop*

Prof. Atul Meshram  
(SMC Member)

Prof. Ghazala Parveen  
(SMC Controller)

*Remark by Director:*

Dr. Ramjan Khatik  
(Director)