



# AASTHA CELL

“Once a new technology rolls over you, if you're not part of the steamroller, you're part of the road.”

The main aim of Aastha Cell is to primarily conduct welfare activities for society. The Cell focuses on inculcating among the students learning with a social responsibility. The Cell focuses on developing among the students belonging to the community and a caring attitude towards others in the society. The students participate proactively in the various activities conducted by Aastha Cell under the able guidance of the teachers who constantly mentor and polish students to become better & more aware about the rising needs of society. With various activities and events done under the wing of Aastha Cell, the students are kept updated about the current issues and the ways of contributing towards it proactively. The first event of the Aastha cell, “being human- the most critical attribute of leadership” took place on 21st September, 2020 via a virtual platform via Google Meet. This meet witnessed a total number of 67 participants. 21st September is observed as “International Day of Peace” each year. On this auspicious day, the Aastha Cell conducted a webinar on the student development programme based on human values. The guest speaker for the webinar was Dr. Rita Rangnekar (Dean-IBACO IBS Mumbai). The webinar was effectively conducted with the motto to imbibe within the students the humanitarian and impressive leadership qualities to make them idealistic future role models. The speaker was successful to motivate and encourage the students to become role models but keeping in mind the importance of human values. Leadership is an important skill for life and this webinar ensured to develop among them the quality to lead by an example for others to follow. The second event was a webinar on “the likability dilemma for women leaders” which took place on 28th January, 2021 via virtual platform via Google Meet with a whopping number of 69 participants. Keeping the quote “Behind every successful woman is herself”. An interesting discussion based webinar was conducted by the Guest Speaker- Mrs. Triveni Nadkarni (Retd. Chief Manager Bank of Baroda) who could effectively go on to prove that a woman is a “SHERO”. The webinar had addressed various aspects of women in a higher position. The discussion involved active participation and engagement of students who asked many questions and ideas were exchanged by the well experienced speaker. Issues of sex stereotyping, underused female talent, reluctance to appoint women in higher positions and many such acceptance issues for women were discussed in the webinar. An overwhelming discussion based webinar was concluded with a sense of goodwill among all the participants and promoting women empowerment and gender equality. The third event which took place was a webinar on, “the power of forgiveness” which was conducted on 16th February, 2021. The event took place via virtual platform zoom and it witnessed close to 57 participants. A practical based webinar for the Teaching (Degree & SFC) & non-teaching staff was conducted on the human value of forgiveness by the guest speakers- Mr. Shailendra Haanumante & Aditya Raool (Pranic Healing Centre, Mumbai). The current pandemic has created a situation of social emergency also and has adversely affected the psychological wellbeing of individuals. Keeping in mind from the holistic perspective the wellbeing of an individual consists of emotional, mental and spiritual aspects as well. With the aim of improving the mental health the webinar started with a talk by the speaker on importance on the value of forgiveness. Hands on training were given to the participants by conducting mental health activities such as meditation, aura healing and twin heart meditation. The webinar was based on values of love, forgiveness and compassion in human action. The webinar aimed to project and create a system of good relationships through the joint learning responsibilities of forgiveness and love. The participants after attending the webinar felt stress free and relaxed.



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