



HUMAN EXCELLENCE DEVELOPMENT PROGRAMME

for

**SVKM'S NMIMS
Anil Surendra Modi School of Commerce,
Mumbai, Faculty Members**

Organised by:

**Ramakrishna Mission,
Mumbai**

In collaboration with

**The Mind Academy,
Mumbai**

18th June 2026

Venue:

**Swami Vivekananda Auditorium,
Ramakrishna Mission, Khar (West), Mumbai**

Report on the Successful Conduct of the Human Excellence Development Programme

Ramakrishna Mission, Mumbai, in collaboration with The Mind Academy, Mumbai, successfully organized a day-long **Human Excellence Development Programme** on Meditation, Mindfulness and Human Excellence for the faculty members and staff of **SVKM'S NMIMS Anil Surendra Modi School of Commerce, Mumbai**, on Thursday, 18th June 2026, at the **Swami Vivekananda Auditorium, Ramakrishna Mission, Mumbai**.

57 FACULTY & STAFF



The programme was attended by 57 faculty members and staff from **SVKM'S NMIMS Anil Surendra Modi School of Commerce, Mumbai**, who actively participated in the various sessions designed to promote holistic well-being, mindfulness, emotional intelligence, and value-based living.



REGISTRATION | VAIDIK SHANTI MANTRAH | WELCOME



The programme commenced with registration and breakfast, followed by **Vaidik Shanti Mantrah led by Dr. Swami Dayadhipananda along with students of the Vivekananda Study Circle**. A reading from **Karma Yoga of Swami Vivekananda** set the tone for the day. Participants were **welcomed by Swami Devakantyananda**, who introduced the objectives of the workshop and explained the schedule and facilities available on the campus.

SESSION ON HOLISTIC LIVING | GUIDED TOUR OF THE RAMAKRISHNA MISSION CAMPUS



The first session on **Holistic Living** was conducted by **Dr. Swami Dayadhipananda**, highlighting the importance of balanced living and inner harmony in personal and professional life. Following a wellness break, participants were taken on a guided tour of the Ramakrishna Mission campus, including the Temple, Bookstall, Hospital and Library.

SESSION ON MIND MANAGEMENT AND MEDITATION



The forenoon concluded with an inspiring session on **Mind Management and Meditation** by **Shrimat Swami Atmashraddhanandaji Maharaj**, Secretary, Ramakrishna Mission, Mumbai. Drawing upon the teachings of Sri Ramakrishna, Holy Mother Sri Sarada Devi and Swami Vivekananda, Maharaj explained practical methods for achieving mental clarity, concentration and inner peace.

PARTICIPANTS FEEDBACK & FACULTY MEMBERS APPRECIATION



The workshop concluded with **participant feedback**, where faculty members expressed appreciation for the **relevance and practical value** of the sessions. In his concluding remarks, Swami Devakantyananda outlined avenues for continued **engagement through spiritual and educational activities of the Mission**.

DOCUMENTARY ON "SWADESH CHETANA" & SESSION BY DR. VIPUL VYAS



After a wholesome lunch prasada, participants viewed the documentary **"Swadesh Chetana"** presented by Illumine Knowledge Resources. The afternoon session on **Mindfulness and Emotional Intelligence** was conducted by **Dr. Vipul Vyas**, Senior Facilitator and Life Coach, Mumbai. Through interactive discussions and practical exercises, participants explored techniques for emotional resilience, self-awareness, empathy and effective interpersonal communication.

DISTRIBUTION OF CERTIFICATES AND GIFT BOOKS | GROUP PHOTOGRAPH



The programme ended with the **distribution of participation certificates and gift books** to all the **57 participants**, followed by a **group photograph session**. The event concluded with a **joyful Jaighosh to the Holy Trio**, leaving participants inspired to **integrate mindfulness, meditation and holistic living** into their professional and personal lives.



The programme was highly appreciated by the participants and successfully fulfilled its objective of promoting mental well-being, emotional balance and value-based excellence among educators.



Ramakrishna Math and Ramakrishna Mission
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