

# FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING



**AN INITIATIVE BY THE DEPARTMENT OF  
ELECTRONICS & COMPUTER SCIENCE**

## **Supporting Placements & Higher Education Requirements in Engineering (SPHERE)**

SPHERE aims to create a complete 360° support system in becoming a single point of contact at the Department level for addressing student related queries of career counseling, academic guidance, placements, higher education, developing the relevant skill sets or upskilling etc. along with providing suitable resources in order to achieve them.

### **ACTIVITIES FOR A.Y. 2023 – 2024**

No.	Name of SPHERE Activity	Date	Scan QR Code for Details
1.	Preparatory Guidance on Profile Building, Upskilling & Experience Sharing from On-campus Placements	23 <sup>rd</sup> July 2023	
2.	Online Workshop on 'Mindful Stress Management for Work - Life Harmony' & Hands-on Techniques	5 <sup>th</sup> August 2023	
3.	Choosing the 'Right' Career Path & How to Prepare for it - Tips, Tricks & Guidance by Alumni	11 <sup>th</sup> August 2023	
4.	Visiting Delegation of Arizona State University (ASU) Interaction with Faculty, Staff & Students	3 <sup>rd</sup> October 2023	
5.	Taking 'Stock' of Placement Preparations with Full-fledged 'Mock' Assessment	12 <sup>th</sup> September 2023 7 <sup>th</sup> November 2023 11 <sup>th</sup> January 2024	
6.	N.I.C.E. Initiative (Notable Interactions with Corporate Employers) for Placement Improvements	Placement Season for A.Y. 2023 - 2024	
7.	Alumni Interaction with Training & Placement Cell for Better Understanding of Modern Industry Trends	14 <sup>th</sup> December 2023	
8.	Give Wings to Your Higher Education Dreams Abroad by ETS India (GRE, TOEFL & IELTS)	13 <sup>th</sup> April 2024	

# **A Supporting Placements & Higher Education Requirements in Engineering (SPHERE) Activity**

**On**

**Preparatory Guidance on Profile Building, Upskilling &  
Experience Sharing from On-Campus Placements for  
Upcoming Placement Season (A.Y.) 2023 – 2024**

**By**

**Students of B.E. (Electronics & Computer Science)  
Batch of 2023 who obtained On-campus Placements**

**Adwait Minde (Zycus)  
Mahimkar Sahil (Carwale)  
Vinay Shelke (Interactive Brokers)  
Arpita Kar (Ingram Micro)  
Sushant Shanbag (Ingram Micro)**

**Sunday, 23<sup>rd</sup> July 2023 from 12 noon to 1:00 pm  
Online (Google Meet)**



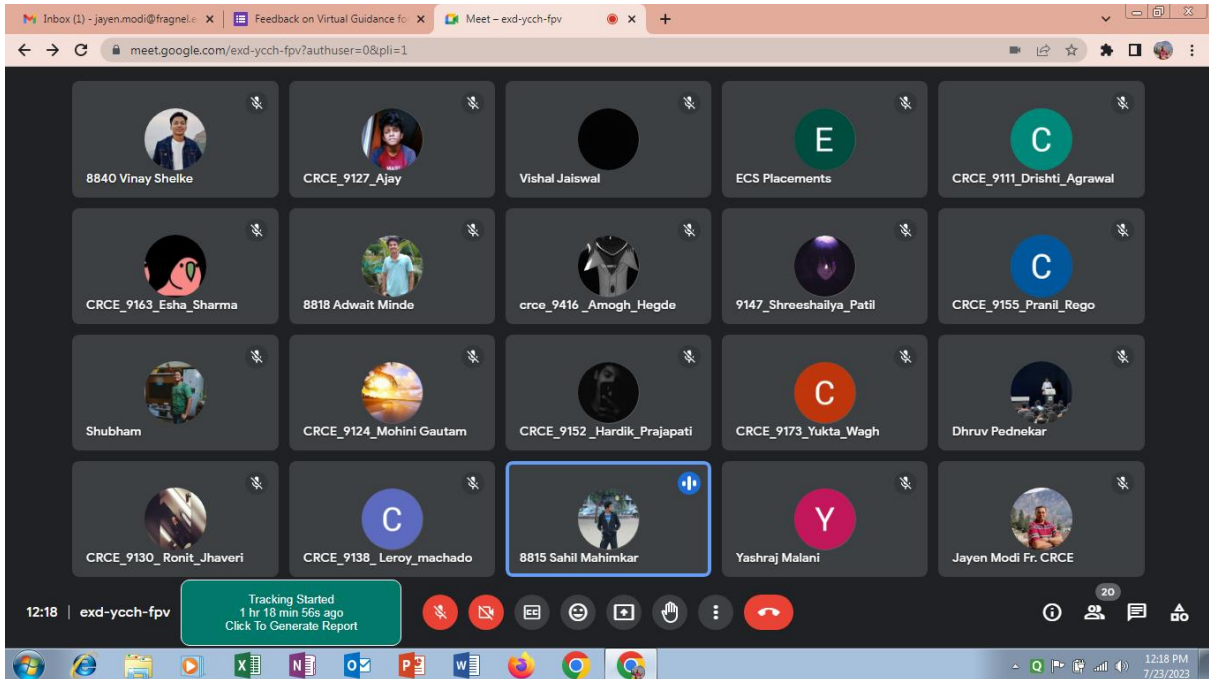
## SPHERE Activity for On-campus Placements Guidance

### 1. Overview & Details

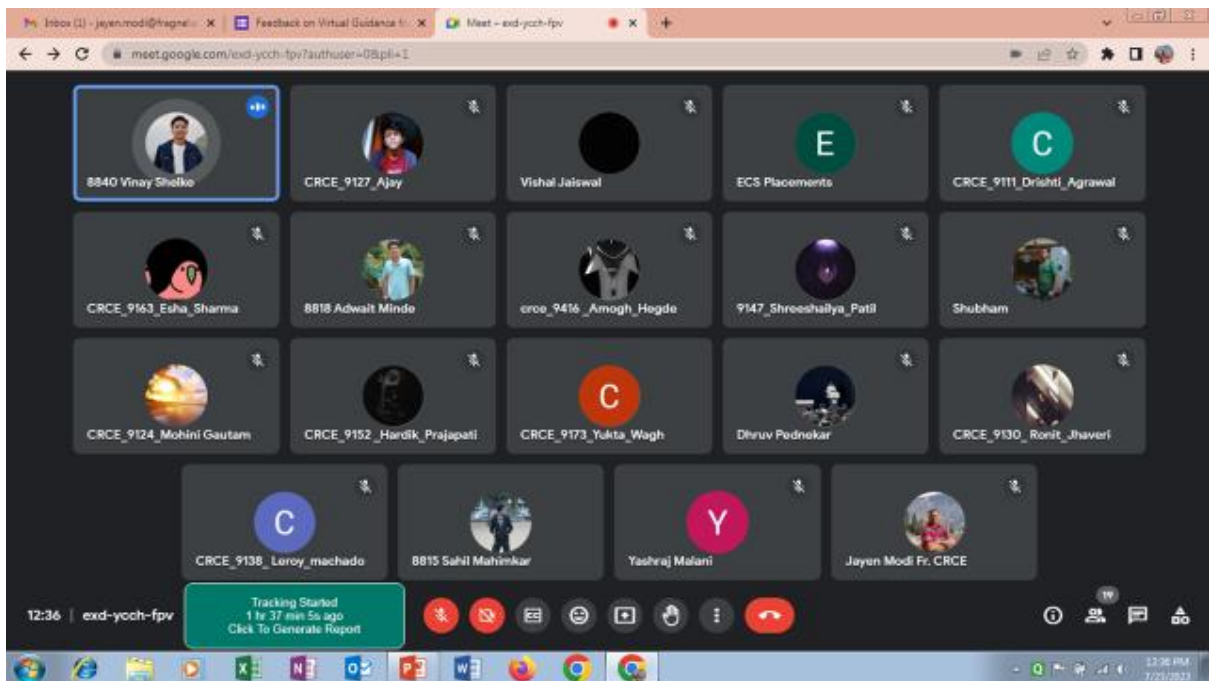
<b>Name of SPHERE Activity</b>	Preparatory Guidance on Profile Building, Upskilling & Experience Sharing from On-campus Placement Process
<b>Venue / Location</b>	Online (Google Meet)
<b>Activity Co-ordinator</b>	Jayen Modi, Assistant Professor, Department of Electronics & Computer Science & In-charge Public Relations, Fr. Conceicao Rodrigues College of Engineering
<b>Day, Date &amp; Timings</b>	Sunday, 23 <sup>rd</sup> July 2023 from 12 noon to 01:00 pm IST
<b>Key Resource Persons / Subject Expert Speakers</b>	Adwait Minde (Placed at Zycus) Vinay Shelke (Placed at Interactive Brokers) Mahimkar Sahil (Placed at Carwale.com) Arpita Kar & Sushant Shanbag (Both Placed at Ingram Micro)
<b>Aim &amp; Objective of the SPHERE Activity</b>	Organized in association with the training & placement office (TPO), the goal was to invite final year students already placed in the particular company to address the students & inform them about the expected selection process. The placed students discussed, in detail about their own experiences as prospective candidates, enriching the targeted audience (prospective students) about the various aspects of the placement selection process. Many myths were busted & several questions were answered pertaining to whatever doubts students had. Primary objective was to prepare the students in advance with additional training on the specific company-related matters (with inputs received from the placed students giving a large coverage from their experience). It motivated the students & gave them a really good insight as to what they were expected to face for the placement drive.
<b>Contents of SPHERE Activity on Preparatory Guidance on Profile Building, Upskilling &amp; Experience Sharing</b>	<ul style="list-style-type: none"> <li>• Introduction to on-campus placement process</li> <li>• Knowing eligibility criterion &amp; job description</li> <li>• Preparation of good resume &amp; professional etiquettes</li> <li>• Zycus process discussion by Adwait Minde</li> <li>• Interactive Brokers (IB) process discussion by Vinay Shelke</li> <li>• Carwale process discussion by Sahil Mahimkar</li> <li>• Ingram Micro process discussion by Arpita Kar &amp; Sushant Shanbag</li> </ul>
<b>Intended Audience</b>	All interested students wishing to opt for on-campus placement process

A SPHERE Activity for Preparatory Guidance on Profile Building, Upskilling & Experience Sharing from Campus Placements on Sunday, 23<sup>rd</sup> July 2023 from 12 noon to 01:00 pm

## 2. Activity Pictures (Images)



Sahil Mahimkar discusses his placement experience (online) of Carwale.com

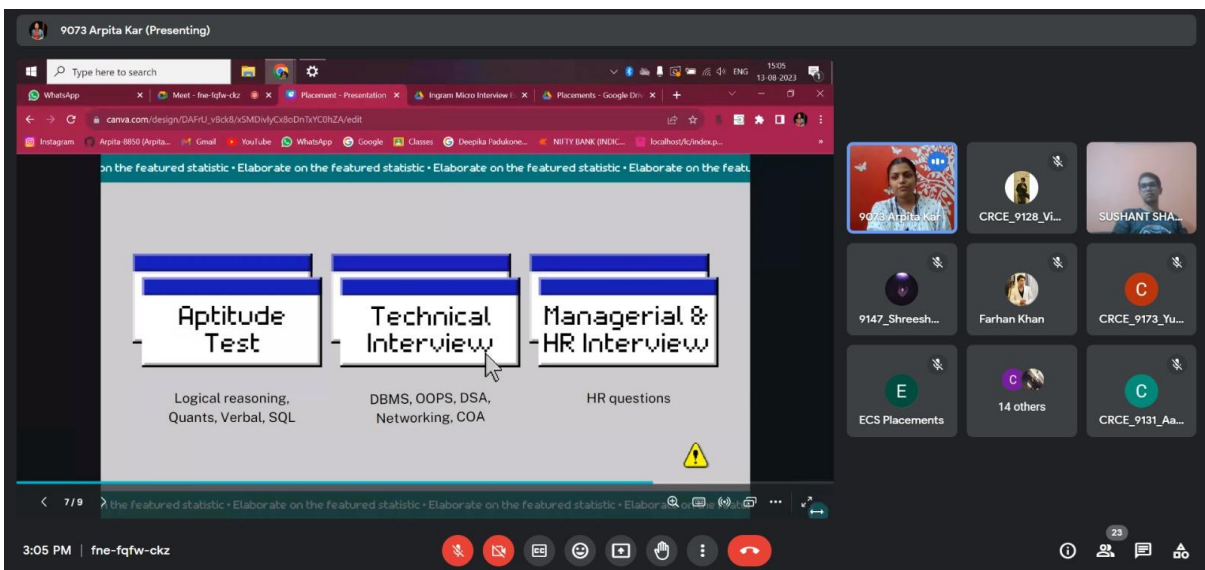
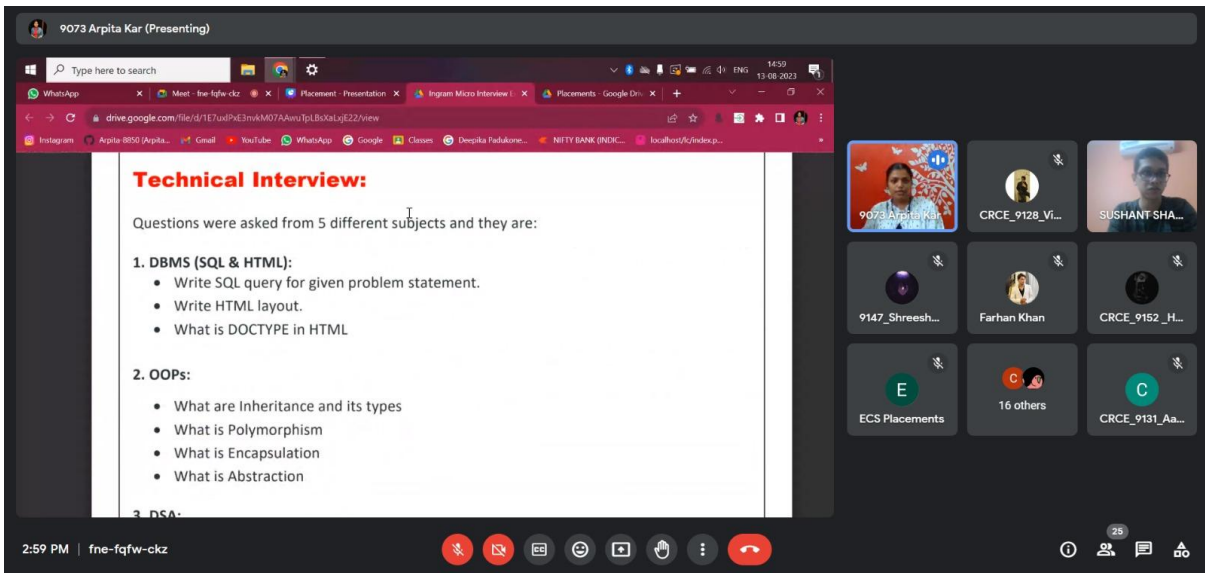
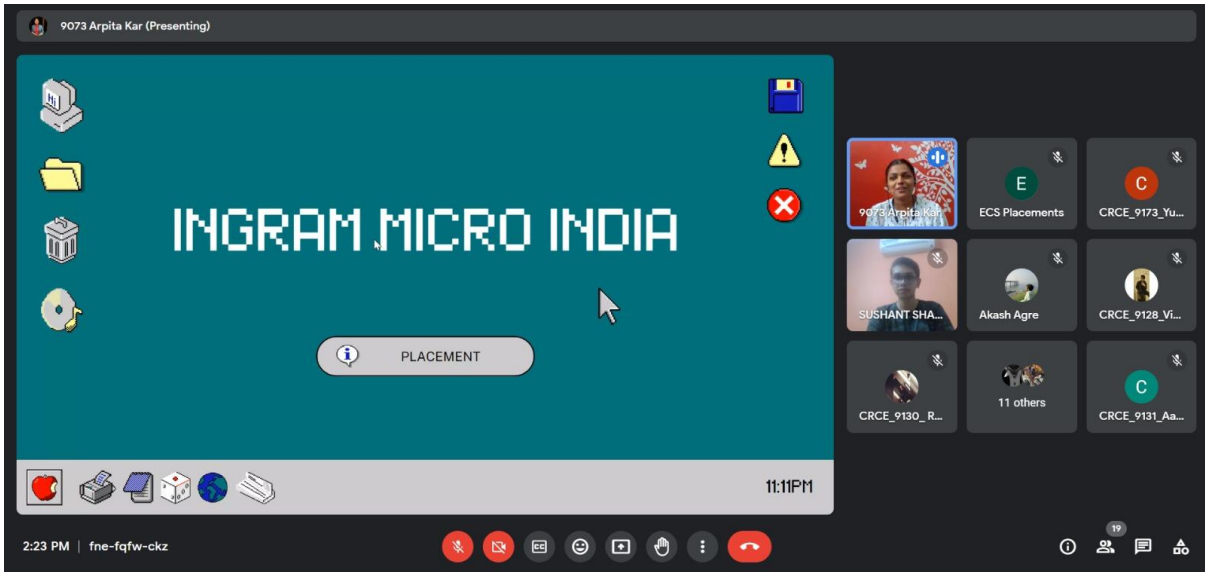


Vinay Shelke discusses his placement experience (online) for Interactive Brokers (IB)

A SPHERE Activity for Preparatory Guidance on Profile Building, Upskilling & Experience Sharing from Campus Placements on Sunday, 23<sup>rd</sup> July 2023 from 12 noon to 01:00 pm



FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Department of Electronics & Computer Science (ECS)



Arpita Kar & Sushant Shanbag discuss their placement experience (online) for Ingram Micro Services LLC

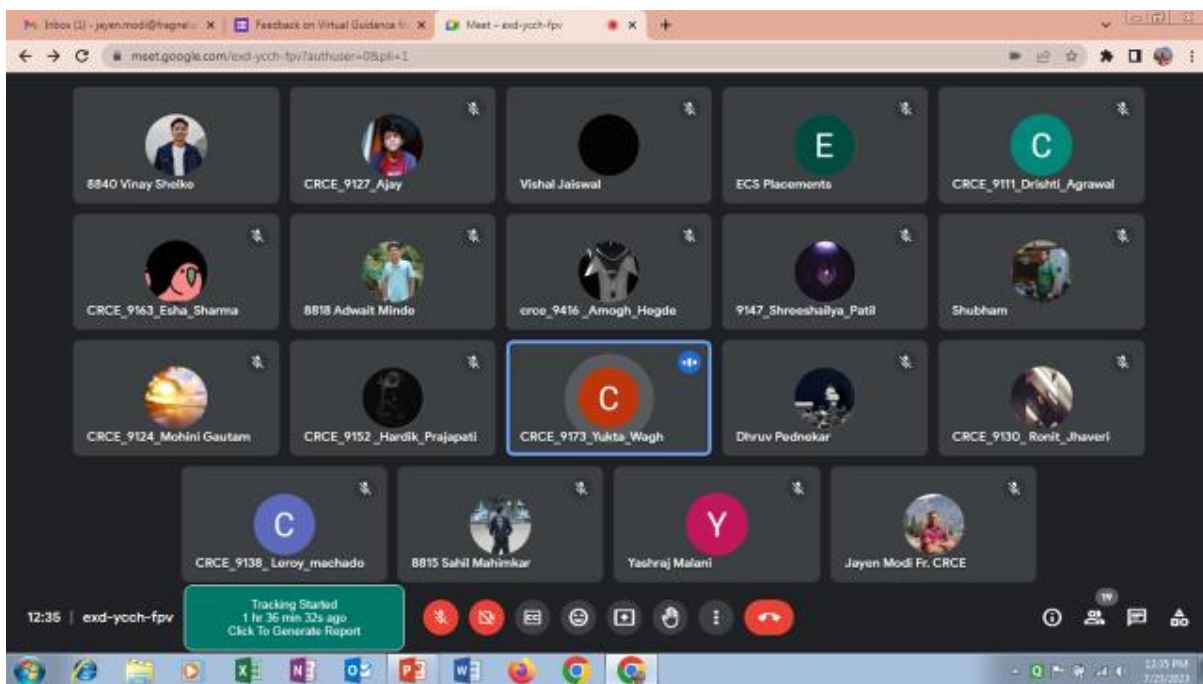
A SPHERE Activity for Preparatory Guidance on Profile Building, Upskilling & Experience Sharing from Campus Placements on Sunday, 23<sup>rd</sup> July 2023 from 12 noon to 01:00 pm

### 3. Description of Activity

The activity was broadly divided into two main parts – Prof. Jayen Modi briefed the audience about the objective of the session, describing the importance to start preparing for the placement processes from an early stage. He discussed the overall on-campus placement process & the requirements for the same. He also urged students to be proactive in establishing a network of like-minded professionals over LinkedIn, preparing a one-page professional resume & finally honing their technical skills along with soft-skills to increase their chances of getting placed.

The second half brought the placed students in front of the audience. Adwait Minde & Sahil Mahimkar described their preparations for Zycus & Carwale.com respectively. Both companies required a very high level of competitive coding skills, which was explained to the audience by them. Next came Vinay Shelke with his experience sharing on Interactive Brokers (IB). He started by explaining the job profile / job description (JD) to the audience & gave them insights on how to select one if a particular company offers multiple roles. He proceeded with his description of the overall placement experience, giving several suggestions on the way. The session concluded with a neatly curated presentation (PPT) by Arpita Kar & Sushant Shanbag, holders of multiple placement offers from Reliance Jio & Ingram Micro briefing the audience & informing them to focus on regular academic subjects as first step towards preparation for the same. The overall talk was very well appreciated by the audience as they were introduced to three different placement process; from which they were able to pick up the common factors & at the same time also identify different processes.

### 4. Doubt Solving / Questions & Answers (Q&A) by Participants



*Jayen Modi*

**Jayen Modi**

Assistant Professor, Department of Electronics & Computer Science,  
In-charge of Public Relations & Outreach (PRO),  
Fr. Conceicao Rodrigues College of Engineering

**A SPHERE Activity for Preparatory Guidance on Profile Building, Upskilling & Experience Sharing from  
Campus Placements on Sunday, 23<sup>rd</sup> July 2023 from 12 noon to 01:00 pm**

## Google Meet Attendance Tracking Report

Meeting Name: exd-ycch-fpv

Date: 23-Jul-2023

Attendance Tracking Started At : 10:59:06 AM  
 Attendance Tracking Stopped At : 12:57:13 PM  
 Total Number of people Attended : 23  
 Total Meeting Duration : 1 hr 58 min 6s

### Detailed Attendance Report

[Apply filter](#)

Number Of People Attended More Than 65% Of Meeting: 19

Number Of People Attended Less Than 65% Of Meeting: 4

Rank	Name	Duration	Attendance %
1	8815 SAHIL MAHIMKAR	1 hr 46 min 18s	91%
2	8818 ADWAIT MINDE	1 hr 46 min 44s	91%
3	8840 VINAY SHELKE	1 hr 43 min 53s	88%
4	9147_SHREESHAILYA_PATIL	1 hr 48 min 16s	92%
5	CRCE_9111_DRISHTI_AGRAWAL	1 hr 48 min 16s	92%
6	CRCE_9124_MOHINI GAUTAM	1 hr 57 min 24s	100%
7	CRCE_9127_AJAY	1 hr 58 min 6s	100%
8	CRCE_9130_RONIT_JHAVERI	1 hr 48 min 8s	92%
9	CRCE_9134_FARHANKHAN	32 min 35s	28%
10	CRCE_9138_LEROY_MACHADO	1 hr 39 min 58s	85%
11	CRCE_9141_FIOLA_MATHIAS	1 hr 10 min 28s	60%
12	CRCE_9152_HARDIK_PRAJAPATI	1 hr 33 min 21s	80%
13	CRCE_9155_PRANIL_REGO	1 hr 19 min 18s	68%
14	CRCE_9163_ESHA_SHARMA	1 hr 48 min 16s	92%
15	CRCE_9170_EMMANUEL	43 min 16s	37%
16	CRCE_9173_YUKTA_WAGH	1 hr 48 min 16s	92%

<b>17</b>	CRCE_9416_AMOGH_HEGDE	1 hr 48 min 17s	92%
<b>18</b>	DHRUV PEDNEKAR	1 hr 36 min 56s	83%
<b>19</b>	ECS PLACEMENTS	1 hr 58 min 6s	100%
<b>20</b>	JAYEN MODI FR. CRCE	1 hr 58 min 6s	100%
<b>21</b>	SHUBHAM	1 hr 48 min 18s	92%
<b>22</b>	VISHAL JAISWAL	1 hr 57 min 59s	100%
<b>23</b>	YASHRAJ MALANI	50 min 58s	44%



# FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING



Department of Electronics & Computer Science

## Online Workshop on 'Mindful Stress Management for Work – Life Harmony' with hands-on Techniques to Manage Stress – As You Know It !

A SPHERE (Supporting Placements & Higher Education Requirements in Engineering) Activity & Mentoring Initiative

**PROF. DEEPALI NAYAK**



สถาบันเทคโนโลยีไทย-ญี่ปุ่น  
Thai-Nichi Institute of Technology  
泰日工業大学


สร้างนวัตกรรม ผลิตนักปฏิบัติ สร้างนักประดิษฐ์ ผลิตนักบริหาร

Lecturer, Data Science & Artificial Intelligence,  
Thai – Nichi International College, Thai – Nichi Institute of  
Technology (TNIT), Bangkok, Thailand.

### TAKEAWAYS OF THE ONLINE STRESS MANAGEMENT WORKSHOP

- ✓ What is mindfulness & why to use it ?
- ✓ Hands-on Techniques to deal with stress
- ✓ Daily routines to manage long-term stress

 Saturday, 5<sup>th</sup>  
August 2023

 01:00 pm  
IST onwards

 Google Meet  
(online)



@ecs.frcrce

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@ecs-frcrce



Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai – 400050.  
[www.frcrce.ac.in](http://www.frcrce.ac.in) / +91-22-67114111 / [ecs.frcrce@gmail.com](mailto:ecs.frcrce@gmail.com)

A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards



# A Supporting Placements & Higher Education Requirements in Engineering (SPHERE) Activity

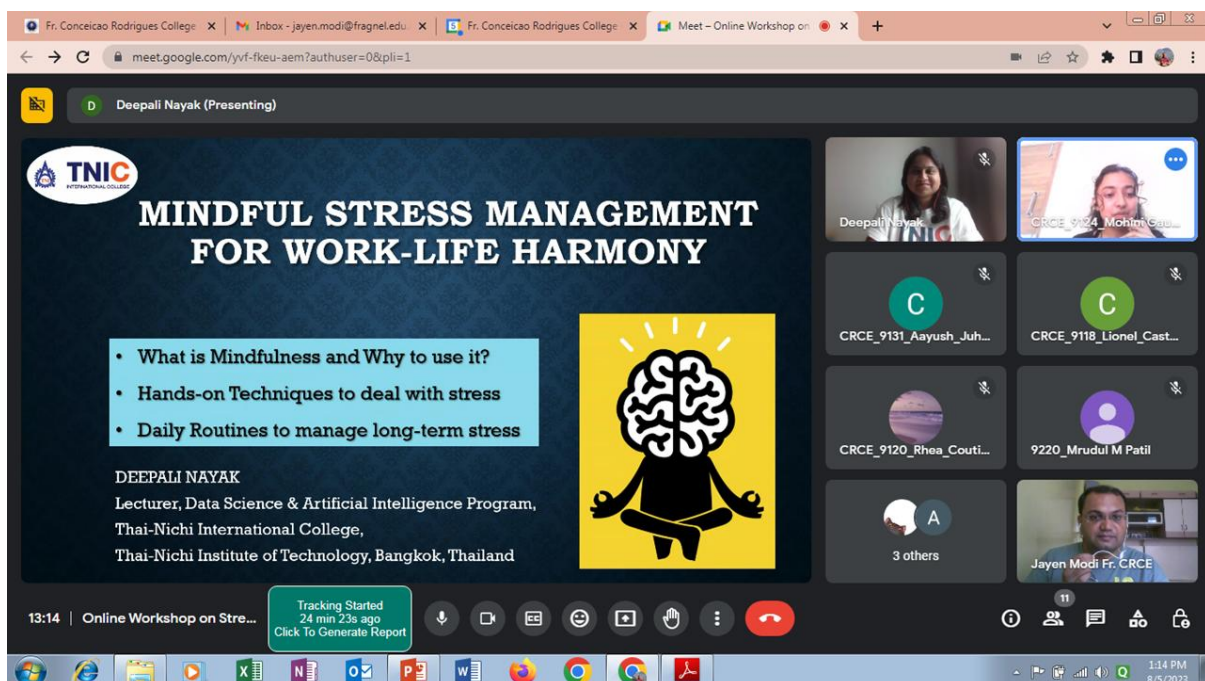
On

## Online Workshop on 'Mindful Stress Management for Work – Life Harmony' with Hands-on Techniques

By

**Prof. Deepali Nayak**

**Lecturer, Data Science & Artificial Intelligence  
Thai-Nichi International College, Bangkok (Thailand)**



**Friday, 5<sup>th</sup> August 2022 (Online Google Meet)**

A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with  
Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards



## SPHERE Activity for 'Stress Management Workshop'

### 1. Overview & Details

<b>Name of SPHERE Activity</b>	Online Workshop on Mindful Stress Management for 'Work – Life Harmony' with Hands-on Techniques to Manage Stress – as you know it !
<b>Venue / Location</b>	Online using Google Meet
<b>Activity Co-ordinator</b>	Jayen Modi, Assistant Professor, Department of Electronics & Computer Science & In-charge Public Relations, Fr. Conceicao Rodrigues College of Engineering
<b>Day, Date &amp; Timings</b>	Saturday, 5 <sup>th</sup> August 2023 from 01:00 pm IST onwards
<b>Key Resource Persons / Subject Expert Speakers</b>	Prof. Deepali Nayak Lecturer, Data Science & Artificial Intelligence Thai-Nichi International College (TNIC), Thai-Nichi Institute of technology (TNIT), Bangkok, Thailand
<b>Aim &amp; Objective of the SPHERE Activity</b>	Today's generation of students are well versed with all the technical skills, however it's the emotional quotient, managing interpersonal professional skills & the clear communication that seems lagging. With COVID, this problem has just become more and more prominent. The speaker / resource person is working diligently in this area of improvement for university students. Both in Thailand as well as in India. The speaker is Lecturer in Data Science & Artificial Intelligence at Thai-Nichi International College, Thai-Nichi Institute of Technology, Bangkok, Thailand. She is a certified counselor in REBT & TA counseling techniques, Mindfulness Life coach & speaker. She has worked with many people to help their emotion management, behavior transformation & mindset adaptations.
<b>Contents of SPHERE Activity on Mindful Stress Management Workshop (online) with Hands-on Technique to Manage Stress</b>	Academic stress (or stress, in general) is one of the biggest causes of anxiety, depression, low self-confidence & esteem among students. It is a burden that we unfortunately carry along with us, unknowingly almost daily. The key to managing it is being aware of what one needs to do & work through each challenge. While we focus on skill development, ethics, professional communication & even time management, very rarely 'Stress Management' is talked about or even taken up for discussion. The Department of Electronics & Computer Science in association with Training & Placement Office (TPO) aims to fill this gap with an online workshop for our students of second year, third year & final year by an international resource person who will conduct it live from abroad with activity based learning & hands-on.
<b>Intended Audience</b>	All interested students wishing to opt for on-campus placement process

A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards

## **2. Activity Description**

Prof. Deepali Nayak, after introducing herself online along with her accolades, threw light upon the three main topics that she proposed to cover during this two hours workshop :-

1. What is Mindfulness & why to use it ?
2. Hands-on Techniques to deal with stress
3. Daily routines to manage long-term stress

The various hand-on activities which were conducted online during the session were :-

1. Mindful Breathing (identify stress in your body)
2. Pause Journaling
3. Tapping – also called emotional freedom technique (EFT), it re-wires the subconscious mind. Tapping on physical body makes one mindful & tapping on acupuncture points increases energy levels.

She stressed on acceptance, just to accept the way things are. It requires a mindset shift to see things just the way they are without any judgement & criticizing. Acceptance opens up new perspectives, new opportunities & new realizations. It is more than half of the inner work done when dealing with difficult emotions / situations under stress.

She advised the following daily routines to manage long-term stress :-

1. Self-care
2. Meditation
3. Connecting with Nature
4. Journaling
5. Gratitude Practice
6. Physical Activity

The well-conducted & well-paced activity ended with the following summary :-

1. What is Mindfulness & its benefits ?
2. How thoughts & emotions create stress
3. How to identify & break free from stress as it happens
4. How to achieve work-life harmony
5. What are long-term techniques to keep away stress or manage it better ?

3. Activity Pictures (Screenshots)

Fr. Conceicao Rodrigues College | Inbox - jayen.modi@fragnel.edu | Fr. Conceicao Rodrigues College | Meet - Online Workshop on ...

meet.google.com/yvf-fkeu-aem?authuser=0&pli=1

Deepali Nayak (Presenting)

**WHO AM I?**

**TNIC**  
INTERNATIONAL COLLEGE

- Psychologist certified in integrative counseling techniques like Rational Emotive Behavior Techniques (REBT) and Transactional Analysis (TA)
- Mindfulness Practitioner, Meditation & Spirituality Life Coach conducting 1-2-1 coaching as well as group mentoring
- Pranic Healer, Angel Therapist, Akashic Record Reader, Inner Child Healer, Switchwords Practitioner & Trainer as well as Emotional Freedom Technique Facilitator- all subconscious energy healing modalities
- I have coached students and clients for Emotion management, Behavioral Transformation and Mindset Adaptations for them to achieve their highest possible potential.

13:21 | Online Workshop on Stre... Tracking Started 31 min 26s ago Click To Generate Report

1:21 PM 8/5/2023

Fr. Conceicao Rodrigues College | Inbox - jayen.modi@fragnel.edu | Fr. Conceicao Rodrigues College | Meet - Online Workshop on ...

meet.google.com/yvf-fkeu-aem?authuser=0&pli=1

Deepali Nayak (Presenting)

**EXAMPLE OF THOUGHTS**

**TNIC**  
INTERNATIONAL COLLEGE

Past	Present	Future
<ul style="list-style-type: none"> <li>• I made mistake in the past, I fear I will make same mistake again</li> <li>• My teacher commented that I am stupid in front of the class, I believe I am when I am in public.</li> <li>• I must be perfect else everyone will judge and criticize my work</li> </ul>	<ul style="list-style-type: none"> <li>• I am okay, You are okay</li> <li>• I love myself unconditionally</li> <li>• I am good enough</li> <li>• I am not my mistakes, I learn from them</li> <li>• I am worthy of happiness</li> </ul>	<ul style="list-style-type: none"> <li>• Compared to others, I don't have right skills. I am not worthy of this job at all</li> <li>• How will I be able to manage a dominating boss? just not possible</li> <li>• I have so much to do.. This.. This.. &amp; This.. I don't have enough time</li> </ul>

13:37 | Online Workshop on Str... Tracking Started 47 min 45s ago Click To Generate Report

1:37 PM 8/5/2023



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Department of Electronics & Computer Science (ECS)

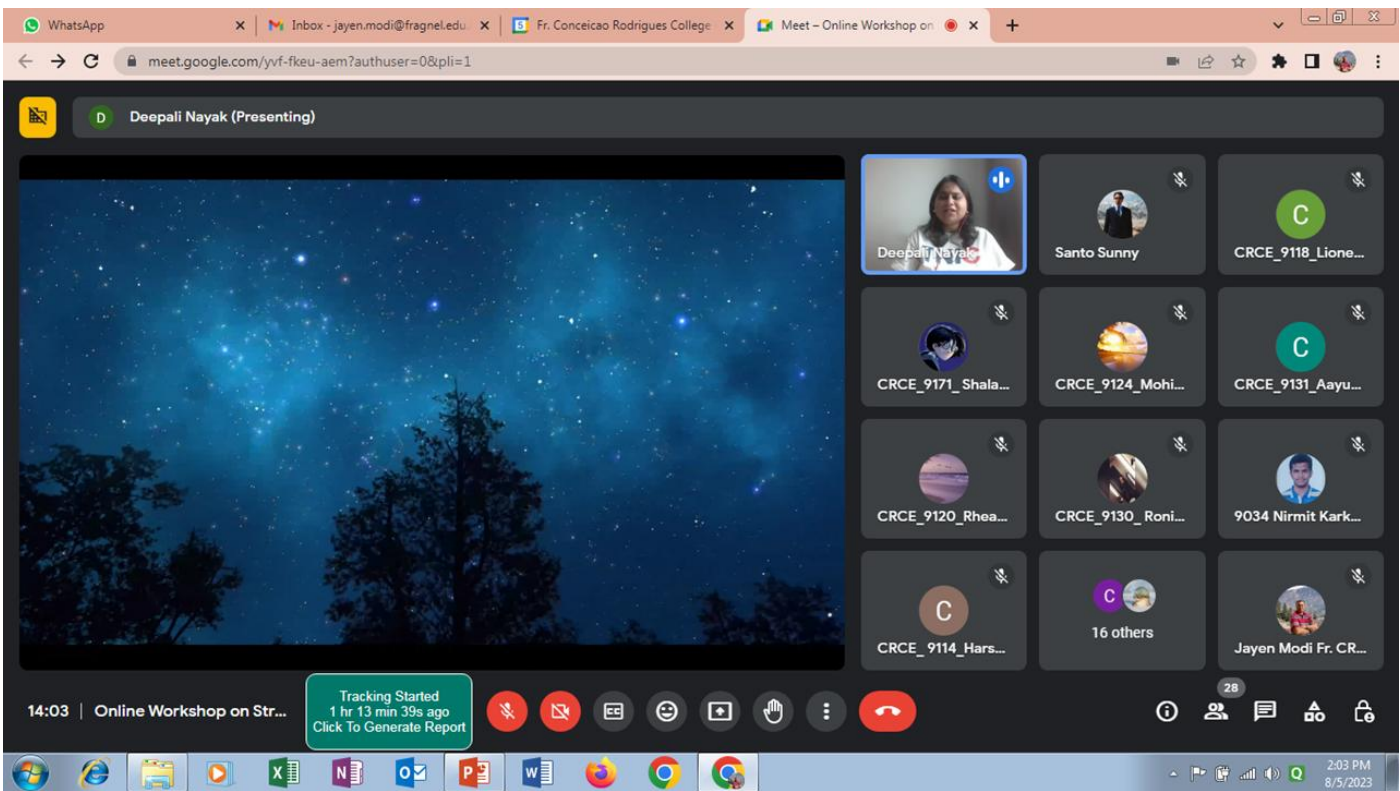
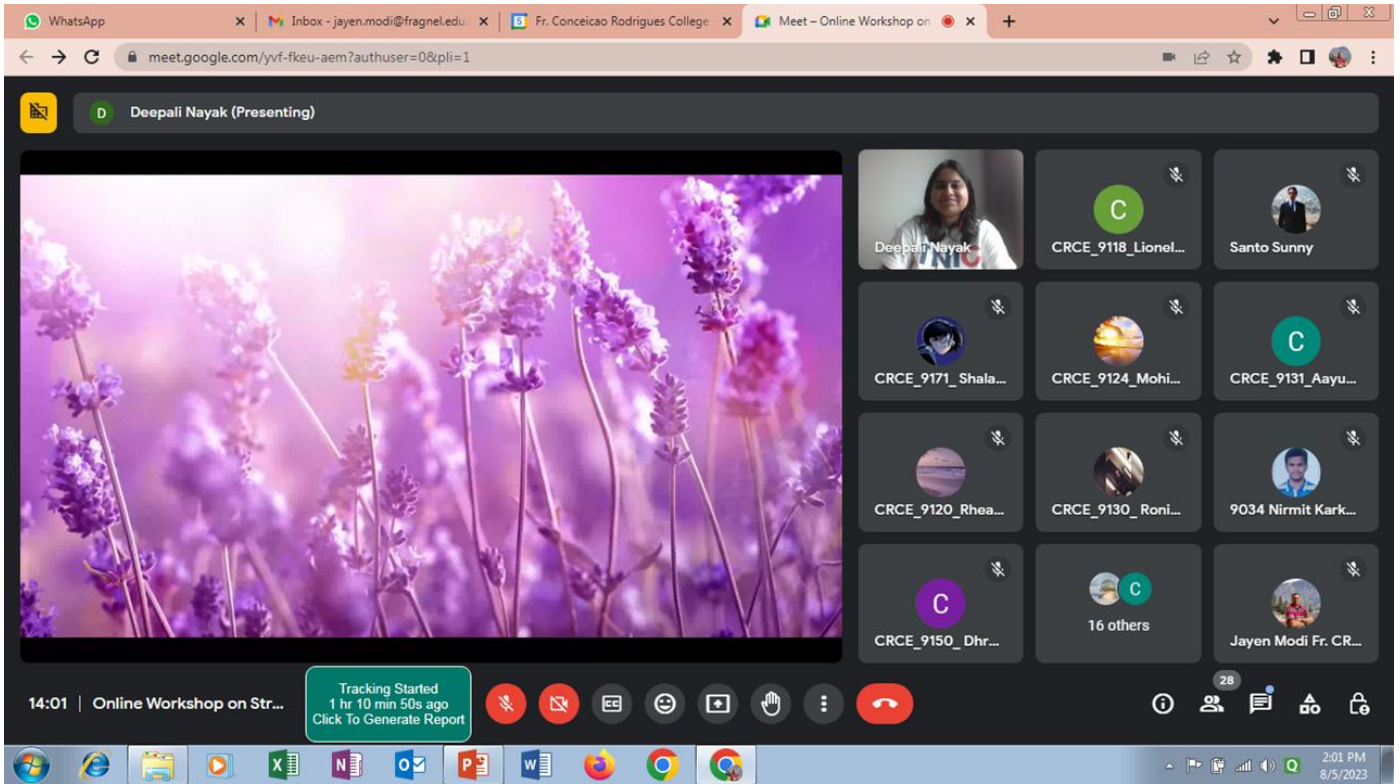
The screenshot shows a Google Meet interface. The main presentation area displays the TNIC logo and the title "ACTIVITY 1: MINDFUL BREATHING". Below the title is a white outline of a human figure on a dark blue background. Underneath the figure, the text reads "IDENTIFY STRESS IN YOUR BODY". A green notification box at the bottom of the slide says "Tracking Started 1 hr 1 min 46s ago Click To Generate Report". The meeting controls at the bottom show a timer at 13:51 and a participant list on the right with several active participants.

This screenshot shows the same Google Meet session. The presentation slide now includes a second card titled "BUMBLEBEE BREATHING" with the subtitle "TO CALM & SOOTHE". The card features a cartoon bee and a list of four steps: "1. Sit comfortably and lightly place a finger in each ear.", "2. Close your eyes.", "3. Breathe in through your nose.", and "4. Hum softly as you breathe out." The human outline and "IDENTIFY STRESS IN YOUR BODY" text remain. The notification box now shows "Tracking Started 1 hr 8 min 48s ago Click To Generate Report". The meeting controls at the bottom show a timer at 13:58 and a participant list on the right.

A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards



FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Department of Electronics & Computer Science (ECS)



A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards

FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Department of Electronics & Computer Science (ECS)

The screenshot shows a Google Meet interface. The main window displays a presentation slide with the TNIC logo in the top left corner. The slide title is "ACTIVITY 1: MINDFUL BREATHING" and features a photograph of a young child with arms raised against a blue sky. Below the photo, the text reads "YOUR BREATH OF FRESH AIR UPLIFTS YOU...". A green notification box at the bottom of the slide states "Tracking Started 1 hr 18 min 37s ago Click To Generate Report". The time "14:08" and "Online Workshop on Str..." are visible in the bottom left. The right sidebar shows a grid of participants, including Deepali Nayak (presenting), Santo Sunny, and several CRCE members. The bottom of the screen shows a Windows taskbar with various application icons and a system tray with the time "2:08 PM 8/5/2023".

The screenshot shows a Google Meet interface. The main window displays a presentation slide with the TNIC logo in the top left corner. The slide title is "ACTIVITY 2: PAUSE JOURNALING" and features a photograph of hands writing in a notebook on a grassy field. A green notification box at the bottom of the slide states "Tracking Started 1 hr 24 min 9s ago Click To Generate Report". The time "14:14" and "Online Workshop on Stre..." are visible in the bottom left. The right sidebar shows a grid of participants, including Deepali Nayak (presenting), CRCE\_9118\_Lionel\_Cast..., CRCE\_9171\_Shalaka, Santo Sunny, CRCE\_9124\_Mohini Gau..., CRCE\_9131\_Aayush\_Juh..., and Jayen Modi Fr. CRCE. The bottom of the screen shows a Windows taskbar with various application icons and a system tray with the time "2:14 PM 8/5/2023".

A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards



**FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING**  
**Department of Electronics & Computer Science (ECS)**

**ACTIVITY 3: TAPPING**

**EFT Tapping Points**

- TH: top of head
- EB: eyebrow
- SE: side of eye
- UE: under eye
- UN: under nose
- CH: chin
- CB: collarbone
- UA: under arm
- KC: karate chop

- Tapping Technique also called Emotional Freedom Technique (EFT)
- Re-wires the subconscious mind
- Tapping on physical body makes you mindful
- Tapping on acupressure points increases energy level

**A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards**

FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Department of Electronics & Computer Science (ECS)

News - Latest News, Breaking | X | Inbox - jayen.modi@fragne... | Feedback on Stress Managem... | Fr. Conceicao Rodrigues Colle... | Meet - Online Workshop : ...

meet.google.com/yvf-fkeu-aem?authuser=0&pli=1

Deepali Nayak (Presenting)

**ACTIVITY 3: TAPPING**

- **Karate Chop Point:** In this moment I choose to relax and breath deeply. I gently let go any stress. I give myself permission to feel peace now. I choose to trust all is well
  - **Eyebrow:** I am inviting a peaceful stillness to surround me
  - **Side of eye:** I choose to live in this present moment of calm
  - **Under eye:** As I breath gently and relax now, I allow all of my troubles and worries to gently float away
  - **Under nose:** Right here, right now, I embrace being mindful.
  - **On the Chin:** This moment is all there is
  - **Collar bone:** and it is safe to relax, safe to let go, safe to be at peace.
  - **Under the arm:** Feeling strong , energetic & rejuvenated
  - **Top of the head:** I choose to feel calm now.

14:43 | Online Workshop on Str... Tracking Started 1 hr 53 min 24s ago Click To Generate Report

Deepali Nayak, CRCE\_9171\_Shalka, CRCE\_9118\_Lionel\_Cast..., Santo Sunny, CRCE\_9124\_Mohini Gau..., CRCE\_9131\_Aayush\_Juh..., 9 others, Jayen Modi Fr. CRCE

2:43 PM 8/5/2023

Inbox - jayen.modi@fragne... | Feedback on Stress Managem... | Fr. Conceicao Rodrigues Colle... | Meet - Online Workshop on ...

meet.google.com/yvf-fkeu-aem?authuser=0&pli=1

Deepali Nayak (Presenting)

**ACTIVITY 3: TAPPING**

- **Karate Chop Point:** In this moment I choose to relax and breath deeply. I gently let go any stress. I give myself permission to feel peace now. I choose to trust all is well
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  - **Under the arm:** Feeling strong , energetic & rejuvenated
  - **Top of the head:** I choose to feel calm now.

14:55 | Online Workshop on Str... Tracking Started 2 hr 5 min 10s ago Click To Generate Report

Deepali Nayak, CRCE\_9171\_Shalka, 14 others, Jayen Modi Fr. CRCE

**In-call messages**

Let everyone send messages

Messages can be seen only by people in the call and are deleted when the call ends

CRCE\_9118\_Lionel\_Castelino 14:53  
felt very much relaxed

CRCE\_9124\_Mohini Gautam 14:53  
start - 8  
after 2 activities - 5  
after tapping - 1

CRCE\_9124\_Mohini Gautam 14:54  
tapping is like knocking and asking our body to snap out of problems and just focus on what's next

Send a message

2:55 PM 8/5/2023


A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards



Inbox - jayen.modi@fragnel.edu | Feedback on Stress Management | Fr. Conceicao Rodrigues College | Meet - Online Workshop on


meet.google.com/yvf-fkeu-aem?authuser=0&pli=1

Deepali Nayak (Presenting)




## MINDFULNESS → ACCEPTANCE → WORK-LIFE HARMONY

### what is acceptance?



IT'S RAINING

I don't like rain. I wish it wasn't raining, my day would be better if it wasn't raining, my day is ruined, every day is like this, it's always like this, why does it always rain when all I want is for it to be sunny?



IT'S RAINING

yup.

- Acceptance is the key to work-life harmony
- Acceptance requires a mindset shift to see things just the way they are without judgement without criticizing
- It opens up new perspectives, new realizations, new opportunities
- Acceptance is >50% of the inner work done when dealing with difficult emotions/ situations like stress

14:59 | Online Workshop on Str... Tracking Started 2 hr 9 min 20s ago Click To Generate Report


Deepali Nayak, CRCE\_9171\_Shalka, CRCE\_9118\_Lionel\_Cast..., Santo Sunny, CRCE\_9124\_Mohini Gau..., CRCE\_9131\_Aayush\_Juh..., 10 others, Jayen Modi Fr. CRCE

2:59 PM 8/5/2023


Inbox - jayen.modi@fragnel.edu | Feedback on Stress Management | Fr. Conceicao Rodrigues College | Meet - Online Workshop on

meet.google.com/yvf-fkeu-aem?authuser=0&pli=1


Deepali Nayak (Presenting)




## DAILY ROUTINES TO MANAGE LONG-TERM STRESS




Self-Care




Meditation




Connecting with Nature



Journaling



Gratitude Practice



Physical Activity

15:04 | Online Workshop on Str... Tracking Started 2 hr 13 min 55s ago Click To Generate Report

Deepali Nayak, CRCE\_9171\_Shalka, CRCE\_9118\_Lionel\_Cast..., Santo Sunny, CRCE\_9124\_Mohini Gau..., CRCE\_9131\_Aayush\_Juh..., 10 others, Jayen Modi Fr. CRCE

3:04 PM 8/5/2023



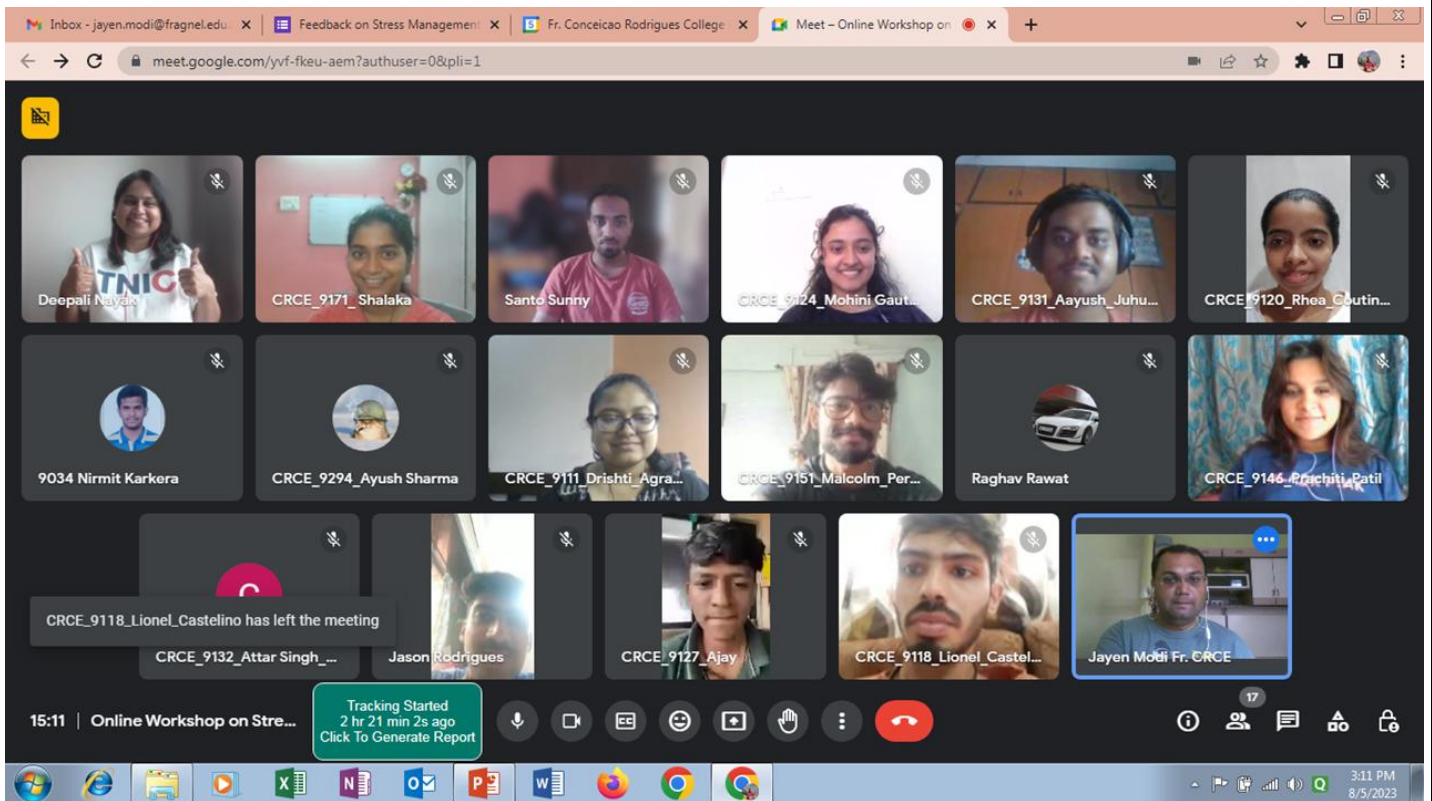
FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Department of Electronics & Computer Science (ECS)

The screenshot shows a Google Meet interface with a presentation slide. The slide is titled "TO SUMMARIZE" and features a flowchart with five green ovals connected by arrows. The points are: 1. What is Mindfulness & its benefits?; 2. How thoughts & emotions create stress; 3. How to identify and break free from stress as it happens?; 4. How to achieve work-life harmony?; 5. What are the long term techniques to keep stress away/ manage it better? The flow starts at point 1, goes to 2, then 3, then 4, and finally 5. The Google Meet interface shows the presenter as Deepali Nayak and a list of participants including CRCE\_9171\_Shalka, CRCE\_9118\_Lionel\_Cast..., Santo Sunny, CRCE\_9124\_Mohini Gau..., CRCE\_9131\_Aayush\_Juh..., 10 others, and Jayen Modi Fr. CRCE. The meeting title is "Online Workshop on Str...".

The screenshot shows a Google Meet interface with a presentation slide titled "GET IN TOUCH- PERSONAL". The slide displays contact information for Deepali Nayak: a WhatsApp icon with the number +91-9004089604, an Email icon with the address deepali@tni.ac.th, an Instagram icon with the handle your.miracle.stories, and a LinkedIn icon. There are also QR codes for WhatsApp and Instagram. The Google Meet interface shows the presenter as Deepali Nayak and a list of participants including CRCE\_9171\_Shalka, CRCE\_9118\_Lionel\_Cast..., Santo Sunny, CRCE\_9124\_Mohini Gau..., CRCE\_9131\_Aayush\_Juh..., 10 others, and Jayen Modi Fr. CRCE. The meeting title is "Online Workshop on Str...".

A SPHERE Activity for Online Workshop on 'Mindful Stress Management for Work – Life Harmony with Hands-on Techniques to Manage Stress' on Saturday 5<sup>th</sup> August 2023 from 01:00 pm IST onwards

FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING  
Department of Electronics & Computer Science (ECS)



*Jayen Modi*

**Jayen Modi**

Assistant Professor, Department of Electronics & Computer Science (ECS),  
In-charge of Public Relations & Outreach (PRO),  
Fr. Conceicao Rodrigues College of Engineering

## Google Meet Attendance Tracking Report

Meeting Name: yvf-fkeu-aem

Date: 5-Aug-2023

Attendance Tracking Started At : 12:50:06 PM  
Attendance Tracking Stopped At : 3:23:21 PM  
Total Number of people Attended : 33  
Total Meeting Duration : 2 hr 33 min 8s

### Detailed Attendance Report

[Apply filter](#)

Number Of People Attended More Than 25% Of Meeting: 25

Number Of People Attended Less Than 25% Of Meeting: 8

1	9034 NIRMIT KARKERA	1 hr 52 min 49s	74%
2	9220_MRUDUL M PATIL	1 min 0s	1%
3	ABDULLAH SIDDIQUI	12 min 6s	8%
4	CRCE_9114_HARSHIT_ANCHAN	54 min 42s	36%
5	CRCE_9111_DRISHTI_AGRAWAL	1 hr 37 min 2s	64%
6	CRCE_9118_LIONEL_CASTELINO	2 hr 18 min 23s	91%
7	CRCE_9120_RHEA_COUTINHO	2 hr 21 min 49s	93%
8	CRCE_9124_MOHINI GAUTAM	2 hr 29 min 15s	98%
9	CRCE_9127_AJAY	1 hr 22 min 33s	54%
10	CRCE_9128_VISHAL_JAISWAL	44 min 46s	30%
11	CRCE_9130_RONIT_JHAVERI	39 min 38s	26%
12	CRCE_9131_AAYUSH_JUHUKAR	2 hr 28 min 28s	97%
13	CRCE_9132_ATTAR SINGH_KALSI	2 hr 17 min 55s	91%
14	CRCE_9139_ANIKA MAKHIJA	22 min 11s	15%
15	CRCE_9141_FIOLA_MATHIAS	1 hr 2 min 53s	42%
16	CRCE_9146_PRACHITI_PATIL	2 hr 9 min 59s	85%
17	CRCE_9148_HEMANT PAWAR	11 min 59s	8%
18	CRCE_9150_DHRUV_PEDNEKAR	1 hr 8 min 35s	45%

<b>19</b>	CRCE_9151_MALCOLM_PEREIRA	1 hr 50 min 6s	72%
<b>20</b>	CRCE_9156_REYHAAN_BINNY	5 min 13s	4%
<b>21</b>	CRCE_9163_ESHA_SHARMA	29 min 43s	20%
<b>22</b>	CRCE_9168_JINISH V	38 min 52s	26%
<b>23</b>	CRCE_9171_SHALAKA	1 hr 37 min 28s	64%
<b>24</b>	CRCE_9172_KUNAL_WAGH	51 min 21s	34%
<b>25</b>	CRCE_9294_AYUSH SHARMA	1 hr 43 min 6s	68%
<b>26</b>	CRCE_9418_MRINMAYI_PRABHUGHATE	58 min 43s	39%
<b>27</b>	CRCE_9420_VRUSHTI SHAH	11 min 14s	8%
<b>28</b>	DEEPALI NAYAK	2 hr 25 min 23s	95%
<b>29</b>	JASON RODRIGUES	1 hr 28 min 51s	59%
<b>30</b>	JAYEN MODI FR. CRCE	2 hr 33 min 8s	100%
<b>31</b>	PETER DSOUZA	2 min 27s	2%
<b>32</b>	RAGHAV RAWAT	1 hr 32 min 2s	61%
<b>33</b>	SANTO SUNNY	1 hr 43 min 55s	68%





# FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING



## Department Of Electronics & Computer Science

Friday 21<sup>st</sup> July 2023

To

Prof. Deepali Nayak  
Lecturer, Data Science & Artificial Intelligence,  
Thai-Nichi International College, Thai-Nichi Institute of Technology,  
Bangkok, Thailand.

**Subject :-** Invitation as International Resource Person for Stress Management Workshop (online)

Dear Prof. Deepali Nayak

Greetings from the Department of Electronics & Computer Science (ECS) at Fr. Conceicao Rodrigues College of Engineering (Fr. CRCE), Mumbai !

As per reference to your electronic conversation with Prof. Jayen Modi, we are privileged to invite you online towards contributing to our departmental initiative SPHERE (Support for Placements & Higher Education Requirements in Engineering) by agreeing to conduct an online workshop on the topic of 'Mindful Stress Management for Work – Life Harmony'.

As per your request we confirm the day & date of Saturday 5<sup>th</sup> August 2023 with timing from 1:00 pm to 3:00 pm IST online using Google Meet platform. The target audience will be students from the Department of Electronics & Computer Science across second year (SE), third year (TE) & final year (BE) along with staff members available during that time.

We look forward in welcoming you online at the appointed day & time. We are also highly optimistic that this workshop will immensely benefit students by helping them to overcome stress & focus on their studies.

Thanking you & regards,

Dr. Sapna U. Prabhu  
Professor & Head,  
Department of Electronics & Computer Science,  
Fr. Conceicao Rodrigues College of Engineering.

Society of St. Xavier Pilar's Fr. Conceicao Rodrigues College of Engineering  
Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai – 400050, Maharashtra (INDIA)  
[crce@frcrce.ac.in](mailto:crce@frcrce.ac.in) / +91-22-67114000 / [www.frcrce.ac.in](http://www.frcrce.ac.in)

Fr. CRCE  
e-mail



Jayen Modi Fr. CRCE <jayen.modi@fragnel.edu.in>

## Proposal to conduct Workshop

7 messages

Jayen Modi Fr. CRCE <jayen.modi@fragnel.edu.in>

18 July 2023 at 11:56

To: Deepali Nayak <deepali@tni.ac.th>

Cc: "Vaibhav, vaibhav" <godbole@fragnel.edu.in>, godbole <godbole@frcrce.ac.in>, "CRCE, sapna" <sapna@fragnel.edu.in>, sapna@frcrce.ac.in

Dear Prof. Deepali Nayak madam,

We can jointly organize one workshop on **Mindful Stress Management for work-life harmony**- Hands-on techniques of Managing stress as you experience it in the present moment as suggested by you in the previous email. We strongly believe that the present student community is currently operating under a stressful environment. So an online workshop on mitigating these challenges should do a whole world of good for them.

We have planned this workshop under SPHERE initiative exclusively for our department of electronics & computer science for students of final year & third year. Saturday 29th July 2023 can be a date where we can conduct this workshop (it is a public holiday on account of muharram). You can suggest the timings accordingly keeping in mind the time difference between India & Thailand.

This workshop will be canvassed as an activity-based learning (ABL) wherein certificates of participation will be provided to the students; this is to motivate them to participate & kindle interest. With your consent/acknowledgement this event will be published on our website & related department social media groups/handles. I humbly request you to provide a small write-up or preface for this workshop which can be shared with prospective participants.

Thanking you & regards,  
Jayen Modi

Deepali Nayak <deepali@tni.ac.th>

19 July 2023 at 12:18

To: "Jayen Modi Fr. CRCE" <jayen.modi@fragnel.edu.in>

Cc: "Vaibhav, vaibhav" <godbole@fragnel.edu.in>, godbole <godbole@frcrce.ac.in>, "CRCE, sapna" <sapna@fragnel.edu.in>, sapna@frcrce.ac.in

Dear Jayen Modi Sir,

Thank you for your email and confirmation on the topic. The date you mentioned (29 July), however, is not convenient for me as it's a long weekend in Thailand as well and I am traveling with limited internet access.

Other date options that I propose are as follows.

1. Friday, Aug 4: 2.00-4.00 pm IST
2. Saturday, Aug 5: 1.00-3.00 pm IST
3. Wednesday, Aug 9: 3.00-5.00 pm IST.

Let me know what date and time suits you so that I can block my calendar accordingly.

The key takeaways of the workshop will be as follows

1. What is Mindfulness and why use it?
2. Hands-on techniques to deal with stress
3. Daily routines to manage long-term stress

In addition, as part of the process, I request an official letter of invitation on your college letterhead with all above mentioned details.

For the letter, you may use my details as below  
Lecturer, Data Science & Artificial Intelligence,  
Thai-Nichi International College, Thai-Nichi Institute of Technology,  
Bangkok, Thailand.

Attached also is a photograph and a brief profile for publicity of the event. Kindly share with me the promotion flyer that you create for this workshop so our University will also publish on our website as well.

For any further questions, do not hesitate to get in touch. Looking forward to a fruitful Activity Based Learning (ABL) workshop.

Thanks & Regards,  
Deepali Nayak

[Quoted text hidden]

---

## 2 attachments



**Passport size photo-Deepali.jpg**  
642K

 **Speaker Introduction.pdf**  
89K

---

**Jayen Modi Fr. CRCE** <jayen.modi@fragnel.edu.in>

23 July 2023 at 23:08

To: Deepali Nayak <deepali@tni.ac.th>

Cc: "CRCE, sapna" <sapna@fragnel.edu.in>, sapna@frcrce.ac.in, "Vaibhav, vaibhav" <godbole@fragnel.edu.in>, godbole <godbole@frcrce.ac.in>

Dear Prof. Deepali Nayak madam

At the onset, thank you very much for accepting our invitation to host an online workshop on stress management for our department students. This exercise will go a long way in relaxing & rejuvenating them to perform better on the academic front. It will immensely help them in boosting their self-confidence as well.

We can confirm Saturday 5th August 2023 from 1 pm to 3 pm IST as per your convenience (mentioned in earlier email). The mode of conduct will be online using the Google Meet platform for which the link will be soon emailed to you. Your target audience will be students across second year, third year & final year (SE, TE & BE) from the department of electronics & computer science.


As per your request a formal letter of invitation is attached herewith for your reference. The flyer for publicizing this event will be forwarded to you at the earliest.

Thanking you & regards,

Jayen Modi

[Quoted text hidden]

---

 **Prof. Deepali Nayak Invitation.pdf**  
258K

---

**Jayen Modi Fr. CRCE** <jayen.modi@fragnel.edu.in>

24 July 2023 at 00:16

To: Deepali Nayak <deepali@tni.ac.th>

Cc: "CRCE, sapna" <sapna@fragnel.edu.in>, sapna@frcrce.ac.in, "Vaibhav, vaibhav" <godbole@fragnel.edu.in>, godbole <godbole@frcrce.ac.in>

Bcc: modijayen <modijayen@gmail.com>

Dear Prof. Deepali Nayak madam

Kindly find attached the flyer of your workshop with this email.

[Quoted text hidden]

---

## 3 attachments





**Stress Management Workshop.png**  
509K



**Prof. Deepali Nayak Invitation.pdf**  
258K



**Stress Management Workshop.pdf**  
283K

**Deepali Nayak** <deepali@tni.ac.th>

26 July 2023 at 13:21

To: "Jayen Modi Fr. CRCE" <jayen.modi@fragnel.edu.in>

Cc: "CRCE, sapna" <sapna@fragnel.edu.in>, sapna@frcrce.ac.in, "Vaibhav, vaibhav" <godbole@fragnel.edu.in>, godbole <godbole@frcrce.ac.in>

Dear Jayen Modi Sir,

Thank you so much for confirming the date and time (Saturday, 5th August, 2023- 1.00 to 3.00 pm IST). The Flyer and Invitation Letter look perfect. You may go ahead with publicity of the event on your various social media platforms. Also kindly allow us permission to use this flyer on our official website/ TikTok/ Instagram/ Facebook pages as well.

Please request all students to bring paper and pen when they are online for this activity based learning which will be completely interactive. The creative ones can also bring sketch-pens or crayons to add more color to the session.

I would also like to ask you to take lots of pictures during the event capturing all key moments.

Looking forward to receiving the Google Meet link and for a fruitful session on Stress Management for Work-Life Balance.

Thanks & Regards,  
Deepali Nayak

[Quoted text hidden]

**Jayen Modi Fr. CRCE** <jayen.modi@fragnel.edu.in>

4 August 2023 at 23:00

To: Deepali Nayak <deepali@tni.ac.th>

Cc: "CRCE, sapna" <sapna@fragnel.edu.in>, sapna@frcrce.ac.in, "Vaibhav, vaibhav" <godbole@fragnel.edu.in>, godbole <godbole@frcrce.ac.in>

Respected Madam

Apologies for the late reply. You are free to use the flyer for your official website & other social media platforms.

Looking forward to interact with you online tomorrow Saturday 5th August 2023 from 1 pm to 3 pm IST.

[Quoted text hidden]

**Deepali Nayak** <deepali@tni.ac.th>

5 August 2023 at 10:00

To: "Jayen Modi Fr. CRCE" <jayen.modi@fragnel.edu.in>

Cc: "CRCE, sapna" <sapna@fragnel.edu.in>, sapna@frcrce.ac.in, "Vaibhav, vaibhav" <godbole@fragnel.edu.in>, godbole <godbole@frcrce.ac.in>

Dear Jayen Modi Sir,

Thank you for the Google Meet Invite. I will join about 5 minutes before our scheduled time of 1.00 pm IST to setup the powerpoint presentation. I would request you to take as many pictures as you can during the workshop and if possible to record the entire session as well.. Looking forward to the workshop.

Thanks & Regards,  
Deepali Nayak

[Quoted text hidden]



# CERTIFICATE OF APPRECIATION

is hereby presented to

**Prof. Deepali Nayak**

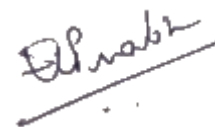
**Lecturer, Data Science & Artificial  
Intelligence, Thai-Nichi International  
College, Bangkok, Thailand**

for conducting a one-day online workshop on 'Mindful Stress Management for Work-Life Harmony' with hands-on techniques to manage stress; organized by Department of Electronics & Computer Science under the SPHERE (Supporting Placements & Higher Education Requirements in Engineering) initiative on Saturday 5<sup>th</sup> August 2023.



**Jayen Modi**

Organizer & Assistant Professor,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



**Dr. Sapna U. Prabhu**

Professor & Head of Department,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



สถาบันเทคโนโลยีไทย-ญี่ปุ่น  
 Thai-Nichi Institute of Technology  
 泰日工業大學  
 สร้างนักคิด พลิกนักปฏิบัติ สร้างนักประดิษฐ์ พลิกนักบริหาร

# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Ayush Sharma**

**Roll No. 9294**

from the Department of  
**Computer Engineering (CE)**



for attending & completing the one-day online workshop on **'Mindful Stress Management for Work-Life Harmony'** with hands-on techniques to manage stress; organized by Department of Electronics & Computer Science under the **SPHERE** (Supporting Placements & Higher Education Requirements in Engineering) initiative on Saturday 5<sup>th</sup> August 2023.

**Prof. Jayen Modi**  
 Organizer & Assistant Professor,  
 Electronics & Computer Science  
 Department, Fr. Conceicao  
 Rodrigues College of Engineering



**Prof. Deepali Nayak**  
 Lecturer, Data Science & Artificial  
 Intelligence, Thai-Nichi International  
 College, Thai-Nichi Institute of  
 Technology, Bangkok (Thailand)





สถาบันเทคโนโลยีไทย-ญี่ปุ่น  
Thai-Nichi Institute of Technology  
泰日工業大学

สร้างนวัตกรรม ผลิตนักปฏิบัติ สร้างนักประดิษฐ์ ผลิตนักบริหาร

# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Dhruv Pednekar**

**Roll No. 9150**

from the Department of

**Electronics & Computer Science (ECS)**

for attending & completing the one-day online workshop on **'Mindful Stress Management for Work-Life Harmony'** with hands-on techniques to manage stress; organized by Department of Electronics & Computer Science under the **SPHERE** (Supporting Placements & Higher Education Requirements in Engineering) initiative on Saturday 5<sup>th</sup> August 2023.



**Prof. Jayen Modi**

Organizer & Assistant Professor,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



**Prof. Deepali Nayak**

Lecturer, Data Science & Artificial  
Intelligence, Thai-Nichi International  
College, Thai-Nichi Institute of  
Technology, Bangkok (Thailand)



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Thai-Nichi Institute of Technology  
泰日工業大学

สร้างนักคิด พลิกนักปฏิบัติ สร้างนักประดิษฐ์ พลิกนักบริหาร

# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Drishti Agrawal**

**Roll No. 9111**

from the Department of

**Electronics & Computer Science (ECS)**

for attending & completing the one-day online workshop on **'Mindful Stress Management for Work-Life Harmony'** with hands-on techniques to manage stress; organized by Department of Electronics & Computer Science under the **SPHERE** (Supporting Placements & Higher Education Requirements in Engineering) initiative on Saturday 5<sup>th</sup> August 2023.



**Prof. Jayen Modi**

Organizer & Assistant Professor,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



**Prof. Deepali Nayak**

Lecturer, Data Science & Artificial  
Intelligence, Thai-Nichi International  
College, Thai-Nichi Institute of  
Technology, Bangkok (Thailand)





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Thai-Nichi Institute of Technology  
泰日工業大学

สร้างนวัตกรรม ผลิตนักปฏิบัติ สร้างนักประดิษฐ์ ผลิตนักบริหาร

# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Fiola Mathias**

**Roll No. 9141**



from the Department of  
**Electronics & Computer Science (ECS)**

for attending & completing the one-day online workshop  
on **'Mindful Stress Management for Work-Life Harmony'**  
with hands-on techniques to manage stress; organized by  
Department of Electronics & Computer Science under the  
**SPHERE** (Supporting Placements & Higher Education  
Requirements in Engineering) initiative on Saturday 5<sup>th</sup>  
August 2023.

**Prof. Jayen Modi**

Organizer & Assistant Professor,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



**Prof. Deepali Nayak**

Lecturer, Data Science & Artificial  
Intelligence, Thai-Nichi International  
College, Thai-Nichi Institute of  
Technology, Bangkok (Thailand)



สถาบันเทคโนโลยีไทย-ญี่ปุ่น  
Thai-Nichi Institute of Technology  
泰日工業大学

สร้างนักคิด พลิกนักปฏิบัติ สร้างนักประดิษฐ์ พลิกนักบริหาร

# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Harshit Anchan**

**Roll No. 9114**

from the Department of

**Electronics & Computer Science (ECS)**

for attending & completing the one-day online workshop on **'Mindful Stress Management for Work-Life Harmony'** with hands-on techniques to manage stress; organized by Department of Electronics & Computer Science under the **SPHERE** (Supporting Placements & Higher Education Requirements in Engineering) initiative on Saturday 5<sup>th</sup> August 2023.



**Prof. Jayen Modi**

Organizer & Assistant Professor,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



**Prof. Deepali Nayak**

Lecturer, Data Science & Artificial  
Intelligence, Thai-Nichi International  
College, Thai-Nichi Institute of  
Technology, Bangkok (Thailand)





สถาบันเทคโนโลยีไทย-ญี่ปุ่น  
Thai-Nichi Institute of Technology

泰日工業大学

สร้างนักคิด ผลิตนักปฏิบัติ สร้างนักประดิษฐ์ ผลิตนักบริหาร

# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Ajay S. Iyer**

**Roll No. 9127**



from the Department of  
**Electronics & Computer Science (ECS)**

for attending & completing the one-day online workshop  
on **'Mindful Stress Management for Work-Life Harmony'**  
with hands-on techniques to manage stress; organized by  
Department of Electronics & Computer Science under the  
**SPHERE** (Supporting Placements & Higher Education  
Requirements in Engineering) initiative on Saturday 5<sup>th</sup>  
August 2023.

**Prof. Jayen Modi**

Organizer & Assistant Professor,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



**Prof. Deepali Nayak**

Lecturer, Data Science & Artificial  
Intelligence, Thai-Nichi International  
College, Thai-Nichi Institute of  
Technology, Bangkok (Thailand)



สถาบันเทคโนโลยีไทย-ญี่ปุ่น  
Thai-Nichi Institute of Technology  
泰日工業大学

สร้างนักคิด ผลิตนักปฏิบัติ สร้างนักประดิษฐ์ ผลิตนักบริหาร

# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Jason Rodrigues**

**Roll No. 9158**

from the Department of

**Electronics & Computer Science (ECS)**

for attending & completing the one-day online workshop on **'Mindful Stress Management for Work-Life Harmony'** with hands-on techniques to manage stress; organized by Department of Electronics & Computer Science under the **SPHERE** (Supporting Placements & Higher Education Requirements in Engineering) initiative on Saturday 5<sup>th</sup> August 2023.



**Prof. Jayen Modi**

Organizer & Assistant Professor,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



**Prof. Deepali Nayak**

Lecturer, Data Science & Artificial  
Intelligence, Thai-Nichi International  
College, Thai-Nichi Institute of  
Technology, Bangkok (Thailand)





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Thai-Nichi Institute of Technology  
泰日工業大学

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Aayush Juhukar**

**Roll No. 9131**

from the Department of

**Electronics & Computer Science (ECS)**

for attending & completing the one-day online workshop on **'Mindful Stress Management for Work-Life Harmony'** with hands-on techniques to manage stress; organized by Department of Electronics & Computer Science under the **SPHERE** (Supporting Placements & Higher Education Requirements in Engineering) initiative on Saturday 5<sup>th</sup> August 2023.



**Prof. Jayen Modi**

Organizer & Assistant Professor,  
Electronics & Computer Science  
Department, Fr. Conceicao  
Rodrigues College of Engineering



**Prof. Deepali Nayak**

Lecturer, Data Science & Artificial  
Intelligence, Thai-Nichi International  
College, Thai-Nichi Institute of  
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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Attar Singh Kalsi**

**Roll No. 9132**



from the Department of

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Kunal Wagh**

**Roll No. 9172**



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**Electronics & Computer Science (ECS)**

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Lionel Castelino**

**Roll No. 9118**

from the Department of

**Electronics & Computer Science (ECS)**

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Malcolm Pereira**

**Roll No. 9151**

from the Department of

**Electronics & Computer Science (ECS)**

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Mohini Gautam**

**Roll No. 9124**

from the Department of

**Electronics & Computer Science (ECS)**

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Mrinmayi Prabhughate**

**Roll No. 9418**

from the Department of

**Electronics & Computer Science (ECS)**

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Nirmit Karkera**

**Roll No. 9034**



from the Department of

**Electronics & Computer Science (ECS)**

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Prachiti Patil**

**Roll No. 9146**



from the Department of  
**Electronics & Computer Science (ECS)**

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Raghav Rawat**

**Roll No. 9340**

from the Department of  
**Mechanical Engineering (ME)**



for attending & completing the one-day online workshop  
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Intelligence, Thai-Nichi International  
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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

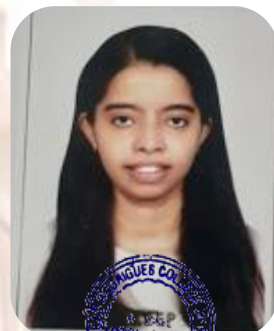
**Rhea Coutinho**

**Roll No. 9120**

from the Department of

**Electronics & Computer Science (ECS)**

for attending & completing the one-day online workshop on **'Mindful Stress Management for Work-Life Harmony'** with hands-on techniques to manage stress; organized by Department of Electronics & Computer Science under the **SPHERE** (Supporting Placements & Higher Education Requirements in Engineering) initiative on Saturday 5<sup>th</sup> August 2023.



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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Ronit Jhaveri**

**Roll No. 9130**

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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Santo Sunny**

**Roll No. 9161**



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**Electronics & Computer Science (ECS)**

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 Lecturer, Data Science & Artificial  
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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Shalaka Vengurlekar**

**Roll No. 9171**

from the Department of

**Electronics & Computer Science (ECS)**

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Electronics & Computer Science  
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# CERTIFICATE OF PARTICIPATION

is hereby awarded to

**Jinish Varaiya**

**Roll No. 9168**



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# CERTIFICATE OF PARTICIPATION

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**Vishal Jaiswal**

**Roll No. 9128**

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# A Supporting Placements & Higher Education Requirements in Engineering (SPHERE) Activity

On

**CHOOSING A 'RIGHT' CAREER PATH & HOW TO  
PREPARE FOR IT, WHERE TO START – SOME USEFUL  
INSIGHTS, TIPS & GUIDANCE**

By

**Marippanvru Max Johnson**

**B.E. (Electronics & Computer Science) – Batch of 2023  
Associate Consultant, ORACLE (OFSS)**



**Friday, 11<sup>th</sup> August 2023**



## SPHERE Activity for Choosing 'Right' Career Path

### 1. Overview & Details

<b>Name of SPHERE Activity</b>	Choosing a 'Right' Career Path & How to Prepare for it, Where to Start – Some Useful Insights, Tips & Guidance
<b>Venue / Location</b>	Samvad – The Auditorium (9 <sup>th</sup> Floor)
<b>Activity Co-ordinator</b>	Jayen Modi, Assistant Professor, Department of Electronics & Computer Science & In-charge Public Relations, Fr. Conceicao Rodrigues College of Engineering
<b>Day, Date &amp; Timings</b>	Friday, 11 <sup>th</sup> August 2023 from 12 noon onwards
<b>Key Resource Persons / Subject Expert Speakers</b>	Marippanvru Max Johnson B.E. (Electronics & Computer Science) – Batch of 2023 Associate Consultant, ORACLE Financial Software Services (OFSS)
<b>Aim &amp; Objective of the SPHERE Activity</b>	The journey of thousand miles begins with a single step – goes a popular Chinese proverb. It is imperative to start early preparations right from second year (S.E.) itself & invest in developing a requisite set of skills so that the actual placement process becomes fruitful. Organized in association with the training & placement office (TPO), the goal was to invite few final years placed student with multiple offers to address the students of second year (S.E.) regarding the knowledge & skill sets to be developed inform them about the expected selection process. The placed students discussed in detail about their own preparation as prospective candidates, enriching the targeted audience (prospective students) about the various aspects of the placement selection process. Many myths were busted & several questions were answered pertaining to whatever doubts students had. Primary objective was to prepare the students in advance with additional training on the specific company-related matters (with inputs received from the placed students giving a large coverage from their experience). It motivated the students & gave them a really good insight as to what they should prepare for.
<b>Contents of SPHERE Activity on Choosing the 'Right' Career Path &amp; How to Prepare for it, Where to Start</b>	<ul style="list-style-type: none"> <li>• How to start preparations for placement processes</li> <li>• Analyzing job descriptions to understand skill sets required</li> <li>• Preparation of good resume &amp; professional etiquettes</li> <li>• Access to competitive coding platforms</li> </ul>
<b>Intended Audience</b>	All interested students wishing to opt for on-campus placement process

A SPHERE Activity for Choosing a Right Career Path & How to Prepare for it, Where to Start – Some Useful Insights, Tips & Guidance by Alumni on 11<sup>th</sup> August 2023 in Samvad – The Auditorium (9<sup>th</sup> Floor)

2. Activity Pictures (Images)



A SPHERE Activity for Choosing a Right Career Path & How to Prepare for it, Where to Start – Some Useful Insights, Tips & Guidance by Alumni on 11<sup>th</sup> August 2023 in Samvad – The Auditorium (9<sup>th</sup> Floor)



**FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING**  
**Department of Electronics & Computer Science (ECS)**



**Mumbai, Maharashtra, India**

Fr. Conceicao Rodrigues College of Engineering, Mount Mary, Bandra West,

Mumbai, Maharashtra 400050, India

Lat 19.044686°

Long 72.820592°

11/08/23 01:16 PM GMT +05:30

**A SPHERE Activity for Choosing a Right Career Path & How to Prepare for it, Where to Start – Some Useful Insights, Tips & Guidance by Alumni on 11<sup>th</sup> August 2023 in Samvad – The Auditorium (9<sup>th</sup> Floor)**

### **3. Description of Activity**

The activity was broadly divided into two main parts – Prof. Jayen Modi briefed the audience about the objective of the session, describing the importance to start preparing for the placement processes from an early stage. He discussed the overall on-campus placement process & the requirements for the same. He also urged students to be proactive in establishing a network of like-minded professionals over LinkedIn, preparing a one-page professional resume & finally honing their technical skills along with soft-skills to increase their chances of getting placed. He stressed on the fact that with a huge majority of incoming companies being from the IT industry or service based, it was imperative that all the interested students need to be extremely good at competitive coding.

The second half was handled by Marippanvru Max Johnson from B.E. (ECS) who has multiple offers under his belt from TCS, Oracle & Reliance Jio. He began by informing the students about the importance of academic subjects like programming courses, database management systems, discrete structures & data structures. With coding being one of the most important assessment parameters, he advised all the students to achieve fluency by participating in various hackathons & other competitive coding competitions. Max also suggested doing courses from reputed online platforms such as Udemy, Coursera, Uncademy, NPTEL etc. Furthermore, pursuing an internship which puts the knowledge of the student to test, can also be of a great help. He signed off by suggesting some reputed competitive coding online platforms such as :-

- Project Euler
- Hacker Rank
- Hacker Earth
- Code Chef
- Git Hub
- SPOJ etc.

All inputs given by the undersigned & Max Johnson were well appreciated by the audience. They were informed to approach the undersigned or Max himself in case of any doubts or queries regarding the preparation. They were also urged to maintain a healthy pointer average (CGPA) by performing academically well in all the semesters throughout their course of study. It now remains a matter to see how much they are able to take it forward.



**Jayen Modi**

Assistant Professor, Department of Electronics & Computer Science,  
In-charge of Public Relations & Outreach (PRO),  
Fr. Conceicao Rodrigues College of Engineering (Fr. CRCE)

\* \* \* \* \*





**FR. CONCEICAO RODRIGUES  
COLLEGE OF ENGINEERING**



*Warm Welcome to the Delegation from*  
**ASU**  **Arizona State**  
**University** 

**for an on-campus academic interaction with members of the staff & students on Tuesday, 3<sup>rd</sup> October 2023**



**Patrick Phelan**

Professor of Aerospace & Mechanical Engineering at Arizona State University



**Arzuhan Kavak**

Senior Coordinator, Graduate Recruitment, Arizona State University



**Roshan Mathew**

Recruitment Advisor, Admission Services, Arizona State University



# **A Supporting Placements & Higher Education Requirements in Engineering (SPHERE) Activity**

**On**

**Faculty, Staff & Students Interaction with Visiting  
Delegation from Arizona State University (ASU)**

**By**

**Department of Electronics & Computer Science  
(ECS) with Training & Placement Office (TPO)**



**Tuesday, 3<sup>rd</sup> October 2023**  
**Seminar Hall No. 108**



## Arizona State University (ASU) Delegation Visit Report

### 1. Overview & Details

<b>Name of SPHERE Activity</b>	Interaction with the Faculty, Staff & Students by Visiting Delegation Team from the Arizona State University (ASU), Tempe, Arizona (USA)
<b>Venue / Location</b>	Seminar Hall No. 108, Administration Block, Ground Floor
<b>Activity Co-ordinator</b>	Jayen Modi, Assistant Professor, Department of Electronics & Computer Science & In-charge Public Relations, Fr. Conceicao Rodrigues College of Engineering
<b>Day, Date &amp; Timings</b>	Tuesday, 3 <sup>rd</sup> October 2023 from 10:00 am IST onwards
<b>Key Resource Persons / Subject Expert Speakers</b>	<ul style="list-style-type: none"> <li>• Patrick (Pat) Phelan, Professor of Aerospace &amp; Mechanical Engineering</li> <li>• Arzuhan Kavak, Senior Coordinator of Graduate Recruitment</li> <li>• Roshan Lalan Mathew, Recruitment Advisor of Admission Services</li> </ul>
<b>Aim &amp; Objective of the SPHERE Activity</b>	Arizona State University (ASU) is ranked among the top 100 in the world by the QS Rankings that provides a broad range of opportunities for the students to excel academically, engage in research & become leaders in their fields. Its focus on innovation, sustainability & inclusivity makes it a compelling choice for students seeking dynamic & supportive environment. Whether it is business, science, the arts, or social sciences, ASU offers a wide array of programs & resources. It is with this intention that the Department of Electronics & Computer Science (ECS) along with Training & Placement Office (TPO) invited the visiting delegation of ASU on the campus so that our students could get an introductory session imparting all the knowledge required for their higher education.
<b>Contents of SPHERE Activity on Interaction with Faculty, Staff &amp; Students by Visiting Delegation of the Arizona State University</b>	<ul style="list-style-type: none"> <li>• Introduction of the panel members / resource persons</li> <li>• Overview of Arizona State University (ASU)</li> <li>• Description of Different Schools / Departments / Research Centres</li> <li>• Introduction to Ira G. Fulton School of Engineering</li> <li>• Introduction to various graduate programmes</li> <li>• Entry &amp; admission requirements, funding &amp; financial aid</li> <li>• Question &amp; answer (Q&amp;A) session</li> </ul>
<b>Intended Audience</b>	All interested students wishing to pursue higher education in the USA

A SPHERE Activity on Faculty & Student Interaction with representatives from Arizona State University (ASU) on Tuesday, 3<sup>rd</sup> October 2023 from 10:00 am IST onwards

## **2. Activity Description & Pictures (Images)**

Studying at Arizona State University (ASU) offers several advantages that make it a popular choice for students.

### **1. Reputation & Rankings**

- ASU is recognized as one of the top public universities in the United States, consistently ranking high in various academic fields, including engineering, business & sustainability.
- It is known for its innovative approach to education, often ranking among the best for innovation in U.S. News & World Report rankings.

### **2. Diverse Academic Programs**

- ASU offers over 350 degree programs, including highly ranked programs in business, engineering, journalism, health & the arts. Students have access to wide variety of disciplines, which allows for flexibility in pursuing academic interests.
- The university also offers flexible learning options, including online & hybrid programs, which is ideal for non-traditional students or those seeking a more adaptable schedule.

### **3. Innovative & Cutting-Edge Research**

- ASU is known for its focus on research & innovation. It has a strong emphasis on solving global challenges, with research in areas like sustainability, renewable energy & health sciences.
- Students have opportunities to participate in hands-on research, even at the undergraduate level, and gain valuable experience in cutting-edge fields.

### **4. Strong Industry Connections**

- ASU has strong network with businesses, industries & government agencies, particularly in the fields such as technology, engineering & business.
- The university's proximity to tech hubs like Silicon Valley & Phoenix allows students access to internships & job opportunities with top companies.

### **5. Location in Tempe, Arizona**

- Tempe is a vibrant city with a warm climate year-round, which is perfect for students who enjoy outdoor activities like hiking, biking & exploring the desert landscape.
- ASU's campus is located in the heart of the Phoenix metropolitan area, providing students with access to a dynamic urban environment, cultural attractions, professional opportunities & entertainment options.

### **6. Global and Diverse Student Body**

- ASU prides itself on diversity & inclusivity, with a large international student population & a variety of cultural student organizations. This diversity enriches the learning environment & offers global perspectives in classes.
- The university promotes a culture of inclusivity, where students from various backgrounds are celebrated.

### **7. Sustainability Focus**

- ASU is a leader in sustainability initiatives, ranking highly for its efforts to reduce its environmental impact & promote green practices. The university's campuses feature sustainable architecture & green initiatives.
- Students in sustainability programs benefit from real-world projects & internships that contribute to environmental change.

### **8. Campus Facilities & Student Life**

- The campus is equipped with modern facilities, including state-of-the-art research labs, athletic facilities & vibrant student centers.
- ASU offers wide range of extracurricular activities, including clubs, sports, cultural events & leadership opportunities, allowing students to explore interests outside of academics.

**A SPHERE Activity on Faculty & Student Interaction with representatives from Arizona State University (ASU)  
on Tuesday, 3<sup>rd</sup> October 2023 from 10:00 am IST onwards**



**FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING**  
**Department of Electronics & Computer Science (ECS)**

**9. Support for Entrepreneurs**

- ASU fosters an entrepreneurial spirit, with programs like the J. Orin Edson Entrepreneurship + Innovation Institute, offering resources & support for students looking to start their own businesses.
- The university has strong track record for nurturing student entrepreneurs, with many successful startups & ventures emerging from the university's programs.

**10. Financial Aid and Scholarships**

- ASU offers a variety of financial aid options, including scholarships, grants & work-study programs to help make higher education more affordable.
- The university's commitment to providing access to education is evident through programs like the ASU Promise which helps students from low-income backgrounds attend & graduate from ASU.

**11. Alumni Network**

- ASU has vast & active alumni network that spans industries & regions. This network provides students with valuable connections for mentorship, internships & job placement after graduation.

**12. Commitment to Social Impact**

- ASU is dedicated to social impact & community engagement, providing students with opportunities to work on projects that directly benefit society.
- The university promotes the idea of "the New American University," focusing on serving the community & creating solutions for social issues.

In summary, Arizona State University offers a combination of academic excellence, research opportunities, industry connections & a diverse, inclusive community, making it a great choice for many students.



**A SPHERE Activity on Faculty & Student Interaction with representatives from Arizona State University (ASU) on Tuesday, 3<sup>rd</sup> October 2023 from 10:00 am IST onwards**

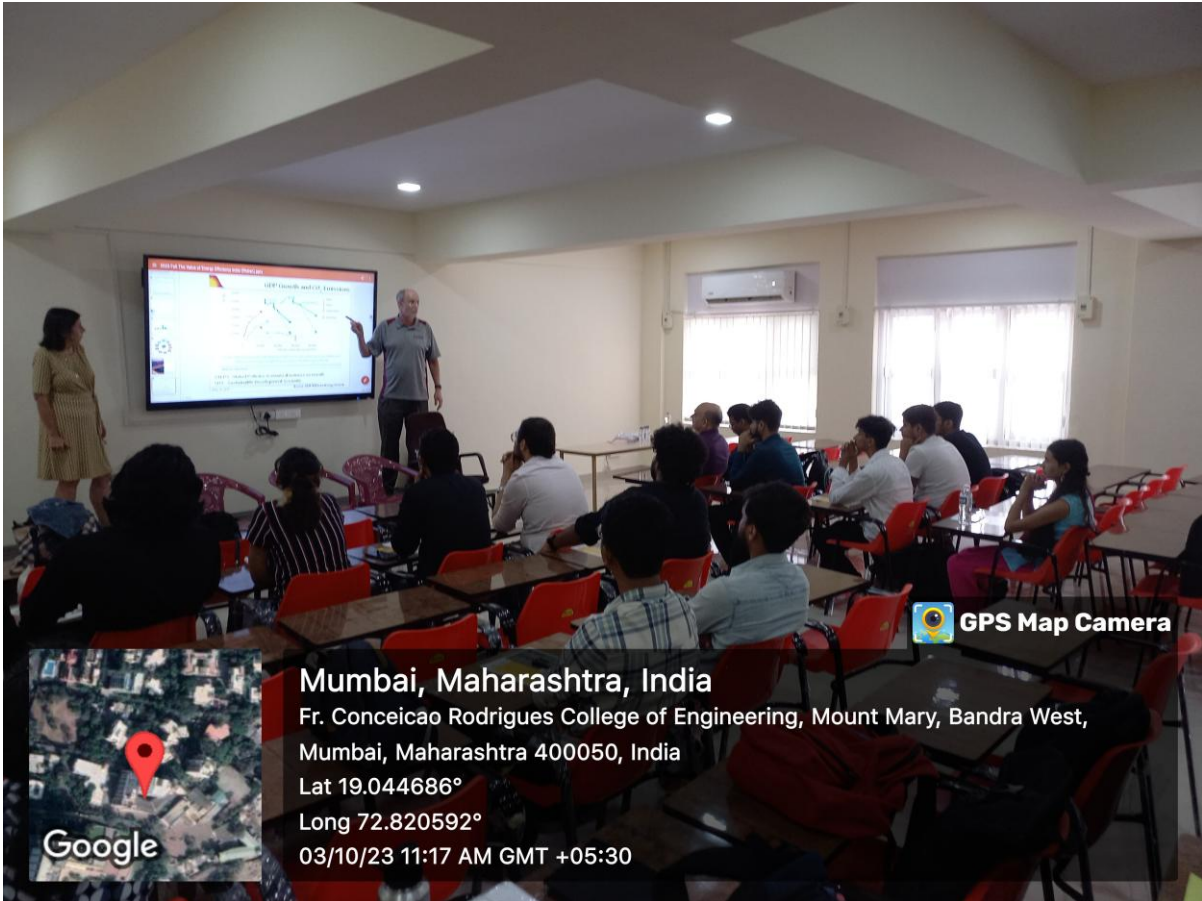
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**A SPHERE Activity on Faculty & Student Interaction with representatives from Arizona State University (ASU) on Tuesday, 3<sup>rd</sup> October 2023 from 10:00 am IST onwards**



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**A SPHERE Activity on Faculty & Student Interaction with representatives from Arizona State University (ASU) on Tuesday, 3<sup>rd</sup> October 2023 from 10:00 am IST onwards**



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**Department of Electronics & Computer Science (ECS)**

**3. Impact / Outcome / Achievement**

Mr. Shalom Richard Pakhare from the 2023 batch of Electronics & Computer Science (ECS) was one of the participants of this activity session. Not only he was highly impressed with the presentation by the visiting ASU delegation but was also motivated to take up admission for his higher studies. He is now enrolled in the Graduate Programme of Master of Science (M.S.) in Robotics & Autonomous Systems (Systems Engineering) at the Arizona State University (ASU) under the Ira J. Fulton School of Engineering.



*Jayen Modi*

**Jayen Modi**

Assistant Professor, Department of Electronics & Computer Science (ECS),  
In-charge of Public Relations & Outreach (PRO),  
Fr. Conceicao Rodrigues College of Engineering

**A SPHERE Activity on Faculty & Student Interaction with representatives from Arizona State University (ASU)  
on Tuesday, 3<sup>rd</sup> October 2023 from 10:00 am IST onwards**

# A Supporting Placements & Higher Education Requirements in Engineering (SPHERE) Activity

On

## TAKING 'STOCK' OF PLACEMENTS PREPARATIONS WITH A FULL-FLEDGED 'MOCK' ASSESSMENT

By

Department of Electronics & Computer Science  
(ECS) with Training & Placement Office (TPO)



## On-campus Placement Season for Academic Year (A.Y.) 2023 – 2024



## SPHERE Activity for 'Mock' Placement Assessment

### 1. Overview & Details

<b>Name of SPHERE Activity</b>	Taking 'stock' of on-campus placement preparations with a 'mock' assessment for self-learning & introspection
<b>Venue / Location</b>	Seminar Hall No. 108, Administrative Block & Other Available Venues
<b>Activity Co-ordinator</b>	Jayen Modi, Assistant Professor, Department of Electronics & Computer Science & In-charge Public Relations, Fr. Conceicao Rodrigues College of Engineering
<b>Day, Date &amp; Timings</b>	12 <sup>th</sup> September 2023 from 01:30 pm onwards (group discussion) 7 <sup>th</sup> November 2023 from 01:30 pm onwards (technical / coding assessment) 11 <sup>th</sup> January 2024 from 10:00 am onwards (aptitude test assessment)
<b>Key Resource Persons / Subject Expert Speakers</b>	<ul style="list-style-type: none"> <li>• Mr. Peter Dsouza (Electronics Engineering Batch of 2022)</li> <li>• Mr. Parag Jamdade (Electronics Engineering Batch of 2016)</li> <li>• Mr. Gurliv Singh Sehra (Mechanical Engineering Batch of 2023)</li> </ul>
<b>Aim &amp; Objective of the SPHERE Activity</b>	Organized in association with the training & placement office (TPO), primary aim is to provide an offline assessment platform in order to teach, train & equip students across second year, third year & final year (S.E., T.E. & B.E.) about various points of the on-campus placement selection process be it aptitude test & assessment covering topics like quantitative aptitude, logical reasoning, verbal ability along with group discussions & technical / coding assessment.
<b>Contents of the SPHERE Activity on Taking Stock of On-Campus Placements with Mock Assessments</b>	<ul style="list-style-type: none"> <li>• Aptitude Test &amp; Assessment (offline / in campus)</li> <li>• Technical Assessment / Coding Rounding (offline / in-campus)</li> <li>• Group Discussion (offline / in campus)</li> </ul> <p>Our alumni trio Peter Dsouza, Parag Jamdade &amp; Gurliv Singh Sehra extended their whole hearted cooperation in designing the aptitude test &amp; assessment which was paper &amp; pen based. They themselves were present in the college on the day of the assessment to guide &amp; mentor the students for the same.</p>
<b>Intended Audience</b>	All interested students wishing to opt for on-campus placement process across the second year (S.E.), third year (T.E.) & final year (B.E.) engineering irrespective of the divisions. Overall, 195 students participated in activity spread over three days for aptitude assessment, group discussion & technical assessment / coding.



## 2. Activity Description

### (a) Aptitude Test & Assessment :-

The offline aptitude test & assessment was based primarily on quantitative aptitude, logical reasoning & verbal skills & analytical ability. It was a typical standard test containing a multiple choice quiz (MCQ) format. Initially before the test, the alumni trio of Peter Dsouza, Parag Jamdade & Gurliv Singh Sehra gave an introductory talk about the importance of the aptitude test & assessment along with various tips & guidelines for the same. It was conducted on Thursday, 11<sup>th</sup> January 2024 from 10:00 am to 01:00 pm in Seminar Hall No. 108. A total of 135 students across second year (S.E.), third year (T.E.) & final year (B.E.) from various branches appeared for the test.





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**(b) Technical Assessment / Coding Round :-**

Arranged on Tuesday, 7<sup>th</sup> November 2023, the technical assessment or coding round saw an enthusiastic participation of 75 students across second year (S.E.), third year (T.E.) & final year (B.E.) from various branches appearing for the test. This assessment was conducted by the final year (B.E.) student training & placement coordinators along with the faculty / staff training & placement coordinators. Participating students were given a problem statement for which they had to arrive at a solution as per the given criterion. They were also advised to practice several coding assignments on various online platforms such as Leetcode, Hackerrank, Hackerearth, Codechef etc.



**A SPHERE Activity for Taking 'Stock' of On-campus Placement Preparation with a 'Mock' Assessment for Self-learning & introspection for Academic Year (A.Y.) 2023 – 2024**



**FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING**  
**Department of Electronics & Computer Science (ECS)**

**(c) Group Discussion :-**

For almost all campus placement processes, many organizations place great importance on the group discussions (GD) which are based on modern topics typically of current affairs. This assessment tool is seen as a powerful filtering out mechanism as organizations usually prefer candidates with excellent communication skills. Based on prior experience, feedback & observations; while prospective candidates may have excellent problem-solving & technical skills, they tend to be left out due to a huge gap in communication skills themselves. Self-confidence, motivation, stage fright & a lack of public speaking practice usually hinders their progress. It was keeping all these points in mind that preparatory sessions on group discussions were arranged. Close to 100 students participated on Tuesday, 12<sup>th</sup> September 2023.



**A SPHERE Activity for Taking 'Stock' of On-campus Placement Preparation with a 'Mock' Assessment for Self-learning & introspection for Academic Year (A.Y.) 2023 – 2024**



## **A Supporting Placements & Higher Education Requirements in Engineering (SPHERE) Activity**

**On**

**N.I.C.E. Initiative (Notable Interactions with Corporate  
Employers) for Improving On-campus Placements by  
Understanding Needs & Requirements of the Industry**

**By**

**Department of Electronics & Computer Science  
(ECS) with Training & Placement Office (TPO)**



## **On-campus Placement Season for Academic Year (A.Y.) 2023 – 2024**



## SPHERE Activity for Industry Interaction Initiative (NICE)

### 1. Overview & Details

<b>Name of SPHERE Activity</b>	N.I.C.E. Initiative (Notable Interactions with Corporate Employers) for Improving On-campus Placements by Understanding Needs & Requirements of the Industry)
<b>Venue / Location</b>	Training & Placement Office (TPO), Administration Block
<b>Activity Co-ordinator</b>	Jayen Modi, Assistant Professor, Department of Electronics & Computer Science & In-charge Public Relations, Fr. Conceicao Rodrigues College of Engineering
<b>Day, Date &amp; Timings</b>	On-campus Placement Season for Academic Year (A.Y.) 2023 – 2024
<b>Key Resource Persons / Subject Expert Speakers</b>	<ul style="list-style-type: none"> <li>• Dr. Surendra Singh Rathod, Principal</li> <li>• Mr. Mahesh R. Sharma, Training &amp; Placement Officer (TPO)</li> <li>• Dr. Deepak V. Bhoir, Dean Academics</li> <li>• Representatives from Visiting Companies / Organizations / Industry</li> </ul>
<b>Aim &amp; Objective of the SPHERE Activity</b>	<p>The aim of this year-long activity to be conducted during the on-campus placement season was to obtain the meaningful insights &amp; other valuable inputs from industry resource persons in order to improvise the institute's placement process. The main objectives of this SPHERE activity could be summarized as follows :-</p> <ul style="list-style-type: none"> <li>• Understanding current needs &amp; requirements of the industry</li> <li>• Changing industry trends &amp; adapting to the same</li> <li>• Skill-sets required, upskilling &amp; re-skilling as needed</li> <li>• Niche areas / specializations in certain selected technological domains</li> <li>• Industry-institute interaction for internships, trainings &amp; other activities</li> <li>• Talks &amp; seminars by industry resource persons for bridging curriculum gap</li> </ul>
<b>Expected Outcomes or Proposed Output of the SPHERE Activity</b>	<p>An active participation by any industry towards an institute helps in developing the quality manpower or skilled labour force which is needed by industry themselves in their day-to-day operations. Not only it emerges as a holistic approach towards the all-round development of the student but also makes the institution a hot-bed of different activities related to teaching, training, research &amp; innovation. Expected or proposed outcomes or outputs could definitely be an improved curriculum with an enhanced skill-sets, topped by rigorous training through online/offline modes which ultimately leads to better, multiple placement opportunities, thereby benefitting the industry, the prospective student &amp; the institution itself.</p>

## 2. Activity Description

Inputs taken from various industry representatives were how to motivate, orient & train students towards modern industry jobs by skill development programmes, industry internships, invitation of resource persons, industry visits etc. Various HR personnel stressed on the need for students to be more focused, quickly learn & able to adapt to current situations & have flexible approach. Overall advice was for any industry job; the subject domain knowledge was of utmost importance while equally important was the application part of that knowledge in solving complex engineering problems.

With the institution now becoming autonomous, there exists ample scope in having an industry oriented curriculum which is best tailored towards requirements of any organization or technological domains. Principal Dr. Surendra Singh Rathod suggested inputs from industry representatives themselves in order to be an active part of the Board of Studies (BoS) of various courses / programmes. This initiative was to ensure that the curriculum offered to engineering graduate students was on par with the current needs & trends of the industry, thereby trying to bridge the gap between industry & academia while at the same time ensure that students are competent in terms of the modern skill-sets required. Principal sir's input for a modern industry-oriented curriculum was welcomed by all company representatives.

Training & Placement Officer (TPO) Mr. Mahesh R. Sharma pitched on the need for having semester-long internships for each student in their final year of studies, apart from having the long or short training sessions as depending upon their semester breaks or holidays. He suggested active immersion, rather than involvement of students with the industry in order to make them more competent & competitive. There was also an active talk about teaming up with the various organizations in offering not only students but also interested staff members training on various emerging technologies in software / IT domain & making available modern tools for the same.

Dean of Academics, Dr. Deepak V. Bhoir also voiced support for industry resource persons in assessment & evaluation involvement for various projects undertaken by students at different levels. The belief was that ultimately to convert any given idea into a successful product or service or even a start-up, it has to be viable & meet certain standard industry as well as market requirements. A proper, thorough assessment & evaluation by industry-affiliated resource persons would be an ideal choice; not only on various technological aspects but also on commercial & marketing aspects too. With the belief that any engineering product or service has to thrive in the market in order to be saleable & make profits, one has to also consider the managerial aspect too of launching or deploying the product / service too.





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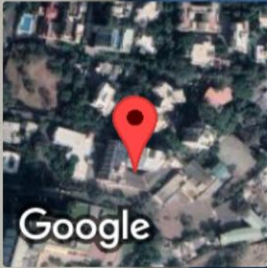
**A SPHERE Activity on N.I.C.E. Initiative (Notable Interactions with Corporate Employers) for Improving On-campus Placements by Understanding Needs & Requirements of the Industry for Academic Year 2023 – 2024** 74



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 GPS Map Camera



**Mumbai, Maharashtra, India**


Fr. Conceicao Rodrigues College of Engineering, Mount Mary, Bandra West,  
Mumbai, Maharashtra 400050, India

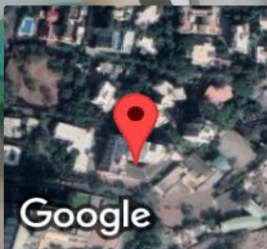
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 GPS Map Camera



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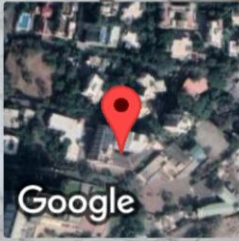
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**Department of Electronics & Computer Science (ECS)**



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Department of Electronics & Computer Science (ECS)



3. Some of Our Esteemed Recruiters



*Jayen Modi*

**Jayen Modi**

Assistant Professor, Department of Electronics & Computer Science (ECS),  
Department Training & Placement Coordinator (TPC),  
In-charge of public Relations & Outreach (PRO),  
Fr. Conceicao Rodrigues College of Engineering (Fr. CRCE)

A SPHERE Activity on N.I.C.E. Initiative (Notable Interactions with Corporate Employers) for Improving On-campus Placements by Understanding Needs & Requirements of the Industry for Academic Year 2023 – 2024 77

# A Supporting Placements & Higher Education Requirements in Engineering (SPHERE) Activity

On

Alumni Interaction with Training & Placement Office  
(TPO) for Better Understanding of Modern Challenges &  
Future Career Trends in Industry & Academia

By

**Nishka Monteiro**

Director, Data Science at American Express,  
New York, United States of America (USA)



**Thursday, 14<sup>th</sup> December 2023**

A SPHERE Activity on Alumni Interaction with Training & Placement Office (TPO) for Better Understanding of  
Modern Challenges & Future Career Trends in Industry & Academia by Nishka Monteiro on 14<sup>th</sup> December 2023



## Report on Alumni Interaction with TPO Cell & Staff

### 1. Overview & Details

<b>Name of SPHERE Activity</b>	Alumni Interaction with Training & Placement Office (TPO) for Better Understanding of Modern Challenges & Future Career Trends in Industry & Academia
<b>Venue / Location</b>	Training & Placement Office (TPO), Administrative Block, Ground Floor, Fr. Conceicao Rodrigues College of Engineering
<b>Activity Co-ordinator</b>	Jayen Modi, Assistant Professor, Department of Electronics & Computer Science & In-charge Public Relations, Fr. Conceicao Rodrigues College of Engineering
<b>Day, Date &amp; Timings</b>	Thursday, 14 <sup>th</sup> December 2023 from 2:00 pm IST onwards
<b>Key Resource Persons / Subject Expert Speakers</b>	Ms. Nishka Monteiro Director of Data Science at American Express B.E. (Computer Engineering), Fr. Conceicao Rodrigues College of Engineering M.S. (Computer Science), University of Minnesota (USA)
<b>Aim &amp; Objective of the SPHERE Activity</b>	Organized by Department of Electronics & Computer Science (ECS) in association with training & placement office (TPO), the goal was to get on board alumni across all departments, to interact particularly with the training & placement cell (TPC) – the staff members associated themselves, in order to provide an inside view on how the technological scenario is changing the world over. With an international educational qualification, Nishka also talked about the need for upskilling to keep in line with the modern industry trends & ensure that students are always equipped with the latest knowledge & information available today, to be applied tomorrow.
<b>Contents of SPHERE Activity on Alumni Interaction with Training &amp; Placement Office for Better Understanding of Modern Challenges &amp; Future Trends in Industry &amp; Academia</b>	Nishka proposed a roadmap for the training & placement office (TPO) in which each student currently in third year engineering (T.E.) across all branches should be able to set sights on a career path which he/she would like to pursue. This can include the right mentoring or guidance or career counseling with members of the training & placement cell (TPC). She also suggested the involvements of parents as the equal stakeholders to aid decision-making process. By the time students do reach the final year, they are somewhat sorted about the career choices they are required to make this making it a bit easier for the training & placement office (TPO) in order to have arrange requisite training sessions or career guidance seminars.
<b>Intended Audience</b>	Staff / Faculty members associated with Training & Placement Office (TPO)

**A SPHERE Activity on Alumni Interaction with Training & Placement Office (TPO) for Better Understanding of Modern Challenges & Future Career Trends in Industry & Academia by Nishka Monteiro on 14<sup>th</sup> December 2023**



## 2. Activity Description

Ms. Nishka Monteiro met with the following faculty members during her visit to the institute :-

- Mr. Mahesh Sharma, Training & Placement Officer (TPO)
- Prof. Jayen Modi, Assistant Professor, Department of Electronics & Computer Science (ECS)
- Prof. Dipali Koshti, Assistant Professor, Department of Electronics & Computer Science (ECS)

Nishka discussed the ways forward for an industry-institute interaction, bridging the curriculum gap between the industry & institute & imparting domain-specific training skills to the students to make them industry ready. She proposed that more number of students should opt for internships which will in turn give them a real-life experience of the knowledge, skills & job profile requirements in the actual world. She also advised the staff members to hone student's soft-skills in communication, preparing of their resumes, group discussion & personal interviews.

Nishka's conversation concluded by urging students to 'think out of the box', following news & other media to be more in touch with current events & to be a part of any professional organization of their choice by applying for its membership. She stressed that engineering education doesn't end when a student graduates with a first-class bachelor's degree; but instead the lessons of life just begin after that. She signed off with a note to be passed on to students by motivating them by giving her own successes & failures in professional life & how she was able to overcome them. Vision, patience, hardwork, dedication & honesty were attributed by Nishka as the five major pillars of any engineering graduate.



  
Jayen Modi

**Jayen Modi**

Assistant Professor, Department of Electronics & Computer Science (ECS),  
In-charge of Public Relations & Outreach (PRO),  
Fr. Conceicao Rodrigues College of Engineering (Fr. CRCE)

**A SPHERE Activity on Alumni Interaction with Training & Placement Office (TPO) for Better Understanding of Modern Challenges & Future Career Trends in Industry & Academia by Nishka Monteiro on 14<sup>th</sup> December 2023**



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**13TH APRIL 2024  
1.00PM -2.00PM**

# **A Supporting Placements & Higher Education Requirements in Engineering (SPHERE) Activity**

**On**

**Giving Wings to Your Higher Education Dreams Abroad  
– An Exclusive Webinar for Students of Fr. Conceicao  
Rodrigues College of Engineering (Fr. CRCE)**

**By**

**Sarika Balchandani**

**GRE & TOEFL Expert  
Educational Testing Services (ETS) India**



**Saturday, 13<sup>th</sup> April 2024  
01:00 pm to 02:00 pm IST  
Online (Zoom)**





## SPHERE Activity for On-campus Placements Guidance

### 1. Overview & Details

<b>Name of SPHERE Activity</b>	Giving Wings to Your Higher Education Dreams Abroad – An Exclusive Webinar for Students of Fr. Conceicao Rodrigues College of Engineering (Fr. CRCE)
<b>Venue / Location</b>	Online (ZOOM)
<b>Activity Co-ordinator</b>	Jayen Modi, Assistant Professor, Department of Electronics & Computer Science & In-charge Public Relations, Fr. Conceicao Rodrigues College of Engineering
<b>Day, Date &amp; Timings</b>	Saturday, 11 <sup>th</sup> April 2024 from 01:00 pm to 02:00 pm IST
<b>Key Resource Persons / Subject Expert Speakers</b>	Ms. Sarika Balchandani GRE & TOEFL Expert Educational Testing Services (ETS) India
<b>Aim &amp; Objective of the SPHERE Activity</b>	A seminar on higher education abroad serves several important purposes for individuals considering studying internationally. Attendees gain valuable insights into various international educational programs, universities & institutions. They can learn about options that suit their academic & career interests. The seminar may provide detailed information on application processes, eligibility criteria & the deadlines for studying abroad. It can help prospective students learn about financial support options, including scholarships, grants & student loans, making higher education abroad more accessible. Admission consultants, university representatives & academic counselors often speak at such seminars. Their advice helps students navigate the complexities of choosing the right program, submitting strong applications & preparing for standardized tests (TOEFL, GRE or IELTS).
<b>Contents of SPHERE Activity on Preparatory Guidance on Profile Building, Upskilling &amp; Experience Sharing</b>	<ul style="list-style-type: none"> <li>• Information sharing on various Study Abroad Opportunities</li> <li>• Guidance &amp; Expert Advice towards Dream Destination Abroad</li> <li>• Networking Opportunities within &amp; outside University of study</li> <li>• Exposure to Global Opportunities with an International Qualification</li> <li>• Guidance on Practical Aspects about Studying Abroad</li> <li>• Clearing Myths &amp; Misconceptions about Studying Abroad</li> <li>• Financial Aid &amp; Support – Funding Your Studying Abroad Dreams</li> </ul>
<b>Intended Audience</b>	All interested students wishing to pursue higher education abroad (overseas)

A SPHERE Activity on 'Give Wings to Your Higher Education Dreams Abroad' by Sarika Balchandani, GRE & TOEFL Expert on Saturday, 13<sup>th</sup> April 2024 from 01:00 pm to 02:00 pm IST online on Zoom

## 2. Activity Pictures (Images)

You are viewing Sarika's screen View Options

Sarika is talking...

# What is the TOEFL iBT Test?

- The world's premier English-language proficiency test for university study, work and immigration.
- An academic English test that uses integrated questions to measure all four language skills:  
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Applications Open: 1 <sup>st</sup> Apr 2024	Applications Close: 15 <sup>th</sup> Jul 2024	Scholarship Announcement: 15 <sup>th</sup> Aug 2024
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*Each selected candidate will get a chance to win a grant of upto INR 2.5 Lacs\*.*

**Eligibility Criteria:**

- A TOEFL test score of 75 out of 120
- An offer letter from a university in UK

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## How Section-Level Adaptation Works

Difficulty Within Sections

More Difficult Questions

Easier Questions

Section 1 Moderately Challenging Content

Performed Well

Section 2 More Challenging Content

Performed Moderately Well

Section 2 Moderately Challenging Content

Performed Less Well

Section 2 Less Challenging Content

Score Scale: 130–170

Higher Test Scores

Lower Test Scores

ETS GRE

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## What Is Changing

- **Beginning September 22, 2023**, testing time will be reduced by half, from nearly four hours to just under two
- The number of questions in the Verbal Reasoning and Quantitative Reasoning sections will be reduced.
- The number of writing tasks will be reduced from two to one.
- The unscored section will be removed.
- The scheduled 10-minute break will be removed (except for those who are approved for that accommodation) since the test will be under two hours.
- Students will receive scores in 8–10 days (currently 10–15 days).

**Registration is open now.**

ETS GRE  
**YES!**  
Big changes are coming for the GRE® General Test!  
Sign up to be among the first to hear details.

ETS GRE

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1:26 PM 4/13/2024




Zoom Webinar | You are viewing Sarika's screen | View Options | Sarika is talking... | Sign in

## How the Current and Shorter GRE Compare

	Shorter GRE General Test	
	# tasks/questions	total time
Analytical Writing	1 essay task	30 minutes
Quantitative Reasoning	27 questions	47 minutes
Verbal Reasoning	27 questions	41 minutes
Unscored section	None	None
Scheduled break		None
Total		1 hour, 58 minutes

Registration is open now.




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**FR. CONCEICAO RODRIGUES COLLEGE OF ENGINEERING**  
**Department of Electronics & Computer Science (ECS)**

Zoom Webinar | You are viewing Sarika's screen | View Options | Sarika is talking... | Sign in

	TOEFL iBT®	IELTS® Academic	PTE Academic
<b>What the Test Measures</b>	Communicative language ability in an academic context	English proficiency in academic and nonacademic environments	English proficiency in academic and nonacademic environments
<b>Amount of Academic Content</b>	100%	About half	Not specified by test provider
<b>Test Format</b>	4 sections: Reading, Listening, Speaking, Writing	4 sections: Reading, Listening, Speaking, Writing	3 sections: Speaking & Writing, Reading, Listening
<b>Test Length</b>	Less than 2 hours	2.75 hours	2 hours
<b>Test Sessions Required to Complete the Test</b>	1 (2 for Paper Edition)	2	1
<b>Score Range</b>	Total: 0–120 Each section: 0–30 (1-point increments)	Total: 0–9 Each section: 0–9 (half-band increments)	Total: 0–90 Communicative Skills: 10–90 (1-point increments)


Audio Settings | Chat | Raise Hand | Q&A | Show Captions | Leave | 1:12 PM 4/13/2024

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## How to Register

- 1** Create your account  
Manage your TOEFL tests in one central location
- 2** Select a test location  
Test at home or in a test center
- 3** Pick a date and time  
TOEFL tests are available 6\* days a week.
- 4** Complete Registration and Payment  
Select score recipients; buy prep; check out

\* Test center tests are available Wednesdays, Fridays, Saturdays and Sundays globally. At home tests are available 18:00 UTC Saturday – 18:00 UTC Wednesday.



Audio Settings | Chat | Raise Hand | Q&A | Show Captions | Leave | 1:13 PM 4/13/2024

### **3. Description of Activity**

The activity was broadly divided into two main parts – Ms. Sarika Balchandani introduced the online audience about the various benefits, advantages of pursuing higher studies outside the country. She mentioned about the top 5 or the big 5 study abroad destinations of Indian students – United States of America (USA), the United Kingdom (UK), Australia, Canada & New Zealand. She mentioned that while these 5 countries offer high quality education across various or diverse fields, including engineering, management, sciences & finance; there are several other factors which one also needs to consider before embarking on a journey for higher education. Ms. Sarika Balchandani however pointed out to one very strong, common connect between these 5 countries – all of them have English as their official (first) language. This is the primary reason why every other student from an English-speaking nation prefers to either be in USA, UK, Canada, Australia or New Zealand.

The second half of the webinar was all about the preparatory examinations prospective candidates have to appear for Graduate Record Examination (GRE), Test of English as First Language (TOEFL) or International English Language Testing System (IELTS). This was the main crux of the online webinar. She also stressed upon importance of having a good preparatory examination score along with good statement of purpose (SoP). Ms. Sarika Balchandani covered in a systematic manner & in-depth, analysis of all three competitive examinations (GRE, TOEFL & IELTS) along with various mechanisms on how to prepare for the same.

Overall, it was an informative & educative session about competitive examinations for studying abroad & also on how to prepare for the same. The webinar ended with ETS India offering exclusive discounts to the students of Fr. Conceicao Rodrigues College of Engineering on the actual test that could be taken through them.



**Jayen Modi**

Assistant Professor, Department of Electronics & Computer Science (ECS),  
In-charge of Public Relations & Outreach (PRO),  
Fr. Conceicao Rodrigues College of Engineering (Fr. CRCE)



**Fr. CRCE**  
e-mail



Jayen Modi Fr. CRCE <jayen.modi@fragnel.edu.in>

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## Online Introductory session for GRE/TOEFL on Saturday 13th April 2024

7 messages

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Jayen Modi Fr. CRCE <jayen.modi@fragnel.edu.in>

2 April 2024 at 11:12

To: sbalchandani@ets.org

Cc: tpo <tpo@frcrce.ac.in>, "TPO - Fr. CRCE, Bandra" <tpo@fragnel.edu.in>, swapnali CRCE <swapnali@fragnel.edu.in>, swapnali <swapnali@frcrce.ac.in>, Vijay Shelake <vijay.shelake@fragnel.edu.in>, vijay.shelake@frcrce.ac.in, Saurabh Korgaonkar CRCE <saurabh\_k@fragnel.edu.in>, saurabh\_k@frcrce.ac.in, unik.lokhande@frcrce.ac.in, Unik Lokhande <Unik.lokhande@gmail.com>

Dear Sarika Balchandani

Greetings on behalf of the Training & Placement Office (TPO) of Fr. Conceicao Rodrigues College of Engineering, Bandra (W), Mumbai !

With reference to our discussion earlier, we invite ETS to conduct an online interactive webinar on GRE/TOEFL & higher education on Saturday 13th April 2024 at a timing of your convenience. ETS would be interacting with a target student audience of current third year engineering (T.E.) students across all branches/streams, who would be moving on to final year (B.E.) next semester. This webinar presents an excellent opportunity not only to ETS but also to our students for all career related guidance regarding higher education abroad.

In this regard, kindly prepare a flyer/brochure about the same (giving a brief introduction about the webinar), mentioning the date & time with the online link using Zoom or Google Meet. If needed you can include a registration form too. Please forward the same to us by this weekend latest so we can circulate it among all student groups & channels. Prospective students, including their parents who find it beneficial are expected to be present online.

Thanking you & regards,

Jayen Modi

---

Balchandani, Sarika <sbalchandani@etsindia.org>

4 April 2024 at 18:51

To: "Jayen Modi Fr. CRCE" <jayen.modi@fragnel.edu.in>

Cc: tpo <tpo@frcrce.ac.in>, "TPO - Fr. CRCE, Bandra" <tpo@fragnel.edu.in>, swapnali CRCE <swapnali@fragnel.edu.in>, swapnali <swapnali@frcrce.ac.in>, Vijay Shelake <vijay.shelake@fragnel.edu.in>, "vijay.shelake@frcrce.ac.in" <vijay.shelake@frcrce.ac.in>, Saurabh Korgaonkar CRCE <saurabh\_k@fragnel.edu.in>, "saurabh\_k@frcrce.ac.in" <saurabh\_k@frcrce.ac.in>, "unik.lokhande@frcrce.ac.in" <unik.lokhande@frcrce.ac.in>, Unik Lokhande <Unik.lokhande@gmail.com>

Dear sir,

PFB the creative and registration link for the webinar scheduled for 13<sup>th</sup> April,24.

**Dear Students,**

**You are invited to a Zoom webinar.**

**When: Apr 13, 2024 01:00 PM India**

**Topic: GIVE WINGS TO YOUR HIGHER EDUCATION DREAM ABROAD – FCRCE**



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IN ASSOCIATION WITH  
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ON

**GIVE WINGS TO YOUR HIGHER EDUCATION**  
**DREAM ABROAD**



**SARIKA BALCHANDANI**  
GRE & TOEFL EXPERT

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- ANSWERS TO YOUR BURNING QUESTIONS DIRECTLY FROM ETS EXPERTS
- SCHOLARSHIP OPPORTUNITIES BASED ON YOUR GRE & TOEFL SCORES
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**FREE ENTRY TO THE WEBINAR** | **13TH APRIL 2024**  
**1.00PM -2.00PM**

Please click the link below to join the webinar:

<https://zoom.us/j/96014417198?pwd=aXZRMIJIVDVLdTFkK1F4cHNVTU9UUT09>

Passcode: 109255

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+1 346 248 7799 US (Houston)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 931 3860 US

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 689 278 1000 US

+1 719 359 4580 US

+1 929 205 6099 US (New York)

Webinar ID: 960 1441 7198

Passcode: 109255

International numbers available: <https://zoom.us/j/96014417198>

Thanks &amp; Regards



**SARIKA BALCHANDANI**  
SENIOR BUSINESS  
DEVELOPMENT MANAGER



+91 - 9820469451



sbalchandani@etsindia.org



3-113, WeWork Forum,  
Cyber City, DLF Forum,  
Phase III, Gurugram 122002

**From:** Jayen Modi Fr. CRCE <[jayen.modi@fragnel.edu.in](mailto:jayen.modi@fragnel.edu.in)>**Sent:** Tuesday, April 2, 2024 11:12 AM**To:** Balchandani, Sarika <[sbalchandani@etsindia.org](mailto:sbalchandani@etsindia.org)>

**Cc:** tpo <[tpo@frcrce.ac.in](mailto:tpo@frcrce.ac.in)>; TPO - Fr. CRCE, Bandra <[tpo@fragnel.edu.in](mailto:tpo@fragnel.edu.in)>; swapnali CRCE <[swapnali@fragnel.edu.in](mailto:swapnali@fragnel.edu.in)>; swapnali <[swapnali@frcrce.ac.in](mailto:swapnali@frcrce.ac.in)>; Vijay Shelake <[vijay.shelake@fragnel.edu.in](mailto:vijay.shelake@fragnel.edu.in)>; [vijay.shelake@frcrce.ac.in](mailto:vijay.shelake@frcrce.ac.in); Saurabh Korgaonkar CRCE <[saurabh\\_k@fragnel.edu.in](mailto:saurabh_k@fragnel.edu.in)>; [saurabh\\_k@frcrce.ac.in](mailto:saurabh_k@frcrce.ac.in); [unik.lokhande@frcrce.ac.in](mailto:unik.lokhande@frcrce.ac.in); Unik Lokhande <[Unik.lokhande@gmail.com](mailto:Unik.lokhande@gmail.com)>

**Subject:** Online Introductory session for GRE/TOEFL on Saturday 13th April 2024

You don't often get email from [jayen.modi@fragnel.edu.in](mailto:jayen.modi@fragnel.edu.in). [Learn why this is important](#)

[Quoted text hidden]

**Jayen Modi Fr. CRCE** <[jayen.modi@fragnel.edu.in](mailto:jayen.modi@fragnel.edu.in)>

4 April 2024 at 19:02

To: "Balchandani, Sarika" <[sbalchandani@etsindia.org](mailto:sbalchandani@etsindia.org)>

Cc: tpo <[tpo@frcrce.ac.in](mailto:tpo@frcrce.ac.in)>, "TPO - Fr. CRCE, Bandra" <[tpo@fragnel.edu.in](mailto:tpo@fragnel.edu.in)>, swapnali CRCE <[swapnali@fragnel.edu.in](mailto:swapnali@fragnel.edu.in)>, swapnali <[swapnali@frcrce.ac.in](mailto:swapnali@frcrce.ac.in)>, Vijay Shelake <[vijay.shelake@fragnel.edu.in](mailto:vijay.shelake@fragnel.edu.in)>, "[vijay.shelake@frcrce.ac.in](mailto:vijay.shelake@frcrce.ac.in)" <[vijay.shelake@frcrce.ac.in](mailto:vijay.shelake@frcrce.ac.in)>, Saurabh Korgaonkar CRCE <[saurabh\\_k@fragnel.edu.in](mailto:saurabh_k@fragnel.edu.in)>, "[saurabh\\_k@frcrce.ac.in](mailto:saurabh_k@frcrce.ac.in)" <[saurabh\\_k@frcrce.ac.in](mailto:saurabh_k@frcrce.ac.in)>, "[unik.lokhande@frcrce.ac.in](mailto:unik.lokhande@frcrce.ac.in)" <[unik.lokhande@frcrce.ac.in](mailto:unik.lokhande@frcrce.ac.in)>, Unik Lokhande <[Unik.lokhande@gmail.com](mailto:Unik.lokhande@gmail.com)>

Dear Madam

Thank you for the flyer & webinar link. Just a small change required - our institute name is Fr. Conceicao Rodrigues College of Engineering & not Fr. Conceicao Rodrigues Institute of Technology as mentioned on the flyer. The latter refers to the Vashi campus.



Requesting you to make the necessary changes in the creative.

Thank you.

[Quoted text hidden]

---

**Balchandani, Sarika** <sbalchandani@etsindia.org>

4 April 2024 at 19:07

To: "Jayen Modi Fr. CRCE" <jayen.modi@fragnel.edu.in>

Cc: tpo <tpo@frcrce.ac.in>, "TPO - Fr. CRCE, Bandra" <tpo@fragnel.edu.in>, swapnali CRCE <swapnali@fragnel.edu.in>, swapnali <swapnali@frcrce.ac.in>, Vijay Shelake <vijay.shelake@fragnel.edu.in>, "vijay.shelake@frcrce.ac.in" <vijay.shelake@frcrce.ac.in>, Saurabh Korgaonkar CRCE <saurabh\_k@fragnel.edu.in>, "saurabh\_k@frcrce.ac.in" <saurabh\_k@frcrce.ac.in>, "unik.lokhande@frcrce.ac.in" <unik.lokhande@frcrce.ac.in>, Unik Lokhande <Unik.lokhande@gmail.com>

Dear sir,

Sorry for the error PFB the revised creative with the requested change and registration link for the webinar scheduled for 13<sup>th</sup> April,24.

**Dear Students,**

**You are invited to a Zoom webinar.**

**When: Apr 13, 2024 01:00 PM India**

**Topic: GIVE WINGS TO YOUR HIGHER EDUCATION DREAM ABROAD – FCRCE**



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**FREE ENTRY TO THE  
WEBINAR**

**13TH APRIL 2024  
1.00PM -2.00PM**

[Quoted text hidden]

**Jayen Modi Fr. CRCE** <jayen.modi@fragnel.edu.in>  
To: "Balchandani, Sarika" <sbalchandani@etsindia.org>

4 April 2024 at 21:50

Dear Madam

Kindly check the flyer the spelling of students is mistakenly typed as 'FRSTUDENTS'.

All other details are correct.

Thanks.

[Quoted text hidden]

**Balchandani, Sarika** <sbalchandani@etsindia.org>  
To: "Jayen Modi Fr. CRCE" <jayen.modi@fragnel.edu.in>

5 April 2024 at 11:34

Dear Sir,

Please find the revised copy of the invite.

[Quoted text hidden]

**Jayen Modi Fr. CRCE** <jayen.modi@fragnel.edu.in>  
To: tpo <tpo@frcrce.ac.in>, "TPO - Fr. CRCE, Bandra" <tpo@fragnel.edu.in>  
Cc: Vijay Shelake <vijay.shelake@fragnel.edu.in>, vijay.shelake@frcrce.ac.in, swapnali CRCE <swapnali@fragnel.edu.in>, swapnali <swapnali@frcrce.ac.in>, unik.lokhande@frcrce.ac.in, Unik Lokhande <Unik.lokhande@gmail.com>, Saurabh Korgaonkar CRCE <saurabh\_k@fragnel.edu.in>, saurabh\_k@frcrce.ac.in, "Balchandani, Sarika" <sbalchandani@etsindia.org>

5 April 2024 at 12:03

Respected Sir & fellow faculty coordinators

Please give maximum publicity to this high-profile webinar on study abroad options, conducted by ETS India. Kindly forward this email to your various student groups & social media platforms.

On behalf of the TPO cell I would like to thank Sarika Balchandani madam for her efforts in organizing the same.

[Quoted text hidden]