

Activity Report, Year: 2026- 2027

DEPARTMENT/ COMMITTEE: History and Philosophy

IQAC Document No:

Title of the Activity: Productivity Enhancer: Stop Thinking and Start Doing			
COORDINATOR NAME	DAY & DATE	VENUE	TIME
Ms. Manisha Sakure	Thursday, 16 th July 2026	Classroom no. 108	9:00 am to 11:00 am
NUMBER OF PARTICIPANTS : 181	NATURE: INDOOR	TYPE OF ACTIVITY: STUDENT PROGRESSION AND ENRICHMENT	
SCHEDULED/ UNSCHEDULE : SCHEDULED	FUNDING SOURCE: Self-Sponsored		
AMOUNT:	CHIEF GUEST NAME (If any): Mr. Rohit Bagaitkar, Neuro-Linguistic Programming trainer with 10 + years of experience.		

Activity Details

TOPIC/SUBJECT OF THE ACTIVITY	Productivity Enhancer: Stop Thinking and Start Doing
OBJECTIVES	1. Teach students to utilize their mental strength capabilities. 2. Make them learn to develop focus to achieve their goal. 3. Train students to build a positive and productive mindset in this competitive world. 4. Familiarize students with various exercises to be productive.
METHODOLOGY	1. Guided the students with the help of examples to identify the problems like procrastination, overthinking, reduced attention span and addiction associated with less productivity. 2. Explained the psychological reasons behind those problems. 3. Demonstrated various exercises to the students to achieve the desired goal. 4. To enhance focus, the speaker suggested an exercise where an individual had to keep his hands straight in thumbs up position. The position of the thumb had to align with the eyes. Then with a deep slow inhalation they have widened their hands and then bring them back to the earlier position while slowly exhaling. 5. To identify a particular problem, the speaker suggested talking with the person you know and sharing your problem with them without looking for a solution. This exercise had to be done for two minutes.
OUTCOMES	1. Students learned the different ways to identify the problems which caused hurdles in achieving productivity. 2. Students performed the exercises taught to them in the venue as a firsthand experience. 3. Students were able to develop concentration and focus after the session.

Documentation:

Pre-event Documents: (Approval & Planning)	1. Approval letter 2. Guest speaker invitation 3. Notice 4. Flyer 5. Pre-Registration list. 5. Budget sanctioned (if any).
During event Documents (Event)	6. Signature Attendance of Participants: Countersignature by Guest and teacher in charge. 7. Geotagged photos with accurate event tagging. 8. Some small reels of essential parts of the program.
Post-event documents (Feedback & Reports)	9. Feedback & Feedback analysis. 10. Certificate of Appreciation. 11. Event Report 12. Annual Report mentioning activity.

IQAC Document No:	Attribute Name & No:	
DEPARTMENTAL FILE NO:	IQAC FILE NO:	

Name Of Teacher Coordinator & Signature with date: Ms. Shivani Mayekar Ms. Anagha Menon	Name Of Head/ Committee In charge & Signature with date	IQAC COORDINATOR (SEAL & SIGNATURE) Date
--	--	---

DETAILED REPORT ON THE GUEST LECTURE TITLED: 'PRODUCTIVITY ENHANCER: STOP THINKING, START DOING'.

The **Department of History and Philosophy** in collaboration successfully organized a **Guest Lecture for the Arts faculty students** on the topic '**Productivity Enhancer: Stop Thinking, Start Doing.**' The lecture was held on **16th July 2026**, in **classroom 108** from **9:00 to 11:00 a.m.** The program was organized with an aim to train the students in **focusing on achieving a goal along with building a positive and productive mindset.**

The speaker of the lecture was **Mr. Rohit Bagaitkar**, an NLP practitioner, eminent speaker, a motivational counsellor and trainer with a 10+ years of experience. He has also Co-authored a book titled "**Set Goals, Set Life.**"

The lecture focused on the everyday problems which are faced by the students like **procrastination, overthinking, reduced attention span and mobile phone addiction.** Mr. Bagaitkar lucidly and interactively traced the causes of these problems and taught various **exercises** which would help the students to enhance their focus and productivity. **The students enthusiastically performed all the exercises taught to them while in the venue as a firsthand training.**

The participation by the students was overwhelming. A total of **181** students attended the lecture, **across classes from the Arts Faculty.** This made the lecture more lively, engaging and exciting with the students getting encouraged to adopt these exercises in their lifestyle. Overall, the lecture on 'Productivity Enhancer: Stop Thinking, Start Doing' proved to be a grand success. It provided a platform for the students to learn, interact and express themselves to the expert.

Flyer Link :

<https://gnkhalsa.edu.in/2026/07/15/productivity-enhancer-guest-lecture-by-mr-rohit-bagaitkar/>

Permission Letter:

Invitation letter:

<https://drive.google.com/drive/u/1/folders/1xCAlsjOPoziXpelG2LVdnTZFQt3RQSn8>

Attendance Record :

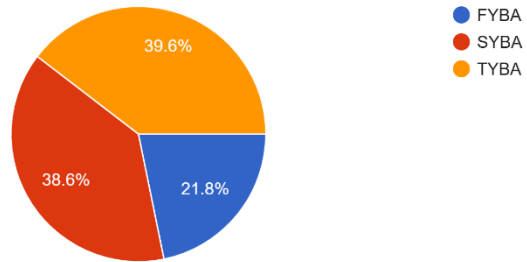
https://drive.google.com/file/d/1pIXret8sfuOXOITicmwnhQwfLOVoyHI/view?usp=drive_link

Feedback Analysis:

Name
101 responses
Ketana Narendra Singh
Khushi Raju Naidu
Nuzahat Ansari
Honey Dawda
Sonali Khilare
Ishika Singh
Shaikh nausheen
Mihika Phatak

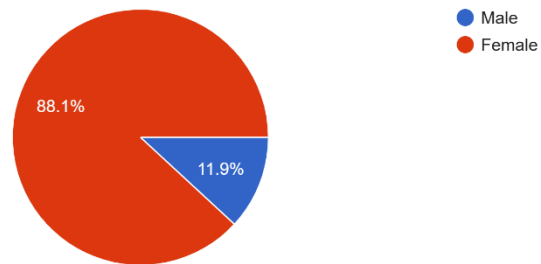
Class

101 responses



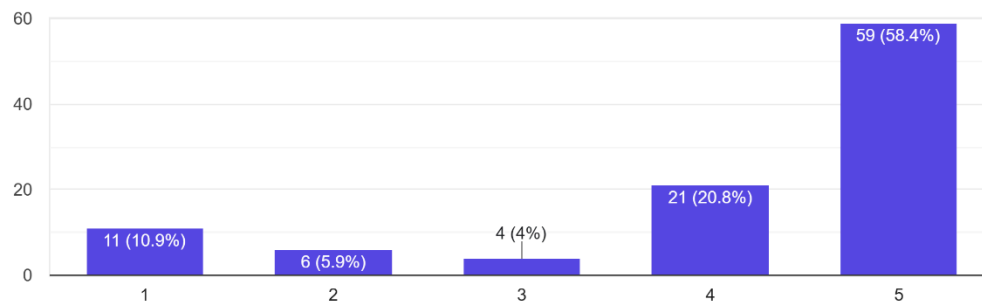
Gender

101 responses



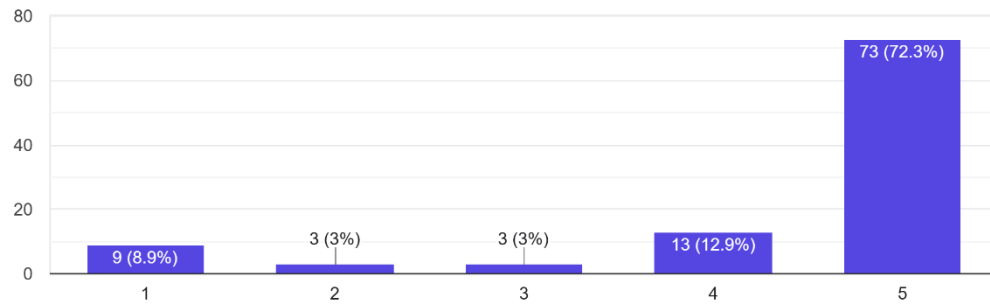
How impactful was today's session for you?

101 responses



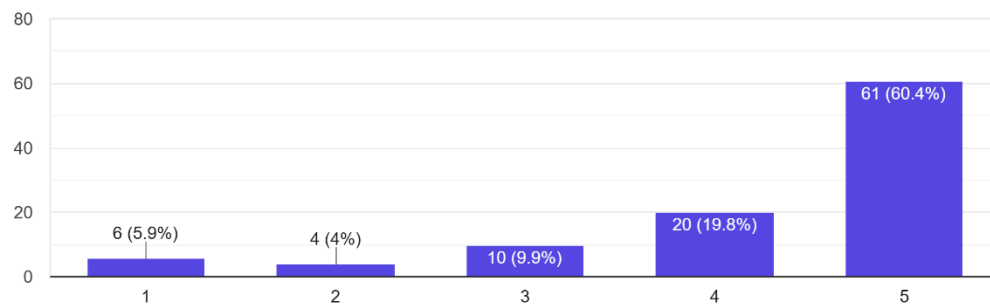
How would you rate the speaker of today's session?

101 responses



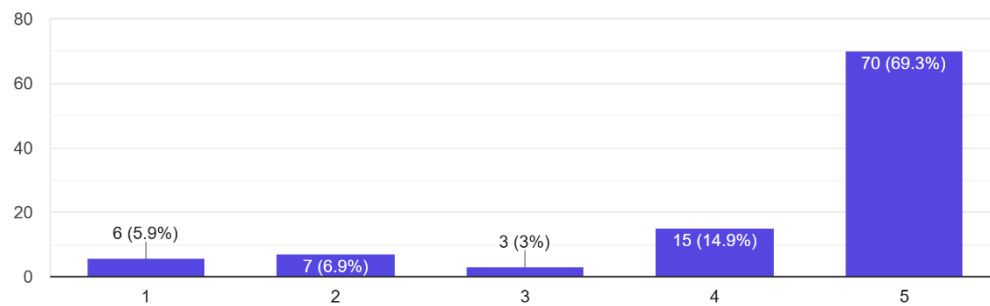
How effective were the activities and exercises conducted during the session?

101 responses



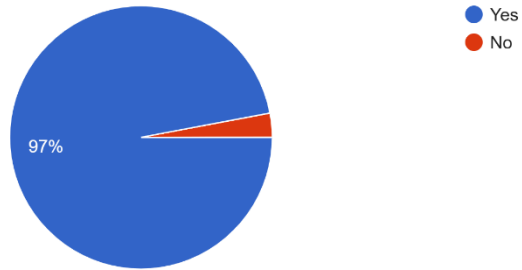
How would you rate the session overall?

101 responses



Would you be interested in attending sessions like this in the future?

101 responses



Do you have any recommendations for future events?

63 responses

Yes

No, everything was perfect

Keep motivating

Career guidance session for BA

NA

Maybe if thru could say ahead that we have events

MOSTLY IT SHOULD BE FOR A GENZ GENERATION PEOPLE' TO BE MOTIVATED AND INSPIRED AND WAY TO SUCCESS

Any other comments

63 responses

Loved the line which Mr. Rohit sir said, Perfection's is just a myth.

Very interesting and helpful

NA

It was a good session,

Useful Event.

HAD A GREAT SESSION AND WELL FOCUSED SESSION AND VERY HELPFUL TO BUILD OUR SELF , THANKS TO KHALSA COLLEGE AND ARTS DEPARTMENT



