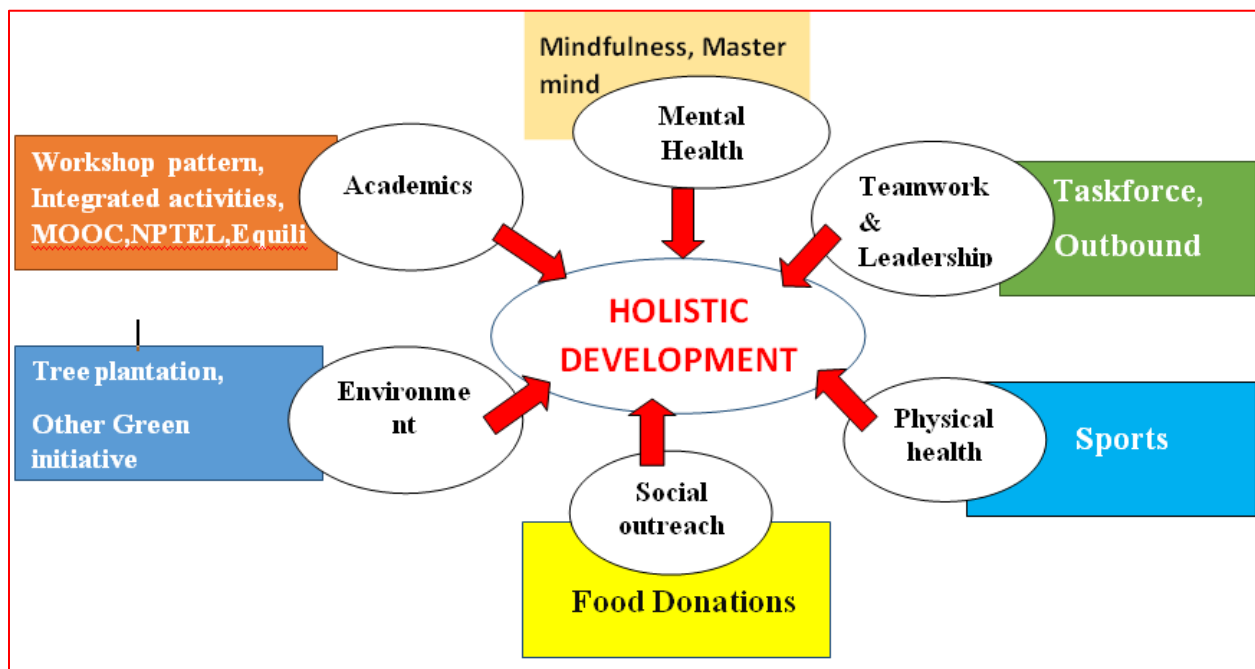


### 7.3.1. Institute Distinctiveness

The unique and defining characteristics that set MET’s Institute of Management apart from others in the field of management education is Holistic development. A clear focus on holistic development of students through academic excellence, innovative teaching practices, industry relevance and personal developments has contributed the institute to stand out in a crowded marketplace and establish a strong reputation.

Academic excellence alone can no longer assure success in life and career of an individual. With this belief, MET plans for the **Holistic development** of students by initiating distinctive practices as part of its curriculum.

We believe in developing the intellectual, mental, physical, emotional, and social abilities in students so that he or she is capable of facing the demands and challenges of everyday life. With this single minded focus, MET has taken lot of initiatives in developing students and bring difference in them from all aspects. The Institute focuses keenly on the holistic development of students and provides them with every opportunity and resource to facilitate their holistic development.



The practices initiated by the institute are-

- Academics
- Teamwork and leadership
- Environment
- Physical health
- Social outreach
- Mental Health

### ACADEMICS:

MET believes in nurturing their students by giving them the best of the inputs through academics. Here comprehensive abilities of students are developed where students understand and comprehend written and verbal information. This is done in the form of blended learning with the help of sessions which are conducted in workshop pattern. The whole semester is divided in to different slots where subjects are taken in these slots. Under workshop patter the complete focus of the faculty is to train and guide students on the subjects of the respective slots.

Learning through MOOC and NPTEL courses is also encouraged among students. Here student can opt for any of the course relevant to their domain and undertake extra inputs and certification through it.

Blended learning in the form of experiential learning is also being conducted. Here certain integrated activities of different subjects are undertaken by way of roleplays and case study analysis where students learn, understand and solve real time problems.



## TEAMWORK AND LEADERSHIP:

Leadership and teamwork have a direct impact on the ability of an Individual to accomplish his goals and objectives in life. It is very important especially for management graduate to nurture and develop these skills to fight back the challenges they might face in the future. With this MET has designed few programs which helps students work in teams, take leadership charge and make decisions wherever required. MET conducts different activities viz. Taskforce presentations and outbound program where students re divided in to different groups and perform different activities.

Taskforce presentations- ‘Abhivyakti’ ( Task force competition) is a business plan activity where students are divided in to groups and are asked to come up with a business plan . These ideas are later being evaluated by the industry experts to give them appropriate guidance.

Outbound program- ‘Anubhuti’- under this program, students are taken out for a training program where they learn different soft skills like leadership, teamwork, decision making, and communication, etc. through management games.



**Abhivyakti: The Task force -2021-22**



**Anubhuti: The Outbound Program -2021-22**

**PHYSICAL HEALTH:**

MET also believes in taking due care of the physical health of its students. For the same MET provides them with ample space for sports both indoor as well as outdoor. MET also has a well-equipped gym area where students can go for workouts and physical trainings.

MET has the indoor games facility for its students where they can avail the benefits of activities like carom and snooker. MET also has a huge space for outdoor games and activities. Every year MET organizes different sports activities like Football and cricket among MBA 1<sup>st</sup> and 2<sup>nd</sup> year students to keep them physically fit.



**METCA: The Cricket Match 2021-22**

**Bhujbal Knowledge City**

## **ENVIRONMENT:**

As environmental sustainability is becoming an increasingly important issue for the world, every individual has to play a major role in protecting the environment. To create the awareness and realization among the students, MET has taken different initiatives to protect the environment. MET makes their students to carry out green plantation across the campus and outside campus. This created the awareness among the students as their responsibility to save environment. MET also takes other green initiatives to protect the environments like paperless work. METIOM has created its own LMS Moodle where every document is save electronically to save papers and make our environment more eco-friendly.

Tree plantation plays a crucial role in environmental conservation. We at MET adopt the act of planting and cultivating trees in specific areas. We understand the importance of not only planting but making sure that the plantation activity is not just one time activity and needs proper care throughout its life. With this senses of responsibility, we have made a contract with Papaya Nursery who takes care of all the plantation at campus and nearby campus areas. This practice is essential for various environmental, social, and economic reasons. However, to make students responsible for Environment conservation we involve them with some plant donation activity since our plantation is taken care by Papaya nursery.





### **Tree Plantation Activity: 2021-22**

#### **SOCIAL OUTREACH:**

As an individual citizen we all have some responsibility towards our society. This can be done by taking small steps. We believe that our participation in solving social problems has the power to promote the personal and collective identity.

With this MET has started its food donation camps across the Nashik city for the needy people. This is done in a very different and unique way. MET has a well-established canteen service at its campus which provides with food and other facilities to its students. The leftover food is then packed in different containers and is circulated by students among the needy people of Nashik city. This helps students realize the importance of food and what happiness do they bring among the life of needy people by distributing food.

Apart from this, to make our students realize the importance of food and hunger in their life, MET has taken an initiative where by the canteen authority displays daily

food wastage in Kgs. This creates a sense of responsibility and awareness among the students.



### Food Awareness campaign – “Fighting waste, Feeding Hope” 2021-22

#### MENTAL HEALTH :

Mental health includes an individual’s emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. It is important today at every stage of our life right from childhood, adolescence to adulthood. Considering the importance of mental health, MET has taken different initiatives in the form of Master Mind and Mindfulness.

#### Mastermind-

MasterMind— is a One/ Two-day life changing workshop designed for the 14 years and above. It is divided in to 4 sections where it starts with establishing a clear cut relationship in between human behavior, body language, universal energy and his state of mind (conscious and sub conscious). Explains the Neurological Levels of Human behavior.



Further it takes through the core philosophy on which the MasterMind is based and that is limitless power of human mind and the wonders it can do. It touches the major questions which are unanswered yet. We demonstrate various activities and techniques such as phobia cure, Circle of Confidence, time Line Technique, emotional management, goal setting and archiving it. It teaches to use the techniques of meditations, self-hypnosis in simple steps to enhance every area of the participant's life. Various aspects of Meta Physics are also taught in Mastermind

This workshop includes the detail guidance about how to communicate with subconscious to change the basic and root cause belief. It also includes the techniques to instill new empowering beliefs. It focuses on using affirmation, visualization and law of attraction. Mastermind not only gives the information about these life changing techniques but also teaches you.

### **Outcomes of Mastermind**

- MasterMind helps to create a self-confidence. It will unleash your inner potential necessary to take the desired action. This will ultimately remove limiting beliefs.
- MasterMind helps to give a positive mental beliefs & Attitude
- MasterMind will create self-confidence. It will unleash your inner potential necessary to take the desired action. This will ultimately remove limiting beliefs.
- MasterMind helps to give you techniques to change state of mind and to be super achiever by creating and combining body and mind power.
- MasterMind helps to create undying positive attitude which helps to remove the negativity from life.
- MasterMind will enable to set Goals. It will also give techniques and tools to achieve these goals easily throughout life.
- Mastermind helps to communicate with the energy within and outside body. It makes to learn harness this energy and create the balance in life.
- It will make to understand the human psychology and by using this understanding to be able to get self-motivation and driving force for life.

Dates and schedule for Academic year 2021-22

First Batch - June 4 and 5, 2022



Second, batch – June 18 and 19, 2022



### Mindfulness-

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

While mindfulness is something we all naturally possess, it is more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being

mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

## Basics of Mindfulness Practice

Mindfulness helps us put some space between our reactions, breaking down our conditioned responses and ourselves. Here is how to tune into mindfulness throughout the day:

1. **Set aside some time.** You do not need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.
2. **Observe the present moment as it is.** The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we are aiming to pay attention to the present moment, without judgment. Easier said than done, we know.
3. **Let your judgments roll by.** When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.
4. **Return to observing the present moment as it is.** Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.
5. **Be kind to your wandering mind.** Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

That is the practice. It has often been said that it's very simple, but it's not necessarily easy. The work is to just keep doing it. Results will accrue.



**Mindfulness Activity: 2021-22**

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