
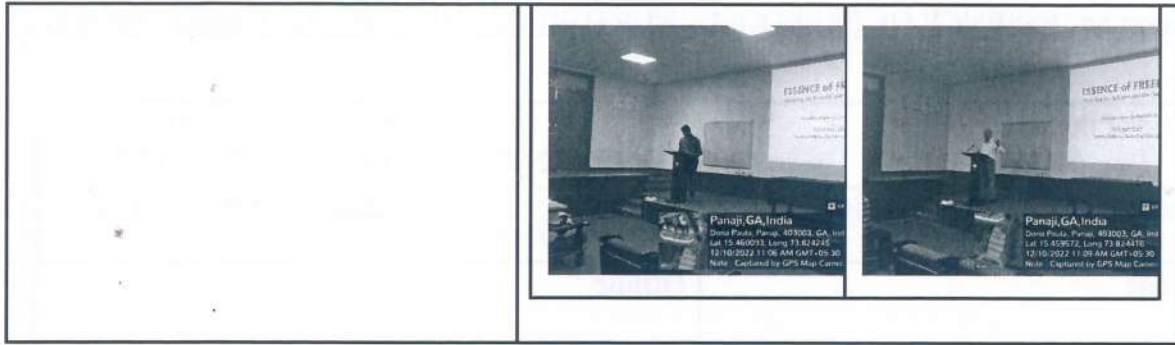


Report on 'ESSENCE OF FREEDOM...NURTURING THE SCIENTIST AND THE SAGE WITHIN'

Title of the Event	ESSENCE OF FREEDOM...NURTURING THE SCIENTIST AND THE SAGE WITHIN
Date and Time	Saturday, December 10,2022; 11:00 am – 12:00 noon
Mode	Offline
School / Directorate	Goa Business School, Goa University
Collaborating Agency	WISDOMLAB SYNERGIES LLP
Participants	30
Resource Person	Dr. Raj Amonkar
Faculty Attended	18
Number of external participants	Nil
The objective /description of the activity	The key objective of the talk was to help sustain mind fitness for self-leadership in an age that is drowning in information but starving for wisdom-based clarity and freedom.
Benefit /Key outcome of the event	Following was the key outcome of the talk <ul style="list-style-type: none"> <li>• The speaker has shown the effective process of guided meditation.</li> <li>• It is shown that with the practise of Complete Awareness which continually refines "Knowing Oneself" can be achieved through meditation.</li> <li>• practicing meditation regularly can also help sustain mind fitness for self-leadership</li> </ul>
Photos	 <p>The first photograph shows a person standing at a podium on a stage, presenting to an audience. A large screen in the background displays the title of the event. The second photograph shows a group of people seated in a room, attentively listening to the presentation.</p>



Event Coordinator: Shri Swapnil Fadte

Program Convenor: Prof. Jyoti Pawar, Dean, GBS



**GOA UNIVERSITY  
GOA BUSINESS SCHOOL**

**GBS AUDITORIUM  
10 DECEMBER 2022  
11.00 AM-12.00PM**

# **ESSENCE OF FREEDOM ... NURTURING THE SCIENTIST AND THE SAGE WITHIN.**

*We are living in an age that is drowning in information but starving for wisdom and wellbeing. The ESSENCE of FREEDOM ... is offering an effective path for nurturing the Scientist and the Sage within every ongoing learner. We invite you to present yourself a gift of wholesome nutrition and exercise for a happy, healthy, and contented mind by getting the best out of yourself and making a difference where it matters.*

**Program Convener  
Prof. Jyoti D. Pawar (Dean, GBS)**

**Event Coordinator  
Shri. Swapnil Fadte**



**DR. RAJ S AMONKAR**  
CEO AND COFOUNDER OF  
WISDOMLAB SYNERGIES LLP



Speaker: Dr. Raj S. Amonkar

**GENERATING ENERGY**

**1 Nutrition for the Mind**  
Present Moment Awareness  
Where our mind is...  
Where our mind is most aware...

**2 Exercise for the mind**  
Awareness → Acceptance → Appropriate Action

**3 Tonic for the Mind**  
Smiling & Gratitude



GPS Map Camera



**Panaji, GA, India**  
Dona Paula, Panaji, 403003, GA, India  
Lat 15.460061, Long 73.824220  
12/10/2022 11:23 AM GMT+05:30  
Note : Captured by GPS Map Camera

# Participants

Body text

GPS Map Camera



**Panaji, GA, India**

Dona Paula, Panaji, 403003, GA, India

Lat 15.460023, Long 73.824166

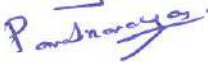

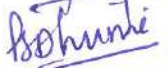







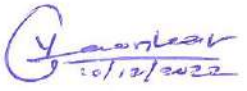

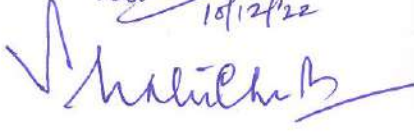

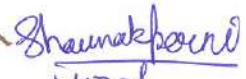


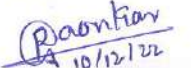
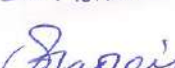
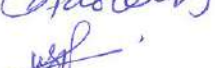


12/10/2022 11:06 AM GMT+05:30

Note : Captured by GPS Map Camera



ESSENCE OF FREEDOM  
NURTURING THE SCIENTIST AND THE SAGE WITHIN  
FOUNDATION PROGRAMME

10<sup>th</sup> December 2022 11:00 AM - 12:00 NOON

Sr. No.	Name of faculty/Research Scholar/Student	Signature
1.	Dr. Navayan Ponds	
2.	Dr. Pinky Pawaskar	
3.	Dr. Purnima Dhume	
4.	Y. V. REDDY	
5.	Nilesh Borde	
6.	Lynessa Lynette Linson	
7.	Priyanka V. Nark	
8.	Prof Anjana Raju	
9.	Dr. Poonam Sandekar	
10.	Dr. Parash, Lengadkar	
11.	Visbal Gaonkar	
12.	Sumita Datta	
13.	B.P. Sarali Chandras	
14.	Phur. S. Patil , 2102	
15.	Shaunak Pevni, 2105	
16.	Minal Shirodkar, 2108	
17.	Ved Redkar, 2103	
18.	Andse Naohka, 2104	
19.	Prajyot Gaonkar	
20.	Kamini Farzani	
21.	Vibhav Sinai Pissurlenkar	
22.	S. BASKAR	

23	P. Sri Ram	Arun
24	Ramrao Wagh	BS
25	Ganapriya Chodankar	R
26	Purva Hegde Desai	My
27	Kevin D'souza	W
28	Akshay Shiradkar	Sh
29	Pranav Shetye	As
30	Swapnil Fuelle	So