



**Circular**

**25-06-2019**

**Dear Students,**

We are excited to announce our upcoming Massive Open Online Course (MOOC) titled "**Simple Stress and Anxiety Relief: Health and Hygiene Skills.**" This course is designed to equip participants with practical skills to manage stress and anxiety effectively, promoting overall well-being.

**Course Highlights:**

1. **Comprehensive Curriculum:**
  - Explore a well-structured syllabus covering essential concepts of stress and anxiety, their effects, and effective relief techniques.
2. **Interactive Learning Modules:**
  - Engage with multimedia resources, including videos, readings, and interactive quizzes to enhance understanding and retention.
3. **Practical Techniques:**
  - Learn simple, evidence-based strategies such as mindfulness exercises, breathing techniques, and relaxation methods that can be easily integrated into daily life.
4. **Health and Hygiene Integration:**
  - Understand the connection between physical health, hygiene practices, and mental well-being, fostering a holistic approach to stress management.
5. **Personalized Action Plan:**
  - Develop your own stress management plan tailored to your lifestyle, ensuring practical application of the techniques learned.
6. **Community Support:**
  - Participate in discussion forums to share experiences, seek advice, and build a supportive network with fellow participants.

**Course Details:**

- **Duration:** 01 July 2019 to 31 Dec 2019
- **Start Date:** 15 July 2019
- **Format:** Online, self-paced
- **Prerequisites:** None! Everyone is welcome.





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## Circular

30/06/2019

### UDEMY ONLINE COURSE

We are thrilled to announce an upcoming Massive Open Online Course (MOOC) on "**Leadership and Motivation**" Under 'entrepreneurial skills' hosted on Udemy. This course is designed for anyone eager to stay ahead in our rapidly evolving digital landscape to built entrepreneurial skills in students.

#### Course Highlights:

- Entrepreneurial Leadership: Focused on developing leadership skills crucial for managing startups and business ventures. Key topics included strategic vision, decision-making, and the importance of leading by example in entrepreneurial contexts.
- Motivational Strategies: Students learned techniques for motivating teams and individuals, with emphasis on fostering a growth mindset and applying both intrinsic and extrinsic motivation techniques.

#### Course Details:

**Platform: Udemy Academy, Online Course**

**Course Start Date: 10 July, 2019**

**Registration Deadline: 05 July 2019**

#### How to Enroll:

1. <https://www.udemy.com/courses/search/?src=ukw&q=Leadership+and+Motivation>
2. Sign up or log in to your account.
3. Enroll in the course.

Feel free to share this circular with colleagues and friends who might be interested in enhancing their tech knowledge. Let's embrace the future together!

**For any queries, please contact:** Dr.Sadhana Jadhav

Best Regards,

  
**Head - School of Management**  
Ajeenkya D Y Patil University, Pune.





**Circular**

**05-07-2019**

**Dear Students,**

We are excited to announce the launch of our new Massive Open Online Course (MOOC) titled "**How to Use SMART Goals: Achieve More in Less Time.**" This course is designed specifically for aspiring entrepreneurs looking to enhance their goal-setting strategies and maximize productivity.

**Course Highlights:**

1. **Understanding SMART Goals:**
  - In-depth exploration of the SMART framework (Specific, Measurable, Achievable, Relevant, Time-bound) and its importance in goal setting.
2. **Practical Exercises:**
  - Hands-on activities to create and refine your own SMART goals tailored to your entrepreneurial vision.
3. **Time Management Techniques:**
  - Strategies to prioritize tasks and manage time effectively, allowing for the achievement of more in less time.
4. **Case Studies:**
  - Real-world examples of successful entrepreneurs who have effectively implemented SMART goals to drive their businesses forward.
5. **Interactive Learning:**
  - Engage in discussions, quizzes, and peer reviews to enhance learning and application of concepts.
6. **Resource Toolkit:**
  - Access to templates, worksheets, and additional reading materials to support your goal-setting journey.

**Course Details:**

- **Duration:** 10 July 2019 to 31 Dec 2019
- **Start Date:** 10 July 2019
- **Format:** Online, self-paced
- **Prerequisites:** None! Everyone is welcome.

**How to Enroll:**

1. <https://www.udemy.com/course/goal-setting/>
2. Sign up or log in to your account.
3. Enroll in the course.

**Registration Deadline:** 07 July 2019





Date: 12/8/2019

## Circular

Dear Students,

We are pleased to announce that enrollment is now open for the UdeMy course on "Effective and Efficient Time Management" under "Entrepreneurial Skills", designed to help you master the essential skills required for time management in an entrepreneurial environment. This online course is self-paced and will be conducted from September 2019 to December 2019.

### Course Highlights:

- Learn practical strategies to manage your time efficiently as an entrepreneur.
- Develop skills to prioritize tasks, reduce stress, and increase productivity.
- Gain insights into setting realistic goals and achieving them within set deadlines.
- Learn to balance work-life commitments effectively to ensure personal and business success.

### Course Details:

- **Duration: Sep 2019 to December 2019**
- **Medium: Online, self-paced**
- **Last Date for Registration: Aug 14th, 2019**

### Steps to Enroll:

1. **Visit the link:**  
<https://www.udemy.com/courses/search/?src=ukw&q=%22Effective+and+Efficient+Time+Management>
2. Click on the course titled "Effective and Efficient Time Management Entrepreneurial Skills."
3. Create or log in to your UdeMy account.
4. Complete the registration process by following the prompts on the website.

For any enquiries or assistance, please feel free to contact Prof. Sadhana Jadhav.

Best Regards,

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Head – School of Management  
Ajeenkya D Y Patil University, Pune.