

**HSNC UNIVERSITY**  
**SCHOOL OF APPLIED SCIENCES**  
**DEPARTMENT OF DATA SCIENCE AND BUSINESS ANALYTICS**  
**AWARENESS & WELLNESS WORKSHOP**

**DATE OF THE EVENT :** Tuesday – 17<sup>th</sup> December, 2025

**TIME OF THE EVENT :** 12:00 noon to 1:00 pm

**VENUE OF THE EVENT :** Learning Hall 802, HSNC University

**NAME OF THE EVENT :** Awareness & Wellness Workshop

**NUMBER OF THE PARTICIPANTS/ BENEFICIARIES :** 72 students

**RESOURCE PERSON:**

- Ms. Sheetal Nilekani (Self-Awareness & Success Coach, Founder – The Aware Generation)

**OBJECTIVES OF THE PROGRAM:**

- Foster self-awareness among students by helping them understand their thoughts, emotions, strengths, and values.
- Equip students with practical tools for personal development and purposeful living.
- Introduce the T-E-A-R Model (Thoughts → Emotions → Actions → Results) to help students understand the connection between their mental processes and life outcomes.
- Encourage introspection through structured reflection activities on academic excellence, emotional intelligence, and self-discipline.
- Provide students with strategies for building social confidence, managing emotional responses, and developing consistent habits.
- Introduce students to The Aware Generation (TAG) initiative and its core values for holistic personal growth.
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**BRIEF REPORT OF THE ACTIVITY:**

The event, titled "Awareness & Wellness Workshop," was successfully conducted on Tuesday, December 17, 2025, from 12:00 noon to 1:00 pm in Learning Hall 802 at HSNC University, engaging approximately 70 students from various academic years including FYBSc, SYBSc, TYBSc, and MSc programs in Data Science & Business Analytics.

The session began with the registration of participants and the warm welcome of Ms. Sheetal Nilekani, the resource person for the workshop. Ms. Nilekani, a distinguished Self-Awareness and Success Coach and Founder of The Aware Generation (TAG), brought extensive expertise in emotional intelligence and personal transformation to guide students through a structured journey of self-discovery.

**Workshop Activities**

Upon arrival, students were provided with specially designed Self-Awareness Workbooks created by Ms. Nilekani. The workshop commenced with an innovative self-assessment activity where students rated their current level of self-awareness on a scale of 1 to 10 at three distinct stages throughout the session, allowing them to observe the evolution of their self-perception. Ms. Nilekani provided a comprehensive explanation of self-awareness,

emphasizing understanding of thoughts, emotions, strengths, and values through relatable real-life examples.

A significant portion of the workshop focused on the T-E-A-R Model, demonstrating the interconnection between Thoughts, Emotions, Actions, and Results. Students engaged in structured reflection exercises addressing strategies for studying smarter, techniques for emotional awareness and regulation, and methods for developing self-discipline. Interactive exercises encouraged students to introspect on building social confidence, strengthening self-discipline through consistent habits, and managing emotional responses to different situations.

The session concluded with an introduction to The Aware Generation (TAG) initiative, where Ms. Nilekani explained the six core values: Self-Awareness, Purposeful Living, Integrity, Empathy & Compassion, Curiosity & Lifelong Learning, and Empowerment. The workshop ended with an interactive Q&A session where students shared their reflections and asked questions about implementing these concepts in their daily lives.

#### **OUTCOME OF THE PROGRAM:**

- Students gained enhanced self-awareness and deeper understanding of their thoughts, emotions, values, and behavioral patterns.
- Students received practical tools and frameworks (T-E-A-R Model, Self-Awareness Workbook) for immediate application in daily life.
- Established awareness of The Aware Generation (TAG) community for ongoing support and personal growth.
- Enhanced student motivation and clarity about aligning daily actions with long-term aspirations.
- Improved understanding of emotional intelligence and its importance in academic performance and personal well-being.
- Students developed practical strategies for building self-discipline, social confidence, and emotional regulation.
- Progressive self-assessment demonstrated measurable improvement in students' understanding of self-awareness concepts.

## PHOTOGRAPHS AND MEDIAS:



Img-1: Ms. Sheetal Nilekani addressing the audience



Img-2: Students actively participating in workbook-based self-reflection activities



Img-3: Group Photo of Ms. Sheetal Nilekani with students.



Img-4: Full view of Learning Hall 802 with approximately 72 students participating in the workshop



Img-5: Group photograph with Ms. Sheetal Nilekani and Placement team members after the successful completion of the workshop

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**Professor-in-Charge,  
Ms. Shruti Agarwal  
Mr. Sikandar Yadav**

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**Academic Head,  
Dr. Nidhi Singh,  
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