



# SUJAYA FOUNDATION

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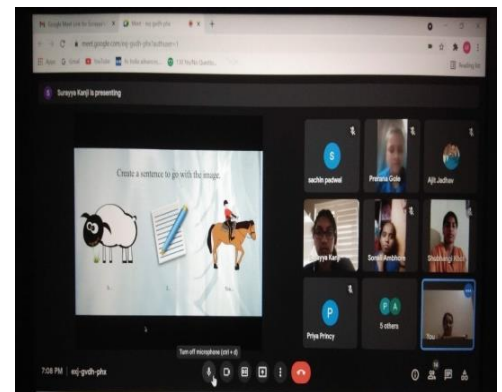
## Health Initiatives during the Pandemic

Sujaya Foundation in partnership with LTI inaugurated the Health project on 29th September, 2021 at LTI's Mahape location. Ms. Sujata Dhole, Additional Commissioner of Navi Mumbai Municipal Corporation, Mr. Anil Rander, CFO of LTI, Mr. B.S Saluja, Vice President, Corporate Services, LTI and Ms. Huzan Mistry, Trustee of Sujaya Foundation were the esteemed guests who inaugurated the ambulance and ventilators. The dignitaries emphasized on the need for public and private collaboration. The Health project will benefit the people from Navi Mumbai communities. Ten ventilators have been donated to NMMC hospitals while four ventilators have been donated to two trust run hospitals viz. Mathadi hospital and Punjab Kesari Charitable Trust. Additionally, 2000 covid safety kits will be distributed in Navi Mumbai communities. Our humble gratitude to all the partners for supporting this cause which will benefit the society at large.



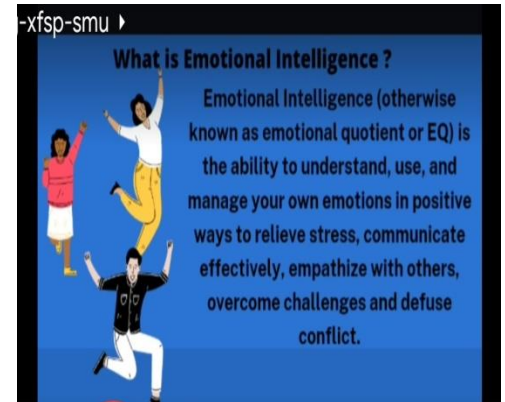
## International Volunteering

Surayya Kanji, a Canadian student from Carleton University, Ontario, Canada interned with Sujaya Foundation for three months to conduct virtual English sessions for the students. She prepared interactive content and devised interesting activities like Jeopardy and quizzes to teach English.



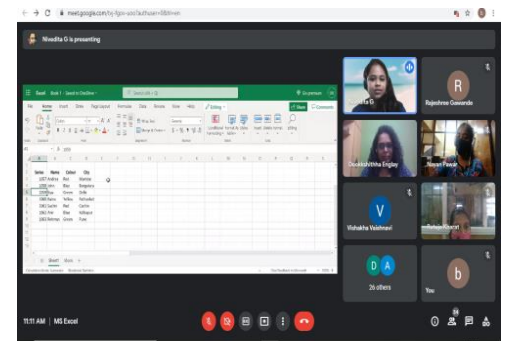
## Emotional Intelligence

A virtual session on 'Emotional Intelligence' was conducted by Safna Dadina, who has done Human Management and specialized in clinical research. The webinar briefed the meaning, importance and use of emotional intelligence at work and academics. It was an interactive session, helping the students understand the dynamics of emotional intelligence in the real world. The session concluded with a self-awareness activity and a Q/A session that helped the students get a better understanding of themselves.



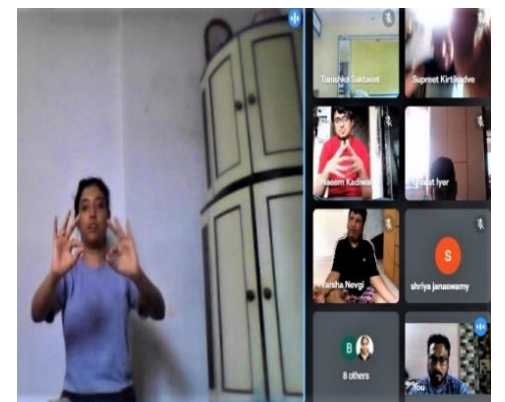
## Understanding MS Excel

The session was conducted by corporate volunteers from a leading multinational investment banking firm. They started with the basic features and terminologies of Excel like cell, columns, count, etc. The students also learnt various functions like sum, average and percentage. Advanced concepts like VLOOKUP and advanced filter were also covered. This was a very engaging and useful session for the students.



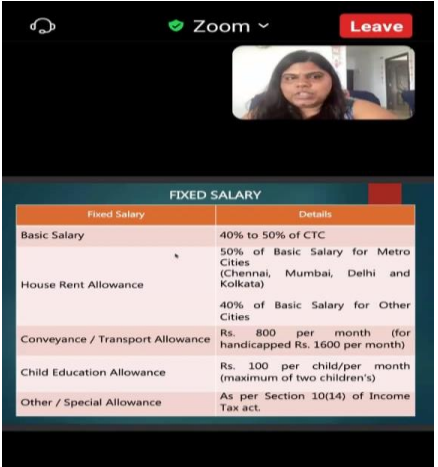
## Meditation/Yoga

Chandrayee Datta, a Post-graduate Diploma holder in Yoga Education, from Kaivalyadham, Ministry of AYUSH (2019-2021) conducted a virtual session on Meditation / Yoga for the students. The session began with breathing exercises followed by a warm up. Later, a series of postures were introduced to develop strength and flexibility including standing and reclining asanas. Everyone was encouraged to work within their own ability and to listen to their bodies.



## Understanding Salary Structure

A session on 'Understanding Salary Structure' was arranged for the students by volunteers from a leading multinational investment banking firm. This session helped in understanding the salary structure, monetary and non-monetary benefits, retirement benefits, reimbursement benefits and the components of a fixed salary offered to a candidate. The volunteers highlighted on governance and compliance policies followed by most of the organisations. A specimen copy of a salary slip was shown to aid better understanding.



Fixed Salary	Details
Basic Salary	40% to 50% of CTC 50% of Basic Salary for Metro Cities (Chennai, Mumbai, Delhi and Kolkata)
House Rent Allowance	40% of Basic Salary for Other Cities
Conveyance / Transport Allowance	Rs. 800 per month (for handicapped Rs. 1600 per month)
Child Education Allowance	Rs. 100 per child/per month (maximum of two children's)
Other / Special Allowance	As per Section 10(14) of Income Tax act.

## Anxiety Management

Medhavi Shrivastava conducted a virtual session on 'Anxiety Management'. She explained the term 'Anxiety' and how it presents itself in different ways. She gave various examples on the symptoms of anxiety. She also took an activity with students wherein they were asked to share the situations that caused anxiety.



## Work Ethics

KPMG volunteers explained the importance of having ethics in our lives as well as at the workplace. They also explained how incorporating ethics in professional life would help to build a positive environment. Certain essential professional ethics like punctuality, goal setting, hard work and communication can help an employee go a long way. The session was interactive with videos and quizzes, it aided in the better understanding of the topic.

