

**Sant Gadge Maharaj Arts Commerce &  
Science College, Walgaon.**

**" Workshop on Yoga & Meditation "**

Organized by

*Physical Department*

Duration : 17/05/2022 to 19/05/2022

Organizer

Asst Prof. V. B. Thakare

Director of Physical Education

(Department of Physical)

**Sant Gadage Maharaj Arts, Commerce & Science  
College, Walgaon Dist : Amravati**

**Department of Physical Education & Sports**

**Workshop on Yoga & Meditation**

**( 2021 - 2022 )**

**17/05/2022 to 19/05/2022**

**Submitted By**

**Prof. Vasant Thakare**

**( Dir. of Physical Education )**

# **Sant Gadge Maharaj Arts, Commerce & Science College, Walgaon Dist. Amravati**

## **Workshop on Yoga & Meditation**

### **Introduction of Workshop**

Through this course we created the awareness of Health, Fitness, Yoga Activity and Meditation. In this workshop demonstration will be given on various Yogasana, Pranayama and Meditation.

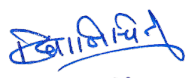
### **Programme Benefit :**

1. A Sense of Social responsibility.
2. They have understood the importance of Yoga .
3. They have understood Physical Activity.
4. They have got Knowledge of Yoga and Meditation.

### **Benefit of Learners :**

1. Learning the Importance of Health & Fitness
2. Students gets detail Knowledge of Yoga.
3. Students learns how to start physical activity effectively.
4. This workshop brings awareness among students about benefits of meditation.



  
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## Board of Study

To prepare the content (syllabus) of workshop following Board of study constituted.

### Board of Study Committee is as Follows

Sr.No	Faculty	Designation	Department	Institution
1	Prof. Vasant B. Thakare	DPE	Phy. Edu	S.G.M.M, Walgaon
2	Dr. Khushal Alaspure	DPE	Phy Edu.	Arts and Commerce College, Badnera
3	Prof. S. S. Kedar	Professor	Commerce	---
4	Prof. H. B. Gajabe	Assi. Prof	Arts	---



  
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## Wokshop on Yoga Meditation

### Plan of Action ( Requirement )

1. Name of Workshop : Yoga and Maditation
2. Intake of Students : 50
3. Duration of Workshop : 3 Days
4. Course Fee : -----
5. Syllabus : Attached
6. Examination Pattern : Objective Type

Sr No.	Date	Time	Topic	Resource Person
1	17/05/2022	8 AM To 9 AM	History of yoga	Vasant Thakare
2	17/05/2022	9 AM To 10 AM	Yoga and Yogic practice	Shrikant Mahulkar
3	17/05/2022	10.15 AM To 11.15 AM	Yoga Demonstration	Shrikant Mahulkar
4	18/05/2022	8 AM To 9 AM	Yoga for Positive Health	H B Gajbhiye
5	18/05/2022	9 AM To 10 AM	Yoga for Positive Health	S S Kedar
6	18/05/2022	10.15 AM To 11.15 AM	Yoga Demonstration	Vasant Thakare
7	19/05/2022	8 AM To 9 AM	Meditation	Khushal Alasapure
8	19/05/2022	9 AM To 10 AM	Meditation for Positive Health	Khushal Alasapure
9	19/05/2022	10.15 AM To 11.15 AM	Demonstration on Meditation	Vasant Thakare
10	19/05/2022	12 PM To 1 PM	Theory Examination	



  
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## SYLLABUS

1. Introduction to Yoga and Yogic practice
  - a. Yoga meaning and initiation
  - b. Astanga yoga
  - c. The Stream of Yoga
  - d. The Stream of yoga
  - e. Yogic practice for healthy living
2. Introduction to yogic text
  - a. History of yoga as a discipline
  - b. Classification of yoga and yogic text
  - c. Meditational process
3. Yoga and health
  - a. Needs of yoga for positive health
  - b. Concept of health and disease
  - c. Potential cause of ill health
  - d. Stress management through yoga


Note : Based on the above three units practical to be organized

Total Marks : 50

Internal Theory Examination : 25 Marks

Internal Assignment : 25 Marks




  
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## Faculty Profile

Sr. No	Faculty	Qualification	Specialization	Rugular / Guest Lecture
1	Prof. Vasant B. Thakare	M.Ped	Phy.Education	Regular
2	Prof. H. B. Gajabhe	MA	Marathi	Regular
3	Prof Sunil Kedar	MCom PhD	Commerce	Regular
4	Dr. S. S. Mahulkar	M.Ped, M.Phil, PhD	Phy. Education	Guest Lecture
5	Dr. Khushal Alaspue	M.Ped, M.Phil, PhD	Phy, Education	Guest Lecture



  
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# **Yoga & Meditation**

## **Workshop Outcomes**

1. Yoga and Meditation Workshop define the stages of Health and Fitness.
2. Student Improve Physically, Mentally, and Psychologically.
3. Student gets Knowledge about Yoga.
4. Students understand the importance life
5. All round development of Student.

## **Report of Workshop on Yoga & Meditation**

At Sant Gadge Maharaj College, Walgaon. workshop on meditation and yoga was organized from 17/05/2022 to 19/05/2022. The purpose behind this workshop was to educate the college students to get exercise, peace of mind and a healthy body in the busy and stressful life. This workshop will bring the awareness among students about yoga and meditation.

Since ancient times, yoga and meditation have been given great importance in the 64 arts and Puranavedas. Because Ashtang Yoga brings peace of mind, internal cleanliness of the body and a healthy life. due to fast food, unhealthy diet and non physical exercise the young generation is lagging behind in physical strength. To aware the young students about their physical fitness college organize this workshop. UGC also in his recommendatation suggest this type of courses for college students. In this workshop an intellectual session was also conducted along with demonstration.

In the first session from 8 to 9 am on Dt.17/05/2022 Director of Physical Education Prof. Vasant Thakare gave a very important lecture on History of Yoga. He elaborated by giving examples of how the people of that time used it to lead a healthy lifestyle. In the next session from 9 to 10 am Prof. Shrikant Mahulkar gave a lecture on Yoga and Yogic Practice along with a demonstration. In the next session from 10.15 to 11.15 am he conducted demonstrations from the students and told how it is beneficial.

on the second day of workshop Prof. Harishchandra Gajbe gave a lecture on positivity and yoga in first session from 8 to 9 am on then next Prof. Dr. Sunil Kedar gave a lecture on the same topic in the next session from 9 to 10



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am. In the last session of Dt.18/05/2022 from 10.15 to 11.15 am Prof. Vasant Thackeray gave a demonstration of yoga and pranayama to the students.


On the last day of workshop Dt.19/05/2022 Prof. Kushal Alaspure gave scholarly guidance on the subject of Meditation of Positive Health. in two sessions ie during 8 to 10 am. Then in next session during 10.15 to 11.15 am Prof. Vasant Thakare gave a demonstration on Meditation.

In the last session, examination of students were conducted. after the examination valedictory function was organized under the chairmanship of principal Dr. Dinesh Nichit Sir.

## **Benefit of Workshop to the Students**

- Awareness of this subject was created among the students.
- Realized about social responsibility.
- The importance of yoga, pranayama, meditation in today's life was revealed among the students.
- He incorporated yoga in his daily life.
- The restlessness among the students decreased and their engagement in studies increased.
- Students went to society and started creating awareness about yoga and pranayama, meditation so that they can live a healthy and free life.



  
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## Workshop News in Newspaper

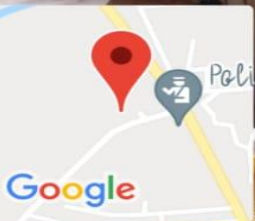
### संत गाडगेमहाराज महाविद्यालय वलगाव येथे ध्यान आणि योगा कार्यशाळेचे आयोजन



अमरावती दि. १९ : संत गाडगेमहाराज महाविद्यालय वलगाव येथे शारीरिक शिक्षण विभागा अंतर्गत तीन दिवसीय ध्यान आणि योगा कार्यशाळेचे आयोजन दि १७/५/२०२२ ते २०/५/२०२२ या कालावधीत करण्यात आले. या कार्यशाळेकरिता अध्यक्ष म्हणून महाविद्यालयाचे प्राचार्य डॉ दिनेश निचित सर होते. मार्गदर्शक म्हणून डॉ श्रीकांत एस माहुलकर शा. शिक्षण संचालक

स्व दत्तात्रय पुसतकर कला महाविद्यालय नांदगाव पेठ हे उपस्थित होते त्यांनी पहिल्या सभा मध्ये विविध योगासने या विषयावर सविस्तर माहिती देवून त्यापासून होणारे फायदे या विषयी सविस्तर मार्गदर्शन केले तर दुसऱ्या सभा मध्ये डॉ संजय वाघ यांनी प्राणायाम या संबंधी विस्तृत माहिती देवून आपल्या जीवनशैली साठी अतिशय आवश्यक आहे असे विचार व्यक्त केले तिसऱ्या सभामध्ये डॉ खुशाल अळसपुरे सर

यांनी आसनांपासून होणारे शारीरिक, मानसिक व भावनात्मक फायदे कशाप्रकारे होतात या विषयावर सविस्तर माहिती विद्यार्थींना दिलेली आहे. कार्यक्रमांमध्ये एकुण ४७ विद्यार्थ्यांनी सहभाग घेतला होता या कार्यक्रमाचे सूत्रसंचालन डॉ माधुरी भटकर यांनी केले तर आभार प्रदर्शन डॉ चव्हाण सर यांनी केले कार्यक्रमाचे आयोजक प्रा वसंत ठाकरे होते कार्यक्रमाला सर्व शिक्षक व शिक्षकेतर कर्मचारी उपस्थित होते.



Amravati, Maharashtra, India  
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*खोबिनि*  
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**Presidential Speech In Inaugural Function by  
Dr.D.W.Nichit**



*प्रिन्सिपल*  
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## Guidance by Dr.S.S.Mahulkar



*Dr. S. S. Mahulkar*  
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SANT GADGE MAHARAJ ARTS, COMMERCE & SCIENCE COLLEGE WALGAON

STUDENT ATTENDANCE SHEET - 17/05/2022

ACTIVITY:- 1) History of Yoga 2) Yoga & Yogic Practice 3) Yoga Demonstration

Organized By:- Dept of Physical Education

Sr.No	Name of Students	Class	Signature	Signature	Signature
1	Prathmesh. Diliprao. Kale	B.com III	P.Kale	P.Kale	P.Kale
2	Pavitrakrit. Pramod. Gudade	B.com III	P.Gudade	P.Gudade	P.Gudade
3	Kaushal S. Kale	B.COM	K.S.Kale	K.S.Kale	K.S.Kale
4	Avinash M. Kasale	B.COM	A.Kasale	A.Kasale	A.Kasale
5	Neha .P. Tembhare	B.COM	N.Tembhare	N.Tembhare	N.Tembhare
6	Yash P. Gulekar	B.COM II	Y.Gulekar	Y.Gulekar	Y.Gulekar
7	Swapnil. R. Jaiswal	B.COM II	S.Jaiswal	S.Jaiswal	S.Jaiswal
8	Siddha S. Padghar	B.COM III	S.Padghar	S.Padghar	S.Padghar
9	Kiranushka S. Mahalle	B.A. III	K.S.Mahalle	K.S.Mahalle	Kiranushka Mahalle
10	Neha T. Punase	B.A. III	N.Punase	N.Punase	N.Punase
11	Gayatri D. Dahake	B.A III	G.D.Dahake	G.D.Dahake	G.D.Dahake
12	Gayatri S. Morage	B.A III	G.Morage	G.Morage	G.Morage
13	Prajakta D. Tembhare	B.A II	P.Tembhare	P.Tembhare	P.Tembhare
14	Tejaswini. W. Jomesh	B.A III	T.Jomesh	T.Jomesh	Tejaswini W. J.
15	Sarika B. Walekar	B.A II	S.Walekar	S.Walekar	Sarika B. W.
16	Sakshi G. Pathak	B.A II	S.Pathak	S.Pathak	Sakshi G.
17	Ankita D. Wankhede	B.A. IV	A.Wankhede	A.Wankhede	Ankita Wankhede
18	Kajal Ashok Bansal	B.A II	K.Bansal	K.Bansal	Kajal Bansal
19	Poojita S. Godbole	P.S. Godbole	P.Godbole	P.Godbole	P.S. Godbole
20	Kalyani B. Abhuk	B.COM III	K.Abhuk	K.Abhuk	Kalyani B.
21	Aniket R. Kojar	B.COM III	A.Kojar	A.Kojar	Aniket R.
22	Sakshi S. Gawande	B.A II	S.Gawande	S.Gawande	Sakshi S.
23	Ajinkya P. Kathole	B.COM III	A.Kathole	A.Kathole	Ajinkya P.
24	Yash V. Chavhan	B.A III	Y.Chavhan	Y.Chavhan	Yash V.
25	Akshay M. Gadling	B.COM III	A.Gadling	A.Gadling	Akshay M.
26	Akshay R. Kadkar	B.COM III	A.Kadkar	A.Kadkar	Akshay R.
27	Aniket M. Kurde	B.COM III	A.Kurde	A.Kurde	Aniket M.
28	Ankur S. Kadu	B.COM III	A.Kadu	A.Kadu	Ankur S.
29	Nitin V. Loniewar	B.COM III	N.Loniewar	N.Loniewar	Nitin V.
30	Sayan D. Jeyawade	B.A II	S.Jeyawade	S.Jeyawade	Sayan D.

Signature of Organizer

Signature of NAAC Co-Ordinator

Signature of Principal



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STUDENT ATTENDANCE SHEET

12/05/2022

ACTIVITY:- History of Yoga

Organized By:- Dept. of Physical Education

Sr.No	Name of Students	Class	Signature	Signature	Signature
1	Rajal S. Khawad	B.com III			
2	Runam M. Tadhar	B.com V			
3	Runam V. meshram	B.com II			
4	Kamesh R Sawantkar	B.com II			
5	Aakash P. moushkar	B.com V			
6	Ashwini L. Khurde	B.com			
7	chetan S Junghar	B.com			
8	Aakus' S. Kadu	B.com			
9	Kalyani B. Abduk	B.A part			
10	Aniket R. Kujre	B.A III			
11	Sakshi S. Gawande	B.A II			
12	Ajinkya P. Kathole	B.com			
13	Yash V. Chaudhari	B.A II			
14	Akshay M. Gadiing	B.com II			
15	Akshay B. Kadimkar	B.com III			
16	Aniket M. Karde	B.com III			
17	Aakus S. Kadu	B.com III			
18	Sakshi S. Gawande	B.A II			
19	Roshikesh G. Abduk	B.A II			
20	Yash V. Chaudhari	B.A II			
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Signature of Organizer

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STUDENT ATTENDANCE SHEET - 18/05/2022

ACTIVITY :- 1) Yoga for positive health 2) Yoga for positive health 3) Yoga Demonstration

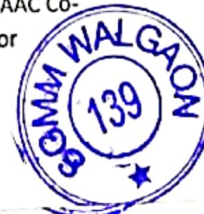
Organized By:- Dept of Physical Education

Sr.No	Name of Students	Class	Signature	Signature	Signature
1	Kalyan B. Abhi Abrik	B.A.III	Kalyani	Kalyani	Kalyani
2	Aniket Ro. Kaje	B.COM II	Aniket	Aniket	Aniket
3	Sakshi S. Gawande	B.A.III	Sakshi	Sakshi	Sakshi
4	Atinkya P. Kathole	B.COM II	Atinkya	Atinkya	Atinkya
5	Yash V. Chaudhari	B.A.III	Yash	Yash	Yash
6	Akshay M. Gardling	B.COM II	Akshay	Akshay	Akshay
7	Akshay R. Karkade	B.COM II	Akshay	Akshay	Akshay
8	Aniket M. Karde	B.COM II	Aniket	Aniket	Aniket
9	Ankush S. Kadam	B.COM II	Ankush	Ankush	Ankush
10	Neha T. Punase	B.A.III	Neha	Neha	Neha
11	Gayatri D. Dahake	B.A.III	G.D.Dahake	G.D.Dahake	G.D.Dahake
12	Gayatri S. Mogyar	B.A.III	G.Mogyar	G.Mogyar	G.Mogyar
13	K.A.S. Mahalle	B.A.III	K.A.S. Mahalle	K.A.S. Mahalle	K.A.S. Mahalle
14	Tejaswini W. Ganes	B.A.III	Tejaswini	Tejaswini	Tejaswini
15	Sachin B. Kulkarni	B.A.II	Sachin	Sachin	Sachin
16	Sakshi G. Patil	B.A.II	Sakshi	Sakshi	Sakshi
17	Prajakta D. Tambhurne	B.A.II	Prajakta	Prajakta	Prajakta
18	Ankita D. Wankhade	B.A.III	A.D.Wankhade	A.D.Wankhade	A.D.Wankhade
19	Kajal Ashok Bansod	B.A.II	Kajal	Kajal	Kajal
20	Preeti S. Godbole	B.COM II	P.S.Godbole	P.S.Godbole	P.S.Godbole
21	Nitin V. Langewar	B.COM II	Nitin	Nitin	Nitin
22	Sapan D. Taywad	B.A.II	Sapan	Sapan	Sapan
23	Kajal S. Khaurad	B.COM II	Kajal	Kajal	Kajal
24	Punam M. Tamhavar	B.COM II	Punam	Punam	Punam
25	Punam V. Meshram	B.COM II	P.V.Meshram	P.V.Meshram	P.V.Meshram
26	Kamlesh R. Sawarkar	B.COM II	Kamlesh	Kamlesh	Kamlesh
27	Aakash R. Moudale	B.COM II	Aakash	Aakash	Aakash
28	Gourav S. Khase	B.COM II	Gourav	Gourav	Gourav
29	Chetan S. Tunghe	B.COM II	Chetan	Chetan	Chetan
30	Rathan Mujkhi	B.COM II	R.Mujkhi	R.Mujkhi	R.Mujkhi

Signature of Organizer

Signature of NAAC Co-Ordinator

Signature of Principal



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STUDENT ATTENDANCE SHEET

18/05/2022

ACTIVITY :- Yoga For Positive health.

Organized By:- Dept. of Physical Education

Sr.No	Name of Students	Class	Signature	Signature	Signature
1	Piyush M. Kadhane	B.com III	P.M.Kadhane	P.M.Kadhane	P.M.Kadhane
2	Aditya P. Chandurkar	B.com III	Aditya	Aditya	Aditya
3	Prarajal J. Gawande	B.com III	P. J. Gawande	P. J. Gawande	P. J. Gawande
4	Rahul Kanjivra	B.com III	R.Kanjivra	R.Kanjivra	R.Kanjivra
5	Ruswed P. Deshmukh	B.com III	R.Deshmukh	R.Deshmukh	R.Deshmukh
6	Rushabh D. Dhonde	B.com III	R.Dhonde	R.Dhonde	R.Dhonde
7	Rushikesh V. Mahure	B.com III	R.V.Mahure	R.V.Mahure	R.V. Mahure
8	Rushikes V. Kohale	B.com III	R.V.Kohale	R.V.Kohale	R.V. Kohale
9	Sarang M. Thakare	III	S.Thakare	S.Thakare	S.Thakare
10	Sanvesh S. Adgokar	III	S.Adgokar	S.Adgokar	S.Adgokar
11	Prathmesh D. Kale	B.com III	P.Kale	P.Kale	P.Kale
12	Parikshit P. Gaudake	B.com III	P.Gaudake	P.Gaudake	P.Gaudake
13	Kausnar S. Kale	B.com III	K.S.Kale	K.S.Kale	K.S.Kale
14	Avinash M. Kasdekar	B.com III	A.Kasdekar	A.Kasdekar	A.Kasdekar
15	Neha P. Tembhurne	B.com III	N.Tembhurne	N.Tembhurne	N.Tembhurne
16	Yash P. Gulekar	III	Y.Gulekar	Y.Gulekar	Y.Gulekar
17	Shruti V. Jaiswal	B.com III	S.Jaiswal	S.Jaiswal	S.Jaiswal
18	Siddhu S. Padghan	B.com III	S.Padghan	S.Padghan	S.Padghan
19	Gaurav V. Bhatnagar	B.com III	G.Bhatnagar	G.Bhatnagar	G.Bhatnagar
20	Bhakti S. Bhatke	B.com III	B.Bhatke	B.Bhatke	B.Bhatke
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STUDENT ATTENDANCE SHEET 19/05/2022

ACTIVITY :- 1) Meditation 2) Meditation for positive health of meditation 3) Demonstration

Organized By:- Dept of Physical Education

Sr.No	Name of Students	Class	Signature	Signature	Signature
1	Sapana D. Tayawade	B.A II	Sapana Tayawade	Sapana Tayawade	Sapana Tayawade
2	Kajal S. Khaukar	B.com	Kajal S. Khaukar	Kajal S. Khaukar	Kajal S. Khaukar
3	Punam M. Tadhar	B.com	Punam M. Tadhar	Punam M. Tadhar	Punam M. Tadhar
4	Punam V. Meshram	B.com	P.V. Meshram	P.V. Meshram	P.V. Meshram
5	Aakash R. Moudal	B.com	Aakash R. Moudal	Aakash R. Moudal	Aakash R. Moudal
6	Gaurav S. Khuse	B.com	Gaurav S. Khuse	Gaurav S. Khuse	Gaurav S. Khuse
7	Chetan S. Tungkar	B.com	Chetan S. Tungkar	Chetan S. Tungkar	Chetan S. Tungkar
8	Gayatri D. Dahake	B.A III	Gayatri D. Dahake	Gayatri D. Dahake	Gayatri D. Dahake
9	Gayatri S. Maware	B.A III	Gayatri S. Maware	Gayatri S. Maware	Gayatri S. Maware
10	Ka. Anshika S. Mahale	B.A III	Anshika S. Mahale	Anshika S. Mahale	Anshika S. Mahale
11	Neha T. Punase	B.A III	Neha T. Punase	Neha T. Punase	Neha T. Punase
12	Sarika B. Wankar	B.A II	Sarika B. Wankar	Sarika B. Wankar	Sarika B. Wankar
13	Sakshi G. Patil	B.A II	Sakshi G. Patil	Sakshi G. Patil	Sakshi G. Patil
14	Pratikha Prakta Tembhare	B.A II	Pratikha Prakta Tembhare	Pratikha Prakta Tembhare	Pratikha Prakta Tembhare
15	Tejaswini W. Ganesh	B.A II	Tejaswini W. Ganesh	Tejaswini W. Ganesh	Tejaswini W. Ganesh
16	Kajal Ashok Bansal	B.A II	Kajal Ashok Bansal	Kajal Ashok Bansal	Kajal Ashok Bansal
17	Pranita S. Godbole	B.com II	Pranita S. Godbole	Pranita S. Godbole	Pranita S. Godbole
18	Ankita D. Wankhede	B.A III	Ankita D. Wankhede	Ankita D. Wankhede	Ankita D. Wankhede
19	Pritham Mujahid	B.com III	Pritham Mujahid	Pritham Mujahid	Pritham Mujahid
20	Piyush M. Kadhor	B.com III	Piyush M. Kadhor	Piyush M. Kadhor	Piyush M. Kadhor
21	Aditya P. Chandur	B.com II	Aditya P. Chandur	Aditya P. Chandur	Aditya P. Chandur
22	Pooja J. Gawane	B.com II	Pooja J. Gawane	Pooja J. Gawane	Pooja J. Gawane
23	Rahul Kanjivra	B.com	Rahul Kanjivra	Rahul Kanjivra	Rahul Kanjivra
24	Rushabh P. Deshmukh	B.com III	Rushabh P. Deshmukh	Rushabh P. Deshmukh	Rushabh P. Deshmukh
25	Rushabh P. Dhande	B.com III	Rushabh P. Dhande	Rushabh P. Dhande	Rushabh P. Dhande
26	Rushikesh U. Mahure	B.com III	Rushikesh U. Mahure	Rushikesh U. Mahure	Rushikesh U. Mahure
27	Rushikesh V. Kothale	B.com III	Rushikesh V. Kothale	Rushikesh V. Kothale	Rushikesh V. Kothale
28	Sarang M. Thakare	B.com III	Sarang M. Thakare	Sarang M. Thakare	Sarang M. Thakare
29	Sarvesh S. Adgokar	B.com III	Sarvesh S. Adgokar	Sarvesh S. Adgokar	Sarvesh S. Adgokar
30	Prathmesh P. Kall	B.com III	Prathmesh P. Kall	Prathmesh P. Kall	Prathmesh P. Kall

Signature of Organizer

Signature of NAAC Co-Ordinator

Signature of Principal



**PRINCIPAL**  
Sant Gadge Maharaj Art's,  
Commerce & Science College  
WALGAON, Dist. Amravati.

SANT GADGE MAHARAJ ARTS, COMMERCE & SCIENCE COLLEGE WALGAON

STUDENT ATTENDANCE SHEET

19/05/2022

ACTIVITY :- Meditation

Organized By:- Dept. OF Physical Education

Sr.No	Name of Students	Class	Signature	Signature	Signature
1	Mathmesh. D. Kall	B.com III	P.Kall	P.Kall	P.Kall
2	Parikshit. P. Gaudalhe	B.com III	P. Gaudalhe	P. Gaudalhe	P. Gaudalhe
3	Kaushal S. Kalle	B.com III	K.S.Kalle	K.S.Kalle	K.S.Kalle
4	Arinash M. Kasdekar	B.com III	A.Kasdekar	A.Kasdekar	A.Kasdekar
5	Neha. P. Tembhurne	B.com III	N.Tembhurne	N.Tembhurne	N.Tembhurne
6	Yash P. Gaudalhe	B.com III	Y.P.Gaudalhe	Y.P.Gaudalhe	Y.P.Gaudalhe
7	Sureshnik V. Janwalke	B.com III	S.Janwalke	S.Janwalke	S.Janwalke
8	Siddhu S. Pudghe	B.com III	S.Pudghe	S.Pudghe	S.Pudghe
9	Ganesh J. Khombhe	B.com III	G.Khombhe	G.Khombhe	G.Khombhe
10	Pritham Majhi	B.com III	P.Majhi	P.Majhi	P.Majhi
11	Piyush M. Kadhone	B.com III	P.M.Kadhone	P.M.Kadhone	P.M.Kadhone
12	Aditya P. Chandurkar	B.com III	A.Chandurkar	A.Chandurkar	A.Chandurkar
13	Pradip J. Gawane	B.com III	P.Gawane	P.Gawane	P.Gawane
14	Rahul Kanjivra	B.com III	R.Kanjivra	R.Kanjivra	R.Kanjivra
15	Rugved P. Deshmukh	B.com III	R.Deshmukh	R.Deshmukh	R.Deshmukh
16	Rushabh P. Dhande	B.com III	R.Dhande	R.Dhande	R.Dhande
17	Rushikesh U. Mahure	B.com III	R.U.Mahure	R.U.Mahure	R.U.Mahure
18	Rushikesh U. Kote	B.com III	R.U.Kote	R.U.Kote	R.U.Kote
19	Sarang Thakare	B.com III	S.Thakare	S.Thakare	S.Thakare
20	Kalyani B. Abalik	B.com III	K.Abalik	K.Abalik	K.Abalik
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Signature of Organizer

Signature of NAAC Co-Ordinator

Signature of Principal



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WALGAON, Dist. Amravati.

## STUDENT ATTENDENCE SHEET

ACTIVITY: Yoga & Meditation (Theory Examination)  
 Organized By Dept of Physical Education Date: 19/05/2022

Sr.No.	Name	Class	Signature
1.	Aniket .suresh . Dhage	B.A. III year	A.S. Dhage
2.	Yogesh K Nithaware	B.A. III year	<del>Yogesh</del>
3.	Sonal B Harne	B.A. III year	<del>Sonal</del>
4.	Suliyam R. Nayak.	B.A. III sem	S.R. Nayak
5.	Ku. Sanjana R. Madane	B.A. III year	Sanjana
6.	Shubham S. Wankhede	B.A. III year	Shubham Wankhede
7.	Kohini Niranjan Ingole	B.A. III year	Kohini
8.	Rishi Sankar R. Wakode	B.A. III year	Rishi
9.	Diksha B. Khamdole	B.A. III sem	Diksha
10.	Mohini P. Mathurkar	B.A. III year	Mohini P. Mathurkar
11.	Ku. Nayana G. Chaudhary	B.A. III sem	Nayana
12.	Prapti S. Tekade	B.A. III sem	P.S. Tekade
13.	Aakash S. Bobade.	B.A. III sem	A.S. Bobade.
14.	Prapti S. Tekade	B.A. III year	P.S. Tekade
15.	Smit A. Bhatkar	B.A. III year	Smit Bhatkar
16.	Aniket . S. Dhage	B.A. III	A.S. Dhage
17.	Priyanka P. - Tasare	B.A. III	Priyanka
18.	Shubham Raut	B.A. III	RAUT
19.	Shubham S. Wankhede	B.A. III	Shubham Wankhede
20.	Amit GAJANAN Amzame	B.A. III	Amit G. Amzame
21.	Pranav Sawadekar	B.com - I	Pranav
22.	Ajay P. Dhoke	B.A. III	A.P. Dhoke
23.	Bhakti S. Khake	B.A. III	Bhakti
24.	manisha V. Nirgule	B.A. II	Manisha
25.	Mayuri P. Sawadh	B.A. II	M.P. Sawadh
26.	Yash. V. Chaudhari	B.A. III	Yash
27.	Prathmesh. D. Kale	B.com III sem	P. Kale
28.	Adity P. Chandurkar.	B.com III sem	Aditya
29.	Ajinky P. Kathole	B.com III sem	Ajinky
30.	Aakash R. moudga	B.com III sem	moudga

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 WALGAON, Dist. Amravati.

STUDENT ATTENDENCE SHEET

ACTIVITY: Yoga and meditation.

Organized By Dept of Physical Education Date: 19/05/2022

Sr.No.	Name	Class	Signature
1.	Geetika J. Shembekar	B. Com III	G.V. Shembekar
2.	Kamesh. R. Sawarkar	B.com III	Kamesh.S
3.	Punam V. Meshram	B.com III	meshram
4.	Punam M. Jadhav	B. com V.1	Punam.J.
5.	Poojan Mujali	B.COM. III	M. S. Kh
6.	Poojwal J. Gawane	B. Com. III	P.J. Gawane
7.	Poojmesh G. Gawande	B. com. III	Poojmesh
8.	Swarnik. V. Junwade	B. com III	Swarnik
9.	Yash P. Gulavathe	B. Com III	Yash Gulavathe
10.	Avinash M. Kasdekar	B. COM III	Avinash
11.	Ganesh B. Kharechan	B. IT sem	Ganesh
12.	Vijay S. Kene	BA III	V. S. Kene
13.	Sneha V. Ghandare	B. A. II	Sneha Ghandare
14.	Poojita D. Kamble	B. A. III year	Poojita
15.	Sapika B. Wankhade	B. A. II year	Sapika
16.	Tejswini. Wasudeo Ganesh.	B. A. III year	Tejswini. W. Ganesh.
17.	Pooja V. Wankhade	BA III year	P.V. Wankhade
18.	Ankita D. Wankhade	B. A. III year	A.D. Wankhade
19.	Ku. Sakshi G. Pathak.	B. A. II	Pathak.
20.	Shaharukh H. Shaikh	B. A. III year	Shaharukh
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# Yoga & Meditation

## Workshop Outcomes

1. Yoga and Meditation Workshop define the stages of Health and Fitness.
2. Student Improve Physically, Mentally, and Psychologically.
3. Student gets Knowledge about Yoga.
4. Students understand the importance life
5. All round development of Student.

## Workshop News in Newspaper

### संत गाडगेमहाराज महाविद्यालय वलगाव येथे ध्यान आणि योगा कार्यशाळेचे आयोजन



अमरावती दि. १९ : संत गाडगेमहाराज महाविद्यालय वलगाव येथे शारीरिक शिक्षण विभागा अंतर्गत तीन दिवसीय ध्यान आणि योगा कार्यशाळेचे आयोजन दि १७/५/२०२२ ते २०/५/२०२२ या काळावधीत करण्यात आले. या कार्यशाळेकरिता अध्यक्ष म्हणून महाविद्यालयाचे प्राचार्य डॉ दिनेश निचित सर होते. मार्गदर्शक म्हणून डॉ श्रीकांत एस माहलकर शा. शिक्षण मंचालक

स्व दत्तात्रय पुस्तकर कला महाविद्यालय नांदगाव पेठ हे उपस्थित होते त्यांनी पहिल्या सभा मध्ये विविध योगासने या विषयावर सविस्तर माहिती देवून त्यापासून होणारे फायदे या विषयी सविस्तर मार्गदर्शन केले तर दुसऱ्या सभा मध्ये डॉ मंजय वाघ यांनी प्राणायाम या संकरी विस्तृत माहिती देवून आपल्या जीवनातील साठी अतिशय आवश्यक आहे असे विचार व्यक्त केले तिसऱ्या सभामध्ये डॉ खुशाल अळसपूर सर

यांनी आसनांपासून होणारे शारीरिक, मानसिक व भावनात्मक फायदे कशाप्रकारे होतात या विषयावर सविस्तर माहिती विद्यार्थींना दिलेली आहे. कार्यक्रमांमध्ये एकूण ४७ विद्यार्थ्यांनी सहभाग घेतला होता या कार्यक्रमाचे सूत्रसंचालन डॉ माधुरी भटकर यांनी केले तर आभार प्रदर्शन डॉ चव्हाण सर यांनी केले कार्यक्रमाचे आयोजक प्रा वसंत ठाकरे होते कार्यक्रमाला सर्व शिक्षक व शिक्षकेतर कर्मचारी उपस्थित होते.