K. D. K. College of Engineering,

Nandanvan, Nagpur.

Department of Information Technology

Date – 04/09/2023

Report on

Yoga & Meditation

Submitted by – Sandeep Ganorkar

Index

“YOGA & MEDITATION”

Activity Report

Date: 04/09/2023

Location: CSE Seminar Hall, K. D. K. College of Engineering.

Objective: - The objective of the Yoga & Meditation Seminar held on September 4th, 2023, was to promote physical and mental well-being by providing participants with practical insights and techniques related to yoga and meditation. Educate attendees about the physical, mental, and emotional benefits of incorporating yoga and meditation into their daily lives. Provide hands-on demonstrations of various yoga postures and meditation practices, ensuring participants gain a clear understanding of the correct techniques and postures. Equip participants with tools to manage stress, enhance relaxation, and improve overall mental health through mindfulness and meditation practices. Encourage a holistic approach to health by emphasizing the role of yoga and meditation in fostering a balanced and healthy lifestyle.

Description: - The Yoga & Meditation Seminar held on September 4th, 2023, was a transformative event that aimed to promote holistic well-being and mindfulness. The seminar provided participants with a unique opportunity to delve into the practices of yoga and meditation, offering insights into their physical, mental, and emotional benefits. The day commenced with an opening session introducing the importance of incorporating yoga and meditation into daily life for enhanced overall health. Experienced instructors led engaging sessions, guiding participants through various yoga postures, breathing exercises, and meditation techniques. Attendees had the chance to experience the calming effects of mindfulness and learn practical tools for stress reduction. Throughout the seminar, experts shared valuable information on the physiological and psychological impacts of regular yoga and meditation practices. Attendees were encouraged to ask questions, fostering an interactive and informative environment. The event also featured demonstrations of proper techniques and personalized guidance for participants at different skill levels. The Yoga & Meditation Seminar on September 4th, 2023, left a lasting impression on

participants, equipping them with newfound knowledge and tools to incorporate these practices into their daily routines. The event successfully promoted the importance of self-care and mental well-being, contributing to a healthier and more balanced community.

Outcomes: -

The Yoga and Meditation seminar held on September 4th, 2023, yielded several positive outcomes, contributing to the overall well-being and mindfulness of the participants. The seminar successfully heightened participants' awareness of their mental and physical states. Through guided meditation sessions, attendees gained a deeper understanding of being present in the moment, fostering mindfulness that can positively impact their daily lives. One of the primary objectives of the seminar was stress reduction. Participants reported feeling more relaxed and better equipped to manage stress after engaging in the various yoga and meditation practices. The breathing exercises and mindfulness techniques provided tools for stress relief that can be applied in both personal and professional settings. In conclusion, the Yoga and Meditation seminar on September 4th, 2023, was instrumental in fostering a positive impact on the participants' overall well-being. The outcomes highlighted not only the immediate benefits of stress reduction and relaxation but also the potential for long-term positive lifestyle changes. The seminar successfully laid the foundation for a holistic approach to health and mindfulness among the participants.

Conclusion: - In conclusion, the Yoga and Meditation Seminar held on September 4th, 2023, was a transformative and enlightening event that left a lasting impact on all participants. The seminar successfully brought together individuals from diverse backgrounds, each seeking a path to holistic well-being and self-discovery.

Throughout the day, participants engaged in a series of insightful sessions led by experienced yoga and meditation practitioners. These sessions not only provided practical techniques for physical and mental wellness but also instilled a profound understanding of the interconnectedness between mind, body, and spirit. The holistic approach emphasized during the seminar underscored the importance of achieving balance and harmony in one's life.

Notice: -

K. D. K. COLLEGE OF ENGINEERING
DEPARTMENT OF INFORMATION TECHNOLOGY
Session 2023-2024

Notice

Date: 03/09/2023

All the students are hereby informed that Department of Information Technology in association with DEV-IT Committee will organize seminar on Yoga & Meditation on 04/09/2023.

All the faculty members and Students from all the semester are requested to show active participation.

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Prof. S. S. Ganorkar
Faculty Co-ordinator

Dr. S. P. Khandait
Head, IT

Head,
Department of Information Technology
KDKCE, Nagpur

One page report:-

K.D.K. College of Engineering, Nagpur.
Activity Report (2023-24)
Department of Information Technology
DEV-IT

Name of Activity	Seminar on Yoga & Meditation		
Date	**Faculty/ Student**	**College/ Department/ Committee**	**Name of Co-ordinator**
4th Sep 2023	Students	Committee	Prof. S. S. Ganorkar
Time	**Venue**	**No. of Participants**	**Nature: Outdoor/Indoor**
3pm – 4pm	CSE Seminar Hall	108	Indoor
Speaker	Mr. Liladhar Thamke, Founder of Institute of Advance Computer Technology and Psychological Counsellor of DMIT.		

Brief information about the Activity (Criterion No. 2 & 6)

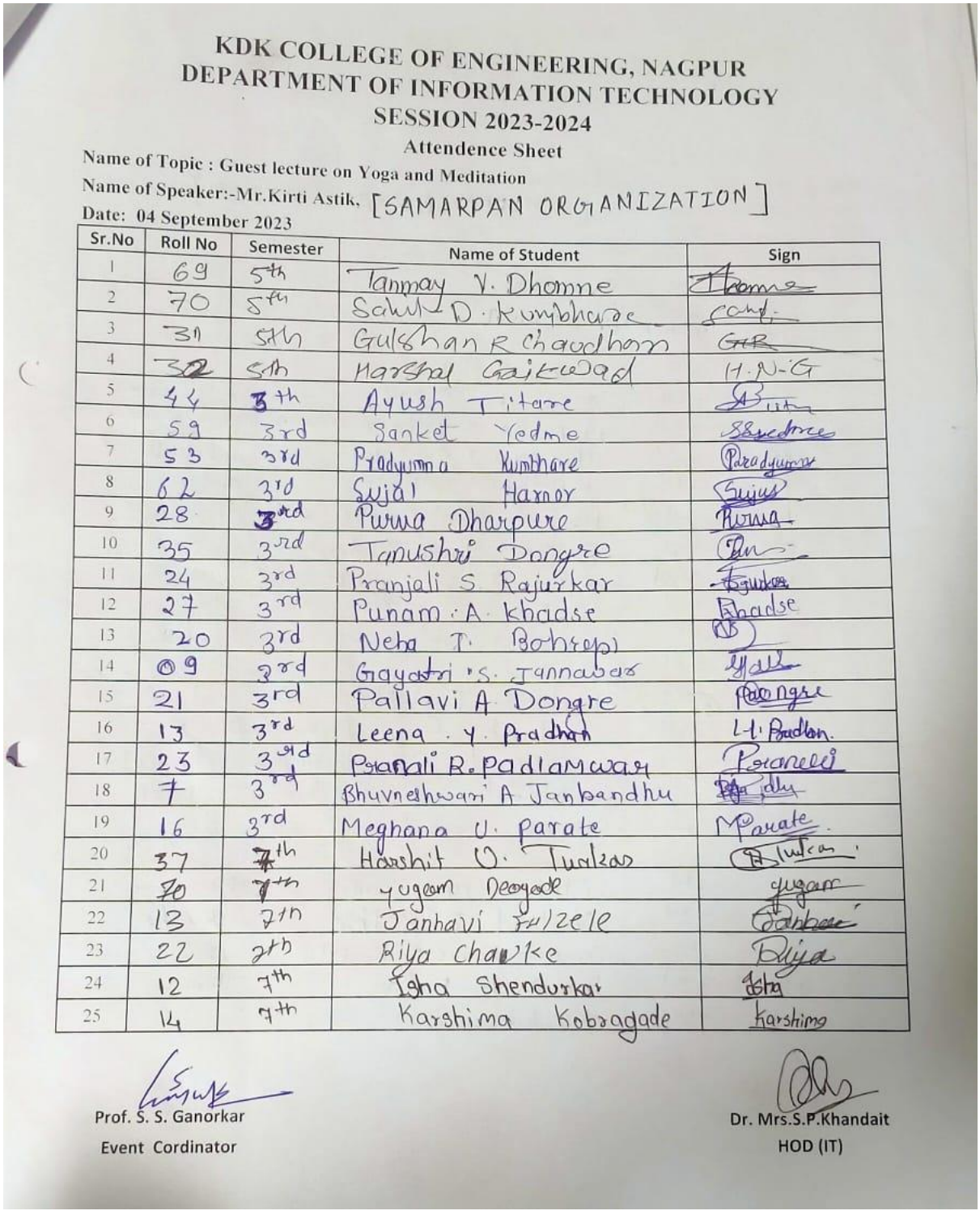
Topic/ Subtopic of Activity	Yoga & Meditation
Objective	The purpose of this session was to learn the importance of Meditation and Yoga in our life and the impact that it has in our life
Methodology	Seminar
Outcomes	1.Participants will be able to learn how to relax our minds and feel better. 2.Participants gained a heightened sense of awareness through meditation practices, fostering a more present and focused mindset.

Proofs & Documents attached (tick mark the proof attached)

Notice/Letter/ Invitation	List of Participants	Activity Report	Photos	Feedback Form Report
Feedback Analysis	Press News	Certificate	Appreciation Letter	Expenditure Note Sheet

Name & Signature of Co-ordinator	**Name & Signature of HOD**
Prof. S. S. Ganorkar	Dr. Mrs. S. P. Khandait

Participants:-



KDK COLLEGE OF ENGINEERING, NAGPUR
DEPARTMENT OF INFORMATION TECHNOLOGY
SESSION 2023-2024
Attendence Sheet

Name of Topic : Guest lecture on Yoga and Meditation
Name of Speaker:-Mr.Kirti Astik, [SAMARPAN ORGANIZATION]
Date: 04 September 2023

Sr.No	Roll No	Semester	Name of Student	Sign
1	69	5th	Tanmay V. Dhomne	
2	70	5th	Sahil D. Kumbhare	
3	31	5th	Gulshan R Chaudhary	
4	32	5th	Harshal Gaikwad	
5	44	5th	Ayush Titare	
6	59	3rd	Sanket Yedme	
7	53	3rd	Pradyumna Kumbhare	
8	62	3rd	Sujal Harnor	
9	28	3rd	Purva Dharpure	
10	35	3rd	Tanushri Dongre	
11	24	3rd	Pranjali S Rajurkar	
12	27	3rd	Punam A. khadse	
13	20	3rd	Neha T. Bohrepi	
14	09	3rd	Gayatri S. Jannabar	
15	21	3rd	Pallavi A Dongre	
16	13	3rd	Leena Y. Pradhan	
17	23	3rd	Pranali R. Padlamwar	
18	7	3rd	Bhuvneshwari A Janbandhu	
19	16	3rd	Meghana U. parate	
20	37	7th	Harshit U. Tumkar	
21	10	7th	yugam Deogade	
22	13	7th	Janhavi Fulzele	
23	22	7th	Riya Chavhe	
24	12	7th	Isha Shendurkar	
25	14	7th	Karshima Kobragade	

Prof. S. S. Ganorkar
Event Cordinator

Dr. Mrs.S.P.Khandait
HOD (IT)

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Date: 04 September 2023

Sr.No	Roll No	Semester	Name of Student	Sign
26	54	3rd	Prakash B. Kdagh	
27	50	3rd	Manav Sudhakar Pusate	
28	47	3rd	Chandan K. Kumar	
29	46	3rd	Bhavesh R. Dhabale	
30	01	3rd	Achal P. Nikhade	
31	02	3rd	Anushka S. Pilare	
32	10	3rd	Humera J. Sheikh	
33	17	3rd	Minal N. Jadhao	
34	42	3rd	Anshul Khobragade	
35	52	3rd	Omkar Yuvraj Dhotare	
36	56	3rd	Sahil R. Barsagade	
37	43	3rd	Atharv L. Markandewar	
38	49	3rd	Jayesh N. Sayankar	
39	40	3rd	Aditya V. Tipatle	
40	47	5th	Pratik Ambildhale	
41	18	5th	Akash Rewatkar	
42	44	5th	Prajwal Chandankhede	
43	48	5th	Nikhil deshamukh	
44	63	5th	Shreyas Ambade	
45	43	5th	Prajwal D. Sathawane	
46	64	3rd	Vishal S. Gangaware	
47	63	3rd	Vedant D. Kolhe	
48	58	3rd	Sangmeshwar R. Patil	
49	48	3rd	Faisal M. Pathan	
50	56	7th	Rushikesh Tiepkar	

Prof. S. S. Ganorkar
Event Cordinator

Dr. Mrs.S.P.Khandait
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Date: 04 September 2023

Sr.No	Roll No	Semester	Name of Student	Sign
51	11	3ed	Kalyani K Gondegwle	
52	33	3rd	Janisha S Waghmare	
53	30	3rd	Sakshi U. Gaidhane	
54	29	3rd	Sakshi .A. Patil	
55	31	3rd	Sakshi D. Naik	
56	34	3rd	Tanu. I. Selokar	
57	05	3rd	Ashwini mphadikar	
58	26	3rd	Prerna. P. Patil	
59	36	3rd	Vaishnavi B. Kotrange	
60	06	2nd	Avantika. Ingle	
61	22	2nd	Payal Sukhaya	
62	17.	3rd year	Akash Jadhav.	
63	49	3rd	Paurale Meshram	
64	19	3rd	Akash Panchal	
65	54	3rd	Shahajahan sheikh	
66	41	4th yr	Milind. K. Bawane	
67	48	5th	Rajesh Raut	
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Prof. S. S. Ganorkar
Event Cordinator

Dr. Mrs.S.P.Khandait
HOD (IT)

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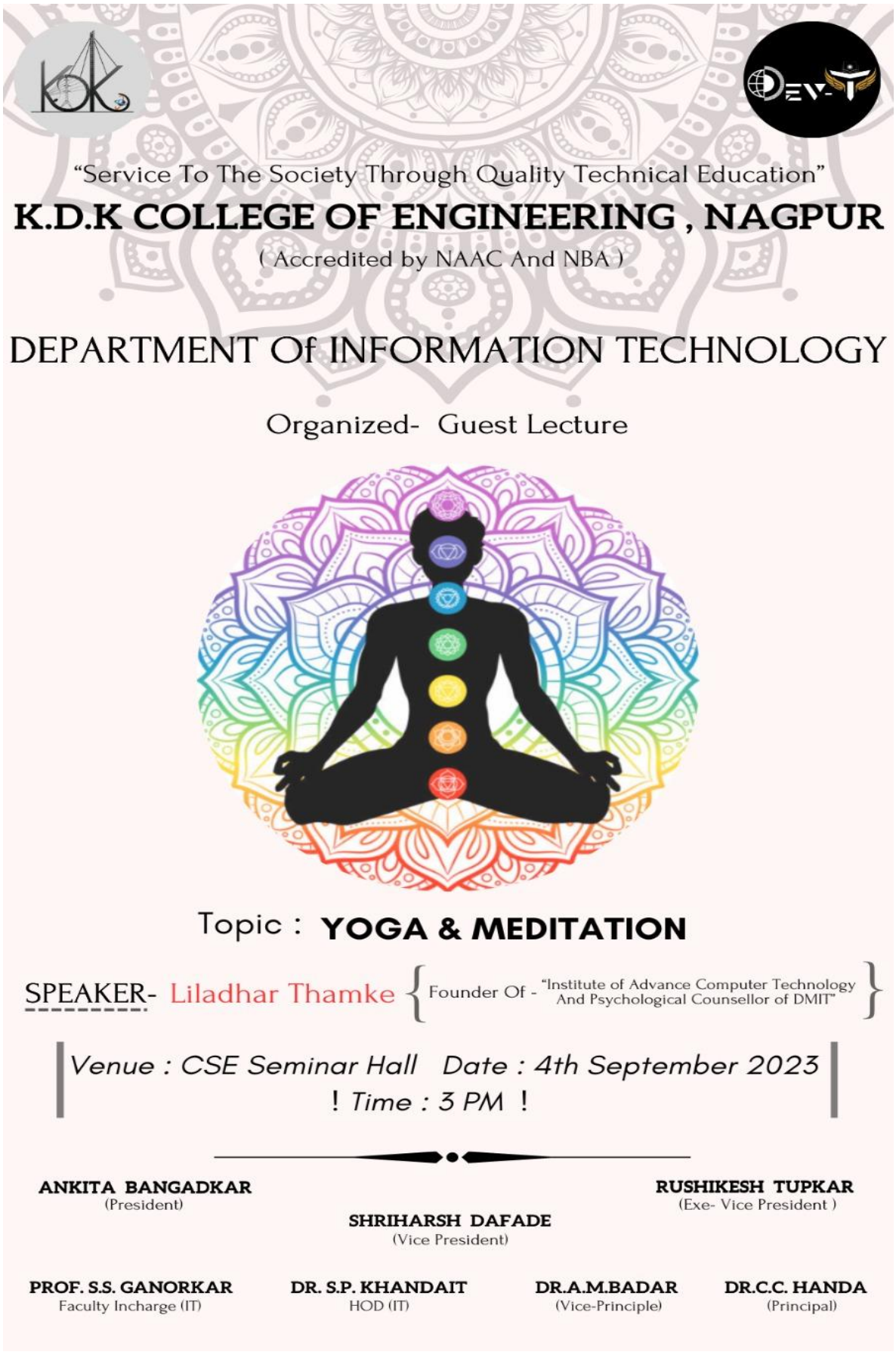
Date: 04 September 2023

Sr.No	Roll No	Semester	Name of Student	Sign
76	41	3rd	Aman S. Yadav	
77	35	~~IV~~ 5th	Karan Chauhan	
78	64	5th Sem	Shreyash .B. Thawre	
79	62	5th Sem	Shivam Lashkari	
80	33	5th Sem	Harsh Wanare	
81	34	5th Sem	Himanshu Pande	
82	59	5th Sem	Sankalp Thawre	
83	26	5th Sem	Anish Pathan	
84	72	5th Sem	Vedant Shobhne	
85	73	5th Sem	Vedant Patel	
86	51.	5th Sem	Ritik Urkude	
87	5246	5th sem	Prashant Shende	
88	58	5th Sem	Samyak Lahakare	
89	66	5th sem	Swanand U Sao	
90	20	5th Sem	Alpesh Khobragade	
91	38	5th Sem	Shahrukh pinjare	
92	1	5th sem	Ashvini v. Khobragade	
93	10	5th sem	Rupali Laxman mamale	
94	6	5th Sem	Jyoti Santosh Rangu	
95	11	5th Sem	Sakshi Raju Mahir	
96	53	5th	ROHIT S LANJEWAR	
97	4	5th	Chanakshi G. Godbole	
98	7	5th	Mrunali S. Kitukale	
99	13	5th	Tina .D. Kshirsagar	
100	38	3rd	Abhishek. M. Karande	

Prof. S. S. Ganorkar
Event Cordinator

Dr. Mrs.S.P.Khandait
HOD (IT)

Poster:-


"Service To The Society Through Quality Technical Education"
K.D.K COLLEGE OF ENGINEERING , NAGPUR
(Accredited by NAAC And NBA)
DEPARTMENT Of INFORMATION TECHNOLOGY
Organized- Guest Lecture
Topic : YOGA & MEDITATION
SPEAKER- Liladhar Thamke
Founder Of - "Institute of Advance Computer Technology And Psychological Counsellor of DMIT"
Venue : CSE Seminar Hall Date : 4th September 2023
! Time : 3 PM !
ANKITA BANGADKAR
(President)
RUSHIKESH TUPKAR
(Exe- Vice President)
SHRIHARSH DAFADE
(Vice President)
PROF. S.S. GANORKAR
Faculty Incharge (IT)
DR. S.P. KHANDAIT
HOD (IT)
DR.A.M.BADAR
(Vice-Principle)
DR.C.C. HANDA
(Principal)

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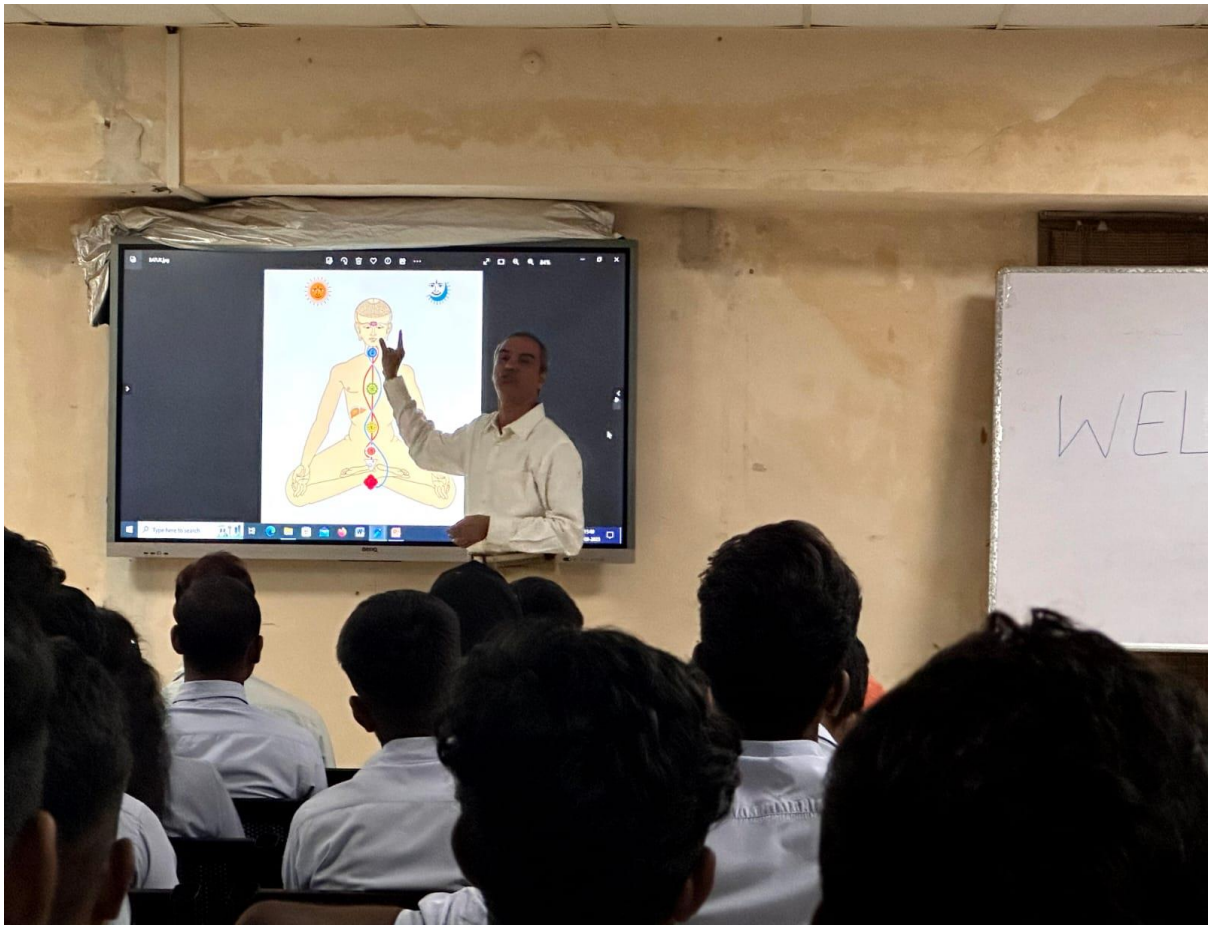


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