



Shri Balasaheb Mane Shikshan Prasarak Mandal's  
**ASHOKRAO MANE GROUP OF INSTITUTIONS**

NH – 4, Vathar Tarf Vadgaon, Tal: -Hatkanangale, Dist: - Kolhapur-416112

Accredited by NAAC

**Yoga and Meditation Club**



**Summary of Activities**

Academic Year: - 2024-25

Semester: Odd / Even

Sr. No	Activity	Date	No of Beneficiary
1.	Impact of Sports , Yoga and Meditation	04/10/2024	127 (Students)
2.	Special Mediation Activity for Students	21/12/2024	261 (Students)
3	Celebrating 1st International Meditation Day - Faculty Meditation Session	21/12/2024	34 (Faculty)
4	Training session on Pranayama and meditation to Non-Teaching Faculty of AMGOI	23/12/2024	29 (Non-Teaching Staff)

Prof. P. S. Ladgaonkar

**Yoga & Meditation Club Coordinator**

Dr. J. M. Shinde

**Dean Student Affairs**



Shri Balasaheb Mane Shikshan Prasarak Mandal's  
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Vathar Tarf Vadgaon, Tal.: Hatkanangale, Dist. Kolhapur - 416 112 (MS)



*Celebrating Navratri Utstav...*

**नवसंवाद २०२४**

सन्मान नारी शक्तीचा... जागर विचारांचा...  
(३ ऑक्टोबर ते ११ ऑक्टोबर २०२४)

**Guest Speaker**



**Mrs. Seema Lad – Deshmukh**  
Shiv Chhatrapati Awardee

**Topic: Importance of Sports,  
Yoga and Meditation**



04<sup>th</sup> Oct. 2024



02:00 PM  
Onwards



Seminar Hall,  
AMGOI, Vathar

**ASHOKRAO MANE GROUP**

ENGINEERING PHARMACY BAMS MBA B.ED POLYTECHNIC ITI GNM

[www.amgkolhapur.com](http://www.amgkolhapur.com)

**AMG**  
ASHOKRAO MANE GROUP



Shri Balasaheb Mane Shikshan Prasarak Mandal's  
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NH – 4, Vathar Tarf Vadgaon, Tal: -Hatkanangale, Dist: - Kolhapur-416112

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**Yoga and Meditation Club**



Date: 05/10/2024

**Report on**

**Impact of Sports, Yoga and Meditation**

As part of the "Nav-Sanwad 2024" lecture series, the Ashokrao Mane Group of Institutions (AMGOI) hosted an inspiring session on the theme of "Sports, Yoga, and Meditation". The session featured Mrs. Seema Lad-Deshmukh, a Shiv Chhatrapati Award-winning athlete, who shared her valuable experiences and practical insights on achieving holistic well-being through physical fitness and mindfulness.

**Objective:**

1. To highlight the critical role of sports, yoga, and meditation in fostering physical health, mental clarity, and emotional balance.
2. To inspire students to adopt a healthy and active lifestyle through the integration of these three pillars of well-being.
3. To empower students with knowledge on how discipline in sports, yoga, and meditation contributes to long-term success and happiness.

**Details:**

The event began with an inspiring introduction by Vice Principal Prof. P.B. Ghewari, followed by an insightful introduction of the guest speaker by Prof. Sangeeta Shete, Head of the Electrical Department.

Mrs. Seema Lad-Deshmukh delivered a powerful session that emphasized how sports cultivate discipline and resilience, yoga enhances flexibility and mental calmness, and meditation nurtures inner peace and mindfulness. Her journey as an athlete served as a real-life example of how balancing these practices leads to success in both personal and professional life.

**Outcome:**

1. Students gained a deeper understanding of how integrating *sports, yoga, and meditation* can help them achieve both physical fitness and mental well-being.
2. The session inspired attendees to incorporate these practices into their daily routines to improve focus, resilience, and emotional stability.
3. Feedback highlighted that the session motivated students to pursue a balanced lifestyle that prioritizes health and mindfulness.
4. The event successfully reinforced the importance of these practices in achieving holistic development, empowering students to lead more disciplined and fulfilling lives.

  
Yoga and Meditation Club Coordinator



# Shri Balasaheb Mane Shikshan Prasarak Mandal's ASHOKRAO MANE GROUP OF INSTITUTIONS

NH – 4, Vathar Tarf Vadgaon, Tal: -Hatkanangale, Dist: - Kolhapur-416112

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## Yoga and Meditation Club





Shri Balasaheb Mane Shikshan Prasarak Mandal's  
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**Yoga and Meditation Club**



**Impact of Sports, Yoga and Meditation**

Date: 04/10/2024

No. of Students Present: 117

Venue: Seminar Hall

1	Mohite Anushka Avinash
2	Chavan Komal Mohan
3	Ranbhise Pradnya Rajendra
4	Chavan Rasika Deepak
5	Bhalawane Sayali Anil
6	Patil Akanksha Uttamrao
7	Patil Saloni Uttam
8	Patil Kiran Prakash
9	Pathan Sopiya Ahmad
10	Jadhav Gayatri Ajit
11	Gurav Prachi Nandkumar
12	Patil Priyanka Dhanaji
13	Patil Nilam Ramesh
14	Nikam Nirjala Nivrutti
15	Patil Sakshi Manik
16	Kamerikar Pratiksha Nitin
17	Patil Prachi Shivaji
18	Patil Aparna Bajirao
19	Gayakwad Sonali Namdev
20	Kamble Rupali Bajirao
21	Patil Vaishnavi Yuvraj
22	Patil Shraddha Sambhaji
23	Patil Mrunmayi Prashant
24	Padalkar Vaishnavi Bajarang
25	Sutar Ananya Sachin
26	Jadhav Sanika Parshuram
27	Farale Soujanya Shivanand
28	Gurav Pranali Suresh
29	Jadhav Diksha Devdas
30	Gavali Aishwarya Nitin
31	Bhosale Sakshi Amar
32	Sawant Vaishnavi Sunil
33	Padasalage Rumana Abid
34	Gadale Bhumi Mohan
35	Mulla Khushaboo Mansoor
36	Desai Rajnandini Sudhakar
37	Dhansare Sakshi Dhondiram
38	Mali Prachi Prakash
39	Sutar Shweta Shankar
40	Anuradha Namadev Patil

41	Anushka Jadhav
42	Bodake Snehal Chandrakant
43	Chirmure Shravani Somnath
44	Chougale Kajal Bajirao
45	Chougule Shruti Ananda
46	Desai Tejaswini Gundopant
47	Gaikwad Shruti Shrikant
48	Gaikwad Srushti Vinod
49	Gawade Anjali Ashok
50	Jadhav Arpita Avinash
51	Jayswar Priti Subhash
52	Kashid Shraddha Tukaram
53	Khot Snehal Sunil
54	Mane Saniya Rajendra
55	Mane Swapnali Praphull
56	Mardane Vaibhavi Nivas
57	Methe Ambika Keshav
58	Mole Vaishnavi Sanjay
59	Mulani Amanat Firoj
60	Patil Prachi Maruti
61	Patil Pranjali Suresh
62	Patil Rasika Ramling
63	Patil Sakshi Sambhaji
64	Patil Sayali Vijay
65	Patil Snehal Dundappa
66	Patil Swapnali Suresh
67	Pawar Prachi Prasad
68	Sakshi Sanjay Kamate
69	Sanika Sunil Hubale
70	Shinde Pranita Chandrakant
71	Singh Anshika Madhurendra
72	Sutar Asmita Sanjay
73	Thombare Sejal Balaso
74	Zende Gayatri Krishna
75	Raval Shravani Suhas
76	Sharbidre Pooja Satish
77	Mane Pranali Sachin
78	Nadaf Swaliya Anjum



Shri Balasaheb Mane Shikshan Prasarak Mandal's  
**ASHOKRAO MANE GROUP OF INSTITUTIONS**

NH – 4, Vathar Tarf Vadgaon, Tal: -Hatkanangale, Dist: - Kolhapur-416112

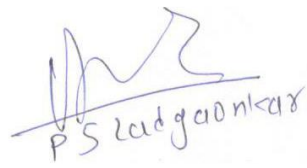
**Accredited by NAAC**

**Yoga and Meditation Club**



79	Karande Mayuri Shrikrishn
80	Mane Diya Sarjerao
81	Patil Gayatri Jagannath
82	Waghmare Pranali Vishnu
83	Hande Sakshi Alias Snehal Babaso
84	Patravale Aishwarya Rajendra
85	Sutar Shreya Prakash
86	Kumbhar Vanshika Shankar
87	Sandugade Sanika Vilas
88	Chechare Gayatri Sudhakar
89	Gavade Tanuja Sunil
90	Gavas Gayatri Kashinath
91	Gawade Aditi Uttam
92	Kadam Sakshi Sunil
93	Kolekar Komal Jagannath
94	More Shravani Kailas
95	Nalawade Sharvari Shrikant
96	Potdar Arpita Bharat
97	Powar Anjali Hari
98	Puja Ramesh Chavan

99	Bodhale Vaishnavi Vijay
100	Sayyad Suhana Dastagir
101	Bora Bhakti Suresh
102	Gangadhare Siddhi Devdatta
103	Aadmile Srushti Suresh
104	Bhole Prerana Sharad
105	Dangare Poonam Babalu
106	Deshapande Sharwari Aniruddha
107	Ghorpade Pranjali Tanaji
108	Gole Jyoti Balaso
109	Jadhav Vaishnavi Amol
110	Jadhav Vrushali Vijay
111	Kalantre Prachi Yuvaraj
112	Karadge Amruta Vilas
113	Kothawale Martina Pradip
114	Mane Siddhi Sachin
115	Paritkar Madhuri Dhanaji
116	Patil Shreya Eknath
117	Pradnya Sunil Nikam

  
P. S. Ladgaonkar



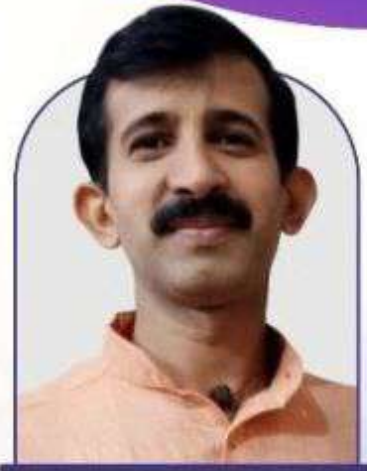
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Vathar Tarf Vadgaon, Tal.: Hatkanangale, Dist. Kolhapur - 416 112 (MS)



# 1<sup>st</sup> INTERNATIONAL MEDITATION DAY

**SPECIAL MEDITATION  
ACTIVITY FOR STUDENTS**



**Mr. Jagdish Kudalkar**  
Art of Living Teacher

We are delighted to invite all students to participate  
in a meditation session in celebration of the  
**1<sup>st</sup> International Meditation Day!**

**Find Your Inner Calm**

**21<sup>st</sup> Dec. 2024**

**10:00 AM onwards**

**Seminar Hall**

**ASHOKRAO MANE GROUP**

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**Yoga and Meditation Club**



Date: 23/12/2024

**Report on  
Special Meditation Activity for Students**

The Yoga and Meditation Club of AMGOI organized a special event to celebrate the 1st International Meditation Day. The activity aimed to promote mental well-being among students and included guided meditation sessions led by Mr. Jagdish Kudalkar, a senior teacher from the Art of Living foundation. Around 300 first-year engineering students participated in this enriching experience.

**Objective:**

1. To celebrate the 1st International Meditation Day at AMGOI.
2. To promote mindfulness and mental well-being among first-year engineering students.
3. To introduce meditation as a tool for stress management and improved concentration.

**Content:**

The event was organized by the Yoga Club of AMGOI to mark the International Meditation Day. It featured a guided meditation session led by Mr. Jagdish Kudalkar, a senior teacher from the Art of Living foundation. The sessions included an introductory talk on the significance of meditation, instructions on meditation techniques, and a 15-minute guided meditation activity.

**Details:**

- The event witnessed active participation from around 300 first-year engineering students.
- Due to the large number of participants, the activity was conducted in two separate sessions, each accommodating 150 students.
- Mr. Jagdish Kudalkar shared valuable insights into the art of meditation and guided students through a focused 15-minute meditation practice.
- The sessions were well-structured, beginning with an explanation of meditation principles, followed by the practical activity.

**Outcome:**

- Around 300 students actively participated and experienced guided meditation.
- Students reported feeling relaxed, focused, and rejuvenated after the session.
- The event successfully increased awareness about the benefits of meditation.
- The Yoga Club received appreciation for organizing a meaningful and impactful activity.

  
Yoga and Meditation Club Coordinator





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**Yoga and Meditation Club**



**Special Mediation Activity for Students**



 **GPS Map Camera**



Google

Vathar Tarf Vadgaon, Maharashtra, India  
Hatkanangale, Dt : Kolhapur, R7wx+3j8, Vathar  
Tarf Vadgaon, Maharashtra 416112, India  
Lat 16.845395° Long 74.299291°  
21/12/24 10:48 AM GMT +05:30



 **GPS Map Camera**



Google

Vathar Tarf Vadgaon, Maharashtra, India  
Hatkanangale, Dt : Kolhapur, R7wx+3j8, Vathar Tarf  
Vadgaon, Maharashtra 416112, India  
Lat 16.84539° Long 74.299264°  
21/12/24 11:38 AM GMT +05:30



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**Yoga and Meditation Club**



**Special Mediation Activity for Students**

Date: 21/12/2024

**No. of Students Present: 261**

Venue: Seminar Hall

1	Mane Pranali Sachin
2	Chougule Vishwjit Popat
3	Dive Omkar Ramesh
4	Gadkari Akash Vitthal
5	Gaikwad Rushikesh Uttam
6	Gidde Athrav Raghunath
7	Hake Arinsinh Arun
8	Jadhav Dhanraj Babaso
9	Kadam Vishvajeet Dilip
10	Kesarkar Shubham Sambhaji
11	Kibile Omkar Chandrakant
12	Mengane Omkar Ramchandra
13	Pandav Shubham Gunda
14	Patil Aditya Prakash
15	Patil Atul Tanaji
16	Patil Shreyash Vasant
17	Tambvekar Harsharaj Prakash
18	Nadaf Swaliya Anjum
19	Karande Mayuri Shrikrishn
20	Patil Shrenik Shivaji
21	Mali Daksh Harish
22	Patil Pankaj Laxman
23	Sapkal Abhishek Chandrakant
24	Sakhare Nishant Nivas
25	Bharankar Manoj Maruti
26	Desai Rohan Anil
27	Kadam Omkar Gautam
28	Kamble Yash Sayaji
29	Kinyekar Prashant Sadanand
30	Kolekar Sushant Shivaji
31	Kurade Balaji Hanmanta
32	Mane Diya Sarjerao
33	Miraje Siddesh Sanjay

34	Mohite Shreyal Rajendra
35	Patil Atharav Manik
36	Patil Gayatri Jagannath
37	Patil Manthan Sanjay
38	Patil Pranav Ashok
39	Patil Rahul Tanaji
40	Patil Sandesh Deepak
41	Shelake Aryan Uttam
42	Vadar Sourabh Rajaram
43	Waghmare Pranali Vishnu
44	Durge Swaraj Shivaji
45	Hande Sakshi Alias Snehal Babaso
46	Mane Sudarshan Dattatry
47	Patravale Aishwarya Rajendra
48	Chavan Rudraksh Ashok
49	Patil Swaraj Raghunath
50	Sutar Shreya Prakash
51	Chavan Mandar Pradip
52	Khot Shubham Pradhan
53	Kumbhar Vanshika Shankar
54	Langare Kedar Rajendra
55	Mali Samarth Subhash
56	Sandugade Sanika Vilas
57	Arya Uday Chavan
58	Chechare Gayatri Sudhakar
59	Desai Kshitij Sachin
60	Deshmukh Pratik Gajanan
61	Dhage Sudarshan Vitthalrao
62	Gavade Tanuja Sunil
63	Gavas Gayatri Kashinath
64	Gawade Aditi Uttam
65	Jadhav Rohan Ramachandra
66	Kadam Sakshi Sunil



Shri Balasaheb Mane Shikshan Prasarak Mandal's

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## Yoga and Meditation Club



67	Kolekar Komal Jagannath
68	Nanandage Anirudha Channappa
69	Kumbhar Kiran Dasharth
70	Mahadik Harshwardhan Tanaji
71	Mane Aaditya Suryakant
72	More Shravani Kailas
73	Nalawade Sharvari Shrikant
74	Pawar Omkar Dattatraya
75	Potdar Arpita Bharat
76	Powar Anjali Hari
77	Powar Kedar Dharmesh
78	Puja Ramesh Chavan
79	Rohan Ananda Khot
80	Bodhale Vaishnavi Vijay
81	Sargar Rahul Ravsaheb
82	Sayyad Suhana Dastagir
83	Shirole Shreyash Shashikant
84	Sudarshan Tanaji Bhore
85	Ulape Vedant Hambir
86	Bagde Shrinath Shrimant
87	Bora Bhakti Suresh
88	Chavan Sanskar Ganesh
89	Gangadhare Siddhi Devdatta
90	Aadmile Srushti Suresh
91	Adamapure Suyash Sanjay
92	Anuse Harshvardhan Shivaji
93	Aragi Mallikarjun Hanamant
94	Bansode Suraj Yadav
95	Bhandare Sumit Sudhanshu
96	Bhole Prerana Sharad
97	Chougale Pratik Dhanaji
98	Dangare Poonam Babalu
99	Deshapande Sharwari Aniruddha
100	Gaikwad Jay Dilip
101	Ghatage Om Pramod
102	Gholase Swapnil Dilip
103	Ghorpade Pranjali Tanaji
104	Gole Jyoti Balaso
105	Jadhav Vaishnavi Amol

106	Jadhav Vrushali Vijay
107	Kalantre Prachi Yuvaraj
108	Kamble Rajvardhan Jagdish
109	Karadge Amruta Vilas
110	Khot Samir Sarjerao
111	Khot Suyash Shankar
112	Kothawale Martina Pradip
113	Kulkarni Parth Prashant
114	Kumbhar Shreyash Prakash
115	Mane Siddhi Sachin
116	More Kedar Bharat
117	Paritkar Madhuri Dhanaji
118	Patil Prathamesh Keraba
119	Patil Sahil Sandip
120	Patil Shreya Eknath
121	Patil Varadraj Sardar
122	Patil Viraj Manik
123	Pawar Pruthviraj Hemchandra
124	Pradnya Sunil Nikam
125	Sone Vishal Nivas
126	Suryawanshi Rajvardhan Rupesh
127	Todkar Vedika Keshav
128	Chougale Mrunal Maruti
129	Patil Madhura Abhijit
130	Shinde Ankita Anand
131	Sutar Siddhika Samadhan
132	Warake Sourabh Sanjay
133	Harshad Dattatray Chougule
134	Kamble Niranjan Nitin
135	Mohite Sakshi Sachin
136	Mohite Yash Vikrant
137	Nalawade Anushka Santosh
138	Parit Sanika Santaji
139	Patil Swapnali Janardhan
140	Sutar Sejal Sham
141	Bhise Sanmit Satish
142	Ambi Shreechal Bholaso
143	Anisha Abhijit Jadhav
144	Bhuyekar Vaishnavi Maruti
145	Khambe Sanskar Satish



Shri Balasaheb Mane Shikshan Prasarak Mandal's

# ASHOKRAO MANE GROUP OF INSTITUTIONS

NH – 4, Vathar Tarf Vadgaon, Tal: -Hatkanangale, Dist: - Kolhapur-416112

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## Yoga and Meditation Club



146	Chavan Shardul Vijay
147	Davari Omkar Balvant
148	Gavade Sanskruti Chhagan
149	Hogade Nandini Dagadu
150	Jadhav Aditi Ganpati
151	Jadhav Ayush Vinod
152	Jadhav Sujal Babaso
153	Kamble Digvijay Shivaji
154	Kamble Rohini Pappu
155	Kamble Sahil Shantaram
156	Kamble Shruti Vilas
157	Kamble Sneha Nitin
158	Kamble Tanuja Suresh
159	Kamble Yukta Suraj
160	Katrut Rahul Ramchandra
161	Khot Arpita Babasaheb
162	Khot Sai Shahaji
163	Koli Samiksha Pandurang
164	Koravi Tejas Chandrakant
165	Korvi Vikas Sanjay
166	Kumbhar Sakshi Sunil
167	Magdum Shubham Malagonda
168	Mane Sakshi Rajesh
169	Mohite Sayali Sarjerao
170	Padalkar Vaishnavi Ramchandra
171	Patil Adarsh Shivaji
172	Patil Anjali Manoj
173	Patil Harshavardhan Sardar
174	Patil Neha Laxman
175	Patil Rutuja Baburao
176	Patil Sakshi Vinayak
177	Patil Shlok Santosh
178	Pisal Sanika Balaso
179	Revansiddha Vijay Pujari
180	Sankpal Sanika Rajendra
181	Sawant Pranali Hanmant
182	Shaikh Jamir Khalil
183	Shevade Pratibha Bhimrao
184	Shinde Devang Mahesh
185	Shinde Soham Santosh

186	Sonagekar Vinayak Annappa
187	Sutar Sarang Umesh
188	Taware Soham Prashant
189	Vasudev Shravani Ravindra
190	Yadav Navanath Vasant
191	Ghosalkar Aditya Kiran
192	Jadhav Pradnya Arvind
193	Kamble Nihar Ananda
194	Mali Komal Vikas
195	Mane Prajwal Dadaso
196	Narute Pruthviraj Birbal
197	Palekar Pooja Narayan
198	Patil Bhushan Vidyadhar
199	Patil Rajlaxmi Jagdish
200	Patil Sanskar Appaji
201	Patil Sarthak Sachin
202	Raktade Aaditi Jotiram
203	Rathod Abhay Gulab
204	Sumit Mahadev Dange
205	Suryawanshi Abhishek Nishchal
206	Belwadkar Vikrant Dagadu
207	Anuradha Namadev Patil
208	Anushka Jadhav
209	Babulkar Mayank Sunil
210	Bodake Snehal Chandrakant
211	Chavan Aryan Nathuram
212	Chirmure Shravani Somnath
213	Chougule Shruti Ananda
214	Desai Tejaswini Gundopant
215	Dongare Dhiraj Rajaram
216	Funde Yash Bhausahab
217	Gaikwad Shruti Shrikant
218	Gaikwad Srushti Vinod
219	Gawade Anjali Ashok
220	Gawade Sahil Subhash
221	Gawas Chetan Shivaji
222	Gawas Shreyas Devidas
223	Gawas Vinay Dilip
224	Gosavi Paras Shankar
225	Harane Sarthak Prakash
226	Jayswar Priti Subhash



Shri Balasaheb Mane Shikshan Prasarak Mandal's

# ASHOKRAO MANE GROUP OF INSTITUTIONS

NH – 4, Vathar Tarf Vadgaon, Tal: -Hatkanangale, Dist: - Kolhapur-416112

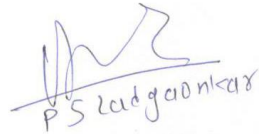
Accredited by NAAC

## Yoga and Meditation Club



227	Kadam Dhruva Ashok
228	Kamble Swapnil Siddhappa
229	Khan Furqan Irshad
230	Khot Snehal Sunil
231	Labade Sanket Keshav
232	Lad Sanmay Suresh
233	Makandar Juber Husenbasha
234	Mane Saniya Rajendra
235	Mane Swapnali Praphull
236	Mardane Vaibhavi Nivas
237	Methe Ambika Keshav
238	Mole Vaishnavi Sanjay
239	Mulani Amanat Firoj
240	Mulla Jaid Majid
241	Naik Soham Vijay
242	Naik Sumit Ramesh
243	Patil Aditya Dattatray
244	Patil Akshay Sampat

245	Patil Prachi Maruti
246	Patil Pranjali Suresh
247	Patil Rasika Ramling
248	Patil Rohan Ramesh
249	Patil Sakshi Sambhaji
250	Patil Sarvesh Sanjay
251	Patil Sayali Vijay
252	Patil Snehal Dundappa
253	Sutar Asmita Sanjay
254	Sutar Shraavan Vikas
255	Takale Roshan Anil
256	Thombare Sejal Balaso
257	Urunkar Harshdeep Sunil
258	Vasagade Tirthankar Mahavir
259	Yadav Pruthviraj Shashank
260	Zende Gayatri Krishna
261	Raval Shravani Suhas

  
P. S. Ladgaonkar



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**Yoga and Meditation Club**



Date: 24/12/2024

**Report on**

**Celebrating 1st International Meditation Day - Faculty Meditation Session**

The Yoga and Meditation Club of AMGOI organized a special meditation session for teaching faculty to celebrate the 1st International Meditation Day. The event highlighted the importance of meditation as a tool for achieving mental clarity and balance in professional and personal life.

**Objective:**

1. To mark the 1st International Meditation Day with a meaningful initiative.
2. To introduce faculty members to practical meditation techniques for stress management.
3. To foster a positive, balanced, and harmonious environment within the institute.

**Details:**

The session focused on the transformative power of meditation and its role in enhancing overall well-being. Faculty members were guided through practical techniques to cultivate inner peace and manage the stress of everyday challenges. The event provided a serene space for participants to experience mindfulness and relaxation.

**Outcome:**

1. The session received an enthusiastic response, with active participation from faculty members.
2. Participants reported feeling rejuvenated and more focused after the session.
3. The event successfully created awareness about the benefits of meditation in professional settings.
4. The initiative was widely appreciated and deemed a memorable success.

**Yoga and Meditation Club Coordinator**



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Date: 24/12/2024

**Report on**

**Training Session on Pranayama and Meditation for Non-Teaching Faculty**

Yoga and Meditation club organized a special *Training Session on Pranayama and Meditation* for non-teaching faculty on **December 23, 2024**. The session aimed to promote workplace well-being by introducing simple yet effective breathing and meditation techniques to help reduce stress and enhance focus.

**Objective:**

- To introduce non-teaching faculty to *Pranayama* and *meditation* as tools for stress management and mental relaxation.
- To promote mindfulness and well-being in the workplace through structured breathing exercises.
- To encourage staff to adopt these practices for improved concentration, emotional balance, and overall health.

**Details:**

The session was attended by **29 non-teaching staff members** who actively participated in learning and practicing different *Pranayama* techniques, followed by a guided meditation session. The resource person explained the physiological and psychological benefits of controlled breathing, emphasizing how it enhances focus, reduces anxiety, and improves overall energy levels.

The training included practical demonstrations of breathing techniques such as *Anulom-Vilom*, *Bhastrika Pranayama*, followed by a guided meditation to help participants experience deep relaxation. The session provided an interactive platform where participants could ask questions and understand how to incorporate these practices into their daily routines.

**Outcome:**

- **29 non-teaching faculty members** benefited from learning simple yet effective breathing and meditation techniques.
- Participants experienced a sense of relaxation and mental clarity, with many expressing interest in continuing the practice.
- The session successfully raised awareness about the importance of *Pranayama* and *meditation* for managing workplace stress.
- Attendees appreciated the initiative and suggested conducting similar sessions regularly to enhance workplace well-being.

**Yoga and Meditation Club Coordinator**





# Shri Balasaheb Mane Shikshan Prasarak Mandal's ASHOKRAO MANE GROUP OF INSTITUTIONS

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