

## Report of “One day Workshop on Stress Management”

Title of the Activity	<b>One day Workshop on Stress Management</b>
Organizing Department	<b>Student Development Committee, NSS and Sahaj Yoga Meditation Group Khamgaon</b>
Date	<b>07<sup>th</sup> January 2022</b>
Venue of activity	Late. Shankarraoji Bobdey Memorial Hall
Resource Person	Mr. Milind Pachpol ( Assistant Agriculture Officer, Chikhali) Mr. Atul Patil (Dept. of Economics College of Management Khamgaon) Mr. Vinayak Tambat (Sahaja Yoga Group Member)
President of the function	Dr. P. V. Ubale (Acting Principal, G S College, Khamgaon)
<b>Organizing Committee</b>	<ol style="list-style-type: none"> <li>1. Dr. M. O. Wankhade (Convener).</li> <li>2. Dr. V. R. Gavhale</li> <li>3. Mr. P. S. Bodkhe</li> <li>4. Dr. G. B. Kale</li> <li>5. Dr. V. M. Deshmukh</li> <li>6. Dr. H. A Bhosale (NSS)</li> <li>7. Mr. A. A. Tayade</li> <li>8. Dr. K. S. Gulhane</li> <li>9. Mr. S. M. Pidhekar</li> <li>10. Dr. Sau. N. B. Boche</li> <li>11. Mr. B. S. Jawjale</li> <li>12. Mr. S. M. Shingane (NSS)</li> <li>13. Mr. Anurag Bobdey</li> </ol>
<b>No of Participants</b>	<b>117</b>
<b>Brief Report about event</b>	<p>One day Workshop on Stress Management was jointly organized by Student Development Committee, NSS and Sahaja Yoga Meditation Group Khamgaon, on 7<sup>th</sup> January 2022.</p> <p>The function was chaired by Dr. P. V. Ubale (Acting Principal) and Dr. V. R. Gavhale briefly introduced the guest persons Mr. Atul Patil, Mr. Milind Pachpol. Mr. Pachpol elaborated the benefits of Yoga and Meditation. Mr. Atul Patil explained the detail working of human nervous system and demonstrated how to activate the nervous system channels with Mediation. Mr. Atul patil further explained the various chakras and tantras used in Meditation.</p> <p>Dr. P. V. Ubale expressed his experiences of Meditation on the concluding remarks. Finally the session was concluded with the vote of thanks.</p> <p>All the members of Student Development committee took their sincere efforts for the grant success. Especially I am very much thankful to Dr. H. A. Bhosale, Mr. S. M. Shingane, Prof. S. V. Jadhav, Dr. G. B. Kale, Prof. N. B. Kutemate, Dr. Sau. N. B. Boche, Prof. R. M. Chavan, Prof. A. D. Bhosale, Dr. S. N. Khadse, Mr. V. P. Chandankar and Mr. Sachin Lakhani for their kind support and help.</p>

Being convener of the program, I am very much thankful to the Board of Directors of VSP Mandal, Principal, committee members, all staff members, non teaching staff and students who supported directly or indirectly for successful organization of this workshop.



Figure 1: Banner



Figure 2: Dr. Gavhale introducing the Guests



Figure 3: Atul Patil Addressing the Students



Figure 4: Performing Meditation



Figure 5: Meditation



Figure 6: Tantra Chakra

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## G S Science, Arts and Commerce College, Khamgaon

Title of the event: One Day Workshop on Stress Management

Date: 07/01/2022

Venue: Late. Shri Shankarraoji Bobdey Hall

### List of participants

SN	Name of the participant	Class/ Designation	Signature
1)	Aarti. S. Palaskar	BSc III CBZ	<u>A. Palaskar</u>
2)	Vaishnavi. B. Kale	BSc III CBZ	<u>V. Kale</u>
3)	Prajakta. S. Bayaskar	BSc III CBZ	<u>P. Bayaskar</u>
4)	Yashashree. S. Patil	BSc III CBZ	<u>Y. Patil</u>
5)	Ashvini. A. Mahale	BSc III CBZ	<u>A. Mahale</u>
6)	Shraddha. S. Wankhade	BSc III CBZ	<u>S. Wankhade</u>
7)	Pratiksha. D. Latke	BSc III CBZ	<u>P. Latke</u>
8)	Vaishnavi. M. Gorle	BSc III CBZ	<u>V. Gorle</u>
9)	Pranjal. Nimkarde	BSc III CBZ	<u>P. Nimkarde</u>
10)	Shubhangi. Tonde	BSc III CBZ	<u>S. Tonde</u>
11)	Gausi. D. Kshirsagar	BSc III CBZ	<u>G. D. Kshirsagar</u>
12)	Pooja. S. Khawale	BSc III CBZ	<u>P. Khawale</u>
13)	Nisha. A. Hatmale	BSc III CBZ	<u>N. Hatmale</u>
14)	Swati. S. Shegokar	BSc III CBZ	<u>S. Shegokar</u>
15)	Nikita. R. Zote	BSc III CBZ	<u>N. Zote</u>
16)	Ashwini. P. Rathod	BSc III CBZ	<u>A. Rathod</u>
17)	Pratiksha. P. More	BSc III CBZ	<u>P. P. More</u>
18)	Shital. R. Pawar	B.A. I	<u>S. R. Pawar</u>
19)	Shruti. S. Khandare	B.A. I	<u>S. S. Khandare</u>
20)	Megha. G. Badole	B.A. I	<u>M. G. Badole</u>
21)	Vaishnavi. Ravindra. Gadait	B.A. I	<u>V. Gadait</u>
22)	Nikita. Gopal. Bharsakale	B.A. I	<u>N. G. Bharsakale</u>
23)	Pooja. Ashok. Dale	B.A. I	<u>P. A. Dale</u>
24)	Ariyansa. Shankaraj. Bodde	B.A. I	<u>A. Bodde</u>
25)	Manisha. Gajanan. Patil	B.A. I	<u>M. Patil</u>

Activity In charge

S. Wankhade  
Dr. M. O. Wankhade

Principal

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SN	Name of the participant	Class/ Designation	Signature
01	Mamta R. Paraskar	B.com I	M.R. Paraskar
02	Pooja V. Tadhav	B.com I	P. Tadhav
03	Ashwini S. Chavon	BSc - II	A. Chavon
04	Harsha R. Rathi	B.Com I	H. Rathi
05	Sakshi D. Sapkal	B.Com I.	S. Sapkal
06	Swati N. Ingle	B.Com I	S.N. Ingle
07	Sneha V. Mathe	B.com I	S. Mathe
08	Chanchal R. Tiwari	B.com I	C. Tiwari
09	Ankita S. Wankhade	B.com I	A.S. Wankhade
10	Shejal N. Duhibhat	B.com Ist	S.N. Duhibhat
11	Ganraddhi V. Baringe	Bsc(BSM) I SI	G. Baringe
12)	Ku. Gayatri G. Nirmal	BSc(CSM) I <sup>SI</sup>	G. Nirmal
13)	Ku. Sneha P. Jumele	BSc(PEM) I	S. Jumele
14)	Ku. Sneha S. Ugale	BSc.(CSM) I	S. Ugale
15)	Ku. Shivani N. Dabhade	BSc(CSM) I	S. Dabhade
16)	Payal P. Chavan	BSc(PEM) I	P. Chavan
17)	Suzekha I. Chavan	BSc(PEM) I	S.I. Chavan
18)	Vaishnavi A. Deshmukh	B.Sc III (CBM)	V. Deshmukh
19)	Trupti M. Ingle	B.Sc III (CBM)	T. Ingle
20)	Vaishnavi S. Bondre	B.Sc III (CBM)	V. Bondre
21)	Pallavi V. Lahuolkare	B.Sc III (CBM)	P. Lahuolkare
22)	Vaishnavi G. Lod	B.Sc III (CBM)	V. Lod
23)	Poojaram Patil	B.Sc III (CB2)	P. Patil

Activity In charge

*(Signature)*  
Dr. M. O. Wankhade

Principal

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SN	Name of the participant	Class/ Designation	Signature
1	Vaishnavi D. Deshmukh	M.A.I	Deshmukh
2	Manisha S. Rathod	B.Sc.III	Rathod
3	Rashni G. Wankhade	B.Sc.III	Wankhade
4	Bhagjashri B. Nimkarde	B.A.I	B.B.Nimkarde
5	Vaishnavi P. Ingle	B.COM.III	Ingle
6	Dipeeka S. Belokar	B.A.I	Dipeeka
7	Jagzuti G. Shegokar	B.COM.I	Shegokar
8	Yashaswi B. BhanuPe	B.com.I	BhanuPe
9)	Poonam A. Jumale	Bsc. I (Pcm)	Jumale
10)	Divya Gajanan Bodade	BSC. I (Pcm)	Bodade
11)	Vaishnavi G. Ambhaze	Bsc.I (pcm)	Ambhaze
12)	Renuka Ashok Ambhaze	Bsc.I (Pcm)	Ambhaze
13)	Pooja Prasavisingh Chavan	BSC I (PCM)	Chavan
14)	Pooja Sanjay Tande	BSC I CSM	Tande
15)	Shital Santosh Dukete	BSC I CSM	Dukete
16)	Jayshree Subhash Pachpor	BSC I CSM	Pachpor
17)	Dipali Sagnath Aswari	BSC I CSM	Aswari
18)	Pranjali R. Nimkarde	BSC III CBZ	Nimkarde
19)	Pratiksha D. Latke	BSC III CBZ	Latke
20)	Nandini V. Satao	BSC III CBZ	Satao
21)	Rohini N. Ingle	B.SC.III CBZ	Ingle
22)	Ashwini A. Ingle	B.SC.III CBZ	Ingle

Activity In charge

Dr. M.O. Wankhade

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S N	Name of the participant	Class/ Designation	Signature
1.	Prasad S. Kawle	BSC-CSM-II	<i>[Signature]</i>
2.	Tushar S. Patil	— " —	<i>[Signature]</i>
3.	Heishikesh S. Dali	B.A. I	<i>[Signature]</i>
4)	sakshi.k. Dhande.	B.S.C I	<i>[Signature]</i>
5)	Sakshi B. Jogle	B.sc I	<i>[Signature]</i>
6)	Sakshi D. Tikar	Bsc I	S. D. Tikar
7)	Mukta M. Janokar.	Bsc I PCM	M.M. Janokar.
8)	Ragadi Dhole	Bsc I CSM	<i>[Signature]</i>
9)	Gayatri prakash Dhole	BSC I CSM	G.P.Dhole
10)	Pranita G. Parkhede	BSC I CSM	P.G. Parkhede
11)	Sakshi Prashant Deshmukh	Bsc I. CSM	<i>[Signature]</i>
12)	Ankita Janwar Wagh	Bsc I. CSM	A.J. Wagh
13)	Pallavi Anant Pophalnare	Bsc I. CSM	P.A. Pophalnare
14)	Shubhangi Samadham Patil	BSC II PCM	<i>[Signature]</i>
15)	Sakshi Mil Maokar	BSC II PCM	<i>[Signature]</i>
16)	Puja Vinod Thakare	BSC II PCM	<i>[Signature]</i>
17)	Vijaya Balkrishna Sahabe	BSC I CSM	V.B. Sahabe
18)	Sakshi Ganesh Jadhav	BSC I CSM	<i>[Signature]</i>
19)	Shrawari Mangesh Khedkar	BSC I CSM	S.M. Khedkar
20)	Pooja Sanjay Tonde	BSC I CSM	<i>[Signature]</i>
21)	Prajakta Handksho Bawaskar	B-SC III micro	<i>[Signature]</i>
22)	Vaishnavi P Bawaskar	Bsc III micro	<i>[Signature]</i>
23)	Shruti Patil	B-sc III micro	<i>[Signature]</i>
24)	Pranjali R. Nimcorde	Bsc III (CBZ)	<i>[Signature]</i>
25)	Pratibha D. Latke	Bsc III (CBZ)	<i>[Signature]</i>

Activity In charge  
*[Signature]*  
 Dr. M.O. Nankhade

Principal



**G S Science, Arts and Commerce College, Khamgaon**

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S N	Name of the participant	Class/ Designation	Signature
1)	Muktesh Waz. B. Joshi	CSM.	(MB)
2)	Ganesh. P. Bhise.	CSM	Gr. P. Bhise
3)	Gaurav K. Rathod	PCM	G. K. Rathod
4)	Shivaji laxman Khate	PCM	(Signature)
5)	Sudesh S. Pachore	PCM	(Signature)
6)	Sudaj S. Bombatkar	PEM	Bombatkar
7)	Sarwan D. Ichavare	CSM	Ichavare
8)	Yash. V. Sankhale	PCM	(Signature)
9)	Umar Khan	CSM	(Signature)
10)	Mahesh S. Bhise	CSM	(Signature)
11)	Samadhan B. Ghule	PCM	Bhule
12)	Dipesh P. Bombatkar	PEM	P. Bombatkar
13)	Rushikesh G. Tawalakar	CSM	R. Tawalakar
14)	Rushikesh S. Ghait	PCM	R. Ghait
15)	Durgesh R. Vasatkar	PCM	D. R. V.
16)	Hakob V. Misal	CSM	H. V. Misal
17)	Sandip. B. Ambhore	B. Com III	S. Ambhore
18)	Nilesh R. Karansale	B. Com III	N. R. Karansale
19)	Vijay S. Shelke	B. Com III	(Signature)
20)	Pavan. R. Bodade	B. Com - III	P. Bodade
21)	Nilesh N. Gizi	Bsc. I	N. Gizi
22)	Akshay S. Bodade	BSC. I	A. Bodade
23)			

Activity In charge

(Signature)  
Dr. M. O. Wankhade

Total  
25  
+ 23  
+ 22  
+ 21  
+ 23  
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(117)

Principal

# ध्यान साधनेतून तणावमुक्ती कार्यशाळेचे आयोजन

खामगाव-स्थानिक विदर्भ शिक्षण प्रसारक मंडळद्वारा संचालित गो.से.विज्ञान, कला व वाणिज्य महाविद्यालय येथे विद्यार्थी विकास समिती, राष्ट्रीय सेवा योजना विभाग व सहज योगा मेडिटेशन यांच्या संयुक्त विद्यमाने ध्यान साधनेतून तणावमुक्तीवर कार्यशाळेचे आयोजन करण्यात आले होते. कार्यक्रमाच्या अध्यक्षस्थानी प्राचार्य डॉ.पी.व्ही.उबाळे तर प्रमुख पाहुणे म्हणून मिलिंद पाचपोळ, प्रमुख वक्ते म्हणून प्रा.अतुल पाटील हे होते.



आपल्या मार्गदर्शनात मिलिंद पाचपोळ यांनी योगा व ध्यान साधना आजच्या विद्यार्थ्यांसाठी अत्यंत उपयुक्त कशी आहे हे पटवून सांगितले. ध्यान साधनेतून विद्यार्थ्यांचा व्यक्तिमत्त्व विकास कसा साधला जातो हे सविस्तरपणे विषद केले. तर प्रमुख वक्ते प्रा. अतुल पाटील यांनी मानवी मज्जा संस्था, रक्ताभिसरण व योगसाधनेतील विविध सुषुप्त तंत्र चक्रांचे विश्लेषण करून त्यांचे महत्त्व पटवून दिले. तसेच साधनेचे प्रात्यक्षिक सभागृहातील सर्व विद्यार्थी व प्राध्यापक कर्मचारी यांच्याकडून करवून घेतले. अध्यक्षीय मार्गदर्शनात डॉ. पी.व्ही.उबाळे यांनी आजच्या घकाघकीच्या काळामध्ये योग व ध्यानसाधना अत्यंत महत्त्वाची असून सर्वांनी नियमितपणे योग व ध्यान साधना करावी जेणेकरून व्यक्तिमत्त्व विकास होण्यास मदत होईल असे मत व्यक्त केले.कार्यक्रमाचे सूत्रसंचालन डॉ.व्ही. आर.गव्हाळे यांनी तर कार्यक्रमाचे आभार प्रदर्शन विद्यार्थी विकास समितीचे समन्वयक डॉ. एम.ओ.वानखडे यांनी केले. कार्यक्रमाच्या यशस्वितेसाठी विद्यार्थी विकास समिती, राष्ट्रीय सेवा योजना व सहज योगा मेडिटेशन संस्थेचे पदाधिकारी यांनी परिश्रम घेतले. कार्यशाळेस डॉ.जी.बी.काळे, प्रा.एस.व्ही.जाधव, प्रा.एन.बी.कुटेमाटे, डॉ.दीपक नागरिक, डॉ.ए.व्ही.पडघान, डॉ.ए.डी.भोसले, डॉ.एन.बी. बोचे, प्रा.आर.एम. चव्हाण, प्रा.सचिन शिंगणे, प्रा.सचिन खंडारे व महाविद्यालयातील विविध शाखेतील विद्यार्थी उपस्थित होते.

Signature of Activity In-charge

*(M. O. Wankhade)*

Dr. M. O. Wankhade  
Convener Student Development Committee