


**S. S.E. S. Amravati's Science College, Congress Nagar, Nagpur**

**NOTICE**

Dt: 19/01/2023

All the Non teaching staff members are hereby informed that our college is going to organize an awareness camp on “ **Yoga and Meditation** ” under the aegis of IQAC in collaboration with *Art of living organization* from 21<sup>st</sup> Jan. 2023 and will conclude on 25<sup>th</sup> Jan 2023 . All are informed to take advantage of this camp for wellbeing.

  
Principal  
S. S. E. S. Amravati's  
Science College, Nagpur.

Dr. M.P.Dhore  
Principal  
Science College Nagpur

Shri Shivaji Education Society Amravati's  
**SCIENCE COLLEGE, CONGRESS NAGAR, NAGPUR**  
**Department of Chemistry**

**Organized Five Days**

**“Yoga and Meditation Camp”**

**for**

**Non –teaching staff**

21<sup>st</sup> Jan. to 25<sup>th</sup> Jan 2023

## **Report**

A few minutes of Yoga and Meditation during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga and meditation are effective technique to release stress. Meditation is relaxation and rejuvenates the body and mind.

With this aim in mind, a special Camp of five days on **Yoga and Meditation** was organized by IQAC of the College which began on **21<sup>st</sup> Jan. 2023** and concluded on **25<sup>th</sup> Jan 2023**. The camp was organized for the non-teaching staff of the college. Total 50 non-teaching staff members participated with full interest, enthusiasm and eagerness in the camp. Yoga instructor Dr. Amrita Sethi took yoga session with great dedication. Daily the session began in morning at 8.00am by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asana starting with warming up and stretching were followed by a Padmasanas, Sukhasan, Tadasana and ending with Meditation . Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the non teaching Staff.

The camps was also marked by talks on various important aspects of daily life like weight management and nutrition, stress management, life skills, relief from psychosomatic problems of life and many other related topics for health and fitness in daily life. Adv. Swapnil Jadhav, explained about what is meditation and different techniques to do the meditation. He started his talk with some question and answer session, continued with some practical experience of meditation. . The camp concluded with an interactive session between the

instructor and the non teaching staff in which their queries were addressed satisfactorily and ended with vote of thanks, which was proposed by Mr. Zodape, superintendent of the college

## **Action Taken Report**

Total 50 non-teaching staff members participated with full interest, enthusiasm and eagerness in the camp. Non teaching staff was motivated and understood the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The workshop was deemed a success in meeting its objectives and in providing a valuable learning experience for the non-teaching staff.





SSES Amt's Science College Congress Nagar Nagpur

Department of Chemistry

Yoga and Meditation Camp

21<sup>st</sup> Jan. 2023 and concluded on 25<sup>th</sup> Jan 2023

SR.no	Name	Sign
1	A.D. Pantari	
2	K.S. Makumbam	
3	Rajendra Patil	
4	Shivani Turbade	
5	Diwakar Pande	
6	Vikas Chule	
7	G.M. Funnal	
8	Amit Shinde	
9	Mukesh Gotmare	
10	Mangesh Dive	
11	Mangesh Shingne	
12	Sanjay He Dale	
13	Akshay Kar Gali	
14	Ajay Zade	
15	Tarang Madne	
16	Avinash Diwakar	
17	Amol Ingole	
18	Yash Mahale	
19	Muskan Kumbhare	
20	Shreya Wankhede	
21	Akanksha Zade	
22	Eka S. Pambuskar	
23	Apeksha N. Wanjari	
24	Gayatri T. Nalpure	
25	Bejal R. Borkar	

Yoga and Meditation Camp

21<sup>st</sup> Jan. 2023 and concluded on 25<sup>th</sup> Jan 2023

26	Gayatri R. Borse	
27	Mohisha & Dehankar	
28	Bhumi S. Mahajan	
29	Poonam Dubey	
30	Tanushree S. Jadhav	
31	Gyashma V. Uhatkure	
32	Dipesh G. Yadav	
33	Tarwi B. Mandale	
34	Soumya S. Yadav	
35	Prashant Kumbhar	
36	C.B. Borkar	
37	Marekwar Dandekar	
38	Mangesh Shingne	
39	Ashok bhargava	
40	Amal Partethi	
41	Sanjay Hedau	
42	Prashant Ankalwar	
43	Amit Shinde	
44	Sagar Wankhede	
45	Nikhil Bhwise	
46	Kamlesh Meshram	
47	Vithal Zalki	
48	B.L. Patil	
49	K.N. Meshram	
50	Mukesh gotamare	

**SSES Amt's Science College Congress Nagar Nagpur**

**Department of Chemistry**

**Feedback Analysis**

**Organized**

**“Yoga and Meditation Camp”**

**for**

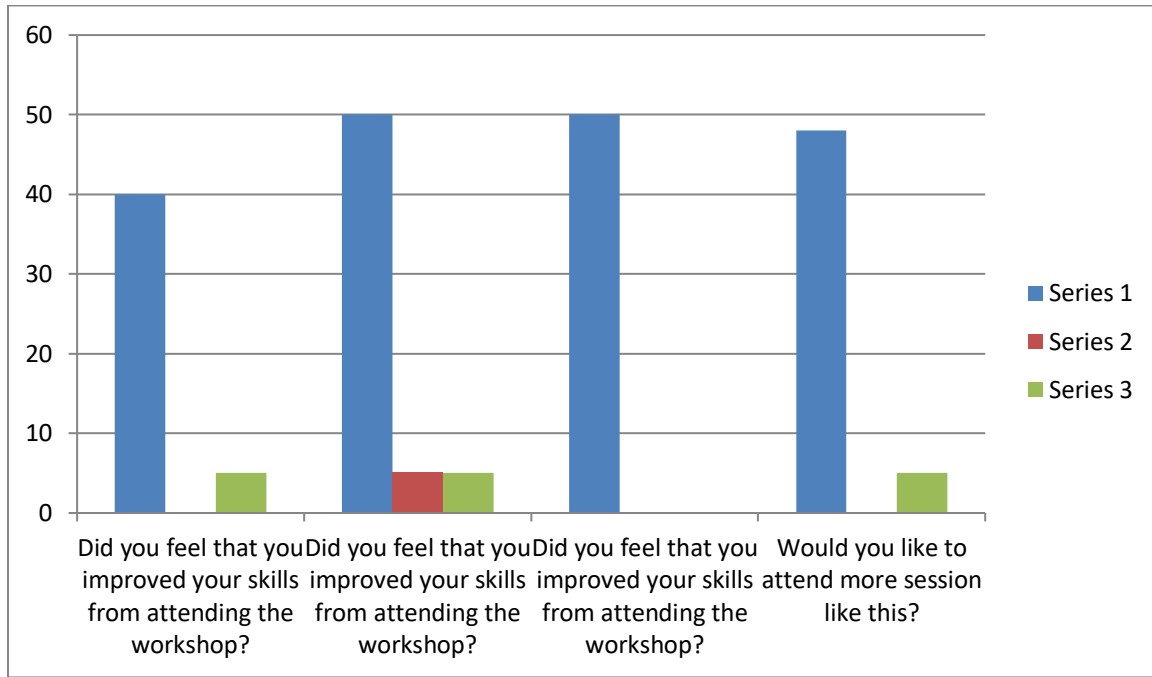
**Non –teaching staff**

21<sup>st</sup> Jan. to 25<sup>th</sup> Jan 2023

1. Numbered of Participants enrolled for the Training program-50

S N	Question	Students Number wise Responses		
		Yes	No	May Be
1	Did you feel that you improved your skills of Yoga from attending the camp?	45	0	5
2	Did the camp meet your expectations?	40	5	5
3	Were you satisfied with the variety and content of the yoga sessions?	50	0	0
4	Would you like to attend more session like this?	48	0	2

Graphical Representation



  
 Internal Quality Assurance Cell (IQAC)  
 S. S. E. S. A. Science College  
 Congress Nagar, Nagpur.



  
 Principal  
 S. S. E. S. Amravati's  
 Science College, Nagpur.

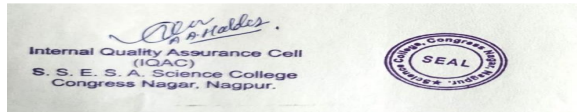


Shri Shivaji Education Society Amravati's  
**SCIENCE COLLEGE**  
Congress Nagar, Nagpur-12 (M.S.), India

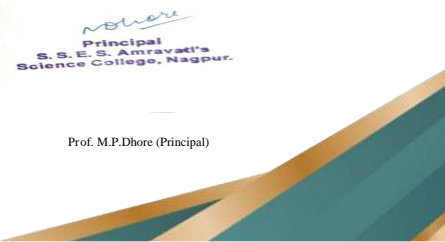
- Accredited with a CGPA of 3.51 with 'A+' grade by NAAC Bengaluru
  - A College with Potential for Excellence
  - Recognized centre for higher learning
- A Mentor College under UGC Paramarsh Scheme
  - Member of APQN

**CERTIFICATE**

This is to certify that Mr./ Mrs. Mr. Tarang Madne.....  
has participated in the Awareness camp on “**Yoga and Meditation**” under the aegis of IQAC in collaboration with *Art of living organization* from 21<sup>st</sup> Jan. 2023 to 25<sup>th</sup> Jan 2023 . He/She has successfully completed the course.



Dr. A.A.Haldar (IQAC Coordinator)



Prof. M.P.Dhore (Principal)