



AMRUTVAHINI COLLEGE OF ENGINEERING, SANGAMNER
DEPARTMENT OF COMPUTER ENGINEERING
Report on Audit Course-IV Session
"Stress Relief: Yoga and Meditation"

Date: 09/03/2024.
Venue: JRD Tata Hall
Time: 11.00 to 01:00 pm

Department of Computer Engineering organized session for Audit Course-IV on "**Stress Relief: Yoga and Meditation**". This session is based on Audit Course-IV of SPPU, Pune 2019 syllabus for Second Year Computer students. The aim of session is to impart knowledge about the basic technique and practice of yoga, including instruction in breath control, meditation, and physical postures. This session is conducted by **Ms. Vandana Shermale** (President, Moksha Foundation), Sangamner. She is President of moksha Foundation, Moksha school school of Yoga , Samnapur , Director of Moksha swasthya pvt.ltd. Session started with inspirational words by Dr. Sonkar S.K. sir, HOD (Computer Dept.).

Amrutvahini sheti & shikshan vikas sanstha's
AMRUTVAHINI COLLEGE OF ENGINEERING, SANGAMNER
DEPARTMENT OF COMPUTER ENGINEERING

Organizes

Expert lecture on
YOGA AND STRESS MANAGEMENT
For SE Computer Engineering students

Ms Vandana Mhalu Shermale
Owner of Ozone Yoga Studio, Sangamner
&
Director of Moksha Swasthya Pvt.Ltd

9 March 2024
Time: 11:00 to 1:00
Venue: S. M. V. Hall

Co-ordinators **HOD computer engineering** **Dr. M. A. Venkatesh Principal**

The concepts and practices of Yoga originated in India about several thousand years ago. Its founders were great Saints and Sages. The science of Yoga and its techniques have now been reoriented to suit modern sociological needs and lifestyles.

The esteemed speaker elaborated power of yoga to empower every human being to reach the peak of their potential, living joyfully and in harmony with all life around them.



Following points are covered in Session:

- What is Yoga and Meditation
- Misconceptions about Yoga
- Basic Techniques and practice of Yoga
- Yoga and Health
- Benefits of Meditation for students

130 SE (Computer) students attended this session. The objective of session is to gain in intellectual and theoretical understanding of the principles embodied in the Yoga Sutras, the Bhagavad-Gita, and other important texts and doctrines. The session is concluded with vote of thanks by Ms. Y.S. Gunjal.

Arde
Mrs. A. R. Nehe & Ms. Y. S. Gunjal.
Session Coordinator

Sulm
Prof. S. K. Sonkar
HOD
Department of Computer Engg.

Ref:AVCOE /Comp/SDS /2023-24.

Date: 07/03/2024

To,
The Principal,
Amrutvahini College of Engineering,
Sangamner.

Sub: Permission to conduct a session on "Yoga Meditation and Stress Relief" on 9th March 2024.

Respected Sir,

As per above cited subject Department of Computer Engineering is organizing session on "Yoga Meditation and Stress Relief" on 9th March 2024 for SE students. The session will enlighten by Ms. Vandana Shermale, President of moksha Foundation and Director of Moksha Swasthya Pvt.Ltd. The aim of this session is to enhance overall health, reduce stress, and cultivate a sense of inner peace and harmony. Following Expenditure is required to conduct the session

Remuneration	Rs. 2000 /-
Bouquet and Breakfast	Rs. 400 /-
Total	Rs. 2400/-

So please give the permission for the same.

Thank you.

Mrs. A.R.Nehe 
Ms. Y.S. Gunjal 
Assistant Professor,
Department of Computer Engineering

P/Sir,
Kindly permit -
Zamban
Dr. S. K. Zamban
CHOD - Comp. Engg.

Acctd
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7/3/24

Amrutvahini College of Engineering ,Sangamner

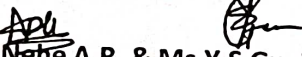
Department Of Computer Engineering

Expert lecture on environmental studies

Date: 09/03/2024

Schedule

Time	Schedule
11am to 11.02am	Welcome of guest
11.02am to 11.05am	Introduction of guest by Dr.A. R. Panhalkar
11.05am to 11.07am	Felicitiaon of guest by HOD sir
11.07am to 11.10am	HOD Speech
11.11am to 12.45am	Expert lecture on Yoga Meditation and Stress Relief by Ms. Vandana Shermale
12.45am to 12.47am	Vote of thanks by Ms.Y.S.Gunjel


Mrs. Nene A.R. & Ms.Y.S.Gunjel

Coordinator



Dr.S.K.Sonkar

HOD Computer

Roll no.	Name	Sign
2268	Wakchaure Samruddhi B.	<u>Wakchaure</u>
2209	Mulay Tejal Bharat	<u>Mulay</u>
2216	Pansare Saloni Sharad	<u>Saloni</u>
2261	Turakane Shrushti	<u>Shrushti</u>
2269	Wani Asmita	<u>Asmita</u>
2267	Wakchaure Harshada Bhausaheb	<u>HB.</u>
2269	Waghela Payal Parash	<u>Waghela</u>
2218	Pathan Alisha Naushad	<u>Alisha</u>
2273	Phatangre Pratibha	<u>Phatangre</u>
2277	Sable Nikita	<u>Nikita</u>
2276	Rakte Ankita	<u>Ankita R.</u>
2281	Shaikh Sadiya Anwar	<u>Shaikh</u>
2274	Phatangre Supriya	<u>Phatangre</u>
2233	Ravate Karuna Motiram	<u>Ravate</u>
2214	Nepale Udit Rajendra	<u>Nepale</u>
2206	Mondlik Gayatri Ajun	<u>Mondlik</u>
2203	Manave Gauri Nilesh	<u>Manave</u>
2204	Mahale Poo Somnath	<u>Mahale</u>
2201	Mahajan Piyush Rajendra	<u>Mahajan</u>
2231	Pichad Sakshi Manohar	<u>Pichad</u>
2217	Parask Poojeeta Harish	<u>Parask</u>
2259	Tipale Kshitija Vikasrao	<u>Tipale</u>
2253	Tambe Gauri Kishor	<u>Tambe</u>
2241	Sohane Sujal G	<u>Sohane</u>
2237	Sabare Aryan Pramod	<u>Aryan</u>
2249	Singh Nitin Pravin	<u>Singh</u>
2258	Shinde Mitanshu Dipak	<u>Shinde</u>
2211	Naik Manish Narayan	<u>Naik</u>
2207	Mheme Harshal Bandu	<u>Mheme</u>
2272	Pawar Harshal Shashikant	<u>Pawar</u>

Roll No.

Name.

2256	Thorat Chaitanya Pravin
2278	Sahane Krushna Ankush
2279	Shelke Sahil A
2243	Sade Krushna Jikendra
2242	Sawade Aditya Somnath
2244	Satpute Darshan Sumil
2252	Susare Krushna Laxman
2247	Shinde Darshan Sakharan
2212	Naikwadi Vedant Bhorat
2246	Shelke Tejas Subhash
2254	Tapal Sanket Hiranman
2205	Mandlik Amit Tarachand
2215	Nikam Ashutosh Paraji
2275	Rajpure Perem Ashok
2266	Wakale Anshoo Deepak
2279	Shelke Sahil Ashok
2264	Wadekar Atharv
2280	Aniket Wakchaure
2226	Abhijeet Pawar
2272	Harshal Pawar
2230	Phatangre Siddharth
2227	Pawar Suyash
238	Sabban Shubham
2249	Singh Nitin Pravin
2239	Sabban Vedant
2240	Sadafule Samit
2258	Supekar Rahul S
2202	Mahale Aditya
2221	Patil Amit B
219	Patil Kautubh Shrikrishna
2232	Rathod Tarun Dharmendra

Sign.

~~P. B. Thorat~~
~~AWE~~~~Shelke~~~~Krushna~~~~Sade~~~~Sawade~~~~Susare~~~~Shinde~~~~Vedant~~~~Shelke~~~~Tapal~~~~Mandlik~~~~Nikam~~~~Rajpure~~~~Wakale~~~~Shelke~~~~Wadekar~~~~Aniket~~~~Pawar~~~~Harshal~~~~Phatangre~~~~Pawar~~~~Sabban~~~~Singh~~~~Sabban~~~~Sadafule~~~~Supekar~~~~Mahale~~~~Patil~~~~Patil~~~~Rathod~~

2223 Patil Tejandrasing Chandrasing

2224 Patil Yash G.

2250 Sonarone Bhushan Devidas

2213 Nonsale Abhishek Vaman

2235 Rode Atharva Mahesh

2245 Saralke Rushikesh Suresh

2228 Phad Jay Vijay

2234 Ratchuse Prunuv Santosh

2234 Subban Vedant Prakash

2251 Thorat Sairaj Dadasaheb

2258 Thorat Yash Bhausaheb

~~Chit~~

~~Patil~~

~~Bhus~~

~~Parale~~

~~Athar~~

~~Rushikesh~~

~~Ja~~

~~PSR~~

~~Prunuv~~

~~Sub~~

~~Yash~~

Class - BE(A)

2147 → Ankush Ingale

~~Ankush~~

SE - A [comp Dept]

Page No.

Date

Roll no.	Name	Sign.
2145	Hase Pranali D.	
2141	Gunjal Akshada Shivaji	
2108	Bajaj Sejal Dipak	
2104	Ambre Tejal Sharad	
2151	Jodhav Tanvi Raju	
2157	Khemnar Shreyal Ramesh	
2123	Dhage Prayal Anil	
2166	Chitte Bhumi Ka Dinesh	
2113	Bhosale Samika Raozab	
2158	Khemnar Jhushki Vijay	
2170	Kapse Nikita Gotiram	
2167	Datie Mayuri Bhausaheb	
2169	Dhale Vishakha Salish	
2160	Khosare Ishwari Rajendra	
2159	Khilari Anushka Sujit	
2115	Bhusal Sakshi Yogesh	
2119	Dade Shweta Pramod	
2106	Auti Prachi Bharat	
2124	Dhage Snehal Raju	
2109	Bhingare Saloni Shivaji	
2152	Jamdhade Poonam Gulabrao	
2139	Gondhe Rutuja Bhausaheb	
2146	Hiray Rashmi Bhausaheb	
2114	Bhujbal Abha Pratik	
2112	Bhise Aditya Dattatraya	
2125	Dhakne Vaishnav Popat	
2102	Aher Rushikesh Janardan	
2127	Diwante Mahesh Bhausaheb	
2174	Kumkar Om Tukaram	
2121	Deshmukh Om Sunil	
2138	Gode Prajwal Daulat	
2120	Deshmukh Atharv Ramesh	

Roll No	Name.	Sign.
2155.	Khairnar Siddhesh Suresh	<i>Khairnar</i>
2116	Bogir Tushar Dattu	<i>Tushar</i>
2103	Amale Vikas Sitaram.	<i>Amale</i>
2101	Ahor Om kiran	<i>ABhor</i>
2171	Khadake Aditya shankar	<i>Khadake</i>
2150	Jadhav Krishna Vishwanath	<i>Jadhav</i>
2161	Kolhe Vaibhav	<i>Kolhe</i>
2109	Bhalgat Sarthak Sandip	<i>Bhalgat</i>
2105	Attar Huzef Azhar	<i>Attar</i>
2137	Godase Gayam Balasaheb	<i>Godase</i>
2129	Gaikwad Ayush Gulab	<i>Gaikwad</i>
2131	Gaphale Aditya Rajaram	<i>Gaphale</i>
2133	Gawalwad Dipak Rajaram	<i>Gawalwad</i>
2136	Gite Siddhesh Ramdas	<i>Gite</i>
2118	Chechore Omkar Raosaheb	<i>Chechore</i>
2122	Deshmukh Rachit Santosh	<i>Deshmukh</i>
2143	Gunjal Pratik Sunil	<i>Gunjal</i>
2172	Kandekar Amol Vilas	<i>Kandekar</i>
2168	Ghotekar Rushikesh Babasaheb	<i>Ghotekar</i>
2148	Ankush Ingale.	<i>Ankush</i>
2164	Lipane Aniket Ashok	<i>Lipane</i>
2156	Khairnar Suresh Rajendra	<i>Khairnar</i>
2154	Katre Pankaj Someshwar	<i>Katre</i>
2107	Babur Aniket Sandip	<i>Babur</i>
2128	Gadekar Anuj Bhausaheb	<i>Gadekar</i>
2130	Game Shantanu N.	<i>Game</i>
2134	Goyake Sayali Ramprasad	<i>Goyake</i>
2126	Dighe Gayatri Ramesh	<i>Dighe</i>
2153	Karpe Sumedha	<i>Karpe</i>
2148	Jadhav Abhishek	<i>Jadhav</i>

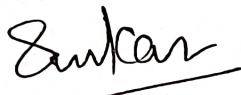
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Date: 09/03/2024

APPRECIATION LETTER

This is to certify that, **Ms. Vandana Shermale**, President of moksha Foundation and Director of Moksha Swasthya Pvt. Ltd. conducted Expert session on “**Yoga Meditation and Stress Relief**” for S.E. Computer Engg. Students on Saturday, 09/03/2024.

We are thankful to you for conducting Expert session on “Yoga Meditation and Stress Relief” and giving your valuable Knowledge to our students. We expect same support and guidance in Future for our students.



Dr. S. K. Sonkar
Head, Computer Engineering