

Karnataka Sangha's  
Manjunatha College of Commerce and Junior College of Commerce,  
Thakurli- 421201.

## Workshop on Meditation or Dhyam

Organized by

IQAC, Health & Counselling Cell jointly with

Ministry of Culture, Government of India and Art of Living.

### AGENDA


Day & Date: Tuesday, 18 July 2023

Timings: 7.30 am – 9.30 am


Venue: College Auditorium

Compering by: Asst Prof Ms. Swapnali Bidkar

Sr.no	Contents	Duration
1	Welcome Address by Principal Dr. Sushila Vijaykumar	2 Mins
2	Floral Tributes	5 Mins
3	Introduction of Resource Person Dr. Surekha Verma by Asst Prof Pankaj Joshi	2 mins
3	Workshop on Art of Living	2 Hours
4	Vote of Thanks by Asst Prof Pankaj Joshi	2 Mins
5	National Anthem	2 Mins

  
Ms Swapnali Bidkar  
I/C Health & Counselling Cell



  
Dr. Sushila Vijaykumar  
Principal

**Karnataka Sangha's  
Manjunatha College of Commerce,  
Thakurli (East), 421201.**

Date: 15 July, 2023

**NOTICE**

IQAC & Health & Counselling Cell has organised "Workshop on Meditation or Dhyana, under the Azadi Ka Amrit Mahotsav a joint initiative of Ministry of culture, Government of India and the Art of Living on Tuesday. 18th July, 2023

Resource Person: **Dr. Surekha Verma**

Timing: 7.30 am to 9.30 am

Venue: College Auditorium



Ms Swapnali Bidkar  
I/C Health & Counselling Cell



Dr. Sushila Vijaykumar  
Principal

**Manjunatha College of Commerce  
Khambalpada, Thakurli**

**Attendance Sheet**

**"Workshop On Meditation or Dhyan"**

Date: 18 July 2023

Timing: 7.30am onwards

Day: Tuesday

Sr. No.	Name	Sign
①	Sayema S. Ansari	<u>Sayema</u>
②	Bhagyashree S. Shingure	<u>B.S. Shingure</u>
③	Anga Dhanalochmi Kuswanna	<u>Anga</u>
④	Rajpure Poonam Rajpure Ankush	<u>Rajpure</u>
⑤	Kaveri Nayan Mondal	<u>Kaveri</u>
⑥	Gudiya Sitaram Verma	<u>Gudiya</u>
⑦	Pooja Anand jha	<u>Pooja</u>
⑧	Anusha Raju chavan	<u>Anusha</u>
⑨	Harshada M. Nagrekar.	<u>Harshada</u>
⑩	Komal Ashok Pawar	<u>Komal</u>
⑪	Kanchan Thakur	<u>Kanchan</u>
⑫	Kiran CHAVAN	<u>Kiran</u>
⑬	Pooja Shah	<u>Pooja</u>
⑭	Amadhya s. ahonade	<u>Amadhya</u>
⑮	Shrutika K Shinde	<u>Shrutika</u>
16.	Disha. Bhise	<u>Disha</u>
17.	Nikita Prabhakar Wankhade	<u>Nikita</u>
⑮	Nikita Vijay shingure	<u>N.V. Shingure</u>
19.	Pinky Tuntun Mahato	<u>Pinky</u>
20.	Kajal Kashinath yadav	<u>Kajal</u>
21.	Vaishnavi. Atmasam. Dange	<u>Vaishnavi</u>
22.	Mayuri Harsh More	<u>Mayuri</u>
23.	Akshatha Kothari	<u>Akshatha</u>
24.	Shrutika kokate	<u>Shrutika</u>
25.	Anisha S. Ram.	<u>Anisha</u>
26.	Madhvi Kotekar	<u>Madhvi</u>
27.	Priyanka Gupta	<u>Priyanka</u>
28.	Shruti Shambharkar.	<u>Shruti</u>
29.	Sakshi vilas patil	<u>Sakshi</u>
30.	Gayatri Mankar	<u>Gayatri</u>
31.	Sakshi Kadam	<u>Sakshi</u>
32.	Amisha Joshi	<u>Amisha</u>
33.	Akanksha Deshmukh	<u>Akanksha</u>
34.	Dinya Gaikar.	<u>Dinya</u>
35.	Vaishnavi Jadhav	<u>Vaishnavi</u>
36.	Shradha Patil	<u>Shradha</u>
37.	Shalini Saykar	<u>S.N. SAYKAR</u>
38.	Nanika Surve	<u>Nanika</u>
39.	Nikita Dilimkar	<u>Nikita</u>
40.	Nandini Suryavanshi	<u>Nandini</u>
41.	Nidhi Jadhav	<u>Nidhi</u>

Manjunatha College of Commerce  
Khambalpada, Thakurli

Attendance Sheet

"Session on International Yoga Day" (students)

Date: 21 June 2023

Timing : 11am onwards

Day: Wednesday

Sr. No.	Name	Sign
1	Sanjana Gupta	<del>Sanja</del>
2	Aarti Rajendra Gogurla	<del>Aarti</del>
3	Priya Laxmikant Lomte	Priya
4	Riya Pradip Chandekar	<del>Priya</del>
5	Priya Prabhakar Pawar	Pawar
6	Kripal Jain	<del>Bengal</del>
7	Nandini Barad	Nandini
8	Moumita Manna	Moumita
9	Madhu Sharma	<del>Madhu</del>
10	Riddhi Phatak	<del>Riddhi Phatak</del>
11	Siddhi Phatak	Siddhi
12	Sanyogita Sharma	Sanyogita
13	Jyoti Prajapati	Jyoti
14	Sanjana Yadav	<del>Sanjana</del>
15	Sonam Valmiki	<del>Sonam</del>
16	Nishmita Bangeera	<del>Nishmita</del>
17	Pooja Sharma	<del>Pooja</del>
18	Shruti Chalke	<del>Shruti Chalke</del>
19	Anusha R. Chavan	<del>Anusha</del>
20	Sabhya B. Jha	Sabhya
21	Kavita S. Bind	<del>Kavita</del>
22	Aniket S. Benke	Aniket
23	Jitesh G. Bangeera	<del>Jitesh</del>
24	Vighnesh U. Bhat	<del>Vighnesh</del>
25	Yash S. Nhapankar	<del>Yash</del>
26	Prathamesh P. Bhowad	<del>Prathamesh</del>
27	Jitesh K. Mali	<del>Jitesh</del>
28	Soham Shinde	<del>Soham</del>
29	Ravishankar Prayapati	<del>Ravishankar</del>
30	Shruti Sunil Namdev	<del>Shruti</del>
31	Diksha Apte	<del>Diksha</del>
32	Khushi Radheshyam Gupta	<del>Khushi</del>
33	Pooja Anand Jha	<del>Pooja</del>
34	Mukesh Vishwakarma	<del>Mukesh</del>
35	Aarohi Arvind Gupta	<del>Aarohi</del>

Date: 18 July 2023

To  
The Principal  
Dr Sushila Vijaykumar  
Manjunatha College of Commerce, Thakurli

Report on "Workshop on Meditation / Dhyam"

Madam

On behalf of the Internal Quality Assurance Cell and Health & Counseling Cell we are enclosing a brief report of Workshop on Meditation/ Dhyam which was conducted on Tuesday, 18 July 2023 in the joint initiative of the Ministry of Culture, Government of India & Art of Living for Har Ghar Dhyam. The Workshop was inaugurated & dignitaries were welcome on dais with the Medicinal Plant.

The workshop was conducted by Dr Surekha Verma JvMs Mehta College Airoli. The main objective of this workshop was to make Staff and Students aware to improve brain function, how to lower stress levels, increases flexibility, Meditation is the most important component of Yoga practice. It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions.

Dr Surekha Verma mam has taken some of the meditation and pranayams which helps the students to relieves stress.

She also emphasized about exercising and advised on maintaining an active lifestyle.

Positive response was received and the Workshop ended with Vote of Thanks.

Thank you.

Yours faithfully

Mrs Jayanti Vaikunth (Co-ordinator IQAC):



Mrs Swapnali Bidkar-Giri  
(I/C Health counseling Cell)





Thakurli East, Maharashtra, India  
 64C5+M26, Dombivli East, Dombivli, Maharashtra 421301, India  
 Lat 19.221557°  
 Long 73.106937°  
 18/07/23 08:16 AM GMT +05:30



Dombivli, Maharashtra, India  
 64C4+CVX, Dombivli East, Dombivli, Maharashtra 421301, India  
 Lat 19.221346°  
 Long 73.106865°  
 18/07/23 09:19 AM GMT +05:30



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 64C5+M26, Dombivli East, Dombivli, Maharashtra 421301, India  
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 Long 73.106937°  
 18/07/23 09:49 AM GMT +05:30



Thakurli East, Maharashtra, India  
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 Lat 19.221557°  
 Long 73.106937°  
 18/07/23 09:23 AM GMT +05:30



Dombivli, Maharashtra, India  
 64C4+CVX, Dombivli East, Dombivli, Maharashtra 421301, India  
 Lat 19.221346°  
 Long 73.106665°  
 18/07/23 09:33 AM GMT +05:30



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 64C4+CVX, Dombivli East, Dombivli, Maharashtra 421301, India  
 Lat 19.221346°  
 Long 73.106665°  
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