Shri Shivaji Education Society, Amravati's

SCIENCE COLLEGE

Congress Nagar, Nagpur-12 (M.S.), India

Accredited with CGPA of 3.38 at 'A+' grade

A College with Potential for Excellence

Member of APQN, Recognized Centre for Higher Learning

Mentor College under 'PARAMARSH Scheme', UGC, New Delhi

India Rankings 2025: NIRF Rank Band : 151-200

WOMEN GRIEVANCE REDRESSAL CELL, HOSTEL COMMITTEE

& ALUMNI ASSOCIATION

ORGANIZED A WORKSHOP

ON

HEALTH & HAPPINESS



DR. SONALI PANDE

Professor, Physiology, BYL

Nair Charitable Hospital, Mumbai

Date: 12.09.2025 || Time: 1:00PM || Venue: College Girls Hostel Hall

Organizing Committee

Dr.Yogita Meshram, Dr.Rashmi Urkude,
Dr.Reshal Deshmukh,Dr.P.N.Deshmukh

Notice

Shri Shivaji Education Society, Amravati's
Science College,
Congress Nagar, Nagpur

All girl students of the college are hereby informed that **Workshop on Health and Happiness** is being jointly organized by Alumni Association, Hostel Committee and Women Grievance And Redressal Committee. Your presence will be highly appreciated.

Expert - Alumna Dr. Sonali Pande
Professor, Physiology, BYL Nair Charitable Hospital, Mumbai

Date - 12/09/2025

Time - 11 am

Venue - Girls Hostel,SSES Amt's Science College, Congress Nagar, Nagpur

Science College, Congress Nagar Nagpur
SEAL

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

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur
Women Grievance Redressal Cell

Workshop on Health and Happiness

Expert: Dr Sonali Pande

12th Sept 2025

2025-2026

College life can be a transformative period, filled with opportunities for growth, learning, and self-discovery. However, it can also be a time of significant stress, pressure, and uncertainty. Maintaining health and happiness is crucial for academic success, personal development, and overall well-being. Shivaji Science College, Congress Nagar, Nagpur organized workshop on Health and Happiness in the Girl's Hostel on 12th Sept 2025. The chief guest of the program was Dr.Sonali Pande, Professor, Physiology, BYL, Nair Charitable Hospital, Mumbai. She emphasized on importance of health and happiness in personal's life, and also highlighted key factors that contribute to a positive and fulfilling experience such as Physical Health, Mental Health, Happiness and Well-being. She demonstrated on breathing techniques such as Anulom Vilom, Clapping activities, Bhastrika Pranayam, and various activities which keep our body mentally and physically fit.

She suggested and appealed to incorporate mindfulness techniques, such as meditation, deep breathing into daily routines. And also focused on Stress Management, Nutrition, Self-Care. Sleep pattern. Principal Dr O. S. Deshmukh Sir welcomed the guest and gave best wishes to the programmes. Dr Yogita Meshram, Convener WGRC, explained the importance of health in students life. Dr. Reshal Deshmukh addressed the students about discipline. The Program was compered by Ms Safura Mirza and vote of thanks was proposed by Ms. Wankhede. The program was jointly organized by WGRC, Hostel committee in association with Alumina association. Total 50 students and staff actively participated in the workshop. All the committee members Dr. Shilpa Gedam, Dr. Kinhikar, Ms. Kalpana Dhumale, Dr. Kene Ms. Bangirwar, were present on this occasion Conclusion: Health and happiness are essential components of a successful and fulfilling college experience. By prioritizing physical and mental well-being, students can optimize their academic performance, build strong relationships, and cultivate a positive and resilient mindset.

Dr. Yogita Meshram,
Convener ,WGRC

Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur

Workshop on Health and Happiness

Expert: Dr Sonali Pande

12th Sept 2025

2025-2026

Action Taken Report

The workshop on Health and Happiness was jointly organized by Women Grievance Redressal cell, Hostel Committee and Alumni association on 12th Sept 2025 in Girls Hostel. Total 50 students and staff members were benefitted by the techniques demonstrated by Dr. Sonali Pande Professor, Physiology, BYL, Nair Charitable Hospital, Mumbai, on 12th Sept 2025, which will make everyone life happy and Healthy. Participants were acquainted with the techniques of stress managements and self care with this workshop. Students and staff members learnt the strategies to cultivate happiness and improve overall mental and physical health. Feedbacks were collected in online mode and analyzed. Students were satisfied with the workshop on Health and Happiness.

IQAC Coordinator
S.S.E.S.A's
Science College, Nagpur

Science College, Congress Nagar, Nagpur. SEAL

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

Glimpses of Workshop on Health and Happiness

Expert: Dr. Sonali Pande, Professor Physiology, Nair Charitable, Hospital, Mumbai, 12th Sept 2025













Shri Shivaji Education Society, Amravati's

SCIENCE COLLEGE,

Congress Nagar, Nagpur

Hostel Committee

Women Grievance Redressal Committee

Jointly organizes

Workshop on Health and Happiness

Expert-Alumna Dr.Sonali Pande

Professor,Physiology,BYL Nair Charitable Hospital,Mumbai

Date-12/09/2025

Time-11am

Attendance

Sr.No.	Name	Class	Signature
1)	Akanksha S. Zade	B.Sc 3rd yr	A.S.Zade
2)	Gayatri R. Bhise	—11—	G.R.Bhise
3)	Gayatri T. Nagpure	—11—	Gnagpure
4)	Manisha S. Dehankar	—11—	Dehankar
5)	Sangita P. Suthar	—11—	Sangita.
6)	Shravani Karnakke	BSC 2nd yr	
7)	Harshada Raut	—11—	HRaut
8)	Prajakta Sahoo	MCA 1st yr	
9)	Tannu Raut	BSC IInd yr	Tannu.
10)	Renuka Zurmure	BSC IInd yr	
11)	Vaishnavi Chaudhari	BSC IInd yr	Vaishnavi.
12)	Riya. V. Singh	BSC IIIrd yr.	RSingh
13)	Madhavi. D. Gurnule	BSC IIIrd yr.	Madhavi.
14)	Priti D. Thakre	BSC IInd yr	PriTi

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Professor,Physiology,BYL Nair Charitable Hospital,Mumbai

Date-12/09/2025

Time-11am

Attendance

Sr.No.	Name	Class	Signature
14)	Palak chouhan	BSc 2nd yr.	Palak
15)	Snehal Meshram	BSc 2nd yr.	Snehal
16)	Shreya Wankhede	BSc 3rd	Shreya
17)	Rakhi Chauhan	BSc 3rd	Rakhi Chauhan
18)	Sejal Aman	Bsc 1st	Sejal Aman
19)	Jashika Walde	BSc 2nd	Jashika
20)	Payal S Shedmake	BSc-2nd	Payal Shedmake
21)	Ayesha Anjum	MSC-1st year	Ayesha
22)	Tanushree Rao	MSC-1st year	Tanushree
23)	Sneha K. Sorte	MSC 1st yr	Sneha
24)	Sagar M. Pardhi	MSC 1st yr	Sagar
25)	Akanksha K. Parale	MSC 1st yr	Akanksha
26)	Sanjana G. Gaikwad	MSC 1st yr	Sanjana Gaikwad
27)	Nidhi B. Rai	MSC 1st yr	Nidhi

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Expert-Alumna Dr.Sonali Pande

Professor,Physiology,BYL Nair Charitable Hospital,Mumbai

Date-12/09/2025

Time-11am

Attendance

Sr.No.	Name	Class	Signature
28	Amisha .S Bilkar	M.SC SEMI	Bilkar
29	Pranjali. B. Jichkar	M.SC SEM I	Pranjali
30	Prachi Danao	M.SC Sem I	Prachi.
31	Pratiksha Sonkusare	M.SC Sem III	P.B.sonk
32	Prajakta Kalkale	M.Sc Sem III	Pkalkale
33	Neha donare	Msc sem 3	Neha
34	Astha Meshram	BCA sem3	Astha
35	Riddhi Meshram	BCA sem 3	Riddhi
36	Samruddhi Dhok	MSC sem3	Samruddhi
37	Rhutuja Dharne	MSC sem 3	Rhutuja
38	Samiksha Wankhede	MSC sem3	Samiksha
39	Safura Mirza	MSC sem3	Safura
40	Siddhi Deshmukh	11th	Siddhi
41	Durgeshwari D. Tripathi	MSC sem3	D.Tripathi

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Expert-Alumna Dr.Sonali Pande

Professor,Physiology,BYL Nair Charitable Hospital,Mumbai

Date-12/09/2025

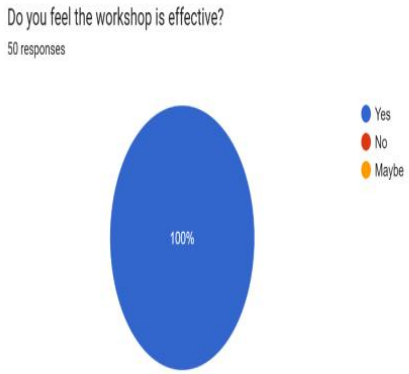
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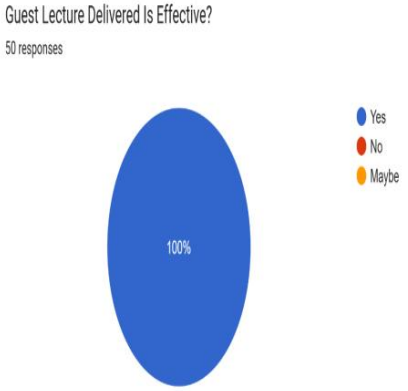
Attendance

Sr.No.	Name	Class	Signature
42	Dr. Yogita Meshram	faculty	
43	Dr. Rashmi Urkude	faculty	
44	Dr. Reshal Deshmukh	faculty	
45	Dr-P. N. Dahatoh	faculty	
46	Ashwini D. Banginwar	Faculty	
47	Kalpana Dhumale	warden	
48	Dr. S. J. Kene	faculty	
49	Shivani R. Sharma	Faculty	
50	Sanskruti Mange	MSC II	

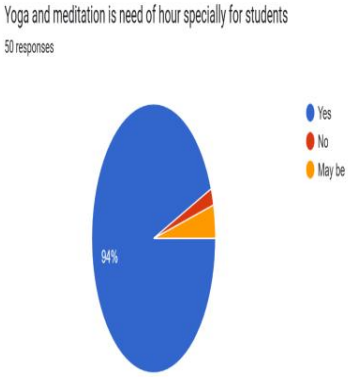
Feedback analysis for the Program Health and Happiness 12th Sept 2025

Expert: Dr. Sonali Pande, Professor Physiology, BYL, Nair Charitable Hospital, Mumbai, 12th Sept 2025









Dr. Yogita Meshram,
Convener, WGRC