Shri Shivaji Education Society, Amravati's

Science College, congress Nagar, Nagpur

NOTICE

Date: 22/06/2023

All the Male teaching and non-teaching staff are hereby that our college is commencing "Yoga & Meditation" class from July 2023 on every Thursday at 7 am for session 2023-24. All should expect to capture this big opportunity for well-being.

Co-ordinator

Mr. B. T. Kumbhare

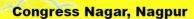
(Dr. M. P. Dhore) Principal

Science College, Congress Nagar, Nagpur



Shri Shivaji Education Shikshan Sanstha Amravati's

Science College





Yoga & Meditation

On Every Thursday at 7 am

From July to December

2023-24

Co-ordinator

Mr. B. T. Kumbhare

Principal

Prof. M. P. Dhore

Shivaji Science College organized a series of **Yoga and Meditation** classes for the teaching and non-teaching gents staff. These sessions were held every Thursday from July to December 2023. The primary aim of the program was to promote physical and mental well-being among the staff, fostering a healthier work environment and improving overall productivity. The objectives of this class are to enhance the physical fitness of staff members, to reduce stress and improve mental clarity through meditation, to foster a sense of community and teamwork among the staff, to provide a regular platform for relaxation and self-care. The classes were scheduled every Thursday from 6:00 AM to 7:00 AM. The program began on July 6, 2023, and concluded on December 28, 2023. Each session was guided by a professional yoga instructor. The participation was open to all male teaching and non-teaching staff. On average, around 20-30 staff members attended each session. The consistent turnout highlighted the growing interest in yoga and meditation among the staff.

Content of the Classes:

- Yoga Asanas: The classes included a variety of yoga asanas (postures) tailored to
 different levels of flexibility and fitness. These were focused on improving strength,
 flexibility, and balance.
- **Pranayama:** Breathing exercises were incorporated to help participants control their breath and enhance their focus and relaxation.
- **Meditation:** Each session concluded with a meditation practice aimed at reducing stress, improving concentration, and promoting mental peace.
- **Discussion and Feedback:** The last 10 minutes of each session were dedicated to discussing the benefits experienced by the participants and providing feedback to the instructor.

Impact and Benefits:

- **Physical Health:** Regular participants reported improvements in flexibility, strength, and overall physical well-being.
- **Mental Health:** Many staff members found that the meditation practices helped them manage stress better and improved their focus and concentration at work.
- **Community Building:** The classes provided a platform for staff members to interact in a relaxed setting, strengthening camaraderie and teamwork.
- Work-Life Balance: Participants appreciated the break from their routine, which helped them maintain a better work-life balance.

The feedback collected from participants was overwhelmingly positive. Many staff members expressed their desire for the continuation of such programs in the future, emphasizing the benefits they experienced both physically and mentally.

Recommendations:

- Continue the Yoga and Meditation classes in the next academic year.
- Consider expanding the program to include female staff members.

- Explore the possibility of organizing weekend or early morning sessions for broader participation.
- Conduct periodic surveys to measure the long-term impact of the program on participants' well-being.

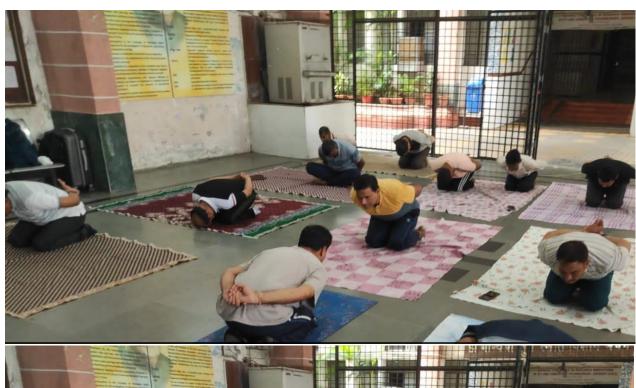
This report highlights the effectiveness of the Yoga and Meditation program in promoting health and well-being among the staff at Shivaji Science College.

Action Taken: The Yoga and Meditation classes conducted from July to December 2023 at Shivaji Science College, Nagpur were successful in achieving their objectives. The positive feedback from participants and the noticeable improvements in their physical and mental well-being underscore the importance of such initiatives. It is recommended that the college consider extending this program and possibly including more staff members in the future.













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Co-ordinator

Mr. B. T. Kumbhare

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Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation" Attendance Sheet Session 2023-24

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Shri Shivaji Education Society Amravati's

Science College, Congress Nagar, Nagpur. "Yoga & Meditation"

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Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation" Attendance Sheet Session 2023-24

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Science College, Congress Nagar, Nagpur. "Yoga & Meditation" Attendance Sheet Session 2023-24

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Shri Shivaji Education Society Amravati's

Science College, Congress Nagar, Nagpur. "Yoga & Meditation"

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Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation" Attendance Sheet Session 2023-24

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Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation" Attendance Sheet Session 2023-24

Date: 5	710/2023	Day:Thursday
S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utale	coe ~
2	m Am. Dond	w w
3	S.V. Dautpile	8
4	S.W. Agwane	800 Mer.
5	A.A. Halder	Charles
6	J.K. K-eele	- she
7	Ad Bobal	Clina
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9	S.R. Daf	
10	D.D. Shirsan	Re
11	MS. Deshall	
12	gr. v. A Dakhole	0
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16	9 R Pande	9
17	Abhirit . B. Hulkey	Amy
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Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation" Attendance Sheet Session 2023-24

	12/10/2023	Day:Thursday
S. N.	Name of Staff Member	Sign
1	Rajendra v. Patil	2. v. Patil
2	Abhisit. B. Hulkey	15 way
3	D.D- SHIRSATH	al.
4	A a Rommy	Jani.
5	A. K. Shande	Bhende
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7	R.L. Holey	RAD
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9	S.S. Barapare	13ph=
10	A.R. 20dpe	Booch
11	Dr. P.S. Wale	NP 5
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13	S. S. Shon	8-
14	G. L. Jadhan	of *
15	S. v. Dautpure	(a)
16	S.W. Anwane	8002
17	A. A. Halder	Martin
18 .	J.K. Keck	esse -
19	POB	Oly
20	S. R. Panac	
21	M.D. pruse	ine

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23	DV. V. A. Dalchole	8
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30	P. B. Ankalu	P. B. Anlayla
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32	S.C. Tole	SHO
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Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation"

Attendance Sheet Session 2023-24

Date:	19/16/2023	Day:Thursday
S. N.	Name of Staff Member	Sign
1	Dr. P.J. Otale	CR O
2	S. W. Anware	(Sup)
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11	S. R. Daf	
12	Dr. V. A. Durhach	B
13	D. D. SHIP IMM	The same
14	natendra v. Patic	2. v. fatic
15	S R Pande	
16	A.B. Hulkey	Tolland -
17	c. n. p.g	nan
18	S.P. Hedw	(all acc
19	Taxing madre	Jones
20	R.P. SIKKAIWOr	alix
21	P. B. Antula	P. B. Ankele

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30	S.D. kale	Skale
31	Dr. Lankesh Y. Bhaisare	atkesh
32	P.B. Kyndalkov	Fór
33	C.B. Borkar	c.B
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Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation"

Date:	26/10/23	Day:Thursday
s. N.	Name of Staff Member	Sign
1	Dr. Ps. Whale	pe 5
2	Dr. S. W. Annane	800)
3	A. A. Haldes	What ader
4	m.D. Phalke	Juie
5	J.K. Beche	- 360 -
6	S.V. Doutpre	8
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8	s.R. Daf	Teel.
9	Dr. V. A. Dakhah	0
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14	A D Jeun	Phy
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16	Tarrong madre	Ford
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	29	S.D. Kale	Quale
-	30	Dr. Lankosh Y. Bhaisase	alken
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	32	C.B. Borkar	e-B.
	33	A. h. Shande	Ashande
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Science College, Congress Nagar, Nagpur. "Yoga & Meditation"

S. N.	Name of Staff Member	Day:Thursday Sign
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1	Dr. Ps. Utale	DP 0
2	S.W. Anwane	-80
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4	S. V. Dauspire	89 Men
5	A. A. Halder	Washaus.
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32	Dr. Lankerh Y. Bhaisase	citiesh
33	P.B. Kyndalkar	Tho-

Shri Shivaji Education Society Amravati's

Science College, Congress Nagar, Nagpur. "Yoga & Meditation"

Date:)	4/12/2023	• Day:Thursday
S. N.	Name of Staff Member	Sign
1	Dr. Ps. Utale	DP 0
2	S.W. Anwane	80
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8	M.D. Phalke	Surla
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Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation"

Date: 2	Session 2023-	Day:Thursday
S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utale	ine or
2	S.W. Anware	Tollow .
3	A. A. Halder	On Milatar.
4	J-K. Keeke	a she
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15	M.S. Deshmille	Rould
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17	Bor V. A. Dulchole	0
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22,	Mykesh Godmone	A
23	P. B. Ankeyler	P.B. Aneu
24	A Di Roy	My
. 25	S. a. Tota	. 388
26	G. M. Funne	Confirma &
27	A D Gupta	Coolity.
28	B. 2. Roll	BOOM
29	HIME Drowal	TAM
30	S. D. kale	Grale
31	Dr. Lankesh Y. Bhaisare	citcesh
32	P.B. Kyndalkas	76
33	C.B. Borker	e.13

Shri Shivaji Education Society Amravati's Science College, Congress Nagar, Nagpur. "Yoga & Meditation" Attendance Sheet Session 2023-24

Date:	28/12/2023	' Day:Thursday
S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utalp	CAP -
2	S.V. Dauspro	8
3	S.W. Anwane	-800 Mg.
4	A. A. Haller	Waltan.
5	SR Pande	
6	M.D. Malke	June
7	S.R. Daf	TEEL
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12	Rajendra v. Patil	2. v. Patit
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16	Dr. V. A. Dakhote	00
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Shri Shivaji Education Society Amaravati's Science College Congress Nagar, Nagpur

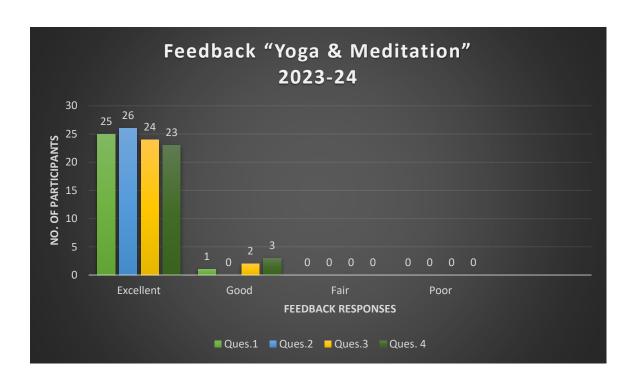
"Yoga & Meditation"

Session 2023-24

Duration: 06/07/2023 to 28/12/2023

Name of Coordinator: Mr. B. T. Kumbhare

Feedback Form Name: 1) How would you rate sessions? □Excellent \square Good □Fair □Poor 2) How would you rate the instructor's guidance and support? □Excellent \Box Good □Fair □Poor 3) How would you rate the overall benefits of the session (e.g., relaxation, stress relief, energy levels)? □Excellent \square Good □Average □Poor 4) How likely are you to continue attending these yoga and meditation sessions? □ Very Likely □Likely □Neutral □Unlikely



Dr A A Halder Coordinator, IQAC Science College, Congress Nagar, Nagpur

Mantal der.

Prof. M. P. Dhore Principal Science College, Congress Nagar, Nagpur

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