




||Tanso Ma Jyotirgmay||
BalaghatShikshanSanstha, Naldurg's
YESHWANTRAO CHAVAN MAHAVIDYALAYA
Tuljapur, Dist. Osmanabad-413601, Maharashtra, INDIA
yecollege@gmail.com



Date: 03/05/2021

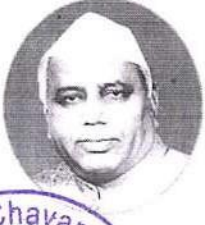
❖ **Permission to conduct a Programme** ❖

- 1) **Name of the Department:** - Sport
- 2) **Type of programme:** - Co-Curricular
- 3) **Title of Programme:** - Workshop on Meditation and Breathing Techniques
- 4) **Name of Chief Guest:** - Prof. Ramling Thorat
- 5) **Name of Chairperson:** - Dr. M.G. Babare Principal, Y.C. Mahavidyalaya, Tuljapur
- 6) **Name of the teacher conducting the programme:** - Dr. V.R.Rathod
- 7) **Name of Govt. /Non-Govt. Agency involved (if any):** - No
- 8) **Class of the students attending the programme:** - B.A/B.Sc./B.Com-I, II, III
- 9) **Date of event and Time:** - 06/05/2021 1:00 pm.
- 10) **Place of the Programme/ Name of the Place:** - Online Mode on Google Meet Platform


HEAD
Dept. of Physical Education
Yeshwantrao Chavan College
TULJAPUR


Co-ordinator
IQAC
Yeshwantrao Chavan Mahavidyalaya,
Tuljapur, Dist. Osmanabad.


Principal
Yeshwantrao Chavan Mahavidyalaya,
Tuljapur, Dist. Osmanabad.



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Date: 04/05/2021

❖ Notice ❖

All the Student B. A, B.SC, and B.com are informed that **Workshop on Meditation and Breathing Techniques** will be conducted by Department of sports on 06/05/2021 online mode all students join Google Meet link at 1:00 pm. Sharp.

♦Venue: Notice shared on student's whatapp group

Online mode through Google meet platform

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Date:-06/05/2021

❖Report and Attendance of Programme Conducted❖

- 1) **Name of Activity:-** Workshop on Meditation and Breathing Techniques
- 2) **Date of activity and Time:** - 06/05/2021 1:00 pm.
- 3) **Name of Chief Guest:** - Prof. Ramling Thorat
- 4) **Name of Chairperson:-** Dr. M. G. Babare Principal, Y.C. Mahavidyalaya, Tuljapur
- 5) **Name and Signature of Concerned Programme Head:-** Dr. V. R. Rathod
- 6) **Total attendance:-** 22
- 7) **Report:** - Department of Sport, Y. C. Mahavidyalaya Tuljapur organized Workshop on Meditation and Breathing Techniques Online mode through Google meet platform The Chairperson of this programme was Principal Dr. M. G. Babare and Resource Person was Prof. Ramling Thorat The introductory remarks were given by Dr. V.R. Rathod where he welcomed our Principal Dr. M. G. Babare Vice Principal Dr. N. B. Jadhav and resource person Prof. Ramling Thorat and explained about the benefits and need of Meditation and Breathing Techniques for students.
Resource Person Prof. Ramling Thorat delivered a lecture on topic entitled Workshop on Meditation and Breathing Techniques in detail with taking variety of examples. Exercises The responses to his Stress Managment as well as feedback from student were very positive. The lecture was very knowledgeable and beneficial to undergraduate students


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Il Tanso Ma Jyotirgmay II
Balaghat Shikshan Sanstha, Naldurg's

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Tuljapur, Dist. Osmanabad-413601, Maharashtra, INDIA

NAAC Re-accredited - 'B' Grade

yccollege@gmail.com



Date: 6-5-2021

Name of Activity: Workshop on meditation and breathing techniques

Attendance

Sr. No.	Name of Participant	Class	Signature
1	metre Ajay D.	Bsc III	
2	Bhosle V Ramesh	B com III	
3	wanole poahlad	Bsc III	
4	Jadhav Rutu	Bsc II	
5	Nawale mahadev	Bsc II	
6	pawar balji kisan	B com II	
7	Raut somnath	Bsc II	
8	Rakade Ajay Gautam	Bsc II	
9	pawar Asiat Nagesh	B.A II	
10	Raut Ramesh V	Bsc III	
11	Shaik Samir qani	Bsc II	
12	Navgire Pandurang	Bsc I	
13	Kshirsager Ganesh D.	B.A. II	
14	Gajkwad Karthik R.	B.A I	
15	mare Dhyaneswar	Bsc III	
16	Mali AKASH R	Bsc II	
17	wongre Gitanli m	Bsc III	
18	Surovase Aswini T.	~	
19	vibhute Balaji	Bsc III	
20	kumbhar pooja	Bsc II	
21	chaudhari sanket m	B.A I	
22	Takmoge vikram	Bsc III	

conducted
in online
mode

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**YESHWANTRAO CHAVAN MAHAVIDYALAYA TULJAPUR
DEPARTMENT OF SPORTS**

Name of Activity:- Workshop on Meditation Breathing Techniques

Date:- 06-05-2021 Google meet link –<https://meet.google.com/ewd-qcuu-nfw>



Lecture Delivered by Prof. Ramling Thorat

Students joined this Lecture



Workshop on Meditation and Breathing Techniques



Organized by
Department of Sport

**Yeshwantrao Chavan Mahavidyalaya,
Tuljapur, Dist.-Osmanabad-413601**

Date: - 06/05/2021 (Online)

Time: 1:00 pm



Dr. V. R. Rathod

Head, Department of Sport

Dr. M. G. Babare

Principal

INAUGURATION AND VALEDICTORY FUNCTION

Chief Guest:- Prof Ramling Thorat

Chairperson: Principal Dr. M. G. Babare Y. C. Mahavidyalaya, Tuljapur

ORGANIZING COMMITTEE

Dr. V. R. Rathod

Head, Department of Sport

Note: All the Participants will be issued Certificate of participation. There will be no registration fee for this Workshop. Workshop is open to all.

All correspondence may contact to

Head, Department of Sport: - Dr. V. R. Rathod

Mobile No. 7218323619

E-mail: vilasrathod1964@gmail.com



Workshop Schedule

Department of Sport

Yeshwantrao Chavan Mahavidyalaya,

Tuljapur, Dist.-Osmanabad-413601

Date: - 06/05/2021

Sr. No.	Time	
01	1:00 to 1:15	Inaugural
02	1:15 to 1:30	Introduction
03	1:30 to 2:30	Speech
04	2:30 to 2:45	Vote of thanks



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NAAC Re-accredited "B" Grade



E-CERTIFICATE

*This is to certify that Mr., Ms., Mrs., _____ of
_____ has successfully participated in
“Workshop on Meditation and Breathing Techniques” organized by Department of
Sport, Yeshwantrao Chavan Mahavidyalaya Tuljapur on 6th May 2021.*

Head

Principal