



AMAR SEWA MANDAL'S  
**GOVINDRAO WANJARI COLLEGE OF ENGINEERING & TECHNOLOGY**

(NAAC Accredited Institution)

(ISO 9001 : 2015 Certified Institute)

148, 149, Salai-Godhani, Near Chikna Village, Hudkeshwar Road, Nagpur - 441 204. INDIA

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WANJARII GROUP  
WISDOM. EDUCATION

Founder  
Late. Shri Govindrao Wanjari

President  
Dr. (Smt) Suhasini G. Wanjari

Secretary  
Adv. Abhijit G. Wanjari

Treasurer  
Dr. Smeeta A. Wanjari

Date: 02 July 2021

**OFFICE ORDER**

**YOGA & MEDITATION CELL**

Yoga & Meditation Cell is constituted for leading a happier & healthier life bringing mind body awareness into social context.

A few Goals & Objectives are:

1. To learn how meditation is effective in reducing stress and increasing organization skills.
2. To learn simple meditation & chair yoga postures that can be done at your desk.
3. To become aware of basic yoga philosophies that can help the participant to maintain a positive attitude towards their job & their colleagues.

Following are the Committee members:

Sr. No.	Name of the Faculty	Position	Branch
1	Prof. Madhavi Deshmukh	Cell Incharge	ETC
2	Prof. Pramod. Humane	Member	FIRST YEAR
3	Prof. Vaishnavi Dhole	Member	EE
4	Prof. Darshana Dongare	Member	ETC



  
Principal  
Dr. S. A. Chavan  
GWCET

Copy to:

1. HOD ETC, HOD EE, HOD CE, HOD ME, HOD CSE,  
HOD IT, FIRST YEAR I/C, HOD MBA

2. Committee Members

1. MD
2. V. Dhole
3. D. Dongare
4. P. Humane

PRINCIPAL  
Govindrao Wanjari College  
of Engineering & Technology  
Salai Godhani, Hudkeshwar Rd  
Nagpur-441204

**GOVINDRAO WANJARI COLLEGE OF ENGINEERING &  
TECHNOLOGY NAGPUR**

**Yoga & Medication Cell  
Session 2021-22  
Minutes of the meeting**

**Date: 05/07/2021**

**Time: 4.00**

**Venue: FF -16**

**Attended by:**

S.N.	Name of Designation	Role	Sign
1	Prof. Madhavi Deshmukh	Cell Incharge	ND
2	Prof. Pramod.Huamne	Member	(P.Huamne)
3	Prof.Vaishnavi Dhole	Member	V.Dhole
4	Prof. Darshana Dongare	Member	D.Dongare,
5	Priti Mondhe	Student Co-ordinator	Mondhe
6	Naba Raza	Student Co-ordinator	N.Raza
7	Sanjana Sonekar	Student Co-ordinator	Sonekar
8	Pranali Bhilkar	Student Co-ordinator	Bhilkar

**Agenda**

To Convey all the department that Yoga & Meditation Cell is Functioning.

To Prepare the Unite mind, body, spirit.

To Communicate all the department about the same.

ND  
**Prof. Madhavi Deshmukh  
I/C Yoga & Medication Cell**



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**President**  
Dr. (Smt) Subasini Wanjari


**Secretary**  
Adv. Abhijit G. Wanjari

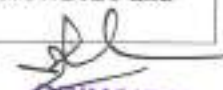
**Treasurer**  
Dr. Sneeta Wanjari

**Principal**  
Dr Salim Chavan

10/07/2021

### REPORT ON YOGA & MEDITATION

<b>TITLE</b>	Two days Webinar
<b>NAME OF ACTIVITY</b>	"Yoga & Meditation for Immunity Enhancement & Stay Fit".
<b>DATE</b>	09/07/2021 & 10/07/2021
<b>TIME</b>	11:00 am onwards
<b>VENUE</b>	Zoom Platform
<b>ORGANISED BY</b>	Yoga & Meditation Cell
<b>NAME OF EXPERT</b>	Dr. M. Narayana
<b>PARTICIPATED BY</b>	Second, third & final year students of ETC & Faculty members
<b>NO. OF PARTICIPANTS</b>	43
<b>ACTIVITY INCHARGE</b>	Prof.Madhvi Deshmukh
<b>COURSE CONTENT</b>	Explanation of different types of postures (standing, seated, balancing, backbends, etc.)
<b>OBJECTIVE</b>	<b>Enhance Breath Control</b> <ul style="list-style-type: none"><li>• Teach various pranayama techniques to help participants control their breath and improve respiratory function.</li><li>• Highlight the connection between breath and movement, emphasizing the importance of breath in yoga practice.</li></ul>
<b>OUTCOME OF ACTIVITY</b>	These outcome activities are designed to ensure participants not only learn various meditation techniques but also integrate them into their daily lives, leading to lasting benefits in mental clarity, emotional regulation, and overall well-being.
<b>ACTIVITY PHOTO</b>	 <p>Photos on two days webinar on "Yoga &amp; Meditation for Immunity Enhancement &amp; Stay Fit" on dated 09/07/2021 and 10/07/2021</p>

  
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TECHNOLOGY NAGPUR**  
**Yoga & Medication Cell**  
**Session 2021-22**

**Minutes of the meeting**

Date: 04/02/2022

Time: 4.00

Venue: FF -16

Attended by:

S.N.	Name of Designation	Role	Sign
1	Prof. Madhavi Deshmukh	Incharge	MD
2	Prof. Vaishnavi Dhole	Member	V. Dhole
3	Prof. Nitin Jagtap	Member	N. Jagtap
4	Prof. Pramod. Huamne	Member	P. Huamne
5	Dhiraj Samrit	Student Co-ordinator(EE)	D. Samrit
6	Sawan Nasare	Student Co-ordinator(CE)	S. Nasare
7	Riya jais	Student Co-ordinator(IT)	R. Jais
8	Pranai H. Dewar	Student Co-ordinator(CSE)	P. Dewar

**Agenda:**

- To Convey all the department that Yoga & Meditation Cell is Functioning.

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MD  
Prof. Madhavi Deshmukh  
I/C Yoga & Medication Cell



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**Treasurer**  
Dr. Smeeta Wanjari

**Principal**  
Dr Salim Chayan

9/02/2022

### REPORT ON YOGA & MEDITATION

<b>TITLE</b>	Two days Workshop
<b>NAME OF ACTIVITY</b>	MEDITATION NOURISHES THE MIND
<b>DATE</b>	7/02/2022 & 8/02/2022
<b>TIME</b>	11:00 am onwards
<b>VENUE</b>	Auditorium
<b>ORGANISED BY</b>	Yoga & Meditation Cell
<b>NAME OF EXPERT</b>	Ms.Sunanda Wankhede
<b>PARTICIPATED BY</b>	2 <sup>nd</sup> & 3 <sup>rd</sup> Year Students & Faculty members
<b>NO. OF PARTICIPANTS</b>	178
<b>ACTIVITY INCHARGE</b>	Prof. Priti Sangode
<b>COURSE CONTENT</b>	<b>Managing Emotions with Meditation</b> <ul style="list-style-type: none"><li>Understanding the connection between emotions and thoughts</li></ul>
<b>OBJECTIVE</b>	Teach relaxation techniques to calm the mind and body
<b>OUTCOME OF ACTIVITY</b>	<b>Personal Goal Setting:</b> Sessions focused on setting and reviewing personal meditation goals, with guidance on creating a sustainable meditation practice.
<b>ACTIVITY PHOTO</b>	 <p>Photos on Meditation Nourishes the Mind on 7/02/2022 &amp; 8/02/2022</p>

  
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