



JAGADAMBHA BAHUUDDESHIYA GRAMIN VIKAS SANSTH'S  
**JAGADAMBHA**  
**COLLEGE OF ENGINEERING & TECHNOLOGY, YAVATMAL**



Approved by A.I.C.T.E. & Government of Maharashtra, Affiliated to S.G.B. Amravati University, Amravati.

**Dr. Hemant M. Baradkar**  
M.Tech. (Electronics), Ph.D. (E & TC, Engg.)  
**Principal**

**Dr. Shital A. Watile**  
M.Sc., Ph.D.  
**Secretary**

Year	Capacity building and skills enhancement initiatives	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
2020-21	Life skills (Yoga, physical fitness, health and hygiene),	Online workshop on Physical fitness	15/12/2020	310	Ms. Charulata Kanholkar
		Online Yoga Day Celebration	21/6/2020	297	Mr. Pramod Pise
2019-20		Guest Lecture on Rain Water Harvesting	11/3/2020	149	Dr.R.T.Pachkor HOD Civil Engineering Dept, Govt. Polytechnic Aurangabad, MRP of NIRDPR, Govt. of India
		Yoga and Meditation Program on the occasion of International Yoga Day	21/6/2019	78	Dr. Sahebrao Sakhare



  
**Dr. Hemant M. Baradkar**  
**Principal**  
Jagadambha College of Engineering & Technology, Arni Road, Kinhi, Yavatmal

# A Report on

## Yoga and Meditation Program



INTERNATIONALLY ACCREDITED COLLEGE  
**JAGADAMBHA**  
COLLEGE OF ENGINEERING & TECHNOLOGY, YAVATMAL

Arni Road, Yavatmal - 445001 (M.S.)

Ph. 07232-244226, Fax : 07232- 244226, Cell : 98 5005 3333

E-mail : principal.jcoet@gmail.com, principal@jcoet.org

website : www.jcoet.org



*Dr. Hemant M. Baradkar*  
Dr. Hemant M. Baradkar  
Principal  
Jagadamba College of Engineering &  
Technology, Arni Road, Kinhi, Yavatmal

## Report on “Yoga and Meditation Program”

1. Title of Activity	“Yoga and Meditation Program”
2. Trainer	Mr. Pramod S. Pise
3. Date of Program	21 <sup>st</sup> June 2020
4. Time	6 AM to 9 AM
5. Aim	To dissipate feelings of anxiety, depression and stress.
6. Objective of Activity	To enable the student to have good health, To practice mental hygiene. To possess emotional stability. To integrate moral values. To attain higher level of consciousness.

A Capacitive building Program on “Yoga and Meditation ” By Mr. Pramod Pise, Certified Yoga trainer, organized by Department of Electrical Engineering, Jagadamba College of Engineering & Technology, Yavatmal on 21<sup>st</sup> June r 2020 from 6 AM to 9 AM in online mode. Free conference call application was used for organizing this program in online mode. The purpose of the webinar was to give an idea to youth & staff to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. The program organised to explain the importance of Yoga and meditation Benefits of performing yoga and meditation. This program was attended by 297 staff & students of the institution.

The program was started with the formal welcome of the Mr. Pramod Pise, Certified Yoga trainer by the hands of Prof. A. A. Zade, Assistant Professor, Electrical Engineering department. At the outset the importance of organizing this program was briefed by Prof. A. A. Zade.

Mr. Pramod Pise explained the importance of yoga and meditation in the life of youngsters. He explained that regular practice of yoga and meditation will help the students achieve better mental and physical health. Mr. Pramod Pise Yoga and meditation demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the Staff enthusiastically and the importance of these Asanas was explained simultaneously by Mr. Pramod Pise.

Mr. Pramod Pise spoke about 'The Positive Framework of Meditation'. He began by explaining how negative thoughts disturb a person. Negativity she said increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress. He also spoke about his experience as a counsellor where he has patients ranging from the age group 3 years to 90 years. He emphasized the fact that purity of thought increases positivity in a person. Purity of thought increases mentally and physically strong people, which further create a positive nation leading to positive world. He emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students. He conducted a 15 minute meditation session with the teachers and professed the regular use of meditation in one's life.



*HMBe*  
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Prof. Amol B. Dhumne told the staff that the Yoga & Meditation Program is a gift to the world by PM Modi, who put forward proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations. 21st June is since been celebrated as International Yoga day.

Principal Dr. Hemant Baradkar explained the importance of breath in meditation. He told the students they should read ancient Indian texts like Patanjali Maharishi's 'AshtangYog' along with personality development books by International writers. He encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind.

The function ended with a formal vote of thanks by Prof. Ashish B. Samarth.



*Trainer Giving introduction about Yoga*



  
**Principal**  
Jagadamba Collage of Engineering &  
Technology Arni Road, Kinhi, Yavatmal