



॥ वृत्ते ज्ञानान्न मुक्ती ॥

Dwarka Bahuuddeshiya Gramin Vikas Foundation's

Rajarshi Shahu College of Engineering, Buldana

Approved By AICTE New Delhi, NAAC Accredited, Affiliated to Sant Gadge Baba Amravati University



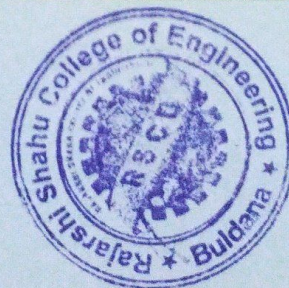
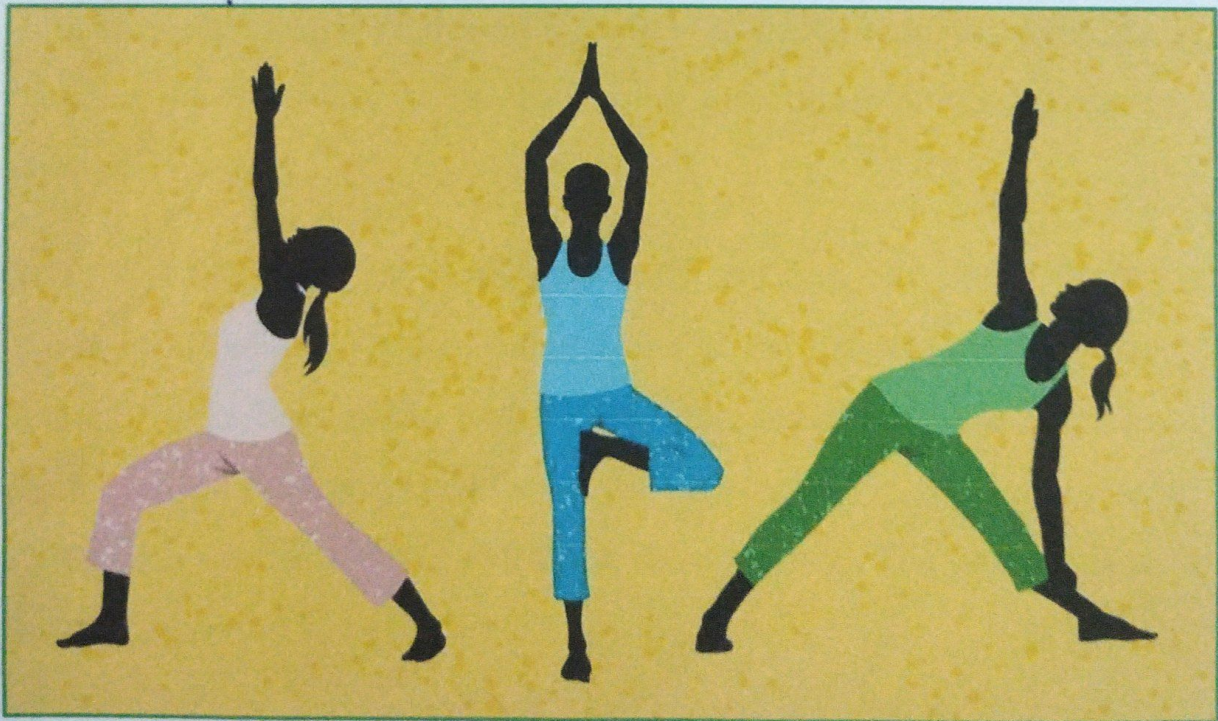
REPORT

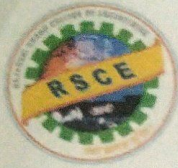
Name of Event: **One week "YOGA MEDITATION" Training Program.**

Trainer : *Mrs. Jyoti Nimse*

Date: *02/05/2023 to 12/05/2023*

Time: *2.00 pm to 4.00 pm*



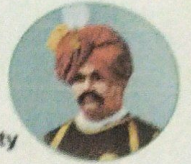


॥ अतो ज्ञानायन मुक्ती ॥

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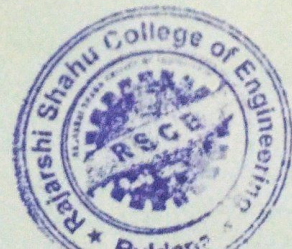


A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a one week training was organized by the college from 02nd May, 2023 to 12th May 2023, for the students as well as teachers. The yoga Trainer Mrs. Jyoti Nimse, took yoga session with great dedication. Around 30 students and teachers participated with full interest, enthusiasm and eagerness.

The session began by Asanas with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the student and teachers.

Prof. M.M.Khan motivated the staff and Student and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the trainer and the Student & teachers in which the queries of the Student, Teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing



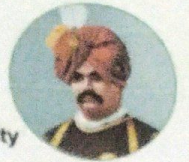


॥ श्री गान्धर्व मुक्ती ॥

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PHOTOS





॥ श्रुते जगन्नाथ मुक्ती ॥

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GPS Map Camera



Google

Buldana, Maharashtra, India
G59F+VXM, Sai Nagar, Buldana, Maharashtra 443001, India
Lat 20.519268°
Long 76.175072°
11/05/23 04:17 PM GMT +05:30



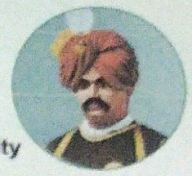
GPS Map Camera



Google

Buldana, Maharashtra, India
G59F+VXM, Sai Nagar, Buldana, Maharashtra 443001, India
Lat 20.51938°
Long 76.175099°
11/05/23 04:15 PM GMT +05:30





Name of student	02/05/23	03/05/23	04/05/23	06/05/23	07/05/23	08/05/23	10/05/23	11/05/23
Prabhakar Balaji More	Present	Present	Present	Present	Present	Present	Present	Present
Om Shivaji Thokal	Present	Present	Present	Present	Present	Present	Present	Present
Vishal Sunil Potare	Present	Present	Present	Present	Present	Present	Present	Present
Ganesh Dattatray Wagh	Present	Present	Present	Present	Present	Present	Present	Present
Vaibhav Eknath Jaybhaye	Present	Present	Present	Present	Present	Present	Present	Present
Rushikesh Narendra Vedpathak	Present	Present	Present	Present	Present	Present	Present	Present
Abhishek Sanjay Dawale	Present	Present	Present	Present	Present	Present	Present	Present
Neha Sanjay Gomashe	N.S. Gomashe	N.S. Gomashe	N.S. Gomashe	N.S. Gomashe	N.S. Gomashe	N.S. Gomashe	N.S. Gomashe	N.S. Gomashe
Harshada Pandurang Sangale	Present	Present	Present	Present	Present	Present	Present	Present
Akansha Arvind Bhalerao	Present	Present	Present	Present	Present	Present	Present	Present
Vaishnavi Chandrakant Dandge	Present	Present	Present	Present	Present	Present	Present	Present
Niranjan Devidas Surushe	Present	Present	Present	Present	Present	Present	Present	Present
Saurabh Rameshwar Talankar	Present	Present	Present	Present	Present	Present	Present	Present
Mahesh Nandkishor Rajput	Present	Present	Present	Present	Present	Present	Present	Present
Radhesham Tarachand Dundiari	Present	Present	Present	Present	Present	Present	Present	Present
Shiom Ashokappa Mirkale	Present	Present	Present	Present	Present	Present	Present	Present
Abhishek Suresh Khokle	Present	Present	Present	Present	Present	Present	Present	Present
Pranav Rahul Gawai	Present	Present	Present	Present	Present	Present	Present	Present
Vaishali Santosh Kholgade	Present	Present	Present	Present	Present	Present	Present	Present
Sakshi Lijadhar Mude	Present	Present	Present	Present	Present	Present	Present	Present
Aarti Mahendrasing Rajput	Present	Present	Present	Present	Present	Present	Present	Present
Pragati Ramesh Pawar	P.R. Pawar	P.R. Pawar	P.R. Pawar	P.R. Pawar	P.R. Pawar	P.R. Pawar	P.R. Pawar	P.R. Pawar
Shivkanya Kailas Solunke	S.K. Solunke	S.K. Solunke	S.K. Solunke	S.K. Solunke	S.K. Solunke	S.K. Solunke	S.K. Solunke	S.K. Solunke
Pooja Shivaji Muradkar	Present	Present	Present	Present	Present	Present	Present	Present
Harshali Ramesh Mandve	Present	Present	Present	Present	Present	Present	Present	Present
Rutuja Gajanan Dhurnal	Present	Present	Present	Present	Present	Present	Present	Present
Shrijeet Govindrao Deshmukh	Present	Present	Present	Present	Present	Present	Present	Present
Pallavi Bhimrao Ambhore	Present	Present	Present	Present	Present	Present	Present	Present
Poonam Raviraj Pawar	Present	Present	Present	Present	Present	Present	Present	Present
Vishal Gajanan Theng	Present	Present	Present	Present	Present	Present	Present	Present

ATTENDANCE

राजर्षी शाहू अभियांत्रिकी महाविद्यालयात योगदिवस उत्साहात साजरा

हमारे दृष्टिकोण / नृणांशा

राजर्षी शाहू अभियांत्रिकी महाविद्यालय, बुलढाना येथे राष्ट्रीय सेवा योजनेच्या अंतर्गत विद्यार्थ्यांच्या सहकार्याने २०२३ साली ११ दिवसांचा योगदिवस साजरा करण्यात आला. या दिवसात विद्यार्थ्यांनी विविध कार्यक्रमांचा आयोजन केला. या कार्यक्रमांतून विद्यार्थ्यांनी आपल्या शारीरिक, मानसिक व सामाजिक दृष्टीने सुदृढ बनण्याचा प्रयत्न केला. या दिवसात विद्यार्थ्यांनी विविध स्पर्धात्मक कार्यक्रमांचा आयोजन केला. या कार्यक्रमांतून विद्यार्थ्यांनी आपल्या शारीरिक, मानसिक व सामाजिक दृष्टीने सुदृढ बनण्याचा प्रयत्न केला. या दिवसात विद्यार्थ्यांनी विविध स्पर्धात्मक कार्यक्रमांचा आयोजन केला. या कार्यक्रमांतून विद्यार्थ्यांनी आपल्या शारीरिक, मानसिक व सामाजिक दृष्टीने सुदृढ बनण्याचा प्रयत्न केला.

राजर्षी शाहू अभियांत्रिकी महाविद्यालयात योगदिवस उत्साहात साजरा करण्यात आला. या दिवसात विद्यार्थ्यांनी विविध कार्यक्रमांचा आयोजन केला. या कार्यक्रमांतून विद्यार्थ्यांनी आपल्या शारीरिक, मानसिक व सामाजिक दृष्टीने सुदृढ बनण्याचा प्रयत्न केला. या दिवसात विद्यार्थ्यांनी विविध स्पर्धात्मक कार्यक्रमांचा आयोजन केला. या कार्यक्रमांतून विद्यार्थ्यांनी आपल्या शारीरिक, मानसिक व सामाजिक दृष्टीने सुदृढ बनण्याचा प्रयत्न केला.

Sudha Maharaja, 2023-24



NEWS CUTTING

Principal
Rajarshi Shahu College of Engineering, Buldana

Princy