

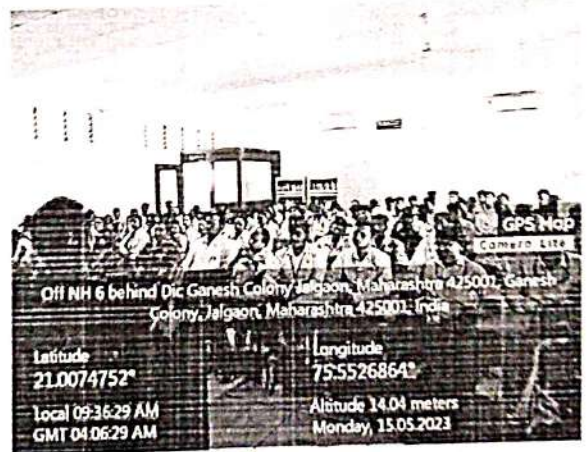
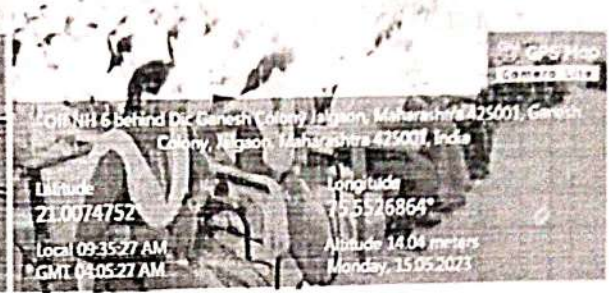


**KCES's College of Engineering and Management, Jalgaon**  
**Activity Report**

<b>Name of The Activity : Meditation and Student Life</b>			
<b>Category of activity</b>	<b>Extra-curricular</b>		<b>Sub-category:</b>
<b>In collaboration (if yes, specify details)</b>	<b>Sahajyog dhyan center, Jalgaon</b>		
<b>Date/ Time and Duration</b>	<b>15/05/2023</b>	<b>No of Participants:</b>	<b>101</b>
<b>Participants profile:</b>	<b>Students</b>		<b>Others participants: 0</b>
<b>Location of activity</b>	<b>Central Library, Kees College of Engineering and Management, Jalgaon</b>		
<b>Name of Co-ordinator (S)</b>	1.Ms.Snehal Bhangale 2.Ms.Harsha Bhangale		
<b>Guest/ Experts with designation (If any)</b>	Dr..Sandhya Patil , Mr.Deepak S. Sangeet, Mrs.Rupali Chaudhari, Mr.Avinash Sawale. Member of Sahajyog dhyan center, Jalgaon		
<b>Objectives for conducting activity</b>	Program might aim to achieve - Stress reduction - Improved focus and concentration - Enhanced self-awareness - Personal development - Mindful communication and relationships - Integration of mindfulness into daily life		
<b>Methodology</b>	Practical and theory session by expert of Sahajyog dhyan center		
<b>Out Comes</b>	Outcomes that can be achieved through a program - Reduced stress and anxiety - Enhanced emotional well-being - Increased self-awareness and self-reflection - Improved focus and attention span - Greater self-care and self-compassion		

**Geo-tagged Photographs:**





*[Signature]*  
Coordinator

*[Signature]*  
HOD EBP  
Science & Humanities  
KCES's College of Engineering  
& Management, Jalgaon

*[Signature]*  
Principal  
K.C.E. SOCIETY'S  
COLLEGE OF ENGG &  
MANAGEMENT, JALGAON







**KHANDESH COLLEGE EDUCATION SOCIETY'S**  
**COLLEGE OF ENGINEERING AND MANAGEMENT, JALGAON**

Approved by A.I.C.T.E. New Delhi; Recognised by Government of Maharashtra and D.T.E.M.S. Mumbai;  
Affiliated to K.B.C.N.M.U.; Jalgaon (PG In Management); D.B.A.T.U.; Lonere (UG/PG in Engineering) and  
M.S.B.T.E. Mumbai; (Diploma in Engineering)  
NAAC ACCREDITED

Behind D.I.C. Off., N.H.6, Jalgaon-425001 (Maharashtra State), Tel.-0257-(Off.) 2242025 / 2242026 / 2242052 Fax-0257-2242027  
Visit Us At : www.coom.kces.in, E-mail - coeit.inquiry@gmail.com

REF : COEM/JAL/ARMIN/2022-23/481

Date : 12/05/2023

To,  
Mr. Deepak S. Sangeet,  
Sahajyog dhyana center,  
Jalgaon

Invitation Letter for Meditation and student life Session

We are glad to inform you that Department of Science and Humanities of K.C.E. Society's College Of Engineering & Management, Jalgaon is going to organize **Meditation and student life Session** on 15<sup>th</sup> May, 2022 .We invite you for this Session.

I hope you will accept this invitation we are privileged to have you with us on 15<sup>th</sup> May at 09am to 10 am

Thanking You,



*Rece*  
15/5/2023  
*Rece*

*[Signature]*  
Principal  
PRINCIPAL  
K.C.E. SOCIETY'S  
COLLEGE OF ENGG &  
MANAGEMENT, JALGAON



# KHANDESH COLLEGE EDUCATION SOCIETY'S COLLEGE OF ENGINEERING AND MANAGEMENT, JALGAON

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M.S.B.T.E. Mumbai; (Diploma in Engineering)  
NAAC ACCREDITED

Behind D.I.C. Off., N.H.6, Jalgaon-425001 (Maharashtra State), Tel.-0257-(Off.) 2242025 / 2242026 / 2242052 Fax-0257-2242027  
Visit Us At : [www.coem.kces.in](http://www.coem.kces.in), E-mail - [coeit.inquiry@gmail.com](mailto:coeit.inquiry@gmail.com)

REF : COEM/JAL/ADMIN/2022-23/485

Date : 15/05/2023

To,  
Mr.Deepak S. Sangeet. Mrs.Sandhya Patil  
Mrs.Rupali Chaudhari, Mr.Avinash Sawale.  
Sahajyog dhyan center.  
Jalgaon

Dear Sir/Madam,

We would like to thank you on behalf of Science and Humanities Department for your contribution to conduct **Meditation and student life Session**, on 15<sup>th</sup> May 2023.

We are really fortunate to have someone of your expertise and credentials volunteer time from your busy schedule to share with our students.


Your words of encouragement and guidance to learn Meditation was well received by all in attendance. Your willingness to engage with our students were much appreciated.

We hope you will guide our students with your expertise in future too.

Thank you.



*Prubh*  
15/5/2023  
*Reeine*

  
Principal  
PRINCIPAL  
K.C.E. SOCIETY'S  
COLLEGE OF ENGG &  
MANAGEMENT, JALGAON



Activity Report

Attendance list of <sup>student</sup> faculty members

NAME OF PROGRAM:- Meditation and student life

DATE:-15/05/2023

SR NO	NAME OF PARTICIPANTS	DESIGNATION	SIGNATURE
1	Jayesh G chaudhari	FE Com	Jayesh
2	Aditya R Wagh	FE Com	Aditya
3	Sojal J. Vairalkar	S.E com.	Sojal Vairalkar
4	Aldamush Pinjari	S.E Com	Aldamush
5	Yogesh Nagpure	SE Comp	Yogesh
6	Yash Patil	SE Comp	Yash Patil
7	Falgun Dhande	SE Comp	Falgun Dhande
8	Prashant Patil	SE - comp	Prashant Patil
9	Prathmesh Cherkate	SE Comp.	Prathmesh Cherkate
10	Sanket Ravindra chavan	F.Y - E & C	Sanket
11	Bhavesh sudan Marathe	F.Y. E & C	Bhavesh
12	Kundan shashikant patil	F.Y. Electrical	Kundan
13	Omprakash kishorpatil	F.Y. comp	Omprakash
14	Nishant Patil	F.Y. comp	Nishant Patil
15	Veel Patil	F.Y comp	Veel Patil
16	Prathmesh chopade	F.Y. Comp	Prathmesh chopade
17	Shreyas kosar	F.Y E & CE	Shreyas
18	Chinmay Thakare	F.Y E & CE	Chinmay Thakare
19	Pranav. S. BOYSE	S.Y. Comp	Pranav. S. BOYSE
20	Hazhal. J. Jyase	60E. Comp	Hazhal. J. Jyase
21	Moksh Shaigram Patil	F.Y. Electrical	Moksh Shaigram Patil
22	Sahil Sandip Ghisnikar	F.Y comp.	Sahil
23	Yash Rajesh Sonawani	F.Y comp	Yash Rajesh Sonawani
24	Abhishek Bharudas Patil	F.Y Comp	Abhishek Bharudas Patil
25	Aniket Namdeo patil	F.Y - E & CE	Aniket





Attendance list of student participants

NAME OF PROGRAM:- Meditation and student life

DATE:-15/05/2023

SR NO	ROLL NO	NAME OF PARTICIPANTS	CLASS	DEPARTMENT	SIGN
1		Tushar Sunil Pawar.	F.Y	E & C	<u>Tushar</u>
2		Yogesh Sunil Sonawane	F.Y	Electrical	<u>Yogesh</u>
3		Banjay Sunil Kumbhar.	F.Y	E & C	<u>Banjay</u>
4		Tejas Dnyaneshwar Patil	F.Y	E & C	<u>Tej</u>
5		Niranjan pravin Patil	F.Y	computer	<u>N.P. Patil</u>
6		Nikhil Sandip Patil	F.Y	computer	<u>Nikhil</u>
7		Lokesh. Vijay Singh Patil	f.y	E & C	<u>Lokesh</u>
8		Laxman mahadu Patil	f.y	Computer	<u>Laxman</u>
9		Rohit Suresh Patil	F.Y	E & CE	<u>Rohit</u>
10		Pratham Vinod Patil	F.Y	Computer	<u>Pratham</u>
11		Radhay Avinash Patil	F.Y	Computer	<u>Radhay</u>
12		Vaibhav Shamal Patil	F.Y	Computer	<u>Vaibhav</u>
13		Kalpesh Vinod Rane	F.Y	Computer	<u>Kalpesh</u>
14		Parag Dilip Patil	F.Y	mechanical	<u>Parag</u>
15		Yadvendra Ghansham Patil	F.Y	computer	<u>Yadvendra</u>
16		Siddhant Ravindrao Bagal	F.Y	computer	<u>Siddhant</u>
17	43	Lalit Santosh Patil	F.Y	E & CE	<u>Lalit</u>
18	2	Digambar Bhande	F.Y	Electrical	<u>Digambar</u>
19	42	Karansing Gajendra Patil	F.Y	E & CE	<u>Karansing</u>
20		Dhanashri Patil	F.Y	Computer	<u>Dhanashri</u>
21		Vaishnavi P Patil	F.Y	Electrical	<u>Vaishnavi</u>
22	12	Chavan Jayashri Acharya	F.Y	E & CE	<u>Chavan</u>
23	21	Ruchita Bhaiyya Patil	F.Y	Electrical	<u>Ruchita</u>
24	1	Dakshata Bharat Patil	F.Y	E & CE	<u>Dakshata</u>
25	40	Shruti Vaibhav Kharche	F.Y	Computer	<u>S.V. Kharche</u>





KCES's College of Engineering and Management, Jalgaon  
Activity Report

Attendance list of student participants

NAME OF PROGRAM:- Meditation and student life

DATE:-15/05/2023

SR NO	ROLL NO	NAME OF PARTICIPANTS	CLASS	DEPARTMENT	MARKS
26	36	Tanisha Jadhav	F.Y.	COMPUTER	100%
27	58	Priyanka More	F.Y.	computer	100%
28	4	Sakshi Subas Bari	F.Y.	E & CE	100%
29	64	Mayuri Raju Shinde	F.Y.	E & CE	100%
30	11	Sejal Bhagwan choudhari	F.Y.	E & CE	100%
31	6	Nisha Jaywant Pawiskar	F.Y.	E & CE	100%
32	36	Yogeshwari sunil Narkhede	F.Y.	E & CE	100%
33	14	Hemangi Ganesh patil	F.Y.	computer	100%
34	31	Monasi Sachin Ghodeswar	F.Y.	computer	100%
35	06	Shorda Prakash Bari	F.Y.	computer	100%
36	39	Struti Prashant Khake	F.Y.	Computer	100%
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Attendance list of student participants

NAME OF PROGRAM:- Meditation and student life

DATE:- 15/05/2023

SR NO	ROLL NO	NAME OF PARTICIPANTS	CLASS	DEPARTMENT	SIGN
1	03	Vedika Dipak Wurrake	SE	Computer	
2	06	Suchita Arun Pawar	SE	computer	
3	62	Vishakha Sujay Patil	SE	Computer	
4	51	Damini Arun Patil	SE	Comp	
5	59	Karina Rajendrasonaware	S.E	comp	
6	70	Aarti Jayant Sarode	S.E.	Computer	
7	72	Tejasvini Govindamahajan	S.E	computer	
8	68	Yukta Shripad Uposani	S.E	Computer	
9	75	Priyanka Jagatsing Patil	S.E.	computer	
10	67	Priyanka Hemraj Akhete	F.E	Computer	
11	52	Leena Umakant Mali	F.E	Computer	
12	07	Jyoteshwari Rajesh Bari	F.E	Computer	
13	10	Gayatri Arun Patil	F.E	Computer	
14	32	Mayuri Ganesh Gore	F.E	Computer	
15	15	Shrawayu Shailendra Fiske	F.E	E and CE	
16	50	Shreuti Pravin Patil	F.E	E and CE	
17	24	Yogita Prakash Khairnar	F.E	E & CE	
18	60	Bhramika Santosh Waghulde	F.E	E & CE	
19	08	Kumud Sanjay Waghule	SE	Comp	
20	22	Priya Ravindra Kale	F.E	E & CE	
21	04	Dipali Dinesh Bari	F.E	Comp.	
22	14	Hemangi Ganesh Patil	F.F	Computer	
23	31	Manasi Sachin Ghodeswar	F.E	computer	
24	55	Pratiksha Rajendra Bari	F.E	Computer	
25	6	Sharda Prakash Bari	F.E	Computer	









## सहजयोग ध्यानतर्फे ध्यान साधना

जळगाव । केसीई सोसायटी संचालित कॉलेज ऑफ इंजिनिअरिंगच्या सायन्स आणि ह्यूमनिटीज विभागातर्फे सामूहिक ध्यान साधनेचे आयोजन केले होते. सहजयोग ध्यान केंद्राचे धीरज संगीत, संध्या पाटील, रूपाली चौधरी, चंदु पाटील आणि अविनाश सावळे यांनी मार्गदर्शन केले. प्राचार्य डॉ. संजय सुगंधी, उपप्राचार्य संजय दहाड, शैक्षणिक अधिष्ठाता डॉ. प्रज्ञा विखार, किरण पाटील यांचे मार्गदर्शन लाभले.

Lokamat News Paper

## महाविद्यालयीन विद्यार्थ्यांना केसीई संस्थेत योगासनाचे धडे



विद्यार्थ्यांना योगासने, प्राणायामाचे धडे देताना प्रिंश्लक.

जळगाव । केसीई सोसायटी संचालित कॉलेज ऑफ इंजिनिअरिंगच्या सायन्स आणि ह्यूमनिटीज विभागातर्फे विद्यार्थ्यांसाठी सामूहिक ध्यान साधनेचे आयोजन करण्यात आले होते. कार्यशाळेत योग, ध्यान यांचेसमूह विद्यार्थ्यांना योगाच्या फायदांची माहिती प्राचार्यद्वारे देण्यात आली. कार्यशाळेसाठी महाविद्यालयाचे प्राचार्य डॉ. संजय सुगंधी, उप प्राचार्य संजय दहाड, सहजयोग ध्यान केंद्राचे धीरज संगीत, संध्या पाटील आदींनी सहकार्य केले.

Divya Marathi News Paper

## केसीई अभियांत्रिकीत सहजयोग ध्यानसाधना ▶ सकाळ वृत्तसेवा

जळगाव, ता. १६ : केसीई सोसायटी संचालित कॉलेज ऑफ इंजिनिअरिंगच्या सायन्स आणि ह्यूमनिटीज विभागातर्फे विद्यार्थ्यांसाठी सामूहिक ध्यानसाधनेचे आयोजन केले होते. सहजयोग ध्यान केंद्राचे धीरज संगीत, संध्या पाटील, रूपाली चौधरी, श्री. दांडगे, चंदु पाटील आणि अविनाश सावळे यांच्या मार्गदर्शनात या कार्यशाळेत योग, ध्यानसाधना आणि विद्यार्थी जीवनात होणारा फायदा याविषयी प्राचार्यद्वारे समजाविण्यात आले.

कार्यशाळेत प्रथम, द्वितीय वर्ष अभियांत्रिकीच्या विद्यार्थ्यांनी सहभाग नोंदविला. शैक्षणिक जीवनात ध्यानसाधना एवढेसाठी लाभ प्राप्त करून देणे हे विचारसरणीत बदल घडतो. असे मत विद्यार्थ्यांनी व्यक्त केले. कार्यशाळेसाठी प्राचार्य डॉ. संजय सुगंधी, उपप्राचार्य संजय दहाड, शैक्षणिक अधिष्ठाता डॉ. प्रज्ञा विखार, विभागप्रमुख किरण पाटील यांचे मार्गदर्शन लाभले.

Sakal News Paper