

**R. H. Sapat College Engineering, Management Studies
and Research, Nashik-05
MCA(Engg.) Department
Mind Programming and Meditation
Report**

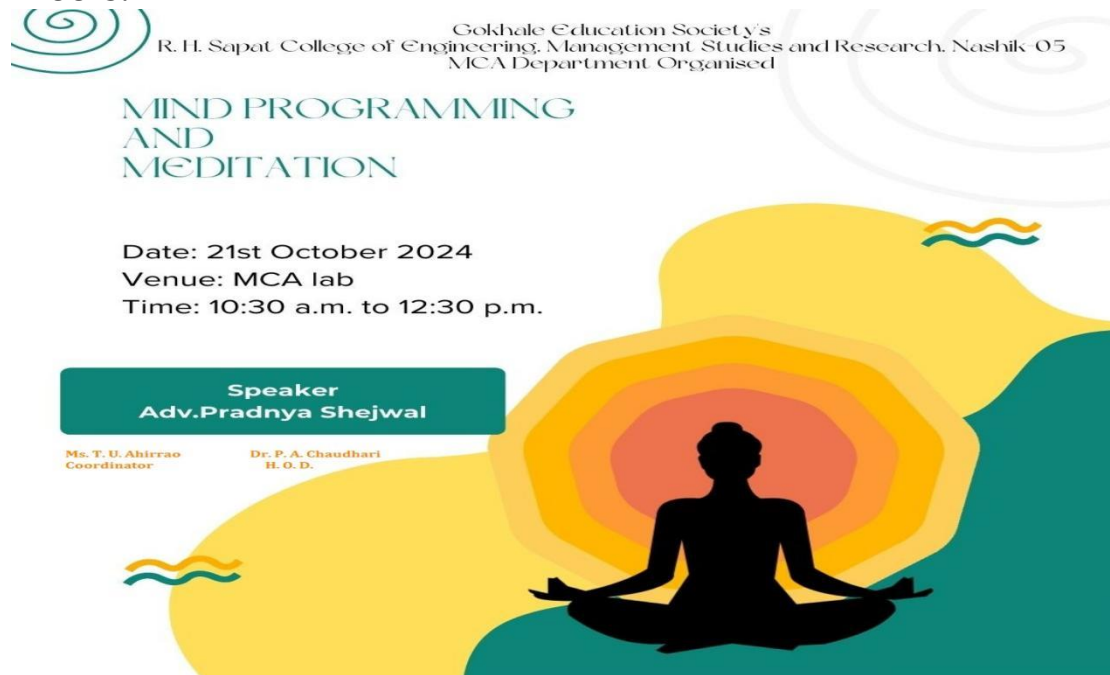
Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health.

By considering many benefits of meditation, MCA (Engg.) Department organized seminar on “Mind Programming and Meditation” on 21st October 2024 at 10:30 a.m. , seminar was conducted offline . from fymca and symca class 68 students were present on the seminar along with MCA staff.

Session expert was: Adv. Pradnya A. Shejwal (Asst. Prof., NBT Law College Nashik) and Coordinator for the event was Ms. T. U. Ahirrao(Asst. Prof.-MCA Dept).during the session speaker given some demo and important tricks of meditation , also explain how to do an effective meditation, however MCA students interacted and participated actively.

H. O. D. Dr. P. A. Chaudhari was enlighten the session by her presence. Vote of thanks was proposed by Ms. T. U. Ahirrao

Proofs:



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Report**

Gokhale Education Society's
R. H. Sapat College of Engineering, Management Studies & Research, Nashik
Department of MCA(Engg)
Mind Programming and Meditation
A.Y. 24-25 semester- I
21/10/2024

FYMCA/SYMCA

| Sr. No. | Student Name | Class | Sign |
|---------|---------------------------|-------|-------------|
| 1 | Asmita Thakare | SYMCA | [Signature] |
| 2 | Gauri Holkar | SYMCA | [Signature] |
| 3 | Mayuri Sable | SYMCA | [Signature] |
| 4 | Khushabu R. Patil | SYMCA | [Signature] |
| 5 | Sudita Taiyath | SYMCA | [Signature] |
| 6 | Kaustubh Vikas Deshmukh | SYMCA | [Signature] |
| 7 | Omkar Somawanshi | SYMCA | [Signature] |
| 8 | Kundun Patil | SYMCA | [Signature] |
| 9 | Tanay Purohit | SYMCA | [Signature] |
| 10 | Tejas Dote | SYMCA | [Signature] |
| 11 | Tejas Sadade | SYMCA | [Signature] |
| 12 | Kaustubh Deshmukh | SYMCA | [Signature] |
| 13 | Amit Yash | SYMCA | [Signature] |
| 14 | Avantika Teure | SYMCA | [Signature] |
| 15 | Akanksha Patil | SYMCA | [Signature] |
| 16 | Sarthak Deshpande | SYMCA | [Signature] |
| 17 | Kunal Mitke | SYMCA | [Signature] |
| 18 | Ganesh Bagul | SYMCA | [Signature] |
| 19 | Saurabh Chaudhari | SYMCA | [Signature] |
| 20 | Sakshi Mahondse Foundal | SYMCA | [Signature] |
| 21 | Peenam Abhassahab Bhamare | SYMCA | [Signature] |
| 22 | Ankita Pharamraj Patil | SYMCA | [Signature] |
| 23 | Nikita Motilal Shewale | SYMCA | [Signature] |
| 24 | Nikita Manoj Pawar | SYMCA | [Signature] |
| 25 | Vaishnavi Sunit Nikam | SYMCA | [Signature] |
| 26 | Priyanka Sunil Malpuro | SYMCA | [Signature] |
| 27 | Riya Sanjay Pagar | SYMCA | [Signature] |
| 28 | Saima Shubbir Telu | SYMCA | [Signature] |
| 29 | Swathi Santoshkumar | SYMCA | [Signature] |
| 30 | Ishe Vijay Chaudhari | SYMCA | [Signature] |
| 31 | Bhavna Sudhakar Patil | SYMCA | [Signature] |
| 32 | Shraddha Sampat Tambe | FYMCA | [Signature] |
| 33 | Manani Dinesh Sathe | FYMCA | [Signature] |
| 34 | Deeshana Anil Patil | FYMCA | [Signature] |
| 35 | Mansi Manohar Borane | FYMCA | [Signature] |
| 36 | Tejal Narendra Bawaskar | FYMCA | [Signature] |
| 37 | Vaibhav Ajay Khairnar | FYMCA | [Signature] |
| 38 | Amruta Vinod Panchbhavi | FYMCA | [Signature] |
| 39 | Karuna Hiralal Shimpi | FYMCA | [Signature] |

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|----|--------------------------------|---------|---------------|
| 40 | Sakshi Sandip Pandit | | |
| 41 | Nikita Nandkumar Ahirrao | FYMCA | S. A. Ahirrao |
| 42 | Samarudhi Atul Gore | FYMCA | S. A. Ahirrao |
| 43 | Patil Priyanka Pooja | FYMCA | Patil |
| 44 | DhiEay Mandalar Mahajan | FYMCA | DhiEay |
| 45 | Priyanka Vivek Bhamare | FYMCA | Priyanka |
| 46 | Avinash B. Bagud | FYMCA | Avinash |
| 47 | Kunal Ishwar Patil | FYMCA | Kunal |
| 48 | chetan Vijay Patil | FYMCA | chetan |
| 49 | Krushna shivaji Matsasrat | FYMCA | Krushna |
| 50 | Kakwal Mayuf Parvez | FYMCA | M. Parvez |
| 51 | Ganmit Abhishah Manoti | FYMCA | Ganmit |
| 52 | Ugale Siddhesh Bhaskar | FYMCA | Ugale |
| 53 | Deshmukh Digvijay Ganpatrao | FYMCA | Deshmukh |
| 54 | Khan Fayyaz Ahmad Mohd Mustafa | FYMCA | Khan |
| 55 | Surya Sanshi Vinit Dilip Singh | FYMCA | Surya |
| 56 | Rane Dnyanesh Prashant | FYMCA | Rane |
| 57 | Pagar Harshad Sunil | F.Y.MCA | Pagar |
| 58 | Pagar Rohit Pralhad | F.Y.MCA | Pagar |
| 59 | Swit Somnath Jagtap | F.Y.MCA | Swit |
| 60 | Valte Ihanashmi Bakerao | F.Y.MCA | Valte |
| 61 | Mistry Rukhija Rajendra | FYMCA | Mistry |
| 62 | Parmar Dhanu Mahendra | FYMCA | Parmar |
| 63 | Ugale Shruti Yogesh | FYMCA | Ugale |
| 64 | Dev Yashika Mahantao | FYMCA | Dev |
| 65 | Gore Bhakti Pramod | FYMCA | Gore |
| 66 | patil chhaya madhukar | FYMCA | patil |
| 67 | Ransode Ajit Prakash | SYMCA | Ransode |
| 68 | Dipali Raxul | SYMCA | Dipali |
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T. U. Ahirrao
Ms. T. U. Ahirrao
Coordinator

P. A. Chaudhari
Dr. P. A. Chaudhari
HOD

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Gokhale Education Society's

**R. H. SAPAT COLLEGE OF ENGINEERING,
MANAGEMENT STUDIES & RESEARCH**

Affiliated to Savitribai Phule Pune University, Pune
Recognized by Govt. of Maharashtra

Approved by AICTE, New Delhi & DTE (M.S.), Mumbai

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GES/RHSCOEMSR/357/2024-25

Date: 21/10/2024

To,

Adv. Pradnya A. Shejwal,
Assistant Professor on CHB in GES's NBT Law College,
Nashik-422005

Respected Madam,

I would like to take this opportunity to express my heartfelt thanks to you for serving as a speaker for one day seminar on "Mind Programming and Meditation" organized by MCA[Engineering] Department of Gokhale Education Society's R. H. Sapat College of Engineering, Management Studies and Research on 21st October 2024.

Your willingness to share your time and expertise in the area of Meditation and mind programming was critical to the success of this session. Furthermore, the practical techniques you shared for meditation have been invaluable and was very much appreciated by all the attendees.

I hope that we will have the pleasure of your company again in the future.

With Best Regards!



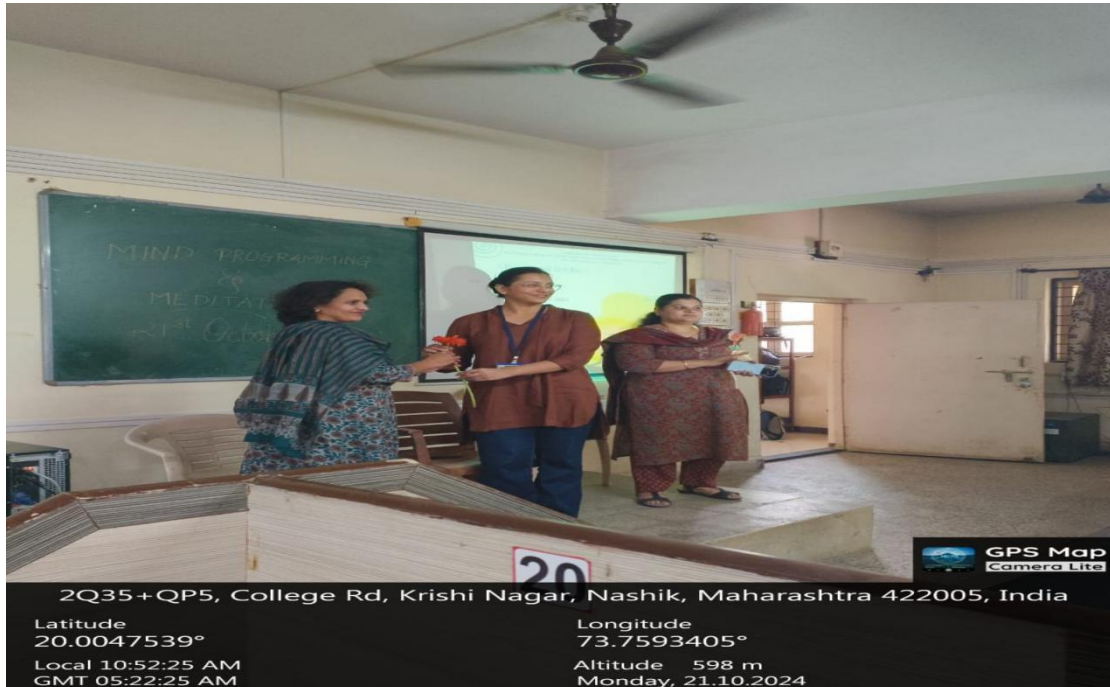
Dr. S. S. Sane

Principal

PRINCIPAL

Gokhale Education Society's
R.H.Sapat College of Engineering,
Management Studies & Research,
NASHIK

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**Ms. T. U. Ahirrao
Coordinator**

**Dr. P. A. Chaudhari
H. O. D.**