



**CSIBER TRUST'S
COLLEGE OF NON-CONVENTIONAL
VOCATIONAL COURSES FOR WOMEN,
KOLHAPUR**



NATIONAL SERVICE SCHEME

**A REPORT ON
THREE-DAY WORKSHOP ON
"HEARTFULNESS MEDITATION"**

On the 23rd, 24th and 25th of May 2022



[Signature]
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College of Non-Conventional
Vocational Courses For Women
Kolhapur



Date: 26th May 2022

Objectives of the workshop:

1. To introduce the participants to the practice of 'Heartfulness meditation.
2. To help apply the theoretical understanding of Heartfulness practises in meditation.

Resource Person:

1. Mr. Nitin Bhosale, Heartfulness Trainer, India
2. Mrs. Archana Bhosale, Heartfulness Trainer, India
- 3 Mrs. Vrushali Nejdar, Heartfulness Trainer, India
4. Mrs. Girija Kulkarni, Heartfulness Trainer, India

Participants: 56 participants (B. Sci. Food Technology II year and Bachelor of Interior Design II)

Methodology: CSIBER Trust's CNCVCW, Kolhapur NSS Unit conducted a series of three-day Meditation, Prayer, and Cleaning of a body and mind on the 23rd 24th, and 25th of May 2022 from 02:15 pm to 03.30 pm. The participants were oriented to practice heartfulness meditation, through the PowerPoint presentations and interactive demo sessions by the facilitators. The workshop ended with a positive feedback session between the facilitators and participants.

Outcome: The feedback of participants reflects the following points:

- The sessions helped participants to gain a connection with their minds and body.
- They learned a different type of meditation which is easy to practice on an everyday basis.


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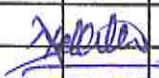


**College of Non-Conventional Vocational Courses for Women,
SIBER Trust, Kolhapur
B.Sc. (FTM) II 2021-22**

Name of the Teacher:

Subject: *Heartfulness Meditation*

Roll No.	Name of Student	Date			Total
		23/5 Time 2-3:30	24/5 2-3:30	25/5/22 2-3:30	
1	Bandar Utkarsha	A	CB A	A	
2	Chavan Shweta Dattatray	P	A	P	
3	Chougule Nayana Nivas	A	A	A	
4	Chougule Shreya Malagonda	A	Shreya	A	
5	Daddikar Surabhi Anil	A	A	A	
6	Dhanawade Siddhalaxmi Shivraj	A	A	A	
7	Ghatage Akanksha Madan	P	Madhe	P	
8	Ingavale Tirtha Bharat	P	Ingavale	P	
9	Jadhav Ashlesha Anil	P	Jadhav	A	
10	Jadhav Sakshi Vinod	P	A	A	
11	Joshi Divya Digambar	P	A	A	
12	Kadam Shreya Dattatray	P	Kadam	A	
13	Kamble Riya Vijay	A	Riyan	A	
14	Katkar Shrushti Vikramsinh	P	Katkar	P	
15	Kavathekar Mahek Riyaj	A	Kavathekar	A	
16	Khalipha Sanam Shikandar	A	Khalipha	A	
17	Kulkarni Vaishnavi Mukund	A	A	A	
18	Lingayat Shivani Ekanath	A	A	A	
19	Mahajan Rutuja Shivaji	P	Mahajan	A	
20	Makandar Muskan Milan	A	Makandar	A	
21	Mane Pratiksha Baburao	A	A	A	
22	Maralkar Shruti Sujit	A	Maralkar	A	
23	Mhetre Manasi Sachin	P	Mhetre	A	
24	More Pradnya Balkrishna	A	PB.more	P	
25	Mujawar Sadiya Sameer	A	A	A	
26	Oswal Krisha Kishor	A	A	A	
27	Paste Sejal Prakash	A	Paste	A	
28	Patil Ayuti Sachin	A	Patil	A	
29	Patil Chaitrali Anil	P	Patil	A	
30	Patil Chaitrali Pavankumar	P	Patil	A	
31	Patil Gouri Yuvraj	A	Patil	A	
32	Patil Nikita Ravsaheb	P	Patil	A	
33	Patil Pradnya Eknath	A	Patil	A	
34	Patil Pranali Padamakar	P	Patil	A	
35	Patil Radnyee Balasaheb	P	Patil	A	

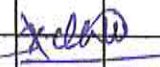

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**College of Non-Conventional Vocational Courses for Women,
SIBER Trust, Kolhapur
BID II 2021-22**

Name of the Teacher:

Subject: COMMON ATTENDANCE

Roll No.	Name of Student	Date			Total
		23/5/22	24/5/22	25/5/22	
1	Awate Divya Tanaji				
2	Baravkar Snehal Sonyabapu				
3	Bhattad Vaishnavi Sunil				
4	Deshpande Vilasini Rahul				
5	Gavali Sakshi Shridhar				
6	Ghag Swarupa Dattatray				
7	Ghotane Shruti Dhanaji				
8	Gurav Sanika Rajendra				
9	Jadhav Pradnya Rajendra				
10	Jadhav Siddhi Manohar				
11	Jadhav Supriya Satish				
12	Kamble Prajka Ramesh				
13	Khadake Shruti Mahesh				
14	Khalile Sanmati Bhushan				
15	Khandagale Mrunal Shrikant				
16	Kothare Neha Appasaheb				
17	Kotnire Shruti Bhikaji				
18	Kulkarni Mrunmai Pramod				
19	Kulkarni Vaishnavi Rajendra				
20	Kumbhar Dipti Madhukar				
21	Kunthekar Vaishnavi Ravindra				
22	Kurade Shreya Anil				
23	Londhe Pratiksha Parshuram				
24	Mane Pradnya Rajendra				
25	Matade Apoorva Anil				
26	Pailwan Siddhi Sanjay				
27	Patel Jinal Navin				
28	Patil Anuja Amar				
29	Patil Mansi Balasaheb				
30	Patil Sakshi Maruti				
31	Patil Shraddha Kakasaheb				
32	Patil Srushti Chandrashekhar				
33	Patil Vaibhavi Uday				
34	Patil Vaishnavi Vasant				
35	Pednekar Vaishnavi Prashant				


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Photos of the programme:

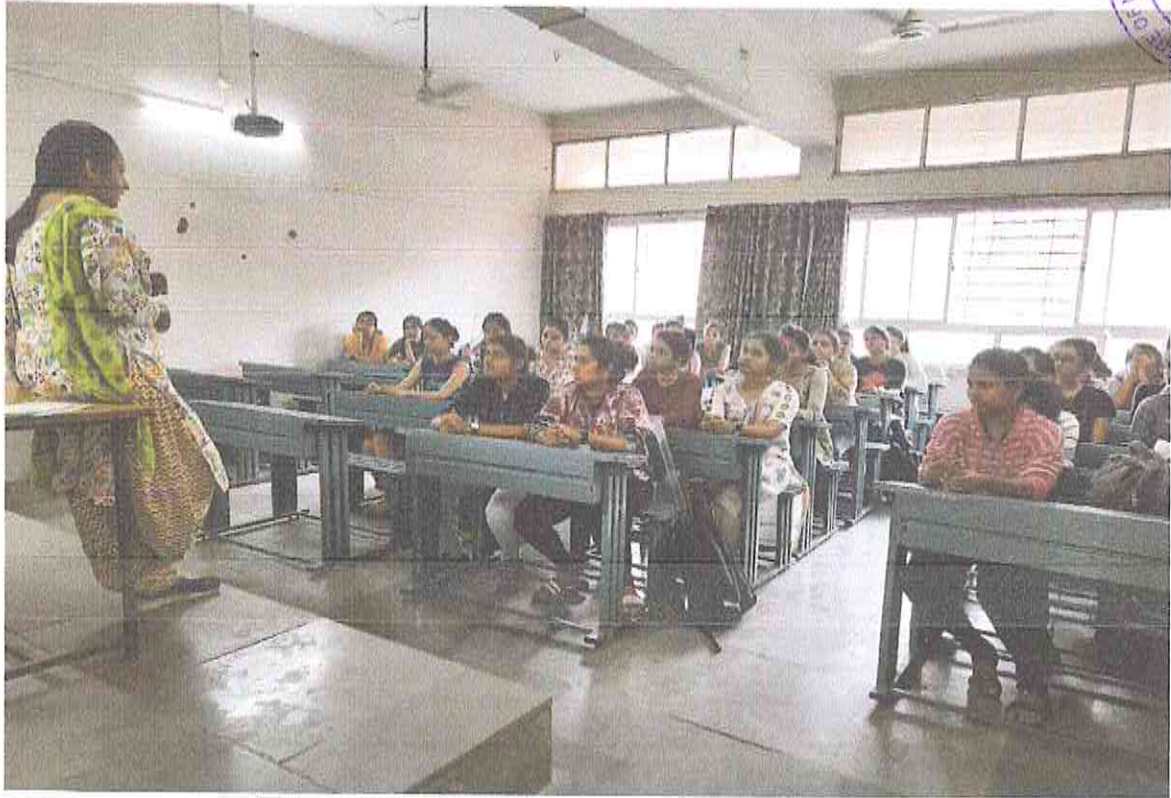


Mrs. Archana Bhosale addressed the students



Mr. Nitin Bhosale addressed the students

Selavde
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Mrs. Vrushali Nejdar addressed the students

By,

Asst. Prof. Ms. Tejaswini Chile.

(NSS Coordinator)
Programme Officer
National Service Scheme
College of Non-Conventional
Vocational Courses For Women
Kolhapur

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UNIVERSITY GRANTS COMMISSION

Guidelines for Institutional Fitness Plan in the Higher Educational Institutions

Whereas fitness has always been an integral part of our life;

Whereas modern technologies have led to a sedentary lifestyle and the modern conveniences have diminished the demand for physical activities;

Whereas junk food/fast food have contributed to an unhealthy lifestyle;

Whereas lifestyle diseases are on the rise due to lifestyle disorder;

Whereas the government has given fitness a national priority to motivate every person to come up to sound physical standards; and

Whereas the educational institutions are uniquely placed to promote fitness and well-being among students, teachers and staff in the Higher Educational Institutions (HEIs),

The University Grants Commission hereby issues the following guidelines to promote a campaign for fitness in the Higher Educational Institutions (HEIs):

Guidelines

Scope of Guidelines:

- (a) These guidelines are applicable to all Higher Educational Institutions (HEIs) in the Country
- (b) They encourage HEIs (universities and colleges) to adopt policies and practices towards fitness and well being of students and staff.


Implementation of Fitness plan:

All HEIs need to accord high priority to physical and mental fitness of students, faculty and staff in the campus. They should evolve a mechanism for implementation and monitoring of such activities. The following indicative guidelines/steps may be taken in this regard:

1. Incorporating provisions of healthcare and wellness initiatives in the objectives of the institution.
2. Physical fitness period or time slots may be incorporated into the academic calendar of the institutions. The physical fitness time slots may be staggered throughout the day to enable all students to participate.
3. All the students, staff and teachers should be encouraged to devote minimum one hour per day on fitness activities such as exercise, yoga, meditation, walking, cycling, aerobics, dance, traditional regional martial arts etc.

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4. Institutions should prepare Fitness Leaders to mentor students for physical fitness. Services of student volunteers from the institutions, faculty members, instructors, ex-servicemen, and other volunteers may be obtained on voluntary basis. Health icons and motivational speakers on health and fitness to address students in campus should be invited.
5. Top leadership of the institution and professors may actively participate with students and staff in fitness activities such as cycling, running, aerobics, walkathon, marathon, yoga, meditation activities etc. on a periodic basis to lead by example.
6. Proper utilization of existing infrastructure, encouraging students to climb stairs, walk at least 10000 steps a day, use cycles within campus by creating cycling zones, availing gymnasium facilities etc.
7. Addressing the emotional concerns of students to promote mental health. Awareness or sensitisation workshops on depression, anxiety and stress management may be organized for faculty and students.
8. Providing guidance regarding balanced nutritional diet, distribution of pamphlets and information material on the subject.
9. Frequent organization of sports activities (at least once in a quarter) and encourage students to participate in such activities.
10. Annual health check-ups by volunteer health doctors or voluntary organisations to monitor health & fitness of students, faculty and staff.
11. Data pertaining to health and fitness activities of institutions should be placed on the website. Exemplary performers may be selected subsequently for National level awards.


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Heartfulness



UNIVERSITIES/ COLLEGES WHERE HEARTFUL CAMPUS PROGRAM HAS BEEN CONDUCTED

ABOUT US

A young adult spends the majority of their day involved in their university and university related activities. These pursuits may be academic or extracurricular but are heavily motivated and influenced by the values of the institution and the interest of the students. It is also a well-known fact that India produces some of the world's brightest students - who go forward in their lives to become stellar engineers, doctors, architects, and a plethora of other professionals. Our students aspire to become world leaders in their respective fields and in order to support this aspiration it is our responsibility to teach them to regulate their mental and physical abilities.

With the wellbeing of all the people on campus in mind, the Heartfulness Institute would like to propose a series of offerings to establish a peaceful, harmonious setting across University campuses in India. The Heartful campus program is designed to evoke peace, harmony, and well-being amongst all campus dwellers using meditation as the fundamental tool. We have a range of offerings starting with the senior leaders of the institution who set the direction, the faculty who are directly involved with the students, the students themselves, the administrative staff who keep the institution running, the counselors who are directly concerned about the mental well-being of the students, and the parents who send their wards to the institution with lot of hope and faith.

Heartfulness Education Trust (HET) comes under the umbrella of a group of organizations, including Sri Ram Chandra Mission (SRCM), Sahaj Marg Spirituality Foundation (SMSF), and Heartfulness Institute (HI), all working towards the common cause of social transformation by offering self-development meditation tools for individual change.

HELM- HEARTFULNESS ENABLED LEADERSHIP MASTERY

Target Audience:
Students

Offerings:
Start-Up
Discover
Develop
Deepen
Dedicate

LEADERSHIP CONCLAVE

Target Audience:
Vice Chancellors,
Registrars, etc.

Duration: 1 day

Objectives:
Understand the relationship between meditation & education.
Create a vision & blueprint for rollout

HEARTFULNESS MEDITATION WORKSHOP

Target Audience:
Parents/Admin Staff

Duration: 3 days

Objectives:
Introduce the experience of Heartfulness meditation
Highlight benefits to overall health, well being

INSPIRE

Target Audience:
Faculty

Duration: 3 days

Objectives:
Inspire the faculty to become reflective teacher
Duration: 2 days

Objectives:
Assist faculty to integrate meditative aspects into course design

INNER WELL BEING WORKSHOP

Target Audience:
Counselors/Peer Counselors

Duration: 3 days

Objectives:
Introduce the experience of Heartfulness Meditation
Provide techniques to help students relax and deal with their situation in a calm manner



**CSIBER TRUST'S
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NATIONAL SERVICE SCHEME
STAFF ATTENDANCE**

Name of the programme: Three days' - Workshop Date: 23rd 24th 25th
"Heartfulness Meditation" May 2021

Sr. no.	Staff Name	Sign
1.	Dr. A. R. Kulkarni	Ab
2.	Mrs. Jyoti R Hiremath	Ab
3.	Mrs. Pradnya P. Kapadi	Kapadi
4.	Mr. Adarsh Chavan	Ab
5.	Mrs. Archana R. Patil	arpatil
6.	Mrs. Sayali N. Naik	Ab
7.	Mrs. Shweta A. Patil	Spatil
8.	Dr. Neelam S. Jirage	Neelam
9.	Mrs. Ashwini Raibagkar	As Raibagkar
10.	Mrs. Yogita R. Mirajkar	Ab
11.	Ms. Nikita Jarag	Jarag
12.	Ms. Sakshi Desai	Ab
13.	Ms. Divya Satpute	Divya Satpute
14.	Ms. Swarada Deshpande	Ab
15.	Mr. Amarr Mestry	Am
16.	Mr. Guruprasad Yernalkar	G
17.	Mrs. Priya Kandalkar	Ab
18.	Ms. Asmita Korgaonkar	Ab
19.	Ms. Varsharani Jamdar	Ab
20.	Ms. Tejashri Birajdar	Ab
21.	Ms. Sayali Chavan	Ab
22.	Ms. Pooja Sarolkar	Ab
23.	Ms. Anagha Raut	Ab
24.	Ms. Shamal Pawar	Ab
25.	Ms. Radhika Desai	Ab
26.	Ms. Kshitija Kulkarni	Ab
27.	Mr. Raghunath Topkar	Ab
28.	Ms. Dhanashri Kamble	Ab
29.	Ms. Tejaswini Chile	Chile
30.	Mrs. Anuradha Kumbhar	Ab
31.	Mr. Mandar Vijapure	Ab
32.	Mrs. Shilpa Ghevade	Ab
33.	Mrs. Rameshwari Gunjekar	Ab
34.	Mr. Omkar Ghatage	Ab

(Signature)

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