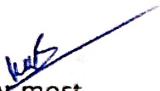


K.M AGRAWAL COLLEGE OF ARTS COMMERCE AND SCIENCE KALYAN.

DEPARTMENT OF BOTANY

04/04/24

All the students are hereby informed that ,Department of Botany is going to start the certificate Course of Meditation from 15/06/24 interested students are directed to remain present on 15/06/24 in the college auditorium at 10.00 am.


Senior most


Principal

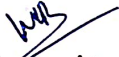
K. M. Agrawal College of Arts, Commerce & Science, Kalyan


NOTICE

Date: 11th August 2025

The students are hereby informed that the college is organizing a **Meditation Programme** on 18th August 2025 at 10 am in association with **Sahaj Yogi Shri Manoj Menon** from **Life Eternal Trust, Kalyan.** in Auditorium

All students are requested to attend the Programme and benefit from this session to enhance mental well-being and inner peace.


Health Committee In-charge


Principal

K.M.Agrawal College of Arts, Commerce and Science, Kalyan

Date -12/8/2025

All the students are hereby informed that under the Shraavanrang Mahotsav, College is organizing lecture on the "Importance of Medicinal plants" on 19th August 2025. Students are requested to attend the same.

Speaker – Dr. Sunanda Jadhav.

Time --10.00am

Venue –College Auditorium

Walt
Convener

Rave
Principal

K.M. AGRAWAL COLLEGE OF ARTS, COMMERCE & SCIENCE, KALYAN
Event Report – 2024-2025

1.	Name of the Activity	Certificate course of Meditation	
2.	The activity is a: Conference/ Seminar/ Workshop/ Lecture/Training/ Program	Certificate Course	
3.	Level : International / National/ State/ University/ District/ College	College	
4.	Day & Date	15/06/2024-18/07/2024	
5.	Venue	Auditorium	
6.	The programme is organized by :	Department of Botany	
7.	Number of Stakeholders participated	Teachers	02
		Students	29
		Others (please specify)	03
		Total participant	34

8. Describe briefly the outcome of the programme / event :

Report of the Meditation Programme

Introduction:

The Department of Botany successfully organized 30 hrs meditation training programme from 15/06/24-18/07/24 at the college auditorium .The objectives of the meditation programme was to provide hands on knowledge and skilled based training of meditation .

Event Details:

The total 30 students enrolled and out of which 29 participants successfully completed the programme and were awarded the certificate .
 Two faculty members of the Department of Botany actively participated in the training programme and coordinated the entire event efficiently .The training session were conducted by experts from Dev JOT Pyramid (NGO), Who shared valuable knowledge ,Demonstrated practical technique and provided participants with comprehensive insights .Their expertise enriched the learning outcomes of the programmes significantly.

Outcome The course proved to be highly beneficial for the participants.

Students reported

- *Improved concentration and focus
- *Reduction in stress and anxiety
- *Better emotional control

***Increased positivity and calmness**

The practical sessions helped students incorporate meditation into their daily routine.

Conclusion:

The certificate course on meditation was successfully completed and achieved its intended objectives .It provided students with essential tools for maintaining mental health and inner peace. Such courses are highly beneficial and should be conducted regularly for the holistic development of students.

9.

Please give a list of students / teachers / other staff who participated in the programme - Attached

K.M. AGRAWAL COLLEGE OF ARTS COMMERCE AND SCIENCE, KALYAN (W)

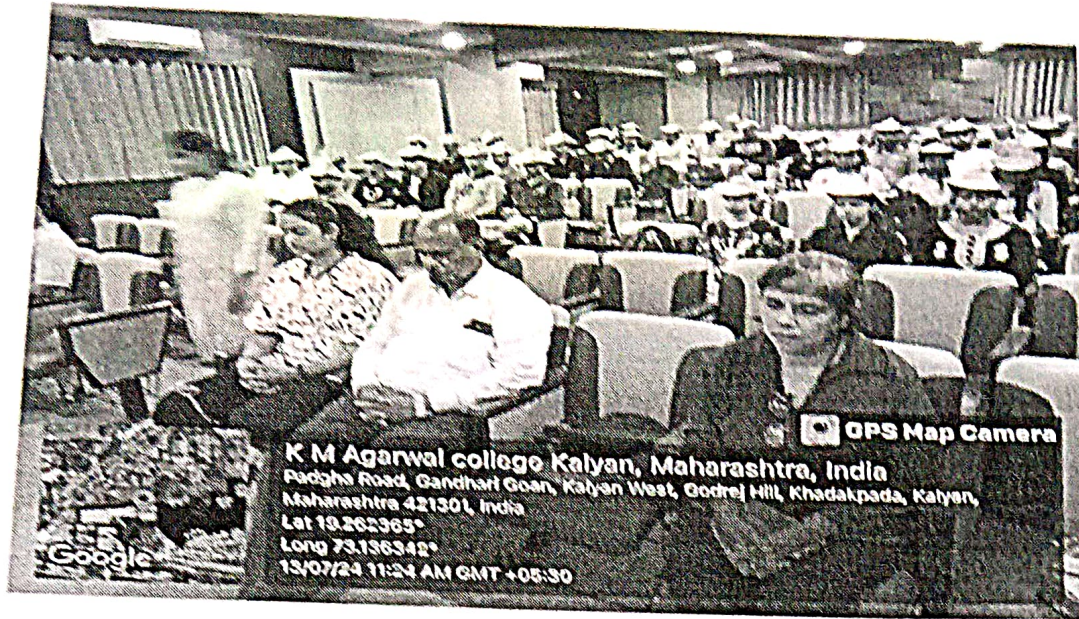
ATTENDANCE REPORT OF MEDITATION COURSE

Sr No	Name of the student	Date	Class	15/06/24	16/06/24	17/06/24	18/06/24	19/06/24	20/06/24	21/06/24	22/06/24	23/06/24	24/06/24	25/06/24
1	Quteshi Kerkat	15/6/24	SYBSC	Quteshi	Quteshi	Quteshi	Quteshi	Quteshi	Quteshi	Quteshi	Quteshi	Quteshi	Quteshi	Quteshi
2	Satish Paswan		SYBSC	Satish	Satish	Satish	Satish	Satish	Satish	Satish	Satish	Satish	Satish	Satish
3	Sumya Chauhan		F.Y.BSC	Sumya	Sumya	Sumya	Sumya	Sumya	Sumya	Sumya	Sumya	Sumya	Sumya	Sumya
4	Rama Chauhan		F.Y.BSC	Rama	Rama	Rama	Rama	Rama	Rama	Rama	Rama	Rama	Rama	Rama
5	Siddhika Chaudhari		F.Y.BSC	Siddhika	Siddhika	Siddhika	Siddhika	Siddhika	Siddhika	Siddhika	Siddhika	Siddhika	Siddhika	Siddhika
6	Manasi Bhondare		F.Y.BSC	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi
7	Manasi Bhondare		F.Y.BSC	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi	Manasi
8	Khushi Jaisure		F.Y.BSC	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi
9	Prayati Kakade		F.Y.BSC	Prayati	Prayati	Prayati	Prayati	Prayati	Prayati	Prayati	Prayati	Prayati	Prayati	Prayati
10	Pratibha Kadane		F.Y.BSC	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha	Pratibha
11	Bhakti Kumbhar		F.Y.BSC	Bhakti	Bhakti	Bhakti	Bhakti	Bhakti	Bhakti	Bhakti	Bhakti	Bhakti	Bhakti	Bhakti
12	Arnya Kawade		F.Y.BSC	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya
13	Vedant Kudu		F.Y.BSC	Vedant	Vedant	Vedant	Vedant	Vedant	Vedant	Vedant	Vedant	Vedant	Vedant	Vedant
14	Vishakha Gaitonde		F.Y.BSC	Vishakha	Vishakha	Vishakha	Vishakha	Vishakha	Vishakha	Vishakha	Vishakha	Vishakha	Vishakha	Vishakha
15	Niela Shetle		F.Y.BSC	Niela	Niela	Niela	Niela	Niela	Niela	Niela	Niela	Niela	Niela	Niela
16	FATEMA SHAHE		F.Y.BSC	FATEMA	FATEMA	FATEMA	FATEMA	FATEMA	FATEMA	FATEMA	FATEMA	FATEMA	FATEMA	FATEMA
17	Sairaj Sawant		F.Y.BSC	Sairaj	Sairaj	Sairaj	Sairaj	Sairaj	Sairaj	Sairaj	Sairaj	Sairaj	Sairaj	Sairaj
18	Rama S. Songar		F.Y.BSC	Rama	Rama	Rama	Rama	Rama	Rama	Rama	Rama	Rama	Rama	Rama
19	Parvati S. Shinde		F.Y.BSC	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati
20	Riya S. Tambhane		F.Y.BSC	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya
21	Suwati S. Thakare		F.Y.BSC	Suwati	Suwati	Suwati	Suwati	Suwati	Suwati	Suwati	Suwati	Suwati	Suwati	Suwati
22	Jyoti M. Thakur		F.Y.BSC	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti
23	Arati S. Yashiv		F.Y.BSC	Arati	Arati	Arati	Arati	Arati	Arati	Arati	Arati	Arati	Arati	Arati
24	Arvi P. Tare		F.Y.BSC	Arvi	Arvi	Arvi	Arvi	Arvi	Arvi	Arvi	Arvi	Arvi	Arvi	Arvi
25	Riya V. Murali		F.Y.BSC	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya	Riya
26	Prachi K. Sawant		F.Y.BSC	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi
27	Tarannum Sawant		F.Y.BSC	Tarannum	Tarannum	Tarannum	Tarannum	Tarannum	Tarannum	Tarannum	Tarannum	Tarannum	Tarannum	Tarannum
28	Prachi K. Sawant		F.Y.BSC	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi
29	Prachi K. Sawant		F.Y.BSC	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi	Prachi
30	Arnya Pandey		F.Y.BSC	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya	Arnya
31														
32														

Senior Most

PRINCIPAL
K.M.A.C. COLLEGE
(Kalyan (W))

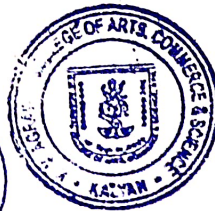
Send soft copies of the photographs of the event on: iqackmagrawal@gmail.com





Sr.No.	Name	Convener / Member
1	Dr Varsha Bobade	Convener <i>WKS</i>
2	Dr Mahendra Dahiwale	Member <i>Dr M.A. Dahiwale</i>

WKS
Convener



WKS
Principal
PRINCIPAL
K.M. AGRAWAL COLLEGE
GANDHARI, KALYAN (W).