

"Techno - Social Excellence" Marathwada Mitramandal's Institute of Technology (MMIT



Accredited with "A" Grade by NAAC

Survey No. 35, Vadgaon Shinde Road, Lohgaon, Pune - 411 047

Approved by AICTE, New Delhi, Recognised by DTE, M.S.Mumbai, Affiliated to Savitribai Phule Pune University

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Tel No.: +91 7447786623 / +91 7447786624

DTE Institute Code: 6203

Date: 08/05/2023

Report of "Heartfulness relaxation, meditation and other connected wellness workshops" organized on every Sunday 09am for FE Students Organized by Department of Engineering Sciences, MMIT, Lohgaon, Pune

Department of Engineering Sciences, Marathwada Mitra Mandal's Institute of Technology (MMIT), Lohgaon, Pune organizing expert sessions on every Sunday in collaboration with HEARTFULNESS EDUCATION TRUST "Expert sessions on Meditation & over all development of Students" for First Year Engineering Students.

Details are as follows: **Time**: 09:00 AM

Date: Every Sunday

Venue: College Seminar Hall (MMIT), Lohgaon, Pune,

About HEARTFULNESS EDUCATION TRUST, It is a registered trust having its registered office at no. 40-15-9/12, Nandamuri Road, Venkateswarapuram Post Office, Vijayawada – 520 010, Andhra Pradesh, India (here in after referred to as "HET", which expression shall unless repugnant to the context and meaning thereof mean and include its successors, administrators, authorized representatives and permitted assigns)

HET is a public charitable trust registered under the Indian Trust Act, 1882 inter alia with an objective to impart Heartfulness approach to various wellness programmes including relaxation, meditation, values based educational programmes for schools, colleges, government organizations, corporates etc., made available to all who are willingly interested in individual development and wellbeing. HET is also engaged in conducting various Teachers' training programmes in collaboration with Certain State Governments/ Education Institutions.

Aim & Objective- HET through its Heartfulness initiatives offer a way for balanced living through various meditation techniques. These simple and effective techniques gradually imbibe feelings of discipline, empathy, brotherhood, leading to mental, spiritual, and psychological well-being, helping an individual to transform not only inwardly but also his/ her attitudes, and dealings with society at large.



Heartfulness relaxation, meditation and other connected wellness workshops to help students' teachers to regulate their minds, moderate their tendencies, increase their concentration, sharpen the use of their will, introspect and self-analyze and accept people and situations in general. Through such workshops and Offerings of HET, they intend to help the students to improve their learning skills and behaviour, and inculcate humility, emotional maturity, confidence, stress management, self-awareness and most importantly, develop a sense of Purpose towards life.

1st Session-

Topic- Practice & Propagation of Spirituality-Seeking Rajyog Meditation.

Speaker: Mrs.Priyanka Srivastava- Co-Founder KPIED, Market Intelligence & IP consulting for Pharma, IT, Automobile, agriculture, Clean Technology companies in product development and product evaluation. Lupin Senior Manager - Business Development.

Date- 29/01/2023

Total Duration of the session is 2 hrs.

Total Participants: 50











Participants List

Marathwada Mitra mandal's Institute of Technology Department of Engineering Sciences Heartfulness Meditation Sessions

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30	Lakhonde Tushan V.	127	B	141		
31	satvik kharat	125	A	Thorn		
32	Arote Rusnikesn	204	B	Dix		
33	Ashwini Rajendoni Pakhale	260	В	Prakhale		
34	Pafull Shahaji Mandave	227	В	Prafyll.		
35	Rash' Rehit Madre	240	В	Open -		
36	Hurshita Jadhao	126	A	Hejadhaw		
37	Tejaswini Chintawa	109	A	nan		
38	Vibhavari Honrao	118	A	Vibhaver!		
39	Anjali Somnath Dhumal	112	A	Ahumal.		
40	Parathmesh Avinash shinde	250	В	Sinde		
41	Utkarsh S. Anecha.	157	A	Johnson		
42	Divya Valbhav Dosi	212	B	Divest		
43	Thube Tejaswini Gajanan	153	A	9		
44	Sanika Dnyaneshwar Shete	245	В	Shote		
45	Shivam Ananda Wagh	253	В	Quey-		
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2nd Session-

Topic- Meditation Session.

Speaker: Yamini Murthy, Elecronics Engineer by Degree and Profession,working as Technical Project Lead in a German Automotive MNC in Pune.

Date- 05/02/2023

Total Duration of session is 2 hrs.

Total Participants: 40







Sr. No. Name of the Students						
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13	Prathamesh . Charlinoux	309	C	#		
14	Parash Lokhande	332	C	Trokhando		
15	Avolhut ahadge	323	C	Belade		
16	Om Vinud Gujar	325	C	Coulse		
17	Prathamesh Lamman Gadekar	388	C -	Prothomesh		
18	Mahesh Umekantroo Shinde	45T	D	(Melas		
19	Paresh Devidas Kadom	421	D	Ad		
20	Tupoke Rucha	353	C	Zicho.		
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27	Rashi Rohit Madre	240	B	alle
28	Harshita Jachao	120	A	Hajadha
29	Jejuswini Chintawan	109	A	gram
30	Vibhonem Homrao	118	A	Vibharari
31	Divya Valbhav Dosi	212	B	Dw Dosi_
32	Sanika Dnyaneshwar Shete	245	8	shite
33	Sanskar Vyankati Raut	143	A	sh-
34	Rakhi Murtidhan Palil	287	8	Patt.
35	Shivam Ananda Wagh	253	В	Query.
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3rd Session-

Topic- Meditation & relaxation Session.

Speaker: Vikram Makwana B.E. Computer, Organized & conducted yoga, relaxation, Meditation & mental wellness program in various corporates & college's.

Date- 12/02/2023

Total Duration of session is 2 hrs.

Total Participants: 50





Participants List

Marathwada Mitra mandal's Institute of Technology
Department of Engineering Sciences
Heartfulness Meditation Sessions
Attendance Report (Date- | 2 | 2 | 2)

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6	Lokhande Rutuja	429	D	Patrot	
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8	Gadekar Shraddha Sunil	319	• C	tradition	
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10	Lokhande Paresh Ravindra	332	_ر حــ	Prokhande	
11	Athan Shyamrao Dixit	317	, c	Athaw	
12	Tachtode Om Marayan	361	A C I	7:	1
13	Arote Rwhikesh Jitenma	204	B	Diz .	
14	Jaikwad Vishal	114	A-	AA	PAGE -
15	Khule Sanket Santosh	423	\mathcal{D}	800	
16 J	ingle Prabhantan	327	C	Prabhanjas	
17 K	harat satvik sonjay	125	A (Chreat	
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4th Session-

Topic- Meditation & relaxation Session.

Speaker: Prayank Pachauriis, IT professional, working as Sr. Project Manager at Globant India Pvt Ltd in Pune.He is an ancient Indian spiritual shastras enthusiast.

Date- 26/02/2023

Total Duration of session is 2 hrs.

Total Participants: 38







Attendance Report (Date-20 02/23)

Sr. No.	Name of the Students	Roll No.	Div.	Sign
1	Himanshu. Poutil	417	D	thats.
2	Shreyush Jadhew	454	0	this
3	Ardun kumar	203	B	Arkun.
4	Sanket Khuie	423	D	-8.P.V
5	Tejas shirke	452	D	038
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8	Rushikesh Arote	204	B	@Ab
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16	Shivam Wagh	253	В	Quagh -
17	Bhagyesh Hole	418	0	
18	Om Delhmukh	312	C	Ben gdomwood
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29	Shraddha Gadekar	319	C	Andelson
30	Shaikh firdous	347	C	Freday
31	Prathamesh Challisware	309	C	
32	Tejaswim chintandan	109	A	War
33	Prasanna Bakal	104	A	P. A. Bakel
34	Divya Dosi	212	B	Direction
35	Harshify Jadhao	120	A	Haraelle
36	Vibhavari Honras	118	A	Vibhanni
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5th Session-

Topic- Mentoring & case study Session.

Speaker: Dr. Dipanjay Bhalerao, he is a passionate Case study writer, Corporate Trainer, startup mentor and digital marketing enthusiast faculty.

Date- 05/03/2023

Total Duration of session is 2 hrs.

Total Participants: 50







Marathwada Mitra mandal's Institute of Technology Department of Engineering Sciences

Heartfulness Meditation Sessions
Attendance Report (Date E 192 las

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3	Rode kisan Lahanu	243	B	Rock			
4	Sanyukta Deshmukh	410	D	Doloshmukh			
5	Rutuja Lokhande	429	D	श्येणुंव			
6	Pranali Yengre	256	В	Ovarali			
7	Asmita Paul	442	D	Agul			
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9	Prahle Pise	446	D	P.			
10	Tejas shirke	452	D	4			
11	Rohit Zagada	356	C	Rogedo			
12	Kiron Mohale	333	C				
13	Siddhesh Pokharkar	139	A	Ridelph.			
14	Ashutosh Agarwal	101	A	Ashudas			
15	Galkwad Vishal	114	A	783.			
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17	Chiraju Patil	441	C				
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Attendance Report (Date- 5/3/29.)

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30)	Rathod Avinash Ganesh	341	C	Bin
31		Omkar Shoshikant kumbhar	224	B	Osbubliar
32		Atharva Suryakant Gole	416	D	Alcole
33		Ra Pravav Bavaskir	206	B	Roble
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6th Session-

Topic- Befriending Stress Session.

Speaker: Mr. Chandrasekhar, he is Automation Head with an Integrated business solution provider & technical specialist in IT for Telecommunication business.

Date- 12/03/2023

Total Duration of session is 2 hrs.

Total Participants: 36







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7th Session-

Topic- Meditation Session.

Speaker: Yamini Murthy, Electronics Engineer by Degree and Profession, working as Technical Project Lead in a German Automotive MNC in Pune.

Date- 23/04/2023

Total Duration of the session is 2 hrs.

Total Participants: 58









Participants List

Marathwada Mitra Mandal's Institute of Technology Department of Engineering Sciences Heartfulness Meditation Sessions Attendance Report - 23 04 2023

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6 Satvik kharet A 12t alanger 7 Avhad Aditya C 304 8 Yashraj tattar B 25t Hatter 9 Bogwade Sujal B 201 Jujul. 10 Dhanjey Bhor D 405 11 Tushar lokhande 12 12t ff. 12 Anjun Luman B 203 Ff. 13 Russhi kesh Arote B 204 Digs. 14 Lazni kant Kulkami D 424 Als. 15 Shivam Hagh B 253 Shival 16 Avahut Gnadge C 323 A. 17 Chiragus Dati D 4143 Ila 19 Aditya Wayhale A 156 Digs. 20 Paut sankor A 143 Ila 21 Sumit Mroshal B 230 Lis 22 Pramod Muthe B 234 Base 23 Biddhesh Pok haskar A 199 Siedali 24 Savapni I. H. Lalunke A 161 Jolanke Jul 25 Aditya Minde. B 230 Kharl 26 Shiram Pophale C 339 Showl 27 Chiray Bhirud B 211 Alanke 28 Tarest Lokhande C 222 Thirds 18 Grest Lokhande C 222 Thirds	5		C			
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14 Laznikant Kulkani D 424 algos 15 Shivam Hagh B 253 Shivan 16 Avdhut Ghadge C 323 A 17 Chizani Patholo D Will College 19 Aditya Wayhale A 156 Stable 20 Raw sanskor A 143 AD 21 Samit Mroshal B 230 E 22 Pramod Muthe B 234 Rs 23 Siddhesh Pokhaskar A 239 Siddhesh Pokhaskar A 161 Falanke Lu 25 Aditya Minde B 248 AKhul 25 Aditya Minde B 248 AKhul 26 Shiran Pophale C 339 Shorte 27 Chiran Bhirad R 211 August 188 Faresh Lokhande	13	Rushikesh Arote	B	201.	1	113
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24 Sarapor J. H. Salunke A. 161 Salonke ful 25 Adilya Phinde. B 248 ARchul 26 Shiran Pophale C 339 Should 27 Chiran Bhirud B 211 Abrul 28 Farest Lokhande C 330 Florid			tues.		Par	
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Marathwada Mitra Mandal's Instutute of Technology Department of Engineering Sciences Heartfulness Meditation Sessions Attendance Report - 23 | 04 | 2022

Sr. No.	Name of the Students	Div.	Roll No.	Sign
1	Mulay Saniley Satish	13	23)	Emulas
2	Grayatti Raju Lokhande	C	331	Broupote)
33	sanika shete	B	245	abote
34	Kumbhan Brotiksha	B	225	(a) tumber
35	Samruddhi Bore	B	209	Sxory
36	sanyukta Deahmukh	D	410	2deshmut
37	Rutyja Lokhande	D	429	Ruluja
38	Pranali Yengre	B	256	Pranali
39	mane Robini	B	228	Lolini
40	Sakshi Giramkar	B	2 5	Saluli
41	Hemakshi Trale	A	144	Honolay
42	Aakanksha shelke	B	248	Releas
43	Rakhi Patil	B	287	Peatil
44	Tejaswini Chintawar	A	109	eran
45	Hansental Jodhan	A	120	Hyacha
46	Giorija Takale	A	151	Cratcale
47	Vibraveri #Honoras	-	118	Wilbharravi
48	Divya Dosi	B	212	p. vposi
49	Aishwanya Borse	C	308	Ashoon
50	Adesh songware	A	150	All
51	Ashutosh Agamoal	A	101	Aguden
52	Nishant Bhai	A	107	10
53	Sohil Mohojan	A	158	Smohap
64	Prothmesh Shinde	B	250	Jame
5	Athory Dixit	C	3197	Rion
6	Manthan Tholas	Ā	115	Sholal
7	Vaibhar Deshmith	c	313	Compre
	om magar	A	128	onkat.
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8th Session-Topic- Peak Performance

Speaker: Mrs.Priyanka Srivastava,Heartfulness Meditation Practitioner (2014-current) and Volunteer for Heartfulness Medita Activities.Work Experience:Subject Matter Expert (Manager)-Novartis Professional with 13+ years of experience in Pharma and related industries

Date- 14/05/2023

Total Duration of the session is 2 hrs.

Total Participants: 58







Attendance Report - 14 105 2023

Sr. No.	Name of the Students	Div.	Roll No.	Sign
1	Alkari Omkar	A	103	AKONI -
2	Adityo 6. Magare	D	436	Mayer
3	Raut Sanskan	A	143	100
4	Mahesh Shinde	D	45-1	Torolal
5	Sanket Nikam	D	439	2 Akan
6	Shivam Jagtan	B	221	Quita
7	Digumbar Warderse	0	452	AND
8	Adiya Phinde	B	249	Destina
9	Graikwad ushau	1	114	The
10	Paw Asmita	D	442	Dawl
11	Gayatri Lakhande	C	331	Proyette
12	sanika shete	B	245	Shite
13	sneha hagargaje	d	334	Onche
14	Anjaly Phumal	A	112	Athund
15	Ashlvini Pakhale	B	260	Dr.
16	Mulay Sanika	8	231	grilles
17	Rashi Madne	6	240	all
18	Sapara Bhuibar	0	401	Beng
19	Shelke Alcanksha	B	248	Sul Est
20	Shraddha Gadekar	C	3 9	Prodekor
21	Kumbhan Pratiksha	B	225	(6) Kembha
22	Samrudelli Bore	B	209	Sury
23	Rutuja Lokhande	D	429	Paris
24	Sanyukta Deshmukh	D	410	& dehnuk
25	0	A	109	
26	Rakhi Patil	B	237	(Phath)
27	Hayshita Jadhao	A	120	regaline
28	Vibrayeri Hongrao	A	118	Vibharani
29	Divya Dosi	B	212	P.v. Posis
30	Dhanashere Modve	A	130	Phops



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Sr. No.	Name of the Students	Div.	Roll No.	Sign
31	Aishwaya Bone	c	308	Acituage
32	Arote Rusnikesh	B	200	-Qiz
33	Yoshraja katkana	B	257	Kathe
34	Tushar Lakhander	A	127	de
35	Arun Kumak +	2	203	Arxon
36	Stige basudde	B	20€	trat
37	Phor Dhanian	D	die	esa
38	Ghadge shreyash	C	324	Raylanda
39	Manthan gholas	A	115	81.9.97-
40	Bhagyesh Hole	7	480	BPALL
41	Siddhesh Pokharka	A	139	lides
42	Bwapnil H. Salunke	A	161	Elinkas
43	Aditya Wayhale	A	156 -	11.6
44	Chirag Bhirud	R	211	Dive
45	Shiram Chechare	B	219	Divetto
46	Sanket Khule	D	423	3Pm
47	Probhanian Ingle	C		42
48	Prasanna Bargal	A	104	P.M. Day
49	Abhay Shitole	D	453	0
50	Shivam Wagh.	B	253	Sagla
51	Archut Ghadge	C	323	Bullde
52	Faresh Lokhande	(332	
53	THE PARTY AND ADDRESS OF THE PARTY AND ADDRESS			Frakund
4	Nishont Bhoi	A	107	081
	Nitin Gabhalt	A	113	प्म द्भाव
6	proamod muto	B	at wind	A Living
_	Adesh Songwane	A	150	for .
	Sahil Mahajan Tachtade am	A	158	Son obej
9	dellode of	<u>C</u>	351	LIBERT
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9th Session-Topic- Situational Awareness

Speaker: Mr.Anand Kumar, Senior Software Engineer with Globant. About 20 years of experience in the IT industry. Heartfulness Volunteer

Date- 28/05/2023

Total Duration of the session is 2 hrs.

Total Participants: 25





Sr. No.	Name of the Students	Div.	Roll No.	Sign
1	Chirag Rhizud	B	211	and .
2	Paresh . Kadom	D	421	to
3	Adige Springe	B	264	A-SS mid
4	And tollar	D	402	-ALL.
5	Tejakumi Chintanian	A	109	now
6	Godekar Shraddha	C	319	hostete
7	Deshmukh Sanyukta	9	410	Delashmuch
8	Pay Asmita	0	942	(Day)
9	Gayata' Lokhand	C	331	(Anyate)
10	sneha nagaegoje	C	334	Queha
11	Sanika shete	В	245	Sanika
12	Ashwini Pakhale	В	260	Ashihi
13	Hunghiter Jackno	A	120	Hyadhea
14	Vibharri Hanrao	A	118	Vilshoner
15	Ackishwary o Bone	c	308	Testurate
16	Artun Kumay	B	203	- Ton
17	Turpo Cokhonele	B	127	Alis
18	Bagunade dujal	13	209	1 yèse
19	Kharot Satvik	A	125	Enhuerd
20	Bhagyesh Hole	D	418	Pagner.
21	Bakal Prasanna	A	104	900
22	Aditya Magare	D	436	Mugar.
23	sohil Mahajan	A	158	9
24	Ghadge Shreyath	C	324	Partidos
25	Ades h sonawane	A	150	
26			100	-
27				
28				
30				



10th Session-Topic- Heartful Relationships

Speaker: Mrs. Yamini Murthy, Electronics Engineer by Degree and Profession,working as Technical Project Lead in a German Automotive MNC in Pune.

Date- 18/06/2023

Total Duration of the session is 2 hrs.

Total Participants: 30





Attendance Report

18/06/2023

Sr. No.	Name of the Students	Div.	Roll No.	Sign
1	Actio 6. Bogan	D	436	Sonyan.
2	Bhagyesh Hole	D	418	BACHON
3	Shivam Shaxad Chechase	B	210	Hr.
4	Rout Sonskors	A	143	Jeans
5	Mahesh. U. Shinde	D	451	(Horabul
6	Shivam A. Wagh	В	253	Banagh .
7	Nitin R. Gabhalo	A	113	Pana .
8	Siddhesh V. Atkari	A	108	Sidlhah
9	Omkar Atkorj	A	103	Atkoni-
10	Adity offinde	B	249	A.S. Shinel
11	Adityanile	19	12:2	adrile
12	Shreeren Pophale	C	339	Annie.
13	Satvik Kharat	A	125	GARRENT
14	Saturk Kharrot Abhay Shitole	D	453	about
15	Swapnil H. Salunke	A	161	Salinke-9 V.
16	Om Tachtode	C	351	2
17	Shivam Jagtap	13	221	Bystop
18	Gaikwad Vishal	A	114	Caly
19	Marthan gholaf	A	115	Anole 14-
20	Siddhesh Potharkar	A	189	Didligh.
21	Asote awnikesh	B	209	ask.
22	Bokal Prasanna	A	104	P.A. Pull
23		A	109	
24	Téjamini Chintanar	C	Name of the last	(Rgheodel
25	ahadge Shreyash	C	317	
26	Athary Disit	B	205	(A) that!
27	Rogulade sujay	A	127	d. D. Y
28	Paresh Lokhande	C	332	Rothande
29	Divya Dosi	В	212	-p.v.pool
30	Aishwanya Borre	C	308	Asstronya



11th Session-Topic-Silence is the language of the heart

Speaker: Mr.Anand Kumar, Senior Software Engineer with Globant. About 20 years of experience in the IT industry. Heartfulness Volunteer

Date- 25/06/2023

Total Duration of the session is 2 hrs.

Total Participants: 32





Marathwada Mitra Mandal's Instutute of Technology Department of Engineering Sciences Heartfulness Meditation Sessions Attendance Report 25\06\23

r. No.	Name of the Students	Div.	Roll No.	Sign
1	Raut Sanskar	A	143	LPar
2	Salunko Swapnil . H.	A	161	Salunke s
3	Bhagyesh Hor	9	418	Brod
4	Avdhut Ghadge	(323	Atlada
5	Abhay Shitple	0	453	Angol
6	Shivam Wagh	В	253	Emajo
7	Tachtode om	0	351	
8	Bhaqueet Hivale	A	117	Lincal
9	Boka Prasanna	A	104	P.A.Bak
10	Tejaswini chintawar		109	en
11	YUVEQ'S SOIGNKE	A	149	yung.
12	vishal gaikwad.		114	Wistool
13	Harshital Jadhuo	A	120	Hadn
14	Vibhavari Honrao	A	118	Nicharan
15	Ginja Sandeep Takale.	A	151	Gotale
16	ahadge Shreyash	C	324	A.ghadose
17	Manthan egholas	A	115	3/10/3
18	Tushor Cothanele	A	127	STER
19	paginade Sujal	B	205	Lujões
20	Kharot Sotve	0	125	Saparur
21	paul Asmitu	D	442	Day
22		C	531	Rayates
23	Grayatri Lokhande Sanika shete	B	245	Sanika
24		2	334	Shehe
25	Snehn nagazgaje Rashi Madne	B	240	a Dry
26	Sanyukta Deshmukh	9	410	Hoshmuk
27	Paresh Lokharpe	0	932	Rekhande
28	Acate Rusnikesn	B	204	(BY)
29	dishmanya borse	0	308	Adding
30	Girija Rom. Walipla	ed.	4/4	1 kg
17	Gadekorshraddh		319	gade



12th Session-Topic- The science behind Meditation

Speaker: Mrs.Priyanka Srivastava- Co-Founder KPIED, Market Intelligence & IP consulting for Pharma, IT, Automobile, agriculture, Clean Technology companies in product development and product evaluation. Lupin Senior Manager - Business Development.

Date- 2/07/2023

Total Duration of the session is 2 hrs.

Total Participants: 30







1	Sr. No.	Name of the Students	Div.	Roll No.	Sign 1
	- 1	Livia Daluphale	D	414	Herolus .
ı	2	Yosh Nolkande	A	131	Janeter
	3	Vaishakh Ingolo	A	119	Chit
ı	4	Bhor Dhamaniay	50	405	D)
	5	Bagiocide sujer	8	205	ligie
	6	Knoray satilic	A	125	Exhause
	7	Atharva Gole	0	416	Mode
	8	Nition Gabbalt	A	113	FACITITY .
	9	promod Muthe	13	234	Fromule
	10	Chadge Shreyowh	C	324	balide
	11	Bhagyesh Hoje	20	418	Done.
	12	Bhagcout hiwale	A	117	Flicing
	13	ASYOM BABAGE	A	105	Batter
	14	Vriek Wadate	F	252	Vint
	15	Shivam Wagh	B	253	Block
	16	Yurai so'nlep	A	1840	yung
	17	vishal gairwood	A	114	WSM
	18	Adity nile	B	132	Ochice
Ī	19	A-sote Ausnikes h	B	204	Cass.
	20	Anceha Utkarsh	A	KY	Tanala
	21	Tachtodo om	C	35)	20
	22	Abhau shitole	p	453	Shoult
	23	Avally Ghadge	-	323	The state of the s
	24	Aditus Shindle	15	249	As Shirds
	25	Shinau Diril	0	317	P.C
	26	Nuyan Pande	A	123	AV.
	27	Foresh Lokhande	C	332	Toghando)
	28	Adesh sonawane	A	150	0
	29	Zodekar Shraddha	C	319	Hadekun
	30	Alshwarya Brose	c	308	fishery



$13^{\rm rd}$ Session-Topic- The art behind Meditation, observation and diary writing

Speaker: Mr Chandrashekhar- Automation head with an integrated business solution provider. Having more than 22 years of experience. Meditation trainer since 2018 and practitioner since 1999

Date- 9/07/2023

Total Duration of the session is 2 hrs.

Total Participants: 25





Sr. No.	Name of the Students	Div.	Roll No.	Sign
1.	Aishwarya Borse	C	308	Asil
2.	Vibhavan Honra o	A	118	Victorian
3.	Hemakshi Ingale	A	144	War
4.	Rashi Madne	В	240	Rushe.
5.	Satvik Kharat	A	125	5. Kar
6 -	Bhor Dhananjay	D	405	shylme_
7.	Tushor lokhande	A	127	A show
8 -	Sujal Baginade	B	203	nice
9.	Shreyash ahadge	В	324	wu
10	Om Tachtode	C	351	galle
11.	Atharva Gole	D	416	Alorde_
12	Vivek Wadate	B	252	July of
13.	Aditya Shinde	B	249	A Sunta
14	Shivam hlagh	B	253	Chien
15.	Avdhut Ghadge	C	323	Hule
16.	Rushikesh Arote	B	204	A-Ask
17	Promod Muthe	B	234	Draute
18.	Nitin Gabhale	A	113	N. Gastu
19	Bhagyesh hale	D	418	3- hole
20.	Shriram phophale	C	339	Sikar
21	Paresh Lokhande	C	332	Plens
22	Tejaswini Chintawar	A	109	nan
23.	Bakal Prasanna	A	104	P. A. B+.
24.	Adity Shinde	B	249	Asyrdo
25.	Adesh Sonawane	A	150	Alex
				Agric
-				



14rd Session-Topic-Closing ceremony of FE Students Heartfulness Meditation Session with all Experts from Heartfulness Educational Trust

Speaker: Mr. Daljeet Virdi -BE from COEP, Mr.Priyanka Srivastava - MBA Marketing, Mr. Vikram Makwana, BE - computer, Mr.Shailesh Murarka, Chartered Accountant, Mr.Anand Kumar Senior Software Engineer with Globant, Mr.Prayank Pachauri IT professional, working as Sr. Project Manager Globant India.

Date- 16/07/2023

Total Duration of the session is 2 hrs.

Total Participants: 25



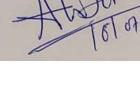








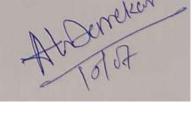
Sr.	No.	Name of the Students	Div.	Roll No.	Sign
	1]	Gadekar Shradd	ci C	319	tradeke
2]	Shitale Abhay	D	453	Shorter
1	3>	Tachtode om	C	351	O G
-	4)	utkansh America	A	157	de
	5)	Satvik knorat	A	125	GAVEN?
	3)	Rout Sunskar	A	143	doub
;		Mahech . U. Shinde	D	451	10 Dahus
	2>	Bagginade guar	B	200	leices
(47	Bhor Dhunanjord Yashraj katkar	0	405	Dis.
1	0>	Yashraj Katkar	В	297	Rate
,	1)	Tushan Lathande	A	127	d 11. W
1	2	Bhogyesh Hole	0	418	Hora
13	5	Tefanvini Unintawa	r A	109	nan
11	4	Dhanashree Modhave	A	130	Phila
18	5	Divva Vaibbou Dosi	B	212	Thursd
1	6	Sanyukta Deshmuk	D	410	Odoshraukh
17	1.	Rutuja Lokhande	D	429	Paty of
1	8.	Previali venare.	В	256	Pranali
1	9]	Thube Tejaswini	A	153	P
20	67	Ashwini Pakhale	В	260	Par.
21		Janika Shite	В	245	Shete
2	27	Glayatei Lokhande	C	381	Cayatei
23		sneha Nagargoje	C	334	Oneha
24)	Tejas shirke	D	452	OBSWike
25)	CONTRACTOR CO.	Robit Zagade	c	356	Regode
26		Sanket Nikam	0	439	(2)
27	>	Sonket Khule	D	423	2022
28		Parabhan Jan Ingle	C	327	
29)		Mirag Bhired	R	211	amus
30%		Paresh Kadam	n	421	be





Marathwada Mitra Mandal's Institute of Technology Department of Engineering Sciences Heartfulness Meditation Sessions Attendance Report | 6 | 07 | 2023

	Sr. No	. Name of the Students	Div.	Roll No.	Sign
	317	Ardun kumar	800	203	Arton
	32	Showash Patil	A	136	Calis.
	33)	julanthan gholap	A	115	Shotol -
ı	34)	Atkari Omkar	A	103	Caron-
	35)	Prothmesh Shinde	B	250	Ade
	36)	Shivam Tagtap	B	221	Chistan
	37)	Ritesh voirolkar	B	258	Rutch
	38)	Atharva Gole	P	410	Mode
-	397	Avote Rusnikesh	B	200	_R/10
-	40)	Pramod Muthe	ß	234	Inmutes:
-	41)	Sumit tahoshal	B	236	Suprala
1	92]	Shivam Wagh	В	253	Buraga
1	43]	Avdhut Ghadge	C	323	Kabida
1	44]	Paul Asmita	D	442	Ahul
1	45	linija Wahiphale	0	414	Gralulup.
L	461	Hith Gabhale	A	115	COMONIA
L	47]	yuveai solanke	A	149	Jumit 1
	1/8]	BHOW WAT HEWA	-	117	(Standar
	49)	Digambar Vavare	a	458	openy.
	50)	Zwapnil. H. Zalunke.	. A	161	falunke 31
3	50	Siddhesh Pakharkar.	A	139	dield h
4	52)	Vivek Inadate	В	252	Vint
4	53)	Adilya shinek	В	249	188 mile
3	54)	Athorn Dixit	0	317	Adv
5		Prothmer h Madelon	0		Prothemaly
_	72	Rakhi PaHI	B	237	RPHIL.
_	53)	Vibhavari Honrao	A	118	Vikhavani
5	47	Borbade Anyon	A	105	actions
	-		- 2		







Danekar

Prof. Anil G. Darekar Coordinator



UPMohan/.

Dr. Umesh Moharil HOD, FE