



"Techno -Social Excellence"  
MARATHWADA MITRA MANDAL'S  
INSTITUTE OF TECHNOLOGY  
S.No.35, Plot No. 5/6, Lohgaon, Pune-411 047  
Accredited with "A" Grade by NAAC

## A REPORT ON

### Extension activity for second year semester IV Audit Course "Stress Relief: Yoga and Meditation"

9<sup>th</sup> March 2024



Organized By



Computer Engineering Department

Marathwada Mitra Mandal's Institute of Technology, Lohgaon,  
Pune

Approved by AICTE New Delhi, Recognized by DTE Maharashtra & Affiliated to Savitribai Phule Pune

NAAC "A" Accredited Institute







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**Coordinators**

**Dr. Jyoti Y. Deshmukh**  
Associate Professor, Computer Engineering, MMIT, Lohgaon, Pune

**Dr. Subhash G. Rathod**  
Associate Professor and HOD, Computer Engineering, MMIT, Lohgaon, Pune

**Mrs. Shwetal K. Patil**  
Assistant Professor, Computer Engineering, MMIT, Lohgaon, Pune

**Speakers**

**Mr. Anand Iyer**  
MMIT Alumni and Art of Living volunteer  
**Mrs. Meenakshi Iyer, Ms. Nalini Jaiswal and Mr. Vijay Zala**  
Art of Living volunteers







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## Notice

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“Towards Ubiquitous Computing Technology”  
DEPARTMENT OF COMPUTER ENGINEERING

Ref. No.: MMIT/Comp/23-24/

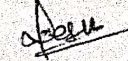


Date: - 06-03-2024


### NOTICE

All the students of second year computer engineering are hereby informed that the Department of Computer Engineering is organizing the workshop on “**Stress Relief: Yoga and Meditation**” scheduled on 9<sup>th</sup> March 2024. All students are requested to attend the workshop.

**Topic of Workshop:** Stress Relief: Yoga and Meditation  
**Date:** 9<sup>th</sup> March 2024.  
**Venue:** Seminar Hall  
**Time:** 08.30 am to 09.30 am ( Saturday) (1 Hour)  
**Resource Person:** Anand Iyer (Alumni MMIT Computer Department)  
**Platform:** Offline

**Coordinator**  
Dr. Jyoti Y. Deshmukh  
Dr. Subhash G. Rathod  
Mrs. Shwetal K. Patil

  
**HOD**  
Dr. Subhash G. Rathod

Copy to:

1. Dean Academic.
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## Computer Engineering Department

(Academic Year 2023-24)

Date: 10/03/2024

### Extension activity for second year semester IV Audit Course "Stress Relief: Yoga and Meditation"

The workshop organized by the Department of Computer Engineering under the **Extension activity planning for second year engineering students of semester IV for Audit course Stress Relief : Yoga and Meditation** aimed to achieve several objectives related to ethics, stress relief and focus on day to day life stress management. Students were introduced to the required routine and activities to be performed for being active and focussed towards their daily growth and lifetime achievements.

The details of the Workshop are as follows:

<b>Topic of Workshop:</b>	Stress Relief: Yoga and Meditation
<b>Date:</b>	9th March 2024.
<b>Time:</b>	08.30 am to 09.30 am ( Saturday) (01 Hours)
<b>Recourse Person:</b>	Anand Iyer (MMIT Alumni Computer Engg. Department)
<b>Platform:</b>	Offline(Seminar Hall)







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### **About Program:**

#### **Objective:**

The objective of this workshop was as follows:

- To make students aware of the reasons of Stress.
- To understand the ways of becoming stress free with different Yoga and meditation methods.
- To know the importance of adding an Audit course into the curriculum.

#### **Activities performed:**

In the session, the art of living volunteers expressed their views about the need of Yoga and meditation in the day to day for releasing their stress in day to day life because of many reasons. They have given demonstrations of how to do different enjoyable and easy yoga sessions and become tension free. They have given information about different reasons why there are different types of tensions in life. They have explained and demonstrated how to do meditation and live the present moment with full of happiness.

The total Duration of the Workshop is **01 hrs.**

Total Participants: 46 Students.

It was an interactive session where students' doubts were solved by the art of living volunteers.

#### **Outcome:**

- Able to focus in the present moment.
- Able to become stress free with Yoga.
- Able to be happy with meditation.





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**List of students participated:**

Date: 9/03/24

STRESS RELIEF & MEDITATION SESSION	
Name	Roll no
Nihar Kijje	SEA50
Kantik Shikar	SEB48
Dnyaneshwar Patil	SEB21
Suraj Sawant	SEB38
Satvik Kharat	SEA48
Shivam Wagh	SEB56
Om Tachode	SEB51
Saurabh Gawar	SEB25
Anjum Yadhav	SEA53
Sujal Bhagwade	SEA03
Pratham Chalewar	SEA10
Firdaus Shaikh	SEB39
Abhay Shitole	SEB46
Laxmikant Kulkarni	SEA52
Sanyukta Deshmukh	SEA15
Samyakshi Bore	SEA08
Pratiksha Kumbhar	SEA55
Sanika Mulye	SEB05
Rutuja Lolchande	SEA57
Ontar Nalawade	SEB089
Aneha Nalawade	SEB08
Shetal Thube	SEB53
Shrawani Nasikkar	SEB13
Aishwarya Bore	SEA09
Tejaswini Chintawar	SEA12
Prasanna Bakal	SEB6 (AIDS)
Solanice Yuvraj	SEB49
Aditya Waghale	SEB59
Araha Godse	SEA25
Pegwal Bhagat	SEA4

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Carrollin	Page
Date	/ /

	sanskar raut	SEB32
	mubesh chinde	SEB42
	sayli sawant	SEB37
	sobit mahajan	SEA72
	sujal sinha	SEB47
	Atthazv thozal	SEB53
	Rohan Zunjewkar	SEB61
	Akanksha Sawant	SEB36
10	Angali Dhumal	SEA18
	Vajbhav Bhirud	TEB54
	Yash Jadhav	SEA39
	Aderb sonwane	SEB50
	Rajon Jadhav	SEA36
15	manndas kakade	SEA21
	Sankalp S. Gidish	SEB75
	Eka salgar	SEA73
20		
25		
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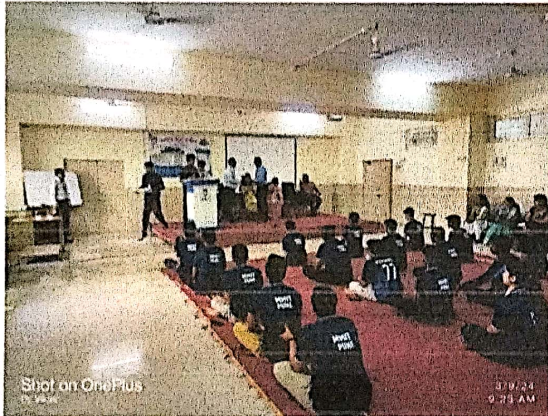
### Glimpses of the Session: Sample photograph



Felicitatation of Mr. Anand Iyer



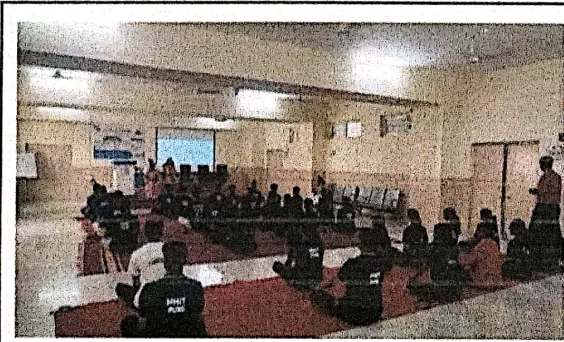
Felicitatation of Mrs. Meenakshi Iyer



Felicitatation of Mr. vijay Zala



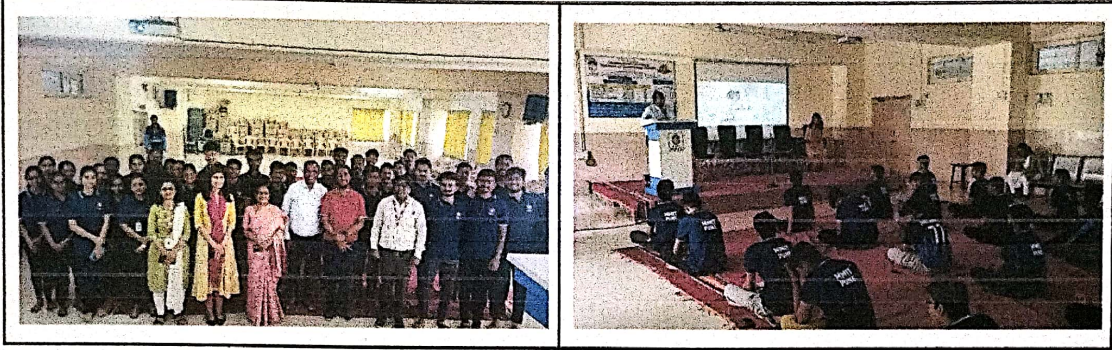
Felicitatation of Ms. Nalini Jaiswal







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**Head of Department**