

Kannada Sangha Pune's



Kaveri College of Arts, Science and Commerce, Pune

Permanently Affiliated to Savitribai Phule Pune University, Pune

Recognized U/S 2(f) and 12(B) of UGC Act, 1956

Permanently Non-Aided | Linguistic Minority (Kannada)

Criteria V

Student Support and Progression

Key Indicator 5.1 Student Support

5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following

3. Life Skills (Yoga, physical fitness, health and hygiene)

(2017-18 to 2021-22)

Life Skill Year Wise Index	
<u>2021-22</u>	
1	Antarmanache Niyojan
2	Breathe for Life
3	Effective use of Technology in Fitness
4	World Mental Health Day
5	One Day National Level Conference World Mental Health day
6	International Yoga Day
<u>2020-21</u>	
1	International Yoga Day
2	World Mental Health day
<u>2019-20</u>	
1	International Yoga Day
<u>2018-19</u>	
1	International Yoga Day
2	Yoga Pranayam and Women Health
<u>2017-18</u>	
1	Yoga Day
2	Dance and Movement Therapy
3	Health issues of Women and vaccination




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2021-22

Name of the Activity: Antarmanache Niyojan

Date: 16 July 2021

Number of Participants: 102

Report:

Antarmanache Niyojan session by Dr. Shirish Limaye, Retd. HOD, Accountancy, Symbiosis College of Arts and commerce, Pune, volunteer, Ramakrishna Math, Pune, on 16th July, 2021 Friday at 11 am. The session was organised by Department of commerce, Kaveri College of Arts, Science and Commerce, Pune.

In the current pandemic situation everyone needs to be fit- physically and mentally. To give guidance about taking care of mental health, a lecture on the topic "Antarmanache Niyojan" was organised.

Limaye sir advised to take care of 'what you think' because 'you receive what you think, what you trust and not what you are eligible for'. While giving guidance about how to increase the trust, he advised to be bold, be strong and take your whole responsibility on your own shoulder and Be confident.



Session on Antarmanache Niyojan on 16 July 2021



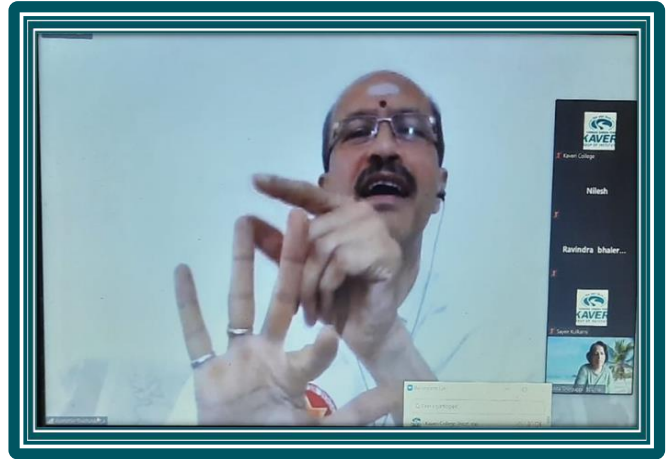
Pratiksha Belare
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Name of the Activity: Breathe for Life”, a special two days Kriya Yoga event for Parents at Kaveri College

Date:10th and 11th July 2021

Number of Participants: 44

Report: Kaveri College of Arts, Science and Commerce organized “Breathe For Life”, a special two days Kriya Yoga Session for Parents, students and staff members on 10th and 11th July 2021. The event was organised in association with Datta Kriya International Pune Centre. The event was conducted by the resource person Dr. A.J.Thanawala, a practitioner of Datta Kriya Yoga. Principal Dr. Ashok Agrawal, Vice Principal Dr. Muckta Karmarkar, Student Development Officer Dr. Jayashri Bangali along with Parents, teaching and non-teaching staff, and students were present on this occasion. In his address, Dr. Ashok Agrawal said that everyone should take care and keep themselves fit during this pandemic situation. As a part of our social commitment to the well-being of our key stake holder this event on Kriya yoga has been specially organized. The resource person senior yoga trainer Dr. Avnish J Thanawala conducted the two days session and guided all the participants. He demonstrated Shuddha Sahaj Pranayama, Nadi Shuddhi and Panchtatwa Mudras followed by music meditation. He explained various benefits of practicing Mudra Kriya yoga. Total 44 participant were benefited by the workshop.



Dr. A.J.Thanawala Conducted a special two days Kriya Yoga event for Parents at Kaveri College on 10 and 11 July 2021



Ashok Agrawal
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Kannada Sangha Pune's
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KANNADA SANGHA PUNE'S

KAVERI COLLEGE OF ARTS, SCIENCE AND COMMERCE, PUNE

Organizes

"Breathe For Life"

In Association with

Datta Kriya International Pune



SENIOR YOGA TRAINER
Dr. A.J. THANAWALA



BREATHE FOR
LIFE

Special Sessions for Parents

As a part of our social commitment to the well being of our key stake holder

Yoga sessions for Learning and Practicing Kriya Yoga

Day and Date: 10 & 11 July 2021
Time 8 am to 9 am



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KANNADA SANGHA PUNE'S

KAVERI COLLEGE OF ARTS, SCIENCE AND
COMMERCE

ORGANIZES

'BREATHE FOR LIFE'

SPECIAL TWO DAYS SESSIONS FOR PARENTS
AS A PART OF OUR SOCIAL COMMITMENT TO THE WELL BEING OF
OUR KEY STAKEHOLDERS

YOGA SESSIONS FOR PRACTISING KRIYA YOGA
IN ASSOCIATION WITH
DATTA KRIYA INTERNATIONAL, PUNE-07



DAY AND DATE: 10 & 11 JULY 2021

TIME: 8:00 AM TO 9:00 AM

VENUE: ONLINE SESSIONS ON ZOOM PLATFORM



FACILITATOR :
YOGAGURU
(UPADHYAYA)
DR. A.J. THANAWALA,



TO REGISTER AND ATTEND CLICK ON THE LINK BELOW:
[HTTPS://KAVERI-EDU-IN.ZOOM.US/MEETING/REGISTER/TJCR-
YRQJKVGNN0FWDB_6BPLEBITOFMSAKU](https://kaveri-edu-in.zoom.us/meeting/register/TJCR-
YRQJKVGNN0FWDB_6BPLEBITOFMSAKU)

Dr. Ashok Agrawal
Principal
Kaveri College of Arts, Science and Commerce

"YOGA IS THE
JOURNEY OF THE
SELF, THROUGH THE
SELF, TO THE SELF"

*PARTICIPANTS ARE REQUESTED TO
REFRAIN FROM EATING AT LEAST
TWO HOURS BEFORE THE SESSION.
LOOSE AND COMFORTABLE CLOTHING
AND YOGA MAT IS ADVISABLE FOR
PRACTICING KRIYA YOGA



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Name of the Activity: An Online Session on ‘Effective Use of Technology in Fitness’

Date: 31 July 2021

Number of Participants: 30

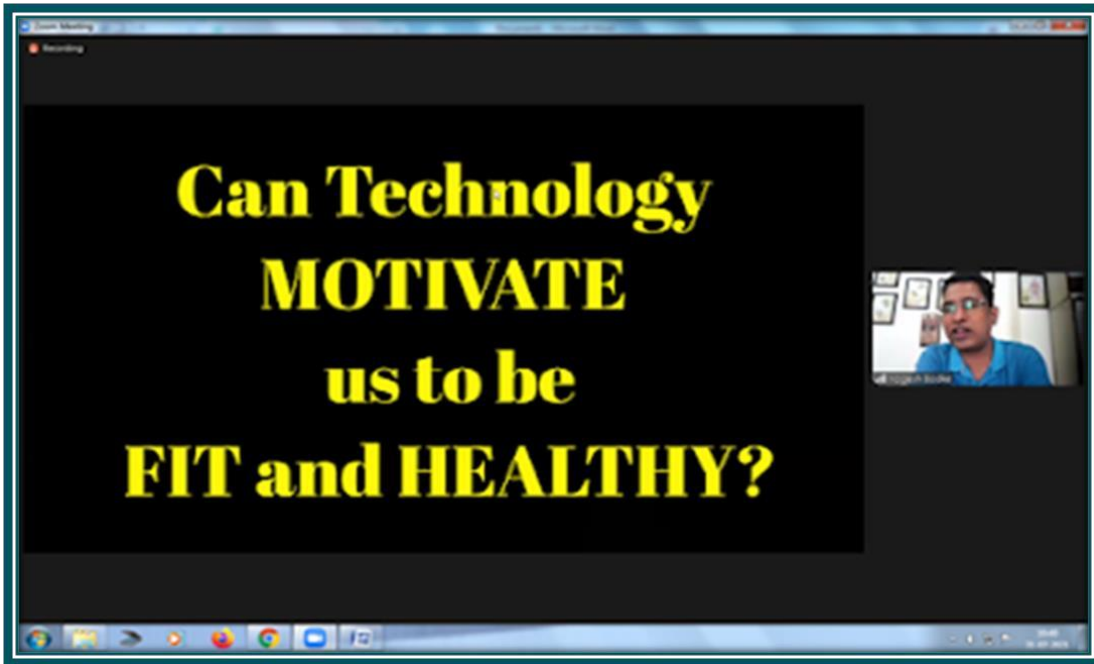
Report:

Kaveri College of Arts, Science and Commerce organized a session on “Effective use of Technology in Fitness” on 31 July 2021. The event was organised on a virtual platform by the Department of Physical Education and Sports, Kaveri College. The event was guided by the resource person, Dr. Yogesh Bodke, Professor at the Chandrashekhar Agashe College, Pune. The college Principal, Dr. Ashok Agrawal, the Vice Principal, Dr. Muckta Karmarkar, the Director, Physical Education and Sports Department, Mr. Rohit Tambe, and many members of the teaching and non-teaching staff as well as a number of students participated in the event.

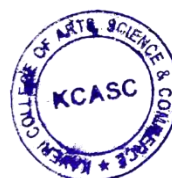
The resource person, Dr. Yogesh Bodke, in his speech highlighted the importance of goal setting for building a fit body. He further explained various ways that can be used for self-motivation like virtual challenge, online communities, rewards, championships, and sharing achievements with friends. He introduced, moreover, mobile applications that can be used like google fit, runkeeper, looseit, fitness builder and fitness pal. He discussed next the electronic gadgets, wearable devices, smart shoes, smart ropes and other such gadgets that are gaining popularity and are widely used. He provided additional fitness tips for youngsters and kids. The session was followed by a question answer session. In this session, Prof. Bodke explained techniques for losing weight, and answered other queries. Mr. Rohit Tambe summarised the discussion in the session, and proposed the vote of thanks.




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Dr. Yogesh Bodke conducted a session on 31 July 2021



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Name of the Activity: World Mental Health Day

Date: 10th October 2022

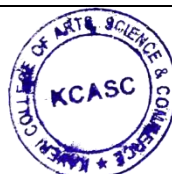
Number of Participants:65

Report:

Kaveri College of Arts, Science and Commerce,(Department of Arts) organized the World Mental Health Day Celebration. The program started with Mr.Rahul Uplenchwar, student of TYBA introducing the nature of the event and how it is important to be happy despite the different stories lived by every individual present in the room. Post that, Vice-Principal Dr. Muckta Karmarkar enlightened the students about the vitality of mental cleansing and looking at the smaller things in life which give happiness as well as not engaging in any forms of unhealthy comparisons. The event had a small poetry recitation, with students from different streams involved in expressing their subjective thoughts about the concepts of mental wellness. After that, there was a fusion of various songs in various languages sung by Mr.Rahul Uplenchwar TYBA, Ms.Rucha Kulkarni TYBA, Ms.Renuka Kotharkar SYBA, Ms. Suchismita Mohanty Coordinator BA, Ms. Pooja Adkar Faculty of Psychology in Malayali, Odissi, English, Marathi, Hindi and Marathi Languages. Then, there was a poster presentation which was done in individuals as well as groups and was explained by students to the judges Ms. Shweta Bapat Coordinator BBA and Ms Jayashri Bangali Coordinator B.Sc department respectively. The A.V room was well decorated with quotes and colorful cliparts relating to psychology by all of the volunteers involved in the event. The event was concluded with a vote of thanks given by the students and Ms. Suchismita Mohanty later distributed the prize distribution for posters which was given out by the Principal Dr.Ashok Agrawal.



World Mental Health Day Celebration on 10 October 2022



Principal
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Kaveri College of Arts, Science & Commerce

Name of the Activity: One Day National Level Conference on Mental Health & Economic Perspective

Date: 12 February 2022

Number of Participants: 94

Report: Kannada Sangha Pune's Kaveri College of Arts, Science and Commerce, Pune in association with Central University of Haryana organised a One Day National Level Conference on Mental Health & Economic Perspective on 12 February 2022, on an online platform. This Conference was very aptly supported by SkillSlate Foundation, Pune.

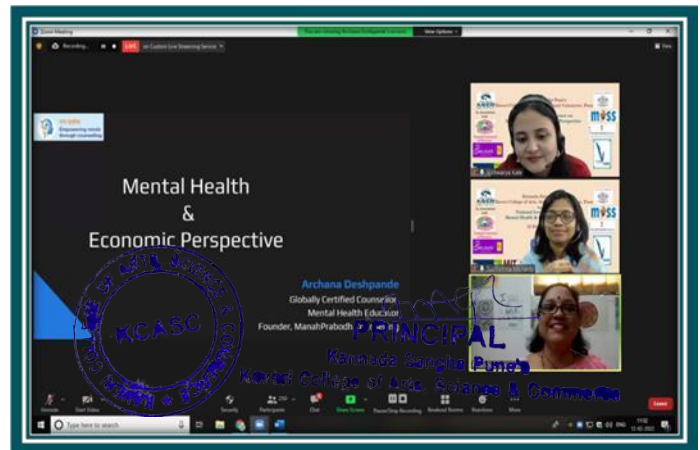
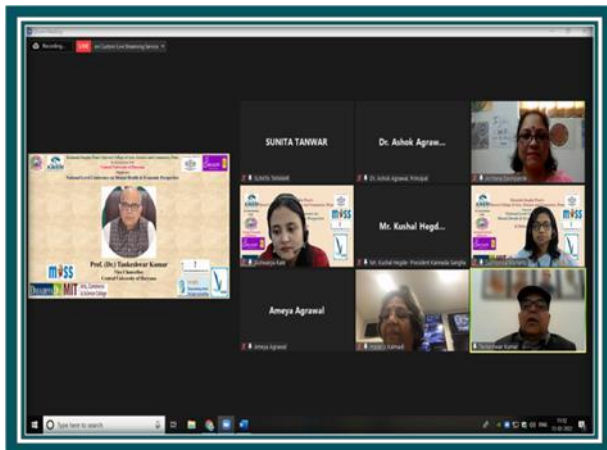
With the objective of understanding how addressing vital aspects like policies and perspectives related to mental health can be a precursor for enhancing national wealth and prosperity and also with the objective of spreading awareness, this conference was arranged. The session witnessed the gracious presence of illustrious personalities from the field of academics and different organizations associated with the area related to mental health like: Mr. Vijay Kanhekar (Hon. Member, Advisory Committee, Divyang Act, 2018, Maharashtra Founder, MGSS), Prof. Tankeshwar Kumar (Hon. Vice Chancellor, Central University of Haryana), Mrs. Archana Deshpande (Founder, Manah Prabodh), Ms. Deepti Panhalkar (Founder, Mind Spa), Dr. Sunita Tanwar (Faculty, Dept. of Management Studies Central University of Haryana), Mr. Ameya Agrawal (Founder, SkillSlate Foundation, Pune), etc.

Mrs. Archana began the lecture by sharing the ppt. She guided and spread awareness about various mental health related aspects like global perspective and economic budget, policy provisions related to mental health in India, need for changing mindsets, initiatives to be taken at social level, etc. She briefed the participants about core strategies and goals of WHO regarding mental health and disorders. She also drew attention to the fact that with proper medical treatment, non-judgemental listening and understanding of the state of mind of the victim is of immense importance. She said that it is a remarkable change to notice the journey, from how inhuman treatment was earlier given to mentally unstable people, to the new era where human rights are applied to them and provisions are made for their betterment. She also expressed satisfaction towards the National Digital Health Ecosystem Budget, National Tele Mental Health Programme, etc. She proposed a




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desire about what steps the State & Central Government can take regarding mental health. Towards the end of the session, was a Q&A session, in which participants spontaneously came up with the questions, to which Ms. Archana satisfactorily answered. This was followed with an address by Ms. Deepti Panhalkar, who shared tips regarding practicing positive mental health. She added that understanding one's thinking pattern by oneself is very important. A closing remark was presented by Dr. Sunita Tanwar, who briefly summarised the session and added that the pandemic had shown both the sides-one of stress, depression, etc; as well as many opportunities to learn things, as people now have started to openly talk on the issues of mental health or imbalance. She appreciated the efforts taken by the organising team in planning and execution of such a distinguished valuable session. The conference was supported by Mr. Ameya Agrawal, Founder, SkillSlate Foundation, Pune who introduced all the dignitaries to the audience. He provided a platform for deliberation on the topic.



One Day National Level Conference on Mental Health & Economic Perspective held on 12 February 2022.



Archana
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 Kaveri College of Arts, Science & Commerce

Name of the Activity: International Yoga Day

Date: 21 June 2022

No. of Participants: 40

Report:

On the occasion of 8th International Yoga Day Kannada Sangha Pune's Kaveri College of Arts Science and Commerce Pune organized a special program to conduct yoga sessions for the students and professors of all the faculties on 21st June 2022. The theme for the International Yoga Day was 'Yoga for Humanity' in the view of significant mental, physical, emotional effects of the corona pandemic on the human body. The International Yoga Day is being celebrated worldwide on 21st June from the year 2015. On the occasion of International Yoga Day, Yoga Instructor - Mrs. Kalyani Tulpule explained the benefits of regular yoga practice to all and guided them with demonstrations. Vice Principal Hon. Dr. Muckta Karmarkar welcomed Mrs. Kalyani Tulpule and also participated in the program.

Ms.Kalyani Tulpule in her session mentioned that it is important to include yoga in your life for a better lifestyle. Yoga keeps the body healthy and relieves mental stress. Physical and mental stability can be coordinated. She also said that it is important to follow certain rules while doing yoga. The event was organized by NSS Program Officer Prof. Nilesh Nemade. Dr. Anand Buddhikot proposed vote of thanks to the audience and guests. The event was attended by teaching, non-teaching staff and students of the college.



Celebration of International yoga Day on 21st June 2022



M. K. Karmarkar
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2020-21

Name of the Activity: International Yoga Day Celebration

Date: 21 June 2020

Number of Participants: 40

Report:

The sixth International Yoga Day was celebrated virtually in Kaveri College of Arts, Science and Commerce, Pune on 21st June 2020 with great zeal and enthusiasm. This year's theme was 'Yoga at Home and Yoga with Family'. All the teachers and students joined the celebration virtually in wake of Covid – 19. Pune Center. Dr. A. J. Thanawala, was the resource person for this session.

Principal, Dr. Ashok Agrawal inaugurated the session. In his inaugural address, he expressed the importance of Yoga for a healthy life. He said that Yoga keeps us physically, mentally and spiritually balanced. He mentioned that Yoga is the best medicine for sculpting the body both internally and externally.

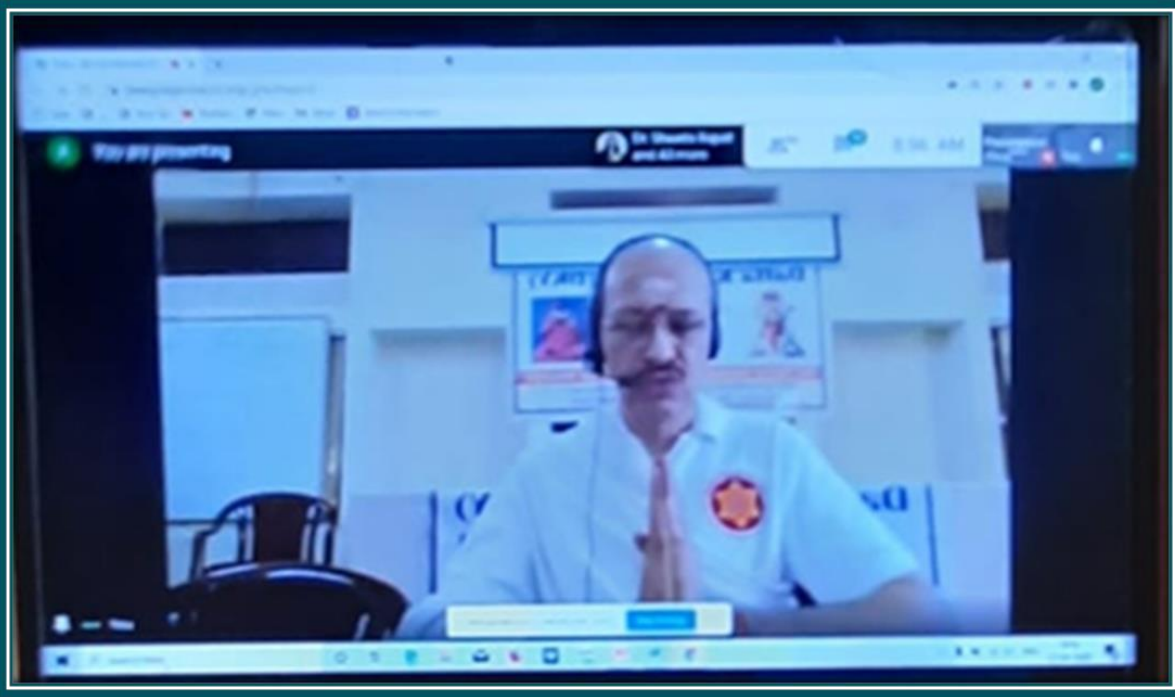
Dr. Thanawala explained the concept of Pran-Shakti, an essential component to keep our body and mind in healthy disposition. He also said that transformation of the mind is the greatest miracle which can be achieved through the ancient science of Yoga. He said that Yoga helps in curing many chronic and incurable diseases through various asanas and 'Naadishuddhi Kriya'. Dr. Thanawala conducted a session on 'Namaskar Mudra, Meditation, Pranayam and breathing techniques, Suryanamaskar and musical meditation for the participants. He also shared the information about the 'NadiShuddhi Exercise App' for practicing yoga in daily life.




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Dr. A. J. Thanawala, Trainer Datta Kriya Yoga conducted session on 21st June 2020



Dr. Mr. Thanawala explained the concept of Pran-Shakti




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Name of the Activity: World Mental Health Day

Date: 10 October 2020

Number of Participants: 65

Report:

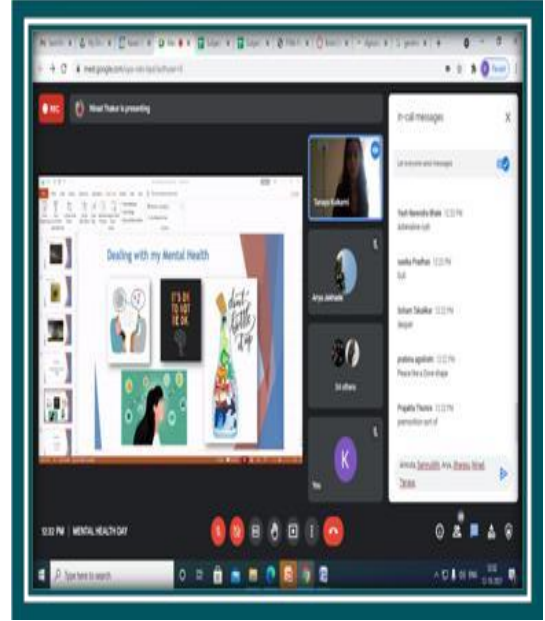
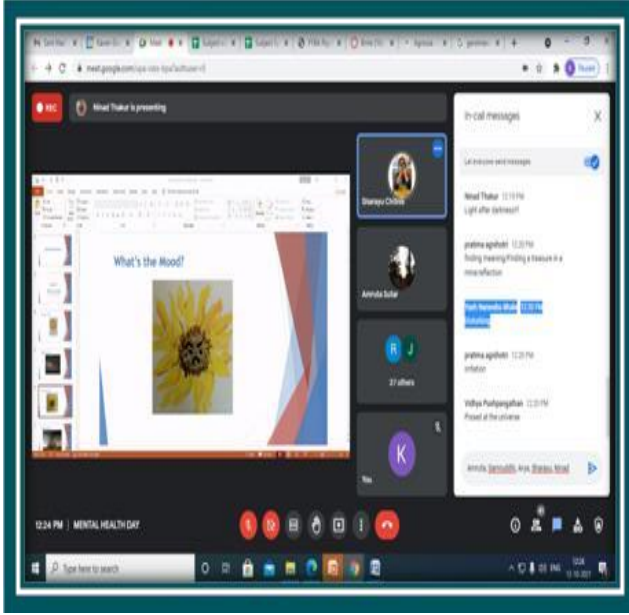
World Mental Health Day is celebrated every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. In the interest of nurturing and nourishing mental health, the Department of Psychology of the college celebrated the 28th World Mental Health Day on 10 October 2020. The theme of this year's programme was 'Mental Health For All'

The second part of the programme witnessed a very well thought out series of activities, showcasing the involvement of students of the Psychology Department. Gayatri Harshada introduced about Mental Health, evolution and development in the field and highlighted the importance of celebrating the day.

Students spoke about different types of mental disorders namely depression, anxiety, stress and suicide respectively. They highlighted the symptoms of these disorders and what preventive measures that can be taken to avoid or minimize the gravity of the situation. Anjlika Multani recited a self-written poem titled 'Ab Toh Mujhe Rone Do'. The poem emphasized the importance of 'it's okay to not to be okay' and also the factor of 'catharsis' of emotions which can help reduce the burden of feeling alone or burnt-out. Rushi Vaishyak enthralled the audience with a melodious rendition of yesteryear's Bollywood song 'Kisike Muskurahato Se...' which guides one on how to live life to the fullest.





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Virtual Session on world Mental Health Day on 10 October 2020




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2019-20

Name of the Activity: International Yoga Day Celebration

Date: 21 June 2019

Number of Participants: 24


Report:

The 5th International Yoga Day was celebrated on 21 June, 2019 with great enthusiasm in the college. The event was organized in association with Datta Kriya Yoga International Pune Center. Dr. A. J. Thanawala from this center explained the importance and benefits of Yoga to the staff and the students of the college. He explained the concept of Pran-Shakti, an essential component to keep our body and mind in healthy disposition. He also conducted a session on Nadishuddhi, meditation, Pranayama, breathing techniques, and musical meditation for the participants. Dr. Ashok Agrawal, Principal, expressed the importance of Yoga for healthy life. He said that Yoga keeps us physically, mentally and spiritually balanced. It promotes harmony among people in their professional and personal lives.



Dr. A. J. Thanawala conducted a session on Nadishuddhi, meditation, Pranayama and breathing techniques on 21 June 2019




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2018-19

Name of the Activity: International Yoga Day

Date: 21 June 2018

Number of Participants: 36

Report:

The 4th International Yoga Day was celebrated on 21 June 2018 with great zeal and enthusiasm. The event was organized in association with Datta Kriya Yoga International Pune Centre. The then Principal, Dr. S.B Kharosekar presided over the function and Dr. A.J. Thanawala, from Datta Kriya Yoga International Pune Centre, was the Chief Guest for this occasion.

Dr. A. J. Thanawala explained the importance and benefits of Yoga to the staff and the students. He explained the concept of Pran-Shakti, an essential component to keep our body and mind in healthy disposition. He also said that transformation of mind is the greatest miracle which can be achieved through ancient science of Yoga. Dr. Thanawala conducted a session on meditation, Pranayam and breathing techniques, and musical meditation for the participants.



Dr. S.B.Kharosekar felicitating Dr. A.J. Thanawala . Yoga session in progress on 21st June 2018




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Name of the Activity: 'Yoga, Pranayam and Women's Health'

Date: 24 August 2018

Number of Participants: 83

Report:

The Women's Forum of the college organized a session on 'Yoga, Pranayam and Women's Health' for the girl students of the college on 24 August 2018. Total 83 girl students from various streams of the college attended the session and were benefited from it.

Ms. Meenal Joshi, a Certified Yoga Teacher by SPPU and a yoga therapist guided the students about the finer concepts of Yogasanas and women's health related issues such as Breast Cancer, Menstrual problems, Infertility, Obesity, Stress, Osteoporosis, Endometriosis, PCOD/ PCOS, Hypertension and Diabetes. Ms. Suchismita Mohanty, former Head, Women's Forum inaugurated and welcomed the resource person. She also mentioned the activities conducted by the college under women's forum in the previous years like 'Gender Discrimination', 'Emotional, Intellectual and Spiritual Transformation' and many more.



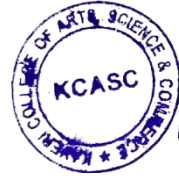
Ms. Meenal Joshi conducted session on Yoga, Pranayam and Women's Health




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Session on 'Yoga, Pranayam and Women's Health' was conducted on 24th August 2018




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2017-18

Name of the Activity: International Yoga Day Celebration

Date: 21 June 2017

Number of Participants: 24

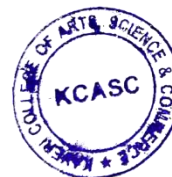
Report:

The third international yoga day was celebrated on 21 June 2017 with great enthusiasm. The event was organized in association with Datta Kriya Yoga International Pune Center. Principal Dr. S.B Kharosekar presided over the function and Dr. A. J. Thanawala, from Datta Kriya Yoga International Pune Center, was the chief guest for the occasion. The entire teaching, non-teaching staff members along with student volunteers had participated in the event. On this Occasion, Principal, Dr. S. B. Kharosekar said that Yoga is the best technique to keep all body systems healthy and strong. He also said that Yoga keeps us physically, mentally and spiritually balanced. It promotes harmony among people in their professional and personal lives. He assured that different Yoga activities will be conducted throughout the year for the college staff and students in the college.

Dr. A. J. Thanawala, Datta Kriya Yoga International Pune Center, said that transformation of mind is the greatest miracle which can be achieved through ancient science of Yoga. He said that Yoga helps in curing many chronic and incurable diseases. He mentioned the importance of various asanas and Naad Yoga. Dr. Thanawala conducted the session on meditation, Pranayam, and simple asanas for the participants.



Dr. A. J. Thanawala, Datta Kriya Yoga International Pune Center conducted session on Yoga



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Name of the Activity: Dance and Movement Therapy

Date: 18 December 2017

Number of Participants: 56

Report:

Kaveri College and Board of Student Development, SPPU jointly organized a 'Dance and Movement Therapy' Session on 18 December 2017. The session was conducted by Ms. Avantika Malhautra (Psychologist and Expressive Art Therapist) and Ms. Aarohi Doshi (Psychologist and Dance and Movement Therapy Facilitator), from Artsphere Pune. 56 students from Fergusson College, M.E.S Garware College, Dr. D. Y. Patil College of Arts, Science and Commerce, Nowrosjee Wadia College, Modern College, Ramkrishna More College and Kaveri College participated in the session.

The experiential session started with a balloon activity that served as a warm up and focused on Body Awareness as an objective for the group. This was followed by a body movement and name choreography activity that allowed the participants to share the stories about their names, giving way to expression and creativity. Different activities using props like ribbons, newspapers, charts and sketch pens were then conducted focusing on range of motion and body image. The session concluded with a cool down and a verbal processing/sharing from the group about their experience in the session and how they could integrate it. The second part of the session was a presentation that focused on what is Dance and Movement Therapy, its History and origins, the different benefits of it and the various populations with whom dance therapy can be conducted.



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Session on Dance and movement therapy Workshop conducted on 18th December 2017



Activities conducted by Ms. Avantika Malhautra and Ms. Aarohi Doshi during event




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Name of the Activity: Health Related Issues of Women and Vaccination

Date: 22 August 2017

Number of Participants: 82

Report:

Women's Forum of the college had organized a guiding session on 'Health Related Issues of Women and Vaccination' for all the girl students of the college on 22 August 2017. Ms. Suchismita Mohanty, Vice Principal, inaugurated and welcomed the guest speakers for the program Dr. Vidya Joshi, MD, Obstetrics & Gynecology and Dr. Vaishali Deshmukh, Pediatrician, MD in Adolescent Medicine, Dr. Vidullata Deshpande, Dinanath Mangeshkar Hospital, Pune. Ms. Mohanty said that the program is organized to create awareness about women's health issues and Vaccinations among the students of the college.

The program received a huge response and about 82 girl students attended it. The program was followed by question and answer session in which students participated enthusiastically.




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Session on Health Related Issues of Women and Vaccination conducted
on 22 August 2017



Principal
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