

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

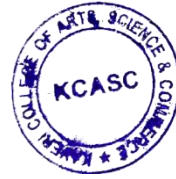
Key Indicator 5.1 Student Support

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”, a special two days Kriya Yoga
3	Effective use of Technology in Fitness
4	World Mental Health Day
5	One Day National Level Conference on Mental Health & Economic Perspective
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



Principal
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Kaveri College of Arts, Science & Commerce

KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE
Name of the Event : Antarmanache Niyojan - Dr. Shirish Limaye

Event conducted online

Date of the Event : 16 July 2021

No. of Students attended online : 102

SR. NO.	NAME OF PARTICIPANTS
1	Ishan Kane
2	Supriya Akole
3	Arya Nikhil Inamdar
4	Soham Sachin Bhuskute
5	Divya Sunil Katdare
6	Manasi Magar Raut
7	Sakshi Garud
8	Shambhavi Sandip Raghuvanshi
9	Madhavi Gambhire
10	Govind Pitre
11	Tanaya Bhawe
12	Anjani Yadneshwar Joshi
13	Shreya Rajendra Gurav
14	Sakshi More
15	Ketaki Karve
16	Nikita Vijay Pathak
17	Aishwarya Chettariyil
18	Vaishnavi Dilip Mule
19	Suruchi Vilas More
20	Rajwardhini Shinde
21	Mekhala Rao
22	Samruddhi
23	Nachiket Narvekar
24	Abhijeet Jangira
25	Dr. Geetanjali Govind Pitre
26	Bhuvaneshwar Gowd
27	Soham Ravindra Khole
28	Shivram Kalange
29	Mrunal Mukund Divakar
30	Anushka Arvind Deo

SR. NO.	NAME OF PARTICIPANTS
31	Siddhi Khedekar
32	Riya Khilare
33	Kshitija Shinde
34	Aditya Tiwari
35	Sameera Ranjekar
36	Sahil Santosh Dekhane
37	Megha Mhaiskar
38	Amita
39	Dattatraya Umbrajkar
40	Shubham Chandrakant Sutar
41	Parth Sopan Wanjale
42	Sangeeta Deshpande
43	Bhave Tanaya Anand
44	Deo Atharva Abhinay
45	Divakar Mrunal Mukund
46	Visal Parisa Priyatosh
47	Deshpande Rutvi Devdatta
48	Khaire Shweta Rajendra
49	Khandekar Prachiti
50	Mundada Sakshi
51	Aserkar Kshitij Yogesh
52	Shitole Saukhyada Vinayak
53	Shitole Saumyada Vinayak
54	Satoskar Jatin Devendra
55	Deshmukh Sanskriti Sunil
56	Shende Asmita Jayant
57	Kulkarni Tanvi Sameer
58	Kankariya Sejal Sanjay
59	Banne Bhagyashree
60	Samawar Himani Krishna




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KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE
Name of the Event : Antarmanache Niyojan - Dr. Shirish Limaye

Event conducted online

Date of the Event : 16 July 2021

No. of Students attended online : 102

SR. NO.	NAME OF PARTICIPANTS
61	Khutale Riya Samir
62	Devadiga Shreyas Vasudeo
63	Hiray Atharva Prafulla
64	Chitnis Ashish Vishwadatta
65	Ubhe Sai Uttam
66	Wagh Parth Vinod
67	Gudmani Rajashri Irrappa
68	Ranjekar Sameera Ashutosh
69	Joshi Aditi Atul
70	Arde Ankita Tanaji
71	Chettariyil Aishwarya
72	Marathe Samruddhi
73	Pathak Isha Rahul
74	Shah Tejas Sunil
75	Khedekar Mrunal Hanumant
76	Bhati Tanisha Premaram
77	Mane Manjiri Girish
78	A Sheru A Amara Ram
79	Bapat Meenakshi Vishwas
80	Nijasure Anvay Sujay
81	Apte Aditya Ashish

SR. NO.	NAME OF PARTICIPANTS
82	Joshi Amogh Amarish
83	Kale Mihir Mandar
84	Apte Anay Yogesh
85	Salvekar Omkar
86	Thakar Aarya Samar
87	Pavaskar Anushka Ganpati .
88	Gurav Roshani Ashok
89	Kulkarni Kaushal
90	Baldota Rutuja Vinay
91	Pillai Akshay Madhu
92	Bhaleghare Sejal Subhash
93	Khisti Laukik Rajesh
94	Chandan Mitali Jayanti
95	Shinde Rajwardhini
96	Joshi Shreya Keshav
97	Mulay Sayee Shantanu
98	Khandekar Ekta
99	Rashi Natwarlal Todi
100	Khilare Sahil Sagar
101	Tikhe Aayush Satyajeet
102	Devnal Pritam Rudrakumar



Halkande
Co-ordinator, B Com.
Kaveri College of Arts, Science & Commerce



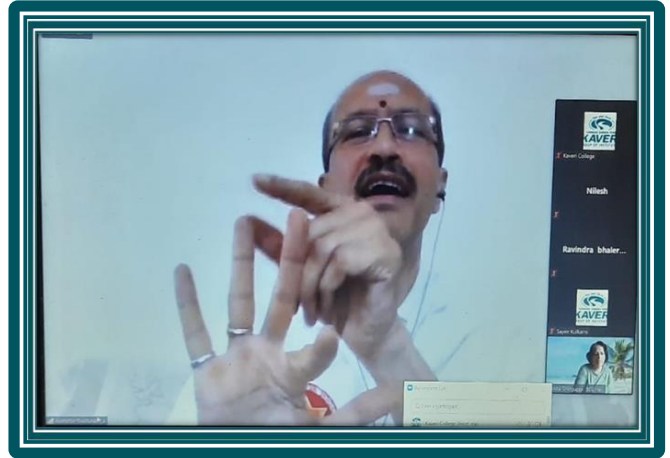
Principals
PRINCIPAL
Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce

Name of the Activity: Breathe for Life”, a special two days Kriya Yoga

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 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 on 10 and 11 July 2021



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Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce



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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
DATTI 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



Dr. Ashok Agrawal
PRINCIPAL
Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce

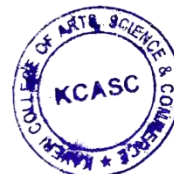
KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE
Name of the Event : Breathe for Life, a special two days Kriya Yoga
Event conducted online
Date of the Event : 10 July and 11 July 2021
No. of Students attended : 44

SR. NO.	NAME OF PARTICIPANTS
1	KSHIRSAGAR CHAITRALI
2	VAIDYA AKANKSHA AVINASH
3	RAMCHANDANI AASTHA
4	SALVEKAR GANDHAR PRASAD
5	PAGE KIRTI NITIN
6	MHAISEKAR SHIVANI NIRANJAN
7	NIKITA TALEKAR
8	AVACHAT SHWETA SANDEEP
9	DESHMUKH SMITA RAJENDRA
10	LONKAR ATHARVA MAHENDRA
11	DEOLE NACHIKET ASHUTOSH
12	PRABHU JESIKA SAMEER
13	PARGE APURVA SHIVAJI
14	BHAGWAT KRUTIKA PRASHANT
15	ASERKAR CHINMAY ATUL
16	BEHERA VICKRAM BASANT
17	BHISE KHUSHI MANISH
18	CHAUDHARI SHREYA MANOJ
19	CHITNIS SOUKHYA SANDEEP
20	DALVI MUGDHA NILESH
21	DAMLE ARYIKA PRASHANT
22	JOSHI GAYATRI SHIRISH
23	KULKARNI ANKITA RAJENDRA
24	PATASKAR GAYATRI SADANAND
25	BORSE GAYATRI JAGDISH
26	MANDKE ONKAR GIRISH
27	KHARE DISHA DEEPAK
28	SHAH JIGISHA RAJENDRA
29	AMBALGIKAR AISHWARYA
30	BENARE RENUKA VINAYAK

SR. NO.	NAME OF PARTICIPANTS
31	GUNDAL TANAYA NAVNATH
32	CHAKRAVATI SINGH KHICHI
33	YOGIRAJ NITIN KHADE
34	INGALE SAMRUDDHI PANKAJ
35	JADHAV SOHAM MAHESH
36	AGARWAL ANJALI SATISH
37	SHLOK JADHAV
38	BEHERA VICKRAM BASANT
39	KULKARNI RUCHA KEDAR
40	JADHAV SHRUTIKA RANJIT
41	MODAK MRUNALINI ARUN
42	KHARWADKAR AKANKSHA
43	MAHADIK JESSICA NINAD
44	JOSHI GAYATREE VIJAY




Director of Physical Education
Kaveri College of Arts, Science & Commerce




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Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce

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

Date: 31 July 2021

Number of Participants: 30

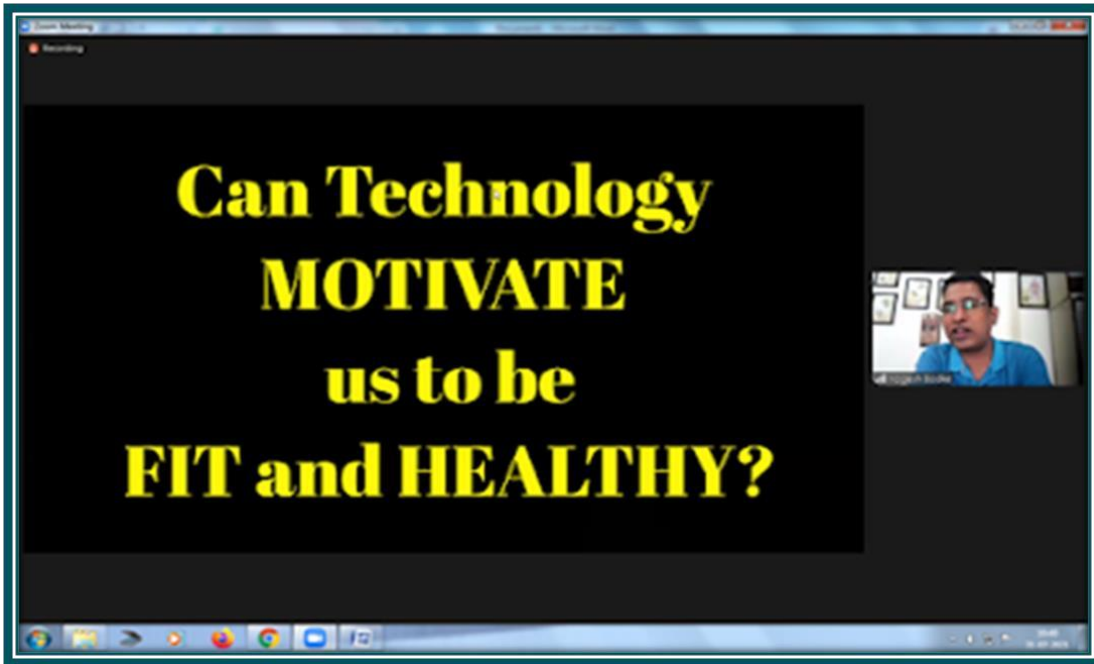
Report:

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.

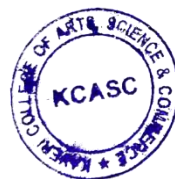
The resource person, Dr. Yogesh Bodke, in his speech highlighted the importance of goal setting for building a fit body. He further explained various ways that can be used for self-motivation like virtual challenge, online communities, rewards, championships, and sharing achievements with friends. He 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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Kavari College of Arts, Science & Commerce

KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

Name of the Event : Effective Use of Technology in Fitness

Event conducted online

Date of the Event : 31 July 2021

No. of Students attended online : 30

SR. NO.	NAME OF PARTICIPANTS
1	AMRESH BHARDWAJ
2	TAMBARE PRATIKSHA OMPRAKASH
3	BADIYANI URVI KAMLESH
4	DESAI DEV ANUJ
5	KADAM SHREYA PRAMOD
6	DUDHBHATE NITIN SHIVAJI
7	KAMBLE TEJAS GANESH
8	PANDIT VARAD VIVEK
9	SATHE VAIBHAVI MAHESH
10	PHALKE MOKSHADA MANISH
11	KHADILKAR MANJIRI SUDHIR
12	MIRGAL VAISHNAVI VISHNU
13	TAKALKAR KANCHAN MANDAR
14	BHONDAVE MALHAR VIKAS
15	SHINDE PRAJAKTA ASHOK
16	KUMAWAT VIKAS BHANWARLAL
17	NIKAM SAMRAT SANJAY
18	DESHMUKH AAKASH SUDHAKAR
19	PANDYA HARDH AJAY
20	SHETTY ABHISHEK ASHOK
21	NAGPURKAR NEERAJ DEEPAK
22	PUJARI MAHESH HANUMANTA
23	KACHAVE RAJKIRAN SANJAY
24	JOSHI VENKATESH PRAMOD
25	DEO MRUNAL MANGESH
26	POTNIS YASH MILIND
27	JAIN PRIYAL SUNIL
28	SARDA RADHIKA RAMVILAS
29	PENDHARKAR INDRANI SACHIN
30	JORI SHRUTIKA NITIN



[Signature]
Director of Physical Education
Kaveri College of Arts, Science & Commerce



[Signature]
PRINCIPAL
Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce

Name of the Activity: World Mental Health Day

Date: 10th October 2022

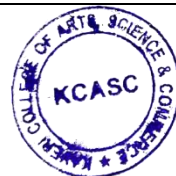
Number of Participants:65

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.



World Mental Health Day Celebration on 10 October 2022



M. A. K.
PRINCIPAL
Kannada Sangha Pune
Kaveri College of Arts, Science & Commerce

KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

Name of the Event : World Mental Health Day

Date of the Event : 10 October 2022

No. of Students attended online : 65

SR. NO.	NAME OF PARTICIPANTS
1	JOSHI GAYATRI SHIRISH
2	KULKARNI ANKITA RAJENDRA
3	PATASKAR GAYATRI SADANAND
4	PURANDARE VARUN ATUL
5	BHANDARI HARSHITA RAJESH
6	JOGLEKAR DHANASHREE MILIND
7	RANJEKAR SAKSHI NITIN
8	RAO ANANYA AMRESH
9	THOMBRE JANHAVI SHRIKANT
10	JOSHI GAYATRI HEMANT
11	MANOHAR SAYEE YOGENDRA
12	DALVI MUGDHA NILESH
13	VAISHYAK RUSHI ANIL
14	NALE SHRUSHTI RUPESH
15	SHINDE MAITREYI MAHESH
16	ABHINANDAN DOGRA
17	RUTIK NARENDRA CHARAHATE
18	JOSHI ISHAN BAJRAO
19	DONGRE DEVASHREE YOGESH
20	GAIKWAD PRACHI RAJENDRA
21	KONDHEKAR VISHWAJEET VILAS
22	JAGDALE DIVYA BALU
23	MAGAR SAKSHI PRASHANT
24	SHINDE PRADNYA PARSHURAM
25	AMBHORE DHANANJAY
26	RAUT RUSHIKESH JEEVAN
27	MOHOL GAURI VILAS
28	TEKAWADE ASHUTOSH PRAVIN
29	PARDESHI NIRAJ MANOJ
30	MERCHANT KRUTI PANKAJ
31	WADEKAR SAVANI SARANG
32	KOKAMTHANKAR SAKSHI VIJAY
33	SHINTRE JUEE ABHIJEET

SR. NO.	NAME OF PARTICIPANTS
34	SAMUEL AMAN DANIEL
35	GANGURDE POOJA RAJENDRA
36	KUMBHOJKAR CHITRALI ASHISH
37	INGAWALE SAKSHI AJAY
38	YANDE PRATHAMESH TUSHAR
39	DESHPANDE PREKSHA PARAG
40	PANSE GAYATRI SANJAY
41	DEODHAR ANANYA PRAVEEN
42	UPLENCHWAR RAHUL SANDEEP
43	STANZIN ANGMO
44	CHITNIS SOUKHYA SANDEEP
45	NAGAVI DIVYA ANANTRAO
46	INCHEKAR MUKTA DHANANJAY
47	KULKARNI NAMITA AMIT
48	VAISHNAVI PADMANABHAN
49	HALLALE PRIYANKA SURYAKANT
50	PATWARDHAN POURAVI VIJAY
51	LIMAYE VARADA OMKAR
52	DESHPANDE YASHASHREE SHEKHAR
53	JOSHI GAYATREE VIJAY
54	LEMBHE EKTA GANESH
55	SAVANT RUTUJA RAVINDRA
56	GADE MANASI DATTATRAY
57	KULKARNI ANOKHEE AJIT
58	PANIKAR NUPOOR SUDHAKAR
59	AMOGH RAVIKANTIWAR JAGDISH
60	CHAUDHARI SHREYA MANOJ
61	KULKARNI CHAITRALI JAYANT
62	MAHADIK JESSICA NINAD
63	KHARWADKAR AKANKSHA AMOL
64	MODAK MRUNALINI ARUN
65	JADHAV SHRUTIKA RANJIT



S. Mohanty
Co-ordinator, B A
Kaveri College of Arts, Science & Commerce



M. A. R.
PRINCIPAL
Kannada Sangha Pune's
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.

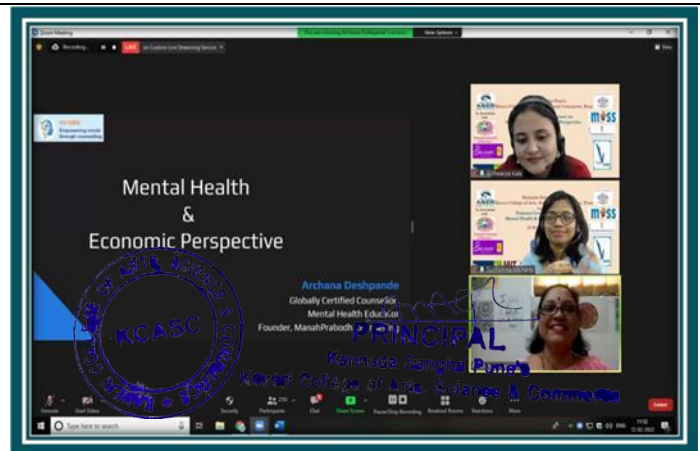
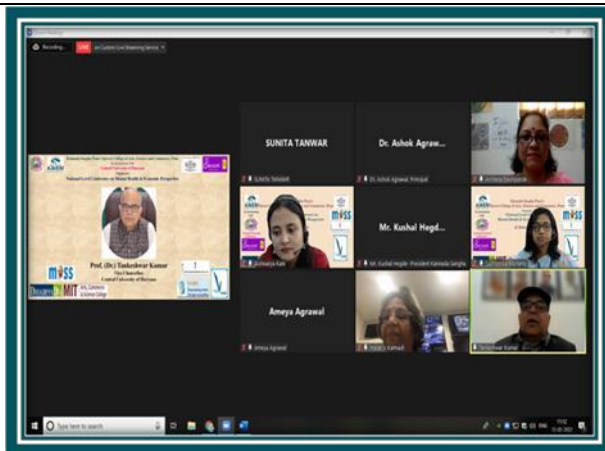
With the objective of understanding how addressing vital aspects like policies and perspectives related to mental health can be a precursor for enhancing national wealth and prosperity and also with the objective of spreading awareness, this conference was arranged. The session witnessed the gracious 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



Archana
PRINCIPAL
Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce

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
PRINCIPAL
 Kannada Sangha Pune
 Kavari College of Arts, Science & Commerce



Kannada Sangha Pune's
**Kaveri College of Arts, Science and
Commerce, Pune**

in association with

Permanently Affiliated to



Savitribai Phule Pune University

Central University of Haryana and SkillSlate Foundation, Pune



One Day National Level Conference

Mental Health & Economic Perspective

Certificate of Participation

Chitra Alavani

*has attended the One Day National Level Online Conference on Mental Health &
Economic Perspective organized by Kaveri College of Arts, Science and Commerce,
Pune in association with Central University of Haryana and SkillSlate
Foundation, Pune on Saturday, 12th February, 2022.*

MR. KUSHAL HEGDE
PRESIDENT,
KANNADA SANGHA PUNE

DR. ASHOK AGRAWAL
PRINCIPAL
KAVERI COLLEGE, PUNE

AMEYA AGRAWAL
FOUNDER
SKILLSLATE FOUNDATION &
ZOBY, PUNE

Academic
Partners



Vishwakarma College of
Arts, Science and
Commerce, Pune



Advisors



District Disability Rehabilitation Centre, Pune
(a project Under Gramin Panchayat Bank, of India, Ministry of Social Justice & Empowerment)

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PRINCIPAL
Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce

KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

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

Event conducted online

Date of the Event : 12 February 2022

No. of Students attended online : 94

SR. NO.	NAME OF PARTICIPANTS
1	PATWARDHAN POURAVI VIJAY
2	PINJARKAR MIHIKA SHYAM
3	PRERNA SATISH KANOJIYA
4	RAHUL CHETLAL SAV
5	RAO ANANYA AMRESH
6	RAUT RUSHIKESH JEEVAN
7	RUTIK NARENDRA CHARAHATE
8	SAMUEL AMAN DANIEL
9	SATHE ATHARVA RAJESH
10	SAVANT RUTUJA RAVINDRA
11	SHINDE MAITREYI MAHESH
12	SHINDE PRADNYA PARSHURAM
13	SHLOK JADHAV
14	STANZIN ANGMO
15	SUKALE SAE SAMEER
16	SWARUP BHATWADEKAR
17	TEKAWADE ASHUTOSH PRAVIN
18	THOMBRE JANHAVI SHRIKANT
19	THORAT PRIYANKA SHAM
20	UPLENCHWAR RAHUL
21	VAIDYA RUGVED PARIMAL
22	VAISHNAVI PADMANABHAN
23	VAISHYAK RUSHI ANIL
24	MAGAR SAKSHI PRASHANT
25	MAHADIK JESSICA NINAD
26	MAHATEKAR RIYA HEMANT
27	MANOHAR SAYEE YOGENDRA
28	MATE GOURAV PRABHAKAR
29	MODAK MRUNALINI ARUN
30	MOHINI JITENDRA DAMLE
31	MOHOL GAURI VILAS

SR. NO.	NAME OF PARTICIPANTS
32	ABHINANDAN DOGRA
33	ABHYANKAR OM PRASHANT
34	AMBHORE DHANANJAY
35	AMOGH RAVIKANTIWAR JAGDISH
36	BEHERA VICKRAM BASANT
37	BHISE KHUSHI MANISH
38	CHAUDHARI SHREYA MANOJ
39	CHITNIS SOUKHYA SANDEEP
40	DALVI MUGDHA NILESH
41	DAMLE ARYIKA PRASHANT
42	DANGI SANIKA SANDIP
43	DAS NITIN MOHAN
44	DEODHAR ANANYA PRAVEEN
45	DESHPANDE ADITI SANJAY
46	DESHPANDE PREKSHA PARAG
47	DESHPANDE YASHASHREE
48	DONGRE DEVASHREE YOGESH
49	GADE MANASI DATTATRAY
50	GAIKWAD PRACHI RAJENDRA
51	GAIKWAD VISHAKHA ASHOK
52	GANESHWADI SRUSHTI VINAYAK
53	GANGURDE POOJA RAJENDRA
54	GHODKE TANISHKA SUYOG
55	HALLALE PRIYANKA SURYAKANT
56	INCHEKAR MUKTA DHANANJAY
57	INGAWALE SAKSHI AJAY
58	JADHAV SHRUTIKA RANJIT
59	JAGDALE DIVYA BALU
60	JOSHI GAYATREE VIJAY
61	JOSHI GAYATRI HEMANT
62	JOSHI ISHAN BAJIRAO



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Kannada Sangha Pune
Kaveri College of Arts, Science & Commerce

KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

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

Event conducted online

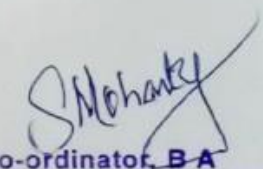
Date of the Event : 12 February 2022

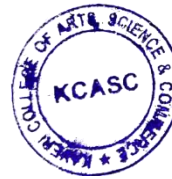
No. of Students attended online : 94

SR. NO.	NAME OF PARTICIPANTS
63	MORYA VIVEK SUBHASH
64	MULTANI ANLIKA NARESH
65	NAGAVI DIVYA ANANTRAO
66	NAIDU PREETI BALSUNDERAJ
67	NALE SHRUSHTI RUPESH
68	NANDURKAR RISHITA
69	PAI PRATHAM SUJIT
70	PANIKAR NUPOOR SUDHAKAR
71	PANSE GAYATRI SANJAY
72	PARDESHI NIRAJ MANOJ
73	PATHAN MUDASIR SAMIR
74	PATIL YASH SHRINIVAS
75	PATIL YASH SHRINIVAS
76	PATHAN MUDASIR SAMIR
77	PARDESHI NIRAJ MANOJ
78	PANSE GAYATRI SANJAY

SR. NO.	NAME OF PARTICIPANTS
79	KALAMBE TANISHKA
80	KESARKAR SHIVANI SATYAWAN
81	KHARWADKAR AKANKSHA AMOL
82	KHOT DURGA GAJANAN
83	KONDHEKAR VISHWAJEET VILAS
84	KULKARNI ANOKHEE AJIT
85	KULKARNI CHAITRALI JAYANT
86	KULKARNI NAMITA AMIT
87	KULKARNI RUCHA KEDAR
88	KUMBHOJKAR CHITRALI
89	LEMBHE EKTA GANESH
90	LIMAYE VARADA OMKAR
91	SWARUP SWANAND
92	SUKALE SAE SAMEER
93	STANZIN ANGMO
94	SHLOK JADHAV




Co-ordinator, B.A
Kaveri College of Arts, Science & Commerce




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Kannada Sangha Pune's
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. M. Karmarkar
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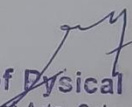
Name of the Event : International Yoga Day

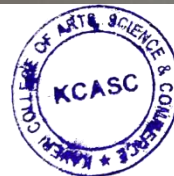
Date of the Event : 21 June 2022

No. of Students attended : 40

SR. NO.	NAME OF PARTICIPANTS
1	PATIL KSHITIJ VIJAY
2	KALANE DHANASHRI NAMDEO
3	KULKARNI ATHARVA ANIL
4	KALAMBKAR AARUSHI
5	PATHAK NIKITA VIJAY
6	KAKADE TEJAS RAVINDRA
7	JOSHI VAISHNAVI SHASHIKANT
8	PARMAR YASH RAJANIKANT
9	KULKARNI KSHITIJ PRASHANT
10	PARANJAPE JUI MILIND
11	JOSHI KAIVALYA KIRAN
12	KULKARNI NEERAJ HEMANT
13	PANDIT YOGINI RAJENDRA
14	KULKARNI SANKET SHREEPAD
15	JOSHI JUI JAYANT
16	DONGRE DEVASHREE YOGESH
17	GADE MANASI DATTATRAY
18	GAIKWAD PRACHI RAJENDRA
19	GAIKWAD VISHAKHA ASHOK
20	GANESHWADI SRUSHTI
21	GANGURDE POOJA RAJENDRA
22	GHODKE TANISHKA SUYOG
23	HALLALE PRIYANKA
24	INCHEKAR MUKTA DHANANJAY
25	INGAWALE SAKSHI AJAY
26	JADHAV SHRUTIKA RANJIT
27	JAGDALE DIVYA BALU
28	JOSHI PRIYANKA GANESH
29	GAURAV TUKARAM SHELAR
30	MHAISEKAR SHIVANI NIRANJAN

SR. NO.	NAME OF PARTICIPANTS
31	SHAH MANAN JAYESH
32	DESHPANDE PARTH YOGESH
33	SALUNKHE VIPASHA JITENDRA
34	SINHA SOUMYA SUDEEP
35	MORE ANJALI GULAB
36	AGARWAL ANJALI SATISH
37	CHAUDHARI DIPTI DINKAR
38	BEHERA VICKRAM BASANT
39	KULKARNI RUCHA KEDAR
40	JADHAV SHRUTIKA RANJIT


Director of Physical Education
Kaveri College of Arts, Science & Commerce




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2020-21

Name of the Activity: International Yoga Day Celebration

Date: 21 June 2020

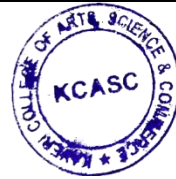
Number of Participants: 40

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.

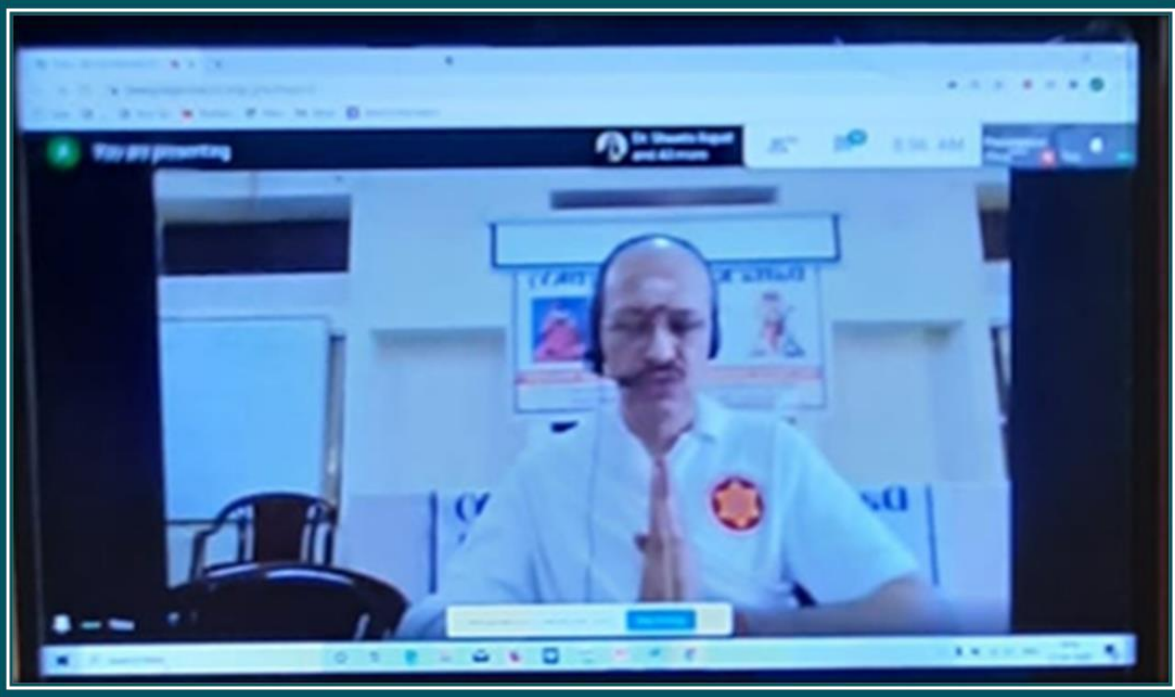
Dr. Thanawala explained the concept of Pran-Shakti, an essential component to keep our body and mind in healthy disposition. He also said that transformation of the mind is the greatest miracle which can be achieved through the ancient science of Yoga. He said that Yoga helps in curing many chronic and 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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KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

Name of the Event : International Yoga Day Celebration

Event conducted online

Date of the Event : 21 June 2020

No. of Students attended online : 40

SR. NO.	NAME OF PARTICIPANTS
1	BAAN HANUMAN SITARAM
2	KADAM SHREYA PRAMOD
3	DUDHBHATE NITIN SHIVAJI
4	KAMBLE TEJAS GANESH
5	PANDIT VARAD VIVEK
6	SATHE VAIBHAVI MAHESH
7	KARAD VAISHALI PANDIT
8	BABAR PRERNA YASHWANT
9	TEJAS SUNIL JAJJAL
10	KARANJAWANE SAHIL DEEPAK
11	UMAGOL AKSHATA SHIVAPPA
12	TRIGUNE HRUSHIKESH SUNIL
13	SATHE NUTAN DATTATRAY
14	ZANPURE NEHA DILIP
15	SATPUTE SEJAL RAMESH
16	MAHAMUNE AARTI SATISH
17	UBHE GAURI SANDEEP
18	UBHE PRATHMESH SOPAN
19	KONDHARE DARSHAN SUBHASH
20	MORE SOURABH RAJARAM
21	MANTRE NIKHIL RAMDAS
22	NILESH GHEWARRAM SUTHAR
23	MAGDUM HARSHAL POPAT
24	PADYAL PRATIK NARAYAN
25	SATHE RUSHIKESH LAXMAN
26	MAPARE VINAYAK SANJAY
27	TANDALEKAR ATHARVA LALESH
28	SURVE SAMRUDDHI SAMEER
29	PANDE OM KAUSHAL
30	SHEDGE SAKSHI GAJANAN

SR. NO.	NAME OF PARTICIPANTS
31	SONAWANE SAMIKSHA YOGESH
32	APTE CHINMAYEE PURUSHOTTAM
33	SAWANT ADITYA POPAT
34	NANGARE UTKARSH MANGESH
35	PATYAL ARUSHI SUNIL
36	JADHAV AARATI SHIVRAM
37	GOLE DIYA SHANKAR
38	DALVI PARTH SANTOSH
39	MIRASHI PRANAV PUNDALIK
40	SHETTY YASH HARISH



Director of Physical Education
Kaveri College of Arts, Science & Commerce



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Kaveri College of Arts, Science & Commerce

Name of the Activity: World Mental Health Day

Date: 10 October 2020

Number of Participants: 65

Report:

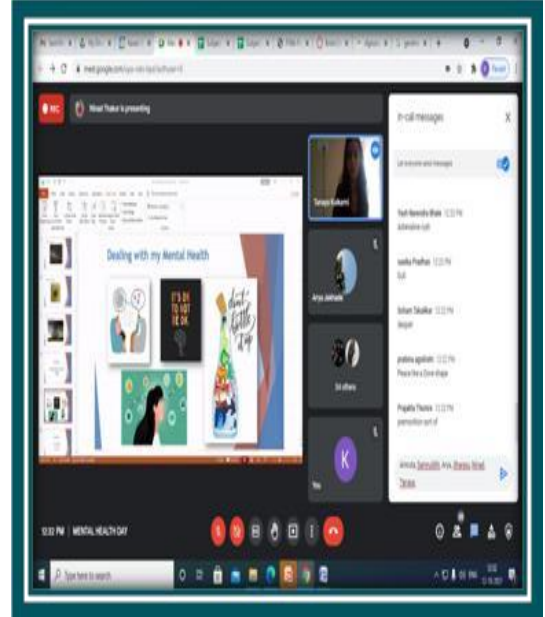
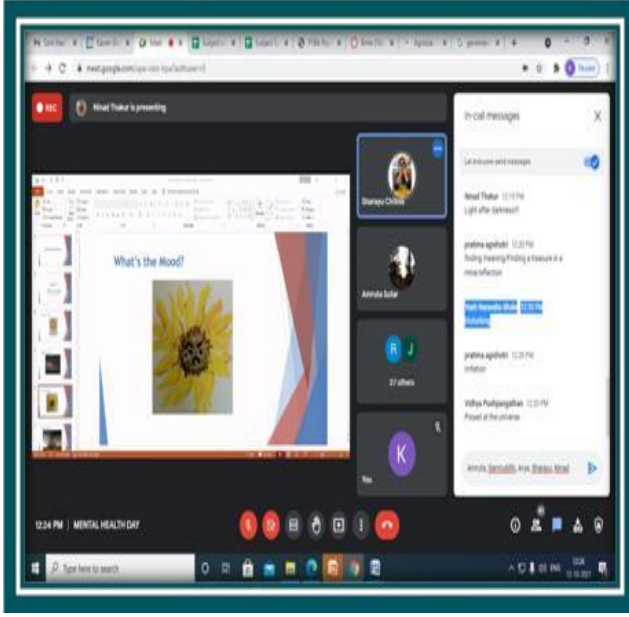
World Mental Health Day is celebrated every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. In the interest of nurturing and nourishing mental health, the Department of Psychology of the college celebrated 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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KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

Name of the Event : World Mental Health Day

Date of the Event : 10 October 2020

No. of Students attended online : 65

SR. NO.	NAME OF PARTICIPANTS
1	PASILKAR TANVI MAHENDRA
2	VIDWANS SHUBHANKAR SHARDUL
3	PRAJWAL THAPA
4	VINAY KUMAR BAHADUR
5	GABALE ISHA SUMEDH
6	AMAN AMIT BHIDE
7	SAMUEL CHAZIN AYSSIC
8	SHINDE REWATI SANJAY
9	RADHIKA RAJESH POTDAR
10	RASSE MANAS SHAILESH
11	BAKSHI TANVI SUHAS
12	KAWEDIYA MEHAK RAKESH
13	SONAWANI SHUBHANKAR SANJAY
14	BACHAL TANVI HARSHAD
15	KULKARNI KRITIK SUSHIL
16	SHARVARI AVINASH BHOJAPURE
17	PATIL JUI SANDEEP
18	LONDHE SUMEDH GAUTAM
19	GUNDAL TANAYA NAVNATH
20	CHAKRAVATI SINGH KHICHI
21	YOGIRAJ NITIN KHADE
22	INGALE SAMRUDDHI PANKAJ
23	JADHAV SOHAM MAHESH
24	AGARWAL ANJALI SATISH
25	KSHIRSAGAR CHAITRALI KULDEEP
26	VAIDYA AKANKSHA AVINASH
27	RAMCHANDANI AASTHA MUKESH
28	SALVEKAR GANDHAR PRASAD
29	GONATE CHIRAG SUBHASH
30	SHAH SUVIDHI KALPESH
31	SATPUTE SALONI AVINASH
32	LIDBIDE RUCHA UDAY
33	SONWALKAR KRUSHNAL DEEPAK

SR. NO.	NAME OF PARTICIPANTS
34	SHAH YESHA PARESH
35	JOSHI TANAYA NACHIKET
36	CHOPADE AKSHAY RAMESHWAR
37	KAWSANKAR ATHARV DEEPAK
38	NIKHIL SANJAY SAKHARKAR
39	JOGDANDE SANGHARSH DAMODHAR
40	ABHA ASHUTOSH DESAI
41	PANCHPOR VAISHNAVI PRAMOD
42	DHEPE RAJAS NITIN
43	KULKARNI ARCHIT SANJAY
44	BOKADE SUJAY DILIP
45	DESHPANDE ANUSHKA MANGESH
46	GANDHE KARTIK SANJAY
47	VISHAL SANTOSH ADE
48	VISLAVATH VISHAL
49	KULKARNI KSHITIJ PRASHANT
50	PARANJAPE JUI MILIND
51	KULKARNI RADHA ROHIT
52	MULAY SAHIL YOGESH
53	THIPSE MUGDHA MAKARANO
54	LEMBHE EKTA GANESH
55	SAVANT RUTUJA RAVINDRA
56	GADE MANASI DATTATRAY
57	KULKARNI ANOKHEE AJIT
58	PANIKAR NUPOOR SUDHAKAR
59	AMOGH RAVIKANTIWAR JAGDISH
60	CHAUDHARI SHREYA MANOJ
61	KULKARNI CHAITRALI JAYANT
62	MAHADIK JESSICA NINAD
63	KHARWADKAR AKANKSHA AMOL
64	MODAK MRUNALINI ARUN
65	JADHAV SHRUTIKA RANJIT



S. Mohan

Co-ordinator, B A

Kaveri College of Arts, Science & Commerce



M. M. M.
PRINCIPAL

Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce

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



Ashok Agrawal
PRINCIPAL
Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce

KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

Name of the Event : International Yoga Day Celebration

Date of the Event : 21 June 2019

No. of Students attended : 24

SR. NO.	NAME OF PARTICIPANTS
1	BHALWANKAR KAUSTUBH NITIN
2	HARSULE GAURAV GOPAL
3	POTDAR PURVAJA SANDEEP
4	YADAV ATHARVA VIJAY
5	TAGADE GAYATRI MAHESH
6	MULAY SWARALI NINAD
7	RUTUJA VINAYAK KOTHARI
8	JADHAV SHRUTIKA RANJIT
9	MODAK MRUNALINI ARUN
10	KHARWADKAR AKANKSHA AMOL
11	MAHADIK JESSICA NINAD
12	KULKARNI CHAITRALI JAYANT
13	CHAUDHARI SHREYA MANOJ
14	AMOGH RAVIKANTIWAR JAGDISH
15	PANIKAR NUPOOR SUDHAKAR
16	KULKARNI ANOKHEE AJIT
17	INCHEKAR MUKTA DHANANJAY
18	KULKARNI NAMITA AMIT
19	VAISHNAVI PADMANABHAN
20	HALLALE PRIYANKA SURYAKANT
21	PATWARDHAN POURAVI VIJAY
22	LIMAYE VARADA OMKAR
23	MAGAR SAKSHI PRASHANT
24	KULKARNI KSHITIJ PRASHANT



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Director of Physical Education
Kaveri College of Arts, Science & Commerce



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Kannada Sangha Pune
Kaveri College of Arts, Science & Commerce

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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KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

Name of the Event : International Yoga Day Celebration

Date of the Event : 21 June 2018

No. of Students attended : 36

SR. NO.	NAME OF PARTICIPANTS
1	KSHIRSAGAR CHAITRALI
2	VAIDYA AKANKSHA AVINASH
3	RAMCHANDANI AASTHA MUKESH
4	SALVEKAR GANDHAR PRASAD
5	PAGE KIRTI NITIN
6	MHAISEKAR SHIVANI NIRANJAN
7	NIKITA TALEKAR
8	AVACHAT SHWETA SANDEEP
9	DESHMUKH SMITA RAJENDRA
10	LONKAR ATHARVA MAHENDRA
11	DEOLE NACHIKET ASHUTOSH
12	PRABHU JESIKA SAMEER
13	PARGE APURVA SHIVAJI
14	BHAGWAT KRUTIKA PRASHANT
15	ASERKAR CHINMAY ATUL
16	HIMANSHU NITIN JOSHI
17	BUBNE MITALI BHARAT
18	SHINDE PRITHVIRAJ VILAS
19	KAMALE ANAND KRISHNA
20	KHALADKAR HARSHADA
21	PUJARI JUHI MADHAV
22	KATARE NIMISHA SUNIL
23	PATWARDHAN PRACHI PRADEEP
24	BHAGWAT KALYANI DINESH
25	BORSE GAYATRI JAGDISH
26	INGALAGI SHREYA SATISH
27	JOGLEKAR POORVA PRAMOD
28	AJWANI JUVENA JAİKAMAL
29	MORE SAMRUDDHI SUNIL
30	BENARE RENUKA VINAYAK

SR. NO.	NAME OF PARTICIPANTS
31	GUNDAL TANAYA NAVNATH
32	CHAKRAVATI SINGH KHICHI
33	YOGIRAJ NITIN KHADE
34	INGALE SAMRUDDHI PANKAJ
35	JADHAV SOHAM MAHESH
36	AGARWAL ANJALI SATISH



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Director of Physical Education
Kaveri College of Arts, Science & Commerce



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

Date:24 August 2018

Number of Participants: 83

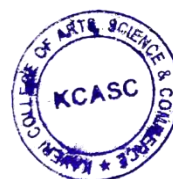
Report:

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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Kavari College of Arts, Science & Commerce

KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

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

Date of the Event : 24 August 2018

No. of Students attended : 83

SR. NO.	NAME OF PARTICIPANTS
1	DESHPANDE ANUSHKA MANGESH
2	SONWALKAR KRUSHNAL DEEPAK
3	BACHAL TANVI HARSHAD
4	SONAR SIDDHI SHIVAJI
5	GABALE ISHA SUMEDH
6	INGALE SAMRUDDHI PANKAJ
7	KHANDELWAL ASHWINI
8	MANSI RAMESH RAJPUT
9	NIHARIKA HARSOLE
10	SHAH YESHA PARESH
11	SHAH SUVIDHI KALPESH
12	DHEPE RAJAS NITIN
13	SHARVARI AVINASH BHOJAPURE
14	KSHIRSAGAR CHAITRALI
15	CHAVAN SEJAL SATISH
16	PATIL JUI SANDEEP
17	RAMCHANDANI AASTHA MUKESH
18	GUNDAL TANAYA NAVNATH
19	SHINDE REWATI SANJAY
20	SATPUTE SALONI AVINASH
21	DEHANE RUCHA SUNIL
22	BUDHANI POOJA KISHOR
23	RADHIKA RAJESH POTDAR
24	ABHA ASHUTOSH DESAI
25	SHETTY SHREYA DIVAKAR
26	GORE AISHWARYA BHARAT
27	SHAHANE SHREYA SANTOSH
28	PUNTAMBEKAR YASHITA
29	SATPUTE POOJA PRAVIN
30	KULKARNI GAYATRI GIRISH

SR. NO.	NAME OF PARTICIPANTS
31	MARAL SAYALI RAJENDRA
32	CHAVAN AKANSHA SANTOSH
33	DHANASHREE AVINASH
34	SONUBAI RAJPUT
35	NANGARE SHRADDHA VIJAY
36	KULKARNI GOURI
37	AISHWARYA VIJAY HADGAL
38	RACHANA SACHIN RAJMANE
39	SUCHITA RAVINDRA RAWOOL
40	CHAVAN YASHASWINI
41	PARMAR DEEPIKA BABULAL
42	AISHWARYA ASHIK SHAH
43	GHATE TANVI ATUL
44	PENDSE RUTUJA AJAY
45	KESKAR MRUNAL SHIREESH
46	PATEL KINJAL JAYESH
47	DHANVATE PRANITA DNYANESHV
48	BHOSALE SAYALI RAJENDRA
49	VIDWAT SAKSHI SANDEEP
50	PADWAL UTKARSHA
51	KETAKI UDAYSINGH THAKUR
52	JOSHI RUTUJA SANJAY
53	MALI ANKITA BABAN
54	NATU SHWETA SHRIRAM
55	VAISHNAVI SHIVAJI DARWATKAR
56	JANHAVI MOOLYA
57	JALAN RITU RAVIKANT
58	NANEKAR SAKSHI SUNIL
59	KULKARNI JANHAVI NITIN
60	SHIRODKAR SAKSHI SUBODH



Director of Physical Education
Kaveri College of Arts, Science & Commerce




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KANNADA SANGHA PUNE
KAVERI COLLEGE OF ARTS, COMMERCE & SCIENCE

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

Date of the Event : 24 August 2018

No. of Students attended : 83

SR. NO.	NAME OF PARTICIPANTS
61	HENDRE PRACHI UMESH
62	HONE POOJA GAJANAN
63	PRATIKSHA DNYANOBA WANJALE
64	MANASI BABASAHEB TAKAWALE
65	MALI ARATI NITIN
66	BHONG DIVYA SANJAY
67	PARBHANE AKANSHA HEMANT
68	RAUT MANASI MAGAR
69	RAMTIRTH SHREYA SHIRISH
70	DESHPANDE RADHIKA
71	MANDOKHOT ABHA SACHIN
72	REKWAR RITU SANTOSH

SR. NO.	NAME OF PARTICIPANTS
73	POOJARI PRADNYA MOHAN
74	GAIKWAD SWARDA ANANT
75	UBHE SANIKA SUNIL
76	DURE SIDDHI YOGESH
77	KHATRI SHIVMALA GIRISH
78	POTDAR RITUL RAVINDRA
79	AGARWAL ANNCHAL SACHIN
80	BORLIKAR TANVI DINESH
81	KULKARNI NABHALI SUNIL
82	THAKKAR DRASHTI RAJESH
83	ANKITA UMESH RANE



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Principal
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2017-18

Name of the Activity: International Yoga Day Celebration

Date: 21 June 2017

Number of Participants: 24

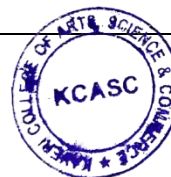
Report:

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 Event : International Yoga Day Celebration

Date of the Event : 21 June 2017

No. of Students attended : 24

SR. NO.	NAME OF PARTICIPANTS
1	RAJGURU VAIDEHI AJIT
2	PUJARI JUHI MADHAV
3	PATWARDHAN PRACHI PRADEEP
4	PASALKAR PRANALI EKNATH
5	MORE SAMRUDDHI SUNIL
6	MISKIN VAISHALI SUNIL
7	KHALADKAR HARSHADA SHRINIWAS
8	KATARE NIMISHA SUNIL
9	JOGLEKAR POORVA PRAMOD
10	INGALAGI SHREYA SATISH
11	BORSE GAYATRI JAGDISH
12	BHAGWAT KALYANI DINESH
13	BENARE RENUKA VINAYAK
14	ALURKAR SANIKA MANISH
15	AJWANI JUVENA JAIKAMAL
16	RAJADNYA PRANAV GIRISH
17	GOPAL PAYAL PRADYUMNA
18	MIRGAL VAISHNAVI VISHNU
19	KHADILKAR MANJIRI SUDHIR
20	BATTULA LAHARI
21	JADHAV VAISHNAVI NETAJI
22	GODSE AISHWARYA ANIL
23	BAHGA PRIYASINGH PARAMVIRSINGH
24	NADAF CHAND BABURAO



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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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Kannada Sangha Pune's
Kaveri College of Arts, Science and Commerce
in Association with
Board of Student Development SPPU
Organises
Dance and Movement Therapy Session
on 18th December 2017

Attendance Sheet

Sr.No	Student Name	Class	Session 1 Sign	Certificate Received
1.	Shruti Bapat	TYBA		
2.	Gayatri Korse	SYBA		
3.	Simran. K. Shaikh	MA-I		
4.	Vishvika R. Kulla.	MA-I		
5.	Shradha G. Nahar	MA-I		
6.	Ria S. Bhandari	FYBA		
7.	Aditi Parmar	TYBA		A.P.
8.	Ashak Akanksha	MA-I		
9.	Lanjewar Vishakha	MA-I		
10.	Bharana Konde	MA-I		
11.	Bhagyashri Sonawane	TYBA		
12.	Sharkari Patil.	MA-I		
13.	Aditi Gholap.	MA-I		
14.	Ketish. Manner	MA-I		
15.	Manjini Kulkarni	M.A.I		
16.	Siona S. Mascarenhas	MA-I		
	Archana Deshpande	MA-I		
17.	Vishakha Matkar	MA-I		
18.	Prashanta Vichare	MA-I		
19.	Siddhantha Surach	TYBA		
20.	Vaishali Meshi	SYBA		
21.	Shranya Z	SYBA		
22.	Harshada Khaladkar	SYBA		
23.	Rutuja Paygude	FT. Bcom		
24.	Anvita Sabnis	F.Y.B.A		



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Kannada Sangha Pune's
Kaveri College of Arts, Science and Commerce
in Association with
Board of Student Development SPPU
Organises
Dance and Movement Therapy Session
on 18th December 2017

Attendance Sheet

Sr.No	Student Name	Class	Session 1 Sign	Certificate Received
1	Neha Dey	S.Y.BA	Neha	
2	Sakshi Birla	F.Y.BA	Sakshi	Sakshi
3	Shirish Bhanupravarala	F.Y.BA	Shirish	Shirish
4	Prateek Deshmukh	MA I	Prateek	
5	Sanjay Peshel	MA I	Sanjay	
6	Nikita Daga	MA I	Nikita	Nikita
7	Nikeeta Shah	MA I	Nikeeta	Nikeeta
8	Prerna Nair	MA I	Prerna	Prerna
9	Ruchita	MA I	Ruchita	
10	Yashita Jorlkar	T.Y.B.A	Yashita	Yashita
11	Mahima Kale	T.Y.BA	Mahima	Mahima
12	Abhayaashree Sornuene	T.Y.B.A	Abhaya	
13	Aditi P. Ghodap	M.A. I	Aditi	
14	Sharvari Patil	MA-I	Sharvari	Sharvari
15	Keziah Alimma	MA I	Keziah	Keziah
16	Managvi Kulkarni	MA I	Managvi	Managvi
17	Siona S. Mastorenis	MA I	Siona	Siona
18	Archana Deshpande	MA I	Archana	Archana
19	Rucha. A. Brahme	MA I	Rucha	
20	Tejaswini P. Alandikar	MA I	Tejaswini	Tejaswini
21	Richira Gurudatt A	MA I	Richira	
22	Matsarand Reshma	TYBA	Matsarand	
21	Ringe Rentsa		Ringe	
22	Shradha Nahar	M.A.I	Shradha	Shradha
23	Kajal K. Mizare	M.A.I	Kajal	Kajal



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Kannada Sangha Pune's
Kaveri College of Arts, Science and Commerce
in Association with
Board of Student Development SPPU
Organises
Dance and Movement Therapy Session
on 18th December 2017

Attendance Sheet

Sr.No	Student Name	Class	Session 1 Sign	Certificate Received
1	Makarand Reshma	TYBA		
2	Uwawal Pallavi	TYBA		
3	Ringe Renuka	TYBA		
4	Swati Ramesh Jadhav	S.Y.B.A		
5	Asha Vishwakarma	S.Y.B.A		
6	Pooja Jagdekar	S.Y.B.A		
7	Sammadki More	S.Y.B.A		
8	Mushrita M. Keri	MAI		
9	Zabihullah	TYBA		
10	Monaevi Kulkarni	M.A.I		
11	Keziah Manna	MAI		
12	Sharvani Patil	MA-I		
13	Aditi Ghole	MA-I		
14	Siona S. Masgarekar	MA-I		
15	Archana Deshpande	MA-I		
16	More Pranav	MA-I		
17	Apekshita Huilgol	MA-I		
18	Pratosh Suthale	MA-I		
19	Pawar Ganesh	T.Y.B.Pharm		
20	Rutuja Jadhav	S.Y.B.A		
21	Rohit N. Sonke	S.Y.B.A		
22	Pratiksha More	MA-I		



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

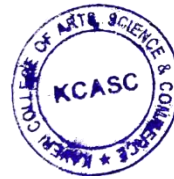
Date: 22 August 2017

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.

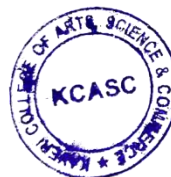
The program received a huge response and about 82 girl students attended it. The program was followed by question and answer session in which students participated enthusiastically.



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



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Kannada Sangha Pune's
Kaveri College of Arts, Science & Commerce, Pune
Name of the Event : Health Issues of Women & Vaccination
Event Conducted Online
Date of the Event :22 August 2017
No. of Students attended online Session: 82

Sr.No	Name of the Student	Sr.No	Name of the Student
1	Rutuja Ravetkar	43	Sanjivini kadam
2	Manaswini Iyer	44	Preeti Bhosale
3	Sahana Kulal	45	Palak Bhosale
4	Jyoti Choudhary	46	Krutika Nerkar
5	Niyojita Chondhe	47	Isha Gore
6	Neha Dhamal	48	Prachi Asabe
7	Sneha Ghate	49	Radhika Bhagwat
8	Shraddha Paygude	50	Samruddhi Chaphekar
9	Swaliha Shaikh	51	Vinita Bhatja
10	Pratiksha Minde	52	Shubhada joshi
11	Shravani Vyas	53	Vanshika satpute
12	Vedashree Kulkarni	54	Pallavi Kulkarni
13	Radhika Joglekar	55	Joshi Tanaya
14	Aishwarya Dhumal	56	Gaudmani Rajashri
15	Rutuja Ravetkar	57	Shreya Ramtirth
16	Sahana Kulal	58	Rewati Shinde
17	Shraddha Paygude	59	Purva Kale
18	Shreya Mandhare	60	Gauri Korlahalli
19	Kshiteeja Sode	61	Manaswini Iyer
20	Niyojita Chondhe	62	Neha Naidu
21	Radhika Joglekar	63	Niyojita Chondhe
22	Phalke Mokshada	64	Radhika Joglekar
23	Kanchan Takalkar	65	Rajashri Kadam
24	Patwardhan Mrunmayee	66	Rutik Shirke
25	Neha Kelkar	67	Rutuja Ravetkar
26	Ankita Joshi	68	Prabhu Jesika Sameer
27	Vaidya Prajakta	69	Poojari Ashwini Harish
28	Sawant Jaee	70	Parge Apurva Shivaji
29	Pendase Gauri	71	Lokare Rucha Ramesh
30	Anushka Malkhare	72	Peshave Jui Atul
31	Maheshwari Raghav	73	Chinchanikar Chaitrali Bhalchandra
32	Salvekar Tejaswini	74	Khare Disha Deepak
33	Manali Relekar	75	Shah Jigisha Rajendra
34	Vaidya Sakshi	76	Ambalgikar Aishwarya Prashant
35	Harshada Kshirsagar	77	Angal Aditi Vinayak
36	Shraddha Bhor	78	Joshi Vaidehi Rishikesh
37	Sanskriti Deole	79	Swaliha Shaikh
38	Roshani Jori	80	Savani Deshmukh
39	Meghana Mhatre	81	Aishwarya Dhumal
40	Megha Waghmare	82	Gauri Korlahalli
41	Aishwarya Tilekar		
42	Rutuja Jori		



Director of Physical Education
Kaveri College of Arts, Science & Commerce



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