

Webinar on Verbal and Non-verbal Communication

Organized by
Student Development Committee
In collaboration with
Department of English

Key-note speaker: Dr. Pawan Deshmukh,
Dean, Placement Cell Prof. Ram Meghe College of Engineering and
Technology.

Date and Time: 1/05/2021 at 5.00 pm

No. of participants: 99

Smt. Narsamma Arts, Commerce & Science College
Kiran Nagar, Amravati M.S.

Webinar On
"VERBAL AND NON VERBAL COMMUNICATION"

Celebrating A Silver Jubilee Year

A Joint Activity of
Student Development Committee (SDC) and Department of English
Launching Ceremony of The Book
"Voicing The Unvoiced: Assimilating Transgender Through Research"

SPEAKER

Dr. Pawan Deshmukh
Dean
Training & Placement Cell at
Prof Ram Meghe College of
Engineering & Management,
Badnera

Scheduled On
SATURDAY,
1ST MAY 2021
At 5.00 PM

Chief Guest

Shri. Sunilji Pathak
Member, SNHS Trust

President

Dr. R.S. Chandanpat
Principal

Chief Guest

Dr. D.N. Satange
Director
Student Development Cell
SGBAU Amt.

Chief Guest

Dr. N.D. Gawande
IQAC Coordinator

Dr. P.N. Pawade

Head, SDC

Dr. Pankaja Ingle

Webinar Coordinator

Sp Adobe Spark

List of participants:

Sr. No.	Name of the participant	Contact No.
1	Mr. Pratik Bapurao Waghmare	8669273091
2	Mr. Sumit Purushottam Kshirsagar	9175594933
3	Ku. Apeksha Sanjay Bhojar	8551074021
4	Ku. Megha Vijay Kabire	9186920950
5	Ku. Shraddha Sunil Wawre	9767993974

6	Ku. Vaishnavi Namdev Pandhare	9764250932
7	Mr. Sanjivani Vinod Wajpe	9607575484
8	Mr. SHIVANJALI VINODRAO WAJPE	7350796388
9	Mr. Shrikant Champalal Darsimbe	7264821830
10	Ku. Kajal Dhanesh Dhawale	9545152712
11	Ku. Payal Pradiprao Yadav	8408919256
12	Ku. Sakshi Sanjay Chawake	9096288288
13	Mr. Yash Dharmadeep Gawai	9156916891
14	Ku. Mayuri Gajananrao Borkar	9881271810
15	Ku. Pallavi Dinesh Vakalkar	9763402298
16	Ku. Prachi Ravindra Bramhane	9325985302
17	Ku. Rupali Sunil Gurchal	8317231705
18	Ku. Sakshi Bhaskarrao Shingane	8605309057
19	Mr. Manisha Janardhan Wardhe	8411980290
20	Ku. Prachi Dhanraj Khobragade	7058001349
21	Ku. Anushka Dhananjay Nihatkar	8669737334
22	Ku. Ishika Sanjayrao Chaware	9763479194
23	Ku. Nikita Vijay Wankhade	7821897622
24	Mr. Abhay Bhaskarrao Wankhade	9356413437
25	Mr. Sahil Jumma Manjare	7666791870
26	Ku. Arti Vijayrao Ukey	9763968475
27	Ku. Megha Rajeshrao Sirsiya	8830366956
28	Ku. Pratiksha Sunil Deore	9307506197
29	Ku. Rakshita Dnyaneshwar Dongre	9021966357
30	Ku. Saloni Ramesh Rathod	9579536632
31	Kirti Krushnakumar Gondhale	9975487309
32	Shamali Sunilrao Adhao	9975494248
33	Bharat Arjun Maighane	8975799550
34	Ramrao Narsingrao Salam	8552055308
35	Snehal Shrikrushna Nayse	8329044204
36	Arbaz Khan Rajjan Ahmad Khan	7020114178
37	Shivani Himmatrao Rewanshete	8830095580
38	Saurabh Ravindra Bansod	9511823927
39	Amit Nanasahab Bhadke	8007913280
40	Ghanshyam Ganeshrao Pokale	9096907618
41	Mayuri Vinodrao Ingole	8551084481
42	Vaishnavi Sunil Warankar	7887412183
43	Ajinkya Vinayakrao Pawar	7264908220
44	Ketaki Pruthviraj Thakur	8421869119
45	Pallavi Pramod Sonone	7057558065
46	Devesh Manohar Ankar	8408833487

47	Samiksha Sanjay Virulkar	7038117614
48	Rina Anilrao Belsare	7264861315
49	Dhanashri Dhanraj Sakarde	7796256154
50	Prathamesh Jayant Deshpande	8600496437
51	Sneha Rameshrao Waghmare	7030474769
52	Smarnika Vinayakrao Deshmukh	9130800339
53	Alpesh Dnyaneshwar Belsare	9604267380
54	Vivek Kisan Jadhav	7030773101
55	Chaitali Rangrao Deshmukh	8806440502
56	Rahul Gajananrao Bodne	9370335347
57	Divya Sahebrao Sahare	9067194144
58	Reena Ravindra Vighne	7264063654
59	Sujata Ganeshrao Titare	7066377670
60	Tejaswini Dineshrao Parliwar	8208064840
61	Shantanu Vijay Thawale	7499024822
62	Alisha Pramod Datar	8888907280
63	Gauri Nitinrao Rithe	9518544943
64	Gauri Sureshrao Tayade	7410795083
65	Hemlata Dhanraj Makade	7768989620
66	Pallavi Hiralal Jadhao	9284626284
67	Sakshi Milindrao Ahiwar	8975231525
68	Vaishnavi Ramkrushna Amdare	7391941070
69	Vaishnavi Vilasrao Kale	9527081657
70	Vishalakshi Atul Joshi	9518953749
71	Vruttika Vilasrao Kakad	7448209144
72	Ku. Ayushi Pravin Deshmukh	9921611989
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74	Ku. Pooja Vinod Mohod	8518023604
75	Ku. Priya Vinod Raut	9923561694
76	Ku. Samruddhi Sanjay Deshmukh	9545184544
77	Ku. Shital Pramod Chincholkar	9657238941
78	Ku. Shraddha Samadhan Meshram	8623047359
79	Ku. Vaishnavi Manoj Dubey	9028180697
80	Ku. Vaishnavi Ramdas Wakode	9890434691
81	Mr. Indrajeet Sudesh Chakre	7447312141
82	Mr. Rutvik Digambar Pawar	9763206794
83	Mr. Sachin Sandip Kokane	8805629983
84	Ku. Janhavi Mohan Sable	9420078627
85	Ku. Ravina Vijay Bhalerao	9767230944
86	Ku. Sarika Santoshrao Kaware	9822669194
87	Ku. Shivani Parmeshwar Kshirsagar	9545099068

88	Ku. Vaishnavi Ganeshrao Nanote	8830863540
89	Mr. Nutan Sureshrao Kadukar	9422129866
90	Ku. Krishna Pradiprao Deshmukh	9766885471
91	Ku. Sakshi Kiransingh Chavhan	8055251482
92	Ku. Siddhi Sandeep Kale	9420519454
93	Ku. Sanjana Rameshrao Sao	9730201213
94	Mr. Prajwal Hemantrao Thakare	9923196006
95	Mr. Ujwal Hemantrao Thakare	9923196006
96	Ku. Tulsi Diliprao Yadav	7066307883
97	Mr. Sanket Umeshrao Taywade	9860407373
98	Mr. Abhijit Rajendra Kanbale	7249109379
99	Shital Sanjay Kale	9518700362



A report
“Yoga Practice Sessions”
(On the occasion of Celebration of Silver Jubilee)
(Yoga through youtube mediated Demonstrations)



Organized by
Department of Physics
Smt. Narsamma Arts Commerce and Science College,
Kiran Nagar, Amravati (MS) -444606
Duration: 17-10-2020 to 23-10-2020

Announcement and Important Dates

First Announcement:	09-10-2020
Second Announcement:	16-10-2020
Duration of youtube mediated Demonstrations:	17-10-2020 to 23-10-2020 (Daily 7 am to 8 am)
Occasion:	Celebration of Silver Jubilee Year
Submission of Report:	03-11-2020

Name of Activity: Yoga Practice Session (योग-साधना-सत्र)

Occasion: Celebration of Silver Jubilee Year

Objectives:

- To aware students / community about the basic need of Yoga
- To make students / community familiar with basics of Yoga
- Yoga to develop mental-psychological and behavioral sense especially during the pandemic situation.
- To provide long term youtube links of Yoga-demonstrations for regular performance

Duration of the the Activity: 17-10-2020 to 23-10-2020

No. of participants: 96 Participants

Facilitator & youtube Demonstrator: Dr. A. U. Bajpeyee

Convener: Dr. Bajpeyee A. U.

The Concept & Background:

In the view of the pandemic situation and handling the students in terms of their confidence building, Yoga Practice Sessions were organised. After a thought, it was noted that this is one of the requirements of the students during such scenario. Through media, psychocological and mental issues in this situation are increasing day by day. To balance the mental condtions, Yoga, pranayama and mediatation is a powerfull tool.

As one of the social initiatives, Department has organised this activity called Yoga Practice Sessions. So, at Departmental level, to boost the confidence of the students, it was decided to conduct Yoga Practice Sessions Activty giving chance to the students and viewers for to do Yog-kriya. Departmental faculty member Dr. Bajpeyee has prepared youtube videos and through links the demonstrations of as listed Yog-

activities were conducted through e-media like WhatsApp and facebook to watch and to do.

Distribution of number of participants who were benefitted through the “Yoga Practice Sessions” is as under:

Aum Chanting (ओम चँन्टिंग): https://youtu.be/YIlq9SEXQ5E	28
Bhramari Pranayama (भ्रामरी प्राणायाम): https://youtu.be/UX2PICe6XBk	11
Anulomvilam (अनुलोमविलम प्राणायाम): https://youtu.be/2-VP7jMKCEc	12
Ujjayyai Pranayama (ऊज्जयी प्राणायाम): https://youtu.be/YNSzPoOIglw	09
Bhastrika Pranayama (भस्त्रिका प्राणायाम): https://youtu.be/aHC8tm0xlAo	12
Kapalbhati Pranayama (कपालभाँति प्राणायाम): https://youtu.be/GttlNdu5oIw	12
Dhyan Sadhana (ध्यान-साधना): https://youtu.be/ROO5PO5hEd4	12
	96

Proof of Notice issued is linked at:

<https://www.facebook.com/narsamma.mahavidyalaya/posts/330483031587268>

Dr. Bajpeyee A. U.
(Physics)

Submitted by
Convener of the Activity