



DECCAN COLLEGE OF INTERIOR DESIGN, KOLHAPUR

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Visit us - www.deccaninstitute.org

Workshop

Academic year 2022-23

Meditation workshop

Thu, Fri, Sat – 6th, 7th, 8th Oct 2022

DIT





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Notice



DECCAN COLLEGE OF INTERIOR DESIGN, KOLHAPUR
cosmos commercial complex , 3rd floor, station road,
(near central bus stand), new shahupuri, kolhapur, 0231-2666814, 2663814.

MEDITATION WORKSHOP

MEDITATION IS A WAY FOR NOURISHING AND
BLOSSOMING THE DIVINITY WITHIN YOU

Days & Dates	Time
Thursday 06/10/22	9.00 am - 10.00 am
Friday 07/10/22	
Saturday 08/10/22	

do carry your own yoga mat with you.



Geeta



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Report

Topic Name: Meditation Workshop
Speaker Name: Mrs. Sarojini Nesar & Mrs. Aparna Desai
Day & Date: Th , Fri , Sat 6th -7th -8th Oct 2022
Student Present No.: 55

Objective:

Learn how you can incorporate meditation in your life to improve your overall lifestyle. Develop calmness & inner happiness . To help increase both physical and mental peace and calm, which also helps you to learn how to live more fully in the present.

Report : Deccan college of interior design conducted the workshop on Thursday , Friday & Saturday 6th , 7th & 8th Oct 2022 topic of Meditation .The lecture started at 9:00am. Ar. Megha Shirke mam gave information about the topic of workshop and introduction to guest speaker.

Heart fullness Institute is a global nonprofit organization with thousands of volunteer with who serve more than a million meditations in over 130 countries.

Mrs. Sarojini Nesar & Mrs. Aparna Desai explained key poin about meditation.

1) Benefits of meditation 2) Pranavati 3) cleanness 4) prayer. 5) How do you meditate daily?





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It is a simple and subtle practice of meditation that connects each of us with the light and love in our hearts. We offer the world a daily practice that awakens our potential for simple, joyful existence.

On the first day she taught how to do Pranavati sadhana. (Dhyan Dharna)

Second day she explained cleanness method.

Third day she explained about prayer & importance of meditation, cleanness. She took meditation from us for three days.

After meditation – Pranvati she interacted with students. At the end of session votes of thanks held by Rutuja 4th year student.

All the staff memnber participated to make this workshop seccessfully.





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Photo (Geo tagged)



Geo



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Attendance Chart

Date : 6th Oct 2022



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Workshop on Meditation

By Mrs. Aparna Desai, Mrs. Mrs. Sarojini Nejdar

Date : 6/10/2022

Student Attendance

Sr. No.	Student Name	Signature
1.	Saba Shafiqahamad Mulla.	
2.	vidya Krishna Chavan	
3.	shruti Rajesh chalake	
4.	Rajnandini Shamray Shirke	
5.	Jogadish Ganesh Sutar	
6.	Vaishnavi Sawant	
7.	Yash Prashant Kajave	
8.	Mauli Satish Degloalkar	
9.	sutar prajakta	
10.	Lendave pranoti manik	
11.	Sanket utge	
12.	Divya Ghatkar	
13.	-Apurna Karambe	
14.	Soniya Petkar	
15.	Ashudosh Patil	
16.	Sarechub Shirgape	
17.	Khusin Baluti	
18.	Pranjal Bhosale	





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Workshop on **Meditation**

By Mrs. Aparna Desai, Mrs. Mrs. Sarojini Nejdar

Date : 6/10/2022

Student Attendance

Sr. No.	Student Name	Signature
19.	PooKsha Narvekar	<i>Pnarvekar</i>
20.	Om Kolaki	<i>Om Kolaki</i>
21.	Nandini Naikwadi	<i>NNaikwadi</i>
22.	Tanisha Mane	<i>TMane</i>
23.	Amruta Kulkarni	<i>Amruta</i>
24.	Anuja Kuralupe	<i>Anuja</i>
25.	Nandini Naikwadi	
26.	Shrutika Sardesai	<i>Sardesai</i>
27.	Kamra Lisha	<i>Kamra</i>
28.	Madhuri V Kakade.	<i>Makade.</i>
29.	Sakshi N. Deshinge	<i>Sakshi</i>
30.	Swami Kishor Khairnar	<i>Swami</i>
31.	Jyotsna Mujaj	<i>Jyotsna</i>
32.	Madhav. R. Undale	<i>Undale</i>
33.	Nash M. Malge	<i>Nash</i>
34.	Deepak. S. Sutar	<i>Deepak</i>
35.	Vedant Lachare	<i>Vedant</i>
36.	Ashar. Ambekar	<i>Ashar</i>

Bomish Loya
Yash Manoj Bhutada

Yash
Yash



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7th Oct 2022



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Workshop on **Meditation**

By Mrs. Aparna Desai, Mrs. Mrs. Sarojini Nejdar

Date : 7/10/2022

Student Attendance

Sr. No.	Student Name	Signature
1.	jagadish Ganesh sutar	Jagadish G.
2.	Vaishnavi Sawant	Vaishnavi
3.	Yash Prashant Kajave	Kajave
4.	Rajrandini Shamray Shirke	Shirke
5.	vidya chavan	VD
6.	shruti chalake	Bhalake
7.	Saba Shafiqahmad Mulla.	Shamulla
8.	Sutar Prajakta	Prajakta
9.	Lendave pranoti Manik	Pranoti
10.	sanket utge .	Sanket
11.	divya ghatkar	Divya
12.	Apurva Kareambe.	Kareambe
13.	soniya Petkar	Soniya
14.	Ashutosh Patil	Ashutosh
15.	Sareekah shirgupte	Shirgupte
16.	Khushi Baheti	Khushi
17.	Pranjal Bhosale	Pranjal
18.	Preksha Narvekar	Pranvekar

Pranav. T. Nigh .
Yash Narvekar

Pranav
Narvekar



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Workshop on **Meditation**

By Mrs. Aparna Desai, Mrs. Mrs. Sarojini Nejdar

Date : 7/10/2022

Student Attendance

Sr. No.	Student Name	Signature
19.	Tanisha Mane	<i>Tanisha</i>
20.	Nandini Naikwadi	
21.	Anuja Kuralupe	
22.	Amruta Kulkarni	<i>Amruta</i>
23.	Sweety Agarwal	<i>Sweety</i>
24.	Shrutika Sardesai	<i>Sardesai</i>
25.	Kausera Lisha	<i>Kausera</i>
26.	Madhuri V Kulkade	<i>Madhuri</i>
27.	Satshi M. Deshinge	<i>Satshi</i>
28.	Swami Kishor Khairnar	<i>Swami</i>
29.	Jamadar Mucraj	<i>Jamadar</i>
30.	Madhav. R. Undale	<i>Undale</i>
31.	Yash M. Malage	<i>Yash</i>
32.	deepak-S. Butar	<i>Deepak</i>
33.	Vedant Lachake	<i>Vedant</i>
34.	Ashar. Anshetani	<i>Ashar</i>
35.	Pranav.T. Wagh	<i>Pranav</i>
36.	Gomesh Laya	<i>Gomesh</i>

Rushikesh Bhasde



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Date : 8th Oct 2022



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Workshop on **Meditation**

By Mrs. Aparna Desai, Mrs. Sarojini Nejdar

Date : 8/10/2022

Student Attendance

Sr. No.	Student Name	Signature
1.	Jagdish Ganesh Sutar	Jagdish
2.	Vaishnavi Sawant	Vaishnavi
3.	Yash Prashant Kajave	Kajave
4.	Rajnandini Shamrao Shirske	Shirske
5.	Vidya Chavan	Vidya
6.	Shruti Chalake	Shruti
7.	Saba Shafiqul Mulla	Saba
8.	Sutar Prajakta	Prajakta
9.	Lendave Pranoti Manik	Lendave
10.	Sanket Utje	Sanket
11.	Divya Ghatkar	Divya
12.	Aparna Kerambe	Aparna
13.	Soniya Petkar	Soniya
14.	Ashutosh Patil	Ashutosh
15.	Sareekah Sherguape	Sareekah
16.	Khushi Baheti	Khushi
17.	Pranjal Bhosale	Pranjal
18.	Poeksha Narvekar	P. Narvekar
	Om Shindkar	Om



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Date : 8/10/2022

Student Attendance

Sr. No.	Student Name	Signature
19.	Tanika Mane	
20.	Anuja kuralupe	
21.	Amruta kulkarni	
22.	Sweety Agarwal	
23.	Nandini Naitkedi	
24.	Shrutika Sardesai	
25.	Kamra Lisha	
26.	Madhuri V Kaleade	
27.	sakshi N. Deshinge	
28.	Swami Kishor Khairnar	
29.	Jamadae Mucaj	
30.	Madhav. R. Undale	
31.	Yash m. malge	
32.	deepak S. Sutar	
33.	Vedant Lachake	
34.	Azhar. Ambekar	
35.	Jamshir Loya	
36.	Purnav. u. gain	
	Yash Manoj Bhutonde	
	Rushikesh Bhosale	

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