



JNAN VIKAS MANDAL'S
Mohanlal Raichand Mehta College of Commerce
Diwali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli Navi Mumbai

Name of the activity- "Workshop on Sahaja Meditation"

Members involved: -

Dr. Leena Sarkar

Principal

Dr.B.R.Deshpande

Vice-Principal

Mrs.Yogita Sawant

Convener

Counselling Cell (Incharge) JVM's Degree College

Organizing Committee

1. Mrs. Sharayu Kadam (Counselling Cell)
2. Mr. Ashutosh Sharma





JNAN VIKAS MANDAL'S

**Mohanlal Raichand Mehta College of Commerce
Diwali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli, Navi Mumbai**

Notice of The Meeting

Date: 21st January, 2023

All the Counselling Cell members are hereby informed that the meeting will be conducted on 21st January, 2023 at 11:00 AM.

Agenda of the meeting will be as follows: -

- Finalizing Workshop
- Topic of Workshop
- Duration
- Distribution of Work



Leena
Dr. Leena Sarkar

Principal

**PRINCIPAL
JNAN VIKAS MANDAL'S
M.R. MEHTA COLLEGE OF COMMERCE
D.M. COLLEGE OF SCIENCE
A.R. MEHTA COLLEGE OF ARTS
Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE
Plot No.9, SEC.- 19, AIROLI,
NAVI MUMBAI-400 708**



JNAN VIKAS MANDAL'S

Mohanlal Raichand Mehta College of Commerce
Diwali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli, Navi Mumbai

3. Minutes of the Meeting: -

For planning the Workshop on "SAHAJA MEDITATION" a meeting was held with Principal Madam on 21st January, 2023 in the principal cabin at 11:00 AM. The meeting was presided by Principal Dr. Leena Sarkar and attended by Vice Principal Dr. B.R. Deshpande, Asst. Prof. Yogita Sawant, Asst. Prof. Sharayu Kadam, Asst. Prof. Ashutosh Sharma.

In the meeting following points were discussed and decisions were taken:

Finalizing Workshop: It was discussed among the members that the Workshop on "SAHAJA MEDITATION" shall be organized on 25th January 2023.

Topic of workshop: During the meeting 'SAHAJA MEDITATION' topic was finalized for the workshop.

Duration: It was decided that the duration of the workshop will be for three hours i.e. 9:00am to 12:00pm.

Platform: The Workshop will be offline in Auditorium.

Distribution of Work: The distribution of work was done. It was decided that Asst. Prof. Yogita Sawant would be Convenor for the event. Work Distribution and planning

- Flyer Designing – Ashutosh Sharma.
- Script of Speech preparing – Sharayu Kadam.
- Vote of thanks – Ashutosh Sharma.
- Creation of Feedback link and QR code – Sharayu Kadam.
- Creation of Attendance sheet - Ashutosh Sharma.
- Report Preparing – Sharayu Kadam


As there was no matter to discuss further, meeting ended with vote of thanks by the chair person.

Dr. Leena Sarkar – Principal
Dr. B.R. Deshpande – Vice Principal

Asst. Prof. Yogita Sawant – Coordinator, Counseling Cell
Asst. Prof. Sharayu Kadam – Member, Counseling Cell
Asst. Prof. Ashutosh Sharma



4. Flyer prepared:


 **Jnan Vikas Mandal's Mehta Degree College**
Plot No-9, Sector-19, Airoli, Navi Mumbai - 400708
NAAC Re-Accredited 'A' Grade (CGPA - 3.33)

COUNSELLING CELL
ORGANIZES WORKSHOP ON
"SAHAJ MEDITATION"
By SAHAJ Yoga Foundation

Speaker:- Ms. RUCHI SABHARWAL

Prayer is when you talk to God;
Meditation is when you listen to God.

DATE- 25TH JAN, 2023
TIME- 9.00AM ONWARDS
VENUE- AUDITORIUM



Organizers:
Asst. Prof. Sharayu Kadam
Asst. Prof. Ashutosh Sharma
Mrs. Yogita Sawant
(Counselling Cell Incharge)

Dr. B. R. Deshpande
(Vice Principal)
Dr. (Mrs.) Leena Sarkar
(Principal)

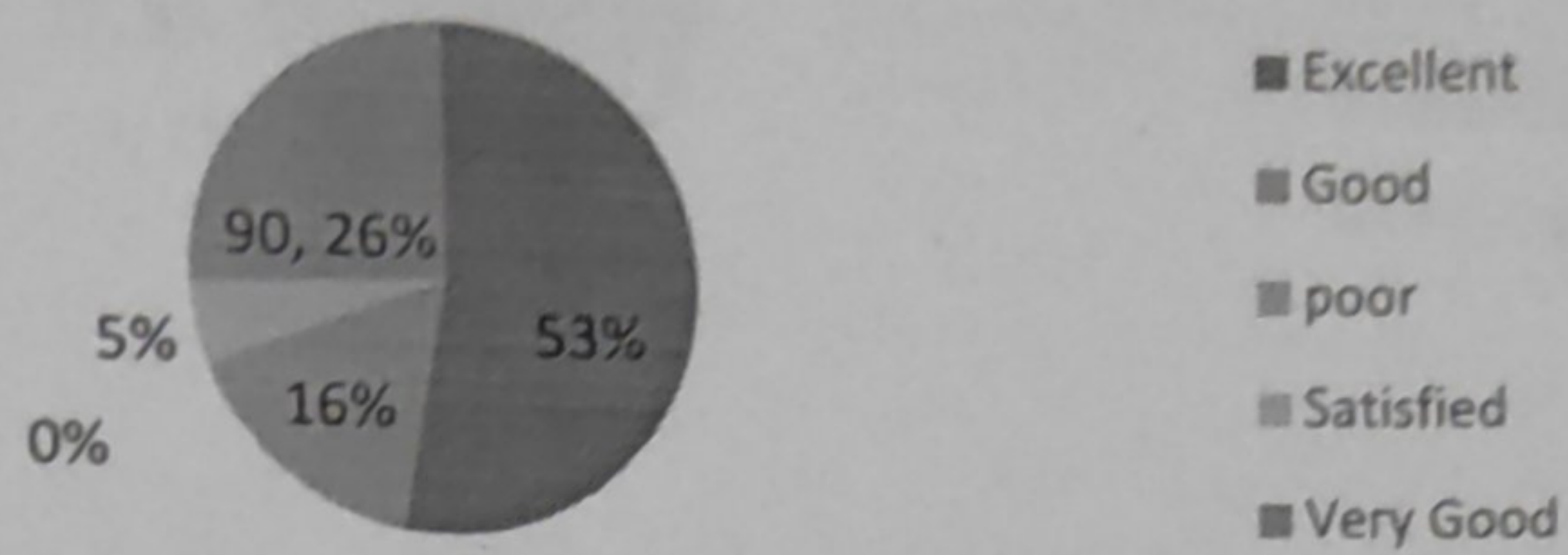
5. Feedback form link and QR code :

<https://forms.gle/YMeJTvRAMgRGZCV77>

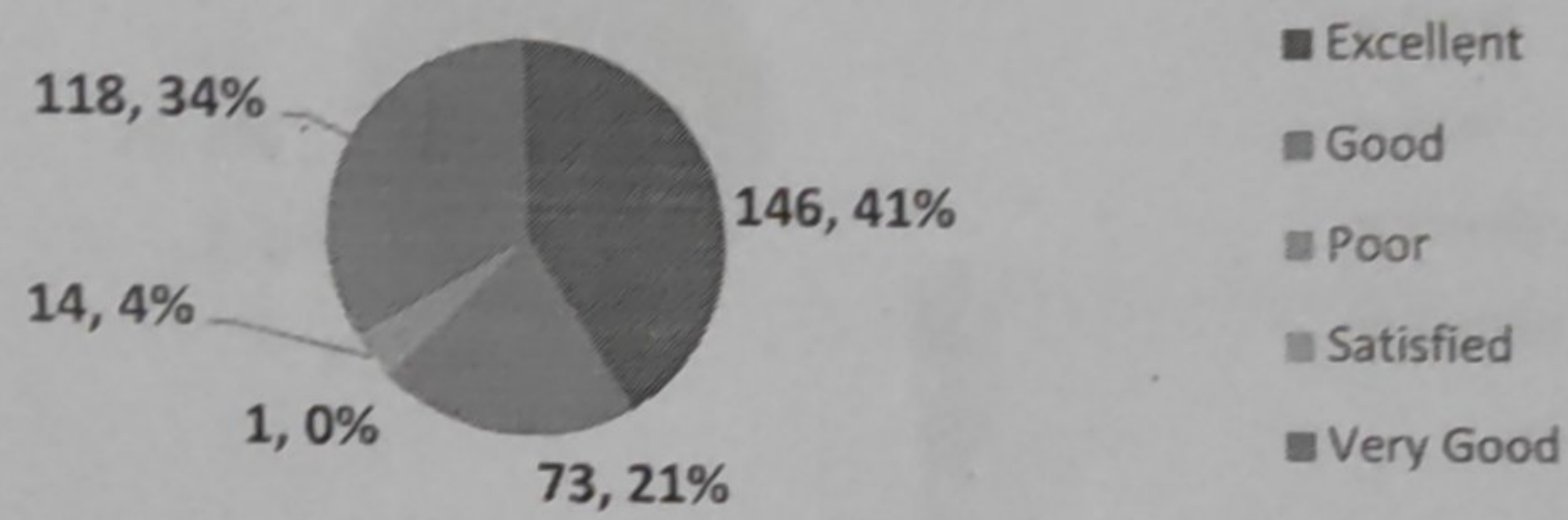


6. Feedback analysis:

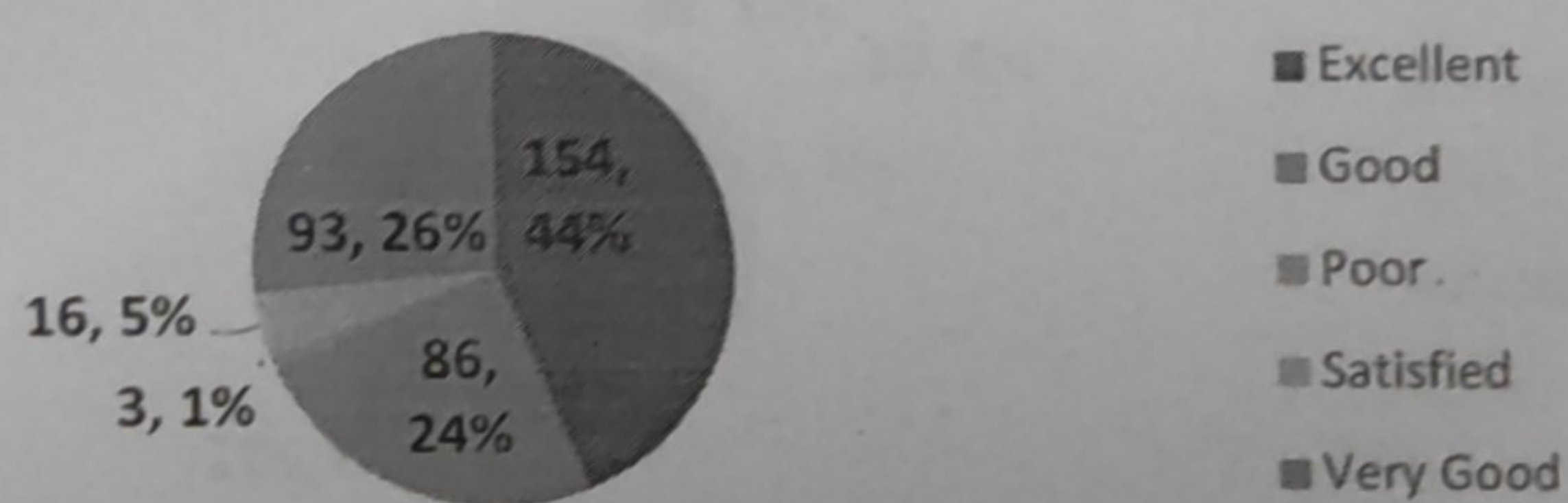
How would you like to rate the topic of the session?



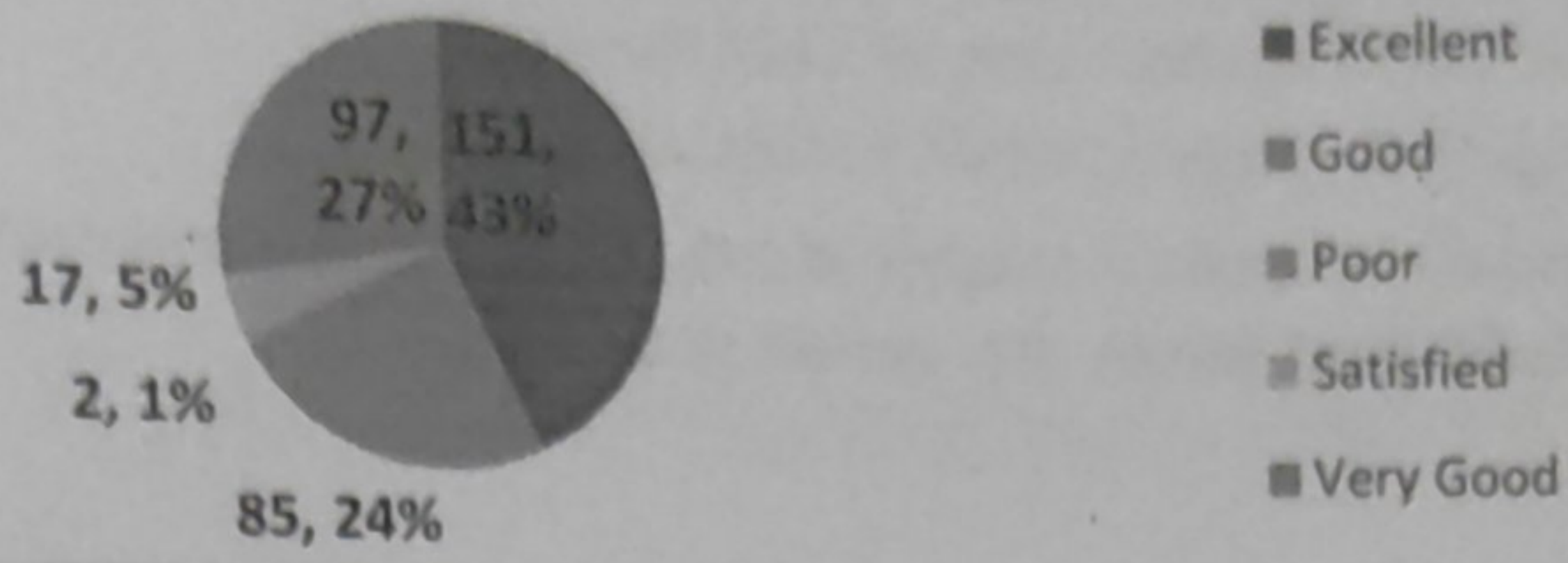
How were the contents covered in the session?



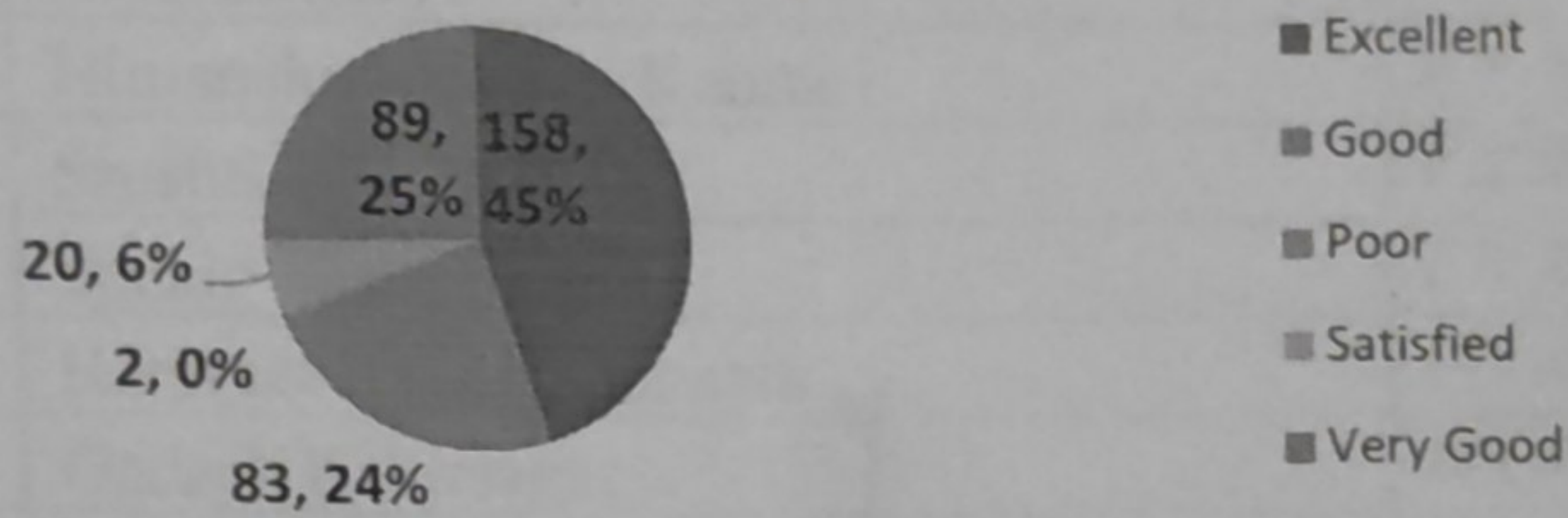
How was the content delivery by the speaker Ruchi Sabharwal ?



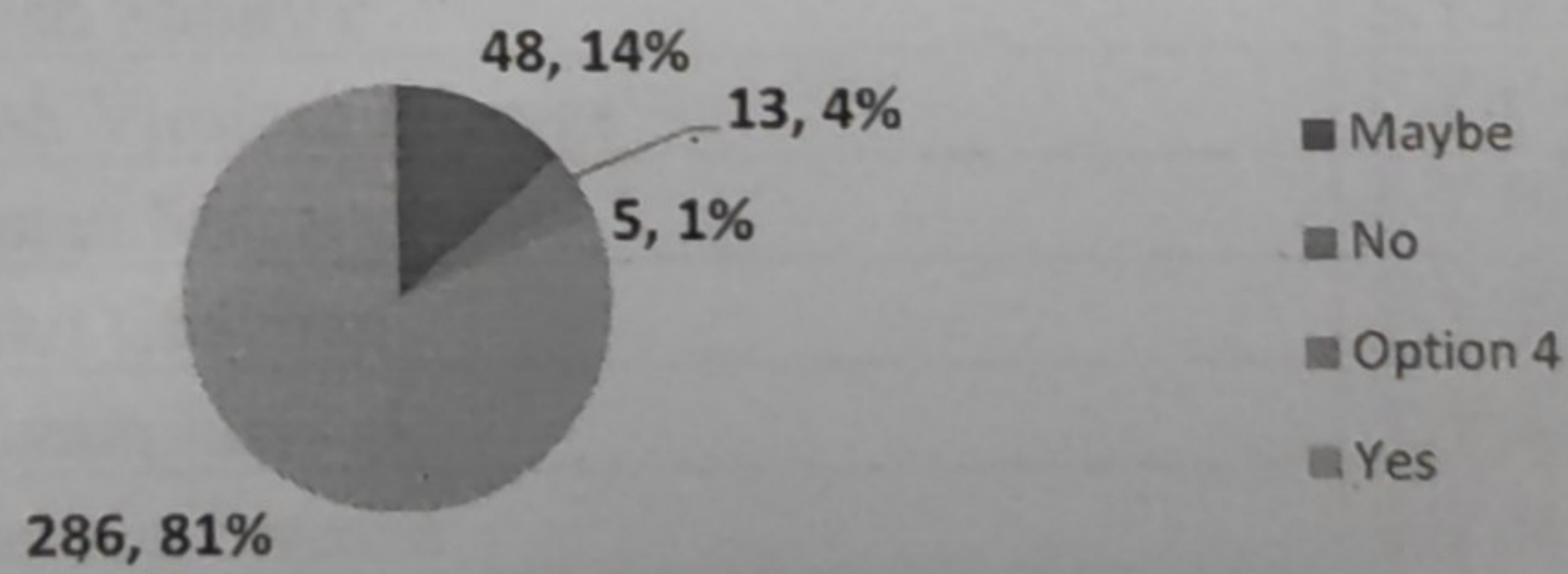
How well was the session organized?



How was your overall experience about today's session ?



Would you like to get notified about the events organized by JVM'S Degree College?





JNAN VIKAS MANDAL'S
Mohanlal Raichand Mehta College of Commerce
Diwali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli Navi Mumbai

7. Participants List:

Sr.No	Name of the Participants	Class
1	Jui Kulkarni	S.Y.B.Com
2	Shivani Soni	F.Y.B.Com
3	Anupa Verma	F.Y.B.Com
4	Siddhesh Mirje	F.Y.B.Com
5	Rohan Mhatre	F.Y.B.Com
6	Himanshu Mahavir Kandari	F.Y.B.Com
7	Srushti Ajit Patil	F.Y.B.Com
8	Sachin Vishwakarma	F.Y.B.Com
9	Harpreet Kaur Randhawa	F.Y.B.Com
10	Ganesh Kshirsagar	F.Y.B.Com
11	Aarti Mistry	F.Y.B.Com
12	Ronit Madhavi	F.Y.B.Com
13	Abhishek Sharma	S.Y.B.Com
14	Sakshi Kadam	F.Y.B.Com
15	Kali Ashok Gupta	F.Y.B.Com
16	Asha Harishchandra Thorat	S.Y.B.Com
17	Yadnya Madhavi	F.Y.B.Com
18	Anish Maurya	S.Y.B.Com
19	Yash Vimlesh Patange	F.Y.B.Com
20	Sonam Magar	F.Y.B.Com
21	Ankit Chauhan	F.Y.B.Com
22	Shivam Jaiswal	T.Y.Bcom
23	Manisha Sharma	F.Y.B.Com
24	Sandeep Kaur	T.Y.Bcom
25	Atanu Saha	F.Y.B.Com
26	Amit Choudhary	F.Y.B.Com
27	Sajan Ashok Jaiswal	T.Y.Bcom
28	Manisha Yadav	S.Y.B.Com
29	Sujal	F.Y.B.Com
30	Sakshi Prabhakar Salve	F.Y.B.Com
31	Mansi Rawool	F.Y.B.Com



32	Shweta More	F.Y.Bcom
33	Tanvi More	F.Y.Bcom
34	Nikhil Gupta	F.Y.Bcom
35	Neha Sanjay Karandkar	F.Y.Bcom
36	Samiksha Rajesh Marathe	F.Y.Bcom
37	Devendra Gurav	T.Y.Bcom
38	Poonam Pandey	F.Y.Bcom
39	Shubhangi Vishwakarma	F.Y.Bcom
40	Ashwini Nikam	F.Y.Bcom
41	Sayesta Shaikh	F.Y.Bcom
42	Shani Ramhit Gupta	T.Y.Bcom
43	Sonali Vishwakarma	F.Y.Bcom
44	Gautam Khomnath Rajkumar	F.Y.Bcom
45	Darshana Sujeet Soni	F.Y.Bcom
46	Muskan Chand Shaikh	F.Y.Bcom
47	Gowardhan Amkare	F.Y.Bcom
48	Pradum Ambika Rajbhar	S.Y.B.Com
49	Pranay Pashte	F.Y.Bcom
50	Daulat Jaiswal	T.Y.Bcom
51	Suraj Prajapati	S.Y.Bcom
52	Pratiksha Vinay Tiwari	S.Y.Bcom
53	Mahima Kisan Rathod	S.Y.B.Com
54	Priyanshu Patel	F.Y.Bcom
55	Monika Dharamsingh Patwal	S.Y.B.Com
56	Krutika Kishor Gangurde	S.Y.Bcom
57	Rutuja Shinde	F.Y.Bcom
58	Nikhil Patil	F.Y.Bcom
59	Astha Patwa	F.Y.Bcom
60	Chandani Prajapati	F.Y.Bcom
61	Divya Rajpurohit	S.Y.B.Com
62	Keya Bhattacharya	F.Y.Bcom
63	Deepak Rajbhar	S.Y.B.Com
64	Nisha Dwivedi	S.Y.B.Com
65	Bhumi Koli	F.Y.Bcom
66	Sheetal	F.Y.Bcom
67	Ashika Salunkhe	S.Y.B.Com
68	Sakshi Awadhesh Tiwari	F.Y.Bcom
69	Laxmi Badrinarayan Prajapati	F.Y.Bcom
70	Rudraksh Magar	F.Y.Bcom
71	Gouri Ramesh Borge	T.Y.Bcom
72	Siddhant Parulekar	S.Y.Bcom
73	Vrushali Ramesh Mahapadi	F.Y.Bcom
74	Rajusaroj	S.Y.Bcom



75	Tejas Vichare	S.Y.Bcom
76	Neha Varma	F.Y.Bcom
77	Soni Hirala Wishwakarma	S.Y.Bcom
78	Pragati Awdhesh Kanojiya	F.Y.Bcom
79	Rajendra Ramkishor Sharma	S.Y.B.Com
80	Srushti Gawade	F.Y.B.Com
81	Namrata Vishwakarma	F.Y.B.Com
82	Anjali Baban Prasad Varma	S.Y.B.Com
83	Gupta Prachi Devendra	T.Y.Bcom
84	Sachin Nirmal	S.Y.B.Com
85	Pratik	F.Y.B.Com
86	Sneha Mourya	F.Y.B.Com
87	Rohit Santosh Shigwan	S.Y.B.Com
88	Omkar	F.Y.B.Com
89	Shruti Rane	S.Y.B.Com
90	Sanjana Saroj	T.Y.Bcom
91	Vishal Santosh Yadav	F.Y.B.Com
92	Rugved Shinde	F.Y.B.Com
93	Anjali Nishad	F.Y.B.Com
94	Srushti Lohote	F.Y.B.Com
95	Mrunali Shirgavkar	S.Y.B.Com
96	Surbhi Joshi	F.Y.B.Com
97	Ankush Madan Singh	S.Y.BAF
98	O	F.Y.B.Com
99	Rahul Vishwakarma	F.Y.B.Com
100	Rajesh Bhagwan Shah	F.Y.B.Com
101	Yash Kadam	F.Y.B.Com
102	Deepak Dilipkumar Jaiswal	F.Y.B.Com
103	Vishal Kahar	F.Y.B.Com
104	Sejal Gupta	F.Y.B.Com
105	Tasin Tanvir Hussain	F.Y.B.Com
106	Vivek Sakpal	F.Y.B.Com
107	Gorangavi Kolhe	S.Y.Bcom
108	Hemangi Madhavi	F.Y.B.Com
109	Anjali Mali	F.Y.B.Com
110	Rohit Sohta	T.Y.BAF
111	F.Y.B.Com	F.Y.B.Com
112	Vedant Ghanate	F.Y.B.Com
113	Sai Sunil Biramane	FYIT
114	Aman Jaiswal	FYIT
115	Dipali Khandagale	F.Y.BBI
116	Imran Qureshi	T.Y.BAF
117	Salonee Kadam	S.Y.BAF



118	Ayushi Bhanushali	S.Y.BMS
119	Akshata Kle	F.Y.BAF
120	Sakshi Bhosale	S.Y.BAF
121	Soham	S.Y.B.Com
122	Central Bank Of Indi	FYIT
123	Afra	S.Y.BMS
124	Samiksha Suryawanshi	S.Y.BAF
125	Aryan Mourya	FYIT
126	Vaishnavi Vijay Chorge	F.Y.BAF
127	Videshika Gautam Nikalje	FYIT
128	Kajal Soni	F.Y.BBI
129	Nargis Khan	F.Y.BAF
130	Sanika Sanjay Patil	S.Y.BMS
131	Bhushan Ravindra Sonavane	S.Y.BMS
132	Aishwarya Suryawanshi	S.Y.BAF
133	Neha Santosh Lokhande	FYIT
134	Towhid	FYIT
135	Sneha Ravikumar Manchal	FYIT
136	Bhavesh Gangurde	TYIT
137	Pradip Uttam Kadam	FYBSc
138	Toshal Sneha Anasuraj	F.Y.BAF
139	Shruti Yelve	S.Y.Bcom
140	Shubham Mulchand Gupta	FYIT
141	Abhijeet	FYIT
142	Priyanka Bansode	T.Y.BMS
143	Mansi Vivek Bhanushali	S.Y.BMS
144	Sameer Raen	TYIT
145	Vishal Dattatray Disle	F.Y.BAF
146	Tanvi Sunil Sangle	TYIT
147	Dhiren	FYBAMMC
148	Shreya Lad	TYIT
149	Vishal Bavdekar	T.Y.BBI
150	Ayush	FYIT
151	Saish Kulkarni	FYIT
152	Ruchita Mahendra Jaiswar	S.Y.BBI
153	Aditya Deshmukh	F.Y.BAF
154	Nirmiti Mestri	TYCS
155	Palak Kalyan Tiwari	F.Y.BAF
156	Vaishali Ankush Mandavkar	F.Y.BAF
157	Ashish Chand	FYIT
158	Seema	F.Y.BAF
159	Nandini Singh	S.Y.BAF
160	Samson Lewis	FYBAMMC



161	Anjali Yadav	T.Y.BAF
162	Chetan Poojary	S.Y.BAF
163	Prachi. Premlal Chaudhary	FYIT
164	Sakshi Jetinga Vanjare	FYIT
165	Bhakti Nakhwa	TYCS
166	Tanvi Shinde	S.Y.BAF
167	Rudra Sharma	F.Y BAF
168	Sapna Kapil Kewat	SYCS
169	Ribika Autade	TYIT
170	Sunny Bind	FYIT
171	Kavita Ramlakshan Maurya	FYIT
172	Yogita Mithu Singh Aauji	S.Y.BAF
173	Khushal J Pardeshi	FYIT
174	Singh Ansuya Brijmohan	S.Y.BBI
175	Nidhi Lalitesh Jha	S.Y.Bcom
176	Sachin Yadav	FYBAMMC
177	Nishikant Patil	T.Y.BBI
178	Vaishnavi Jadhav	S.Y.BAF
179	Vijay Vilas Chavan	S.Y.BAF
180	Rajesh Mahato	FYBAMMC
181	Rushabh Bhosle	FY.BMS
182	Kira	S.Y.Bcom
183	Prashant Vithal Godhe	TYIT
184	Rohan Anil More	F.Y BAF
185	Sujal Santosh Paradkar	F.Y BAF
186	Pratibha Upadhyay	S.Y.BAF
187	Prachi Pandey	FYBAMMC
188	Rachana Thingalaya	F.Y BAF
189	Vinayak Gupta	F.Y BAF
190	Vaishnavi Parthe	FYBAMMC
191	Avinash Singh	S.Y.BAF
192	Priyanka Ramesh Jadhav	F.Y BAF
193	Mamta Gupta	F.Y.Bcom
194	Sakshi Sidram Metre	FYBAMMC
195	Pushpalata Sial	FY.BMS
196	Sumitkumar Gurunath Panda	FY.BMS
197	Soham Sunil Salunke	FYIT
198	Arun Ambikaprasad Yadav	S.Y.BAF
199	Sandeep Deepak Shinde	S.Y.BAF
200	Varsha Kamble	S.Y.BAF
201	Vikrant Verma	FY.BMS
202	Vaishnavi	S.Y.BAF
203	Mayur Kadam	S.Y.BAF



204	Bhakti Agre	F.Y BAF
205	Swati Suresh Lokare	T.Y.BAF
206	Archita Pandey	FYCS
207	Kajal Singh	FYBAMMC
208	Suvarna Suresh Kapase	TYCS
209	Vanshika Shailendra Bhaskar	T.Y.BAF
210	Anuj Pal	FYIT
211	Gayatri Chaudhary	S.Y.Bcom
212	Shakuntala Singh	S.Y.BBI
213	Shrutika Shete	S.Y.BAF
214	Sankashti Mundekar	FYBAMMC
215	Pratham Suryakant Tanpure	S.Y.BAF
216	Amishay Amiel Gadkar	FYIT
217	Pratik Prakash Bhingare	S.Y.BAF
218	Anveshan John Parichha	TYIT
219	Deepak Verma	S.Y.BAF
220	Kanchan Sirvi	F.Y BAF
221	Sakshi Avhad	FYBAMMC
222	Rutuja Rajaram Jadhav	S.Y.BAF
223	Krishna V Shukla	F.Y BAF
224	Ashlesha Shyamkant Kadam	S.Y.BAF
225	Sarika Dattatraya Kumbhar	S.Y.BAF
226	Siddhesh Gogarkar	FYBAMMC
227	Atharva Patil	S.Y.BAF
228	Suraksha Shetty	F.Y BAF
229	Priya Naikar	S.Y.BAF
230	Tanish Gadge	S.Y.BAF
231	Nandini Choudhary	FY.BMS
232	Payal Kushwaha	F.Y BAF
233	Shruti Shashikant Parab	S.Y.BAF
234	Prajwal	FYIT
235	Khushboo Vishwakarma	FY.BMS
236	Kartik Gupta	FY.BMS
237	Rutika Santosh Sanas	S.Y.BAF
238	Raju Pal	FYIT
239	Akanksha Patil	S.Y.BAF
240	Harsh Purshottam Palod	S.Y.BAF
241	Riya Ajay Matal	F.Y BAF
242	Kajal Jagram Yadav	S.Y.BBI
243	Shruti	FY.BMS
244	Shivam Maurya	F.Y BAF
245	Shivam Gupta	F.Y BAF
246	Sumit Yadav	S.Y.BAF



247	Tejal Patil	S.Y.BAF
248	Neha Mulchand Gupta	S.Y.BBI
249	Nirmal Sunila Bhikhu	FYIT
250	Shraddha Yadav	FYIT
251	Mamta Belurkar.	FYCS
252	Anisha Yashwant More	F.Y BAF
253	Ashlesha Gaude	FYIT
254	Vaishnavi Vijay Durgawale	F.Y BAF
255	Yadav Laxmi Suryabhan	T.Y.BAF
256	Abhiram Kapal	F.Y.BBI
257	Vishakha More	S.Y.BAF
258	Khushi Vishwakarma	FY.BMS
259	Sangeeta Rajbhar	S.Y.BBI
260	Shruti Pathak	TYIT
261	Soni Chaurasiya	S.Y.BBI
262	Yashashri Jadhav	F.Y BAF
263	Mital Mahadev Chavan	T.Y.BAF
264	Shriraj D Chaughule	TYIT
265	Aditya Vishwakarma	FY.BMS
266	Shubham Rane	S.Y.BAF
267	Aadesh Umashankar Pal	T.Y.BAF
268	Tanuja Dnyaneshwar Shinde	S.Y.Bcom
269	Shikha Gupta	F.Y.Bcom
270	Yash Nakati	F.Y.Bcom
271	Ram Kajal	F.Y.Bcom
272	Kabita Chauhan	F.Y.Bcom
273	Khushboo Varma	F.Y.Bcom
274	Sonali Gupta	F.Y.Bcom
275	Amey Sunil Patil	S.Y.Bcom
276	RITHIK Soni	FYBSc
277	Divya Pal	SYIT
278	Omkar Sanjay Nanavare	SYBSc
279	Tejasvini Ramkisan Rajput	SYIT
280	Rupal Rakesh Saroj	SYBSc
281	Priya Prasad	SYIT
282	Tejal Kolekar	FYBSc
283	Fiza Wajit Hussain	T.Y.BAF
284	Sahil	FYBSc
285	Atish Mahesh Nikam	FYBSc
286	Sanika Pote	SYBSc
287	Aditya Sanas	SYIT
288	Ritika Giri	SYBSc
289	Archana Arvind Gupta	SYIT



247	Tejal Patil	S.Y.BAF
248	Neha Mulchand Gupta	S.Y.BBI
249	Nirmal Sunila Bhikhu	FYIT
250	Shraddha Yadav	FYIT
251	Mamta Belurkar.	FYCS
252	Anisha Yashwant More	F.Y BAF
253	Ashlesha Gaude	FYIT
254	Vaishnavi Vijay Durgawale	F.Y BAF
255	Yadav Laxmi Suryabhan	T.Y.BAF
256	Abhiram Kapal	F.Y.BBI
257	Vishakha More	S.Y.BAF
258	Khushi Vishwakarma	FY.BMS
259	Sangeeta Rajbhar	S.Y.BBI
260	Shruti Pathak	TYIT
261	Soni Chaurasiya	S.Y.BBI
262	Yashashri Jadhav	F.Y BAF
263	Mital Mahadev Chavan	T.Y.BAF
264	Shriraj D Chaughule	TYIT
265	Aditya Vishwakarma	FY.BMS
266	Shubham Rane	S.Y.BAF
267	Aadesh Umashankar Pal	T.Y.BAF
268	Tanuja Dnyaneshwar Shinde	S.Y.Bcom
269	Shikha Gupta	F.Y.Bcom
270	Yash Nakati	F.Y.Bcom
271	Ram Kajal	F.Y.Bcom
272	Kabita Chauhan	F.Y.Bcom
273	Khushboo Varma	F.Y.Bcom
274	Sonali Gupta	F.Y.Bcom
275	Amey Sunil Patil	S.Y.Bcom
276	RITHIK Soni	FYBSc
277	Divya Pal	SYIT
278	Omkar Sanjay Nanavare	SYBSc
279	Tejasvini Ramkisan Rajput	SYIT
280	Rupal Rakesh Saroj	SYBSc
281	Priya Prasad	SYIT
282	Tejal Kolekar	FYBSc
283	Fiza Wajit Hussain	T.Y.BAF
284	Sahil	FYBSc
285	Atish Mahesh Nikam	FYBSc
286	Sanika Pote	SYBSc
287	Aditya Sanas	SYIT
288	Ritika Giri	SYBSc
289	Archana Arvind Gupta	SYIT



290	Aman Maurya	
291	Pratiksha Borde	SYIT
292	Sanskruiti Santosh Bhosale	SYBSc
293	Sadiqua Maqsood Ahmed Samani	SYIT
294	Shikhar Singh Gosain	SYIT
295	Nikita Singh	T.Y.BBI
296	Prajwal Pawar	S.Y.BMS
297	Ajit Mohan Ghanwat	SYIT
298	Namita Karavade	T.Y.BBI
299	Sanika Gawade	SYIT
300	Krity Sharma	SYIT
301	Suruchi Shirke	SYIT
302	Pankaj Yadav	SYIT
303	Sanskar Ranshinge	SYIT
304	Mrunmayi Prakash Ayare	T.Y.BBI
305	Karan S Mishra	SYIT
306	Makamle Shekhar Kisan Suvarna	S.Y.BAF
307	Aniket Mahesh Mourya	SYIT
308	Ronit Shingote	S.Y.BAF
309	Samruddhi Prashant Londhe	SYBSc
310	Nisha Kumbhar	S.Y.BAF
311	Sonu Kumar	SYIT
312	Amisha Rawal	S.Y.BAF
313	Aman Upadhyay	S.Y.BAF
314	Chinmayi Arvind More	S.Y.BAF
315	Vidhi Jay Mhatre	F.Y BAF
316	Tanvi Kamlakar Naik	F.Y BAF
317	Kishan Nishad	SYIT
318	Mandira Suresh Mondal	F.Y.Bcom
319	Prathamesh Uday Desai	SYIT
320	Yadav Ankush Asharam	T.Y.BBI
321	Ankush Chauhan	F.Y.Bcom
322	Sakshi Sovilkar	S.Y.BAF
323	Tushar Hemant Harke	T.Y.BAF
324	Snehal Kesarwani	F.Y BAF
325	Divya Dilipkumar Jaiswal	T.Y.BAF
326	Prarthi Dharmesh Dhabushe	T.Y.BMS
327	Megha Anant Kadu	S.Y.BAF
328	Prerna Patil	F.Y BAF
329	Monika Balappa Mongalana	F.Y BAF
330	Ranjana	F.Y BAF
331	Tanuja Dhumal	T.Y.BAF
332	Ajay D Kaltaniya	S.Y.BMS

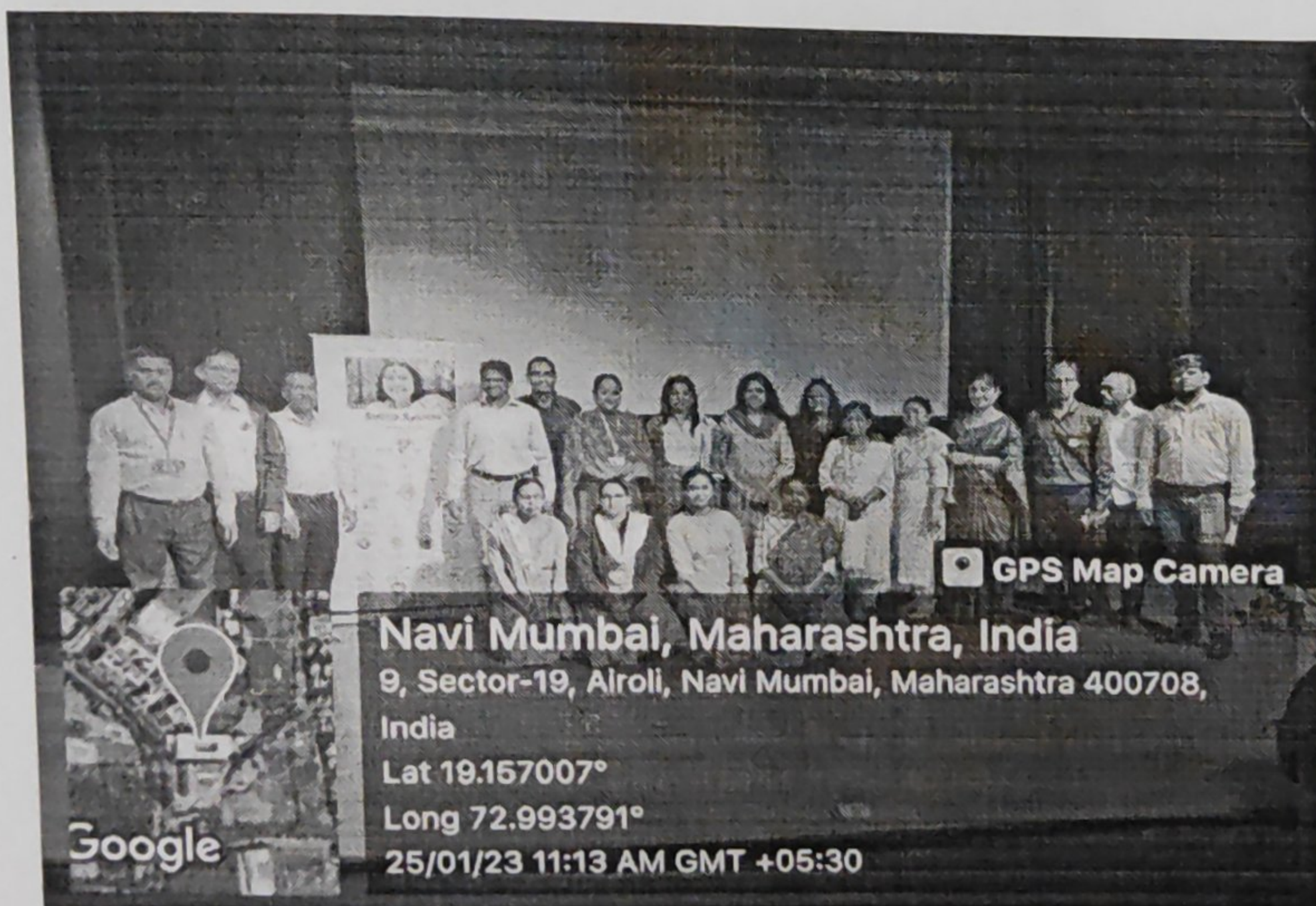
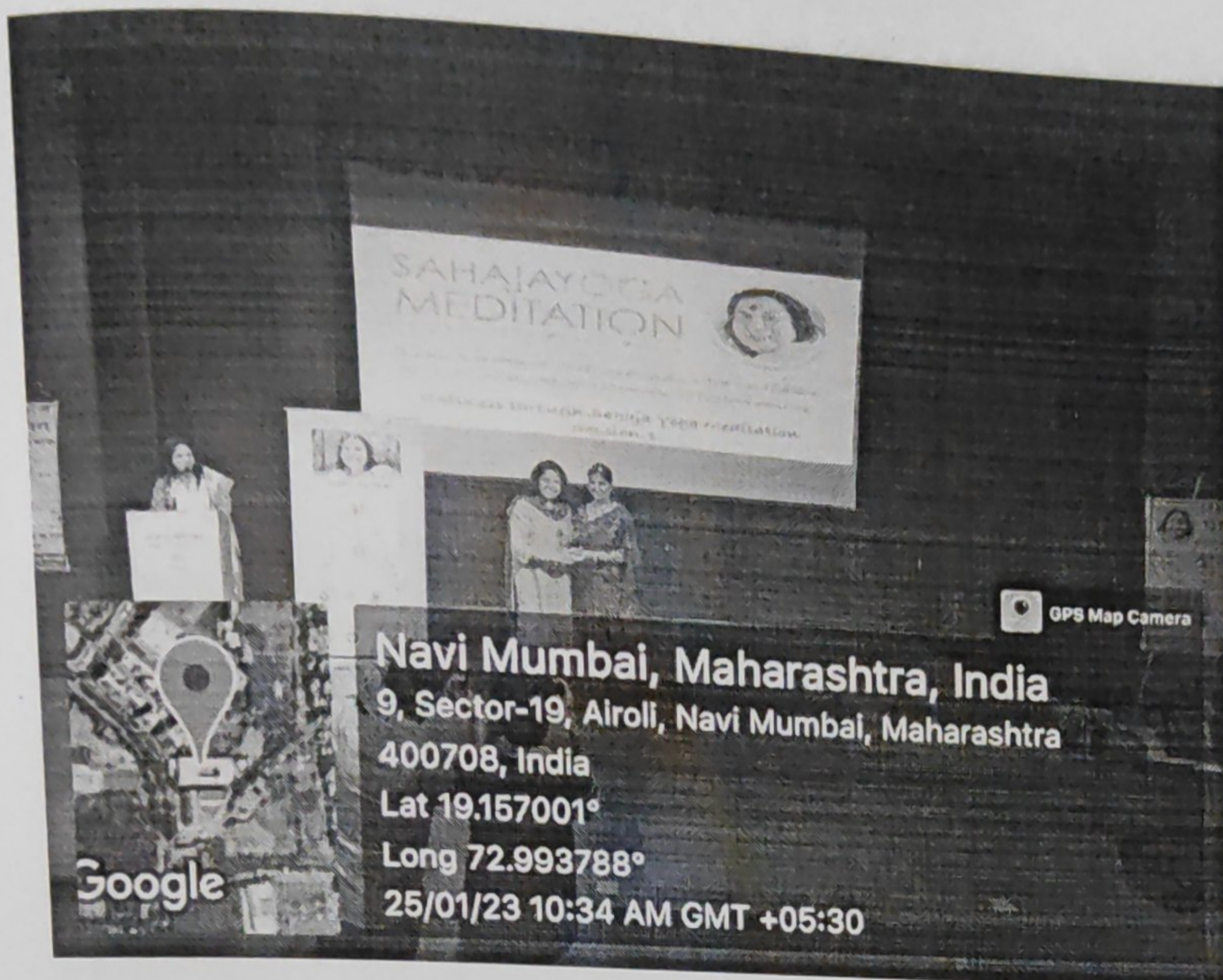


333	Sujay Anant Chavan	F.Y.BAF
334	Reeta Yadav	TYIT
335	Sachi Hiren Chandarana	T.Y.BBI
336	Nisha Kushwaha	T.Y.BBI
337	Sairaj Mane	F.Y.Bcom
338	Sarayu Prajapati	F.Y.BBI
339	Sapna Sahu	F.Y.BBI
340	Abhijeet Amulya Mahapatra	T.Y.BBI
341	Dhanshree Pravin Desai	F.Y.BAF
342	Amisha Prakash Ghadi	T.Y.BAF
343	Shaikh Shameen	S.Y.Bcom
344	Swati Ramashankar Giri	F.Y.BBI
345	Shahabuddin Shah	F.Y.BAF
346	Tejashree Mahadev Chavan	S.Y.BAF
347	Tarun	F.Y.Bcom
348	Neha Jaiswar	S.Y.BBI
349	Ankur Pawan Prajapati	F.Y.BAF
350	Prerna Yadav	SYIT
351	Seema Jaiswal	T.Y.BMS
352	Nisha Bajirao Hogale	F.Y.Bcom



Keena
PRINCIPAL
 JNAN VIKAS MANDAL'S
 M.R. MEHTA COLLEGE OF COMMERCE
 D.M. COLLEGE OF SCIENCE
 A.R. MEHTA COLLEGE OF ARTS
 Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE
 Plot No.9, SEC.- 19, AIROLI,
 NAVI MUMBAI-400 702

8. Photographs:



Seena
PRINCIPAL
JNAN VIKAS MANDAL'S
M.R. MEHTA COLLEGE OF COMMERCE
D.M. COLLEGE OF SCIENCE
A.R. MEHTA COLLEGE OF ARTS
Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE
Plot No.9, SEC.- 19, AIROLI,
NAVI MUMBAI-400 708



Seena
PRINCIPAL
JYAN VIKAS MANDAL'S
M.R. MEHTA COLLEGE OF COMMERCE
D.M. COLLEGE OF SCIENCE
A.R. MEHTA COLLEGE OF ARTS
Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENC.
Plot No.9, SEC.- 19, AIROLI,
NAVI MUMBAI-400 708

9. Report:



JNAN VIKAS MANDAL'S

Mohanlal Raichand Mehta College of Commerce
Diwali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli, Navi Mumbai

Report of workshop "SAHAJA MEDITATION"

A workshop on "SAHAJ MEDITATION" was organized by Counselling Cell on behalf of Jnan Vikas Mandal's Degree College on 25th January 2023 under the guidance of Principal Dr. Leena Sarkar.

The main function of the workshop was to help students to learn very simple Meditation techniques to reduce stress. Students learnt human subtle system which contains Innocence and Wisdom, Creativity, Generosity Evolution, Love and Compassion, Collectivity, Forgiveness, and Integration. In this workshop they practiced three different commands which helped to relax the body. These commands will help students to focus on a study and thought process.

Workshop was open to JVM'S UG & PG students, and total 352 participants has taken benefit of the workshop. The feedback was also collected from the participants.

Organizing Committee

- 1) Mrs. Yogita Sawant (Convenor)
- 2) Mrs. Sharayu Kadam
- 3) Mr. Ashutosh Sharma

Report Prepared by - Asst. Prof. Sharayu Kadam *Smk*

Report Checked by - Asst. Prof. Yogita Sawant - Convenor *JS*

Report Approved by - Dr. Leena Sarkar - Principal *Leena*



Leena
PRINCIPAL
JNAN VIKAS MANDAL'S
M.R. MEHTA COLLEGE OF COMMERCE
D.M. COLLEGE OF SCIENCE
A.R. MEHTA COLLEGE OF ARTS
DR. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE
Plot No.9, SEC.- 19, AIROLI,
NAVI MUMBAI-400 708