Student Achievement						
	Name of Department		NSS Cell		Year 2020-21	
Sr. No.	Year	Name of the student	Name of the event	Name of organisation	Date	Prize/Award/Participatio
1	2020-21	All NSS students	Sahajayoga Meditation Session	Sahajayoga Trust, Kolhapur and NSS, Sanjeevan Engineering and Technology Institute, Panhala	15/02/2021	Participation
2	2020-21	All NSS students	International Women's Day Celebration	NSS and Women's Empowerment Cell, Sanjeevan Engineering and Technology Institute, Panhala	08/03/2021	Participation

Holy-wood Academy, Kolhapur's



SANJEEVAN ENGINEERING AND TECHNOLOGY INSTITUTE

Sanjeevan Knowledge City, Somwar Peth-Injole, Panhala, Tal. Panhala, Dist. Kolhapur- 416 201

Phone: 0231 - 2686600 / 23 / 24 / 28 Fax: 0231 - 2686629

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Website: www.setredu.in Email: office@setredu.in / admission@setredu.in

EN 6315

Sahajayoga Meditation Session Report

Date: 15/02/2021

Time 2 Hr.

Trainer: Mr. Suhas Devmore, Co-ordinator Sahajayoga Trust, Kolhapur

Beneficiary: 70 Students of F.Y. B.Tech

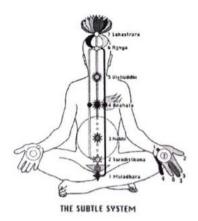
Contents of Session:

Introduction to Meditation:

Sahaja Yoga is a unique method of meditation based on an experience called Self Realization (Kundalini awakening) that can occur within each human being. Through this process an inner transformation takes place by which one becomes moral, united, integrated and balanced.

Awareness of Subtle system in Body:

Inside every human being there is a network of nerves and sensory organs that interprets the outside physical world. At the same time, within us resides a subtle system of channels (nadis) and centers of energy (chakras) which look after our physical, intellectual, emotional and spiritual being.

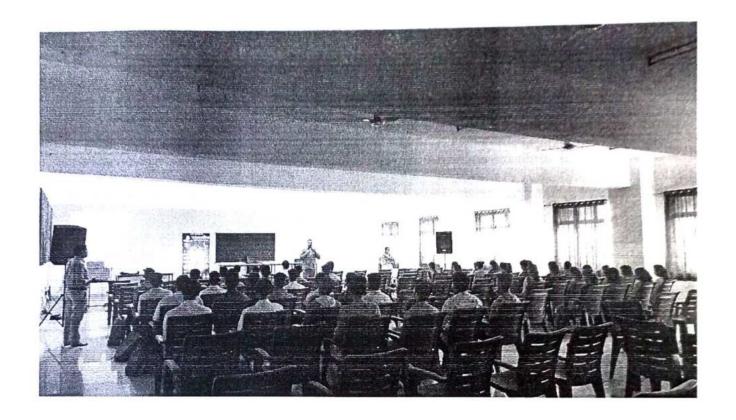


Steps in self realization:

Now, after the end of the meditation, see if you are feeling relaxed and if your thoughts have slowed down or gradually disappeared. This is the first stage of meditation - thoughtless awareness - where you are fully alert but without any thoughts, in a state of pure and peaceful consciousness.

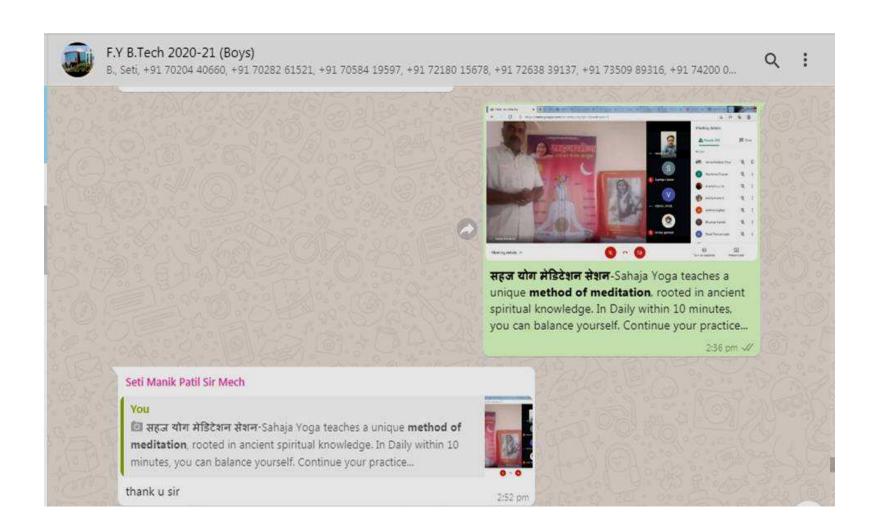
Experience of Energy waves

Snaps:











Sahaja Yoga Meditation Session Attendance 15/09/202 1) Goyalki keishnal Polil Creation. 1) Neha Sanjay Managari glober-3 Salons Astok Pata 4) Sayali Sagar Patil. 51 Toupti Tanaji Sutar Futas 3) Samsudhi Sudhin Sasavade Sasauade Rutuja Krishna Lohar Rhitehor. s> Mxunali Mahadev Hixave 4) Vishakha Vasant Khot. Myrave aut 15, Akanksha Vinod Sulae Alvsujae 11) Vaishnavi Suresh Desai Besall, 12) Snehal Dipak Pallakhe **Blickbe** 13) Supriya Subhash futane (prifan (4) Tambarwade Dipali Balgji 一個が 15) sayali madhukar patil 16) Akanksha sambhaji chakan SIMP 17) prachi Shivaji patil. Bhavary

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Sahajayoga Session

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REPORT ON

"International Women's day celebration"

ON 8 th March 2021

Women's Day was celebrated at SANJEEVAN KNOWLEDGE CITY on 8th March 2021 and themed as "Women in leadership: Achieving an equal future in a COVID-19 world,"

Mrs.Ashwini P.Bhosale and Mrs.Varsha N.Bhosale were invited as keynote speaker & Smt.Vatsala Ramrao Bhosale was invited as guest of honor.

Smt.Ashwini Bhosale has focused on pandemic situation due to Covid 19. She explained women stand at the front lines of the COVID-19 crisis, as health care workers, caregivers, innovators, community organizers and as some of the most exemplary and effective national leaders in combating the pandemic. The crisis has highlighted both the centrality of their contributions and the disproportionate burdens that women carry.

Miss.Prachi Bhosale (CEO) gave speech on Women power,rights & how self development of women can be made in todays pandemic situation..

Then cultural activities are performed in accordance with the covid protocols

All girls students, all ladies staff of Sanjeevan knowledge city were present for this programme.

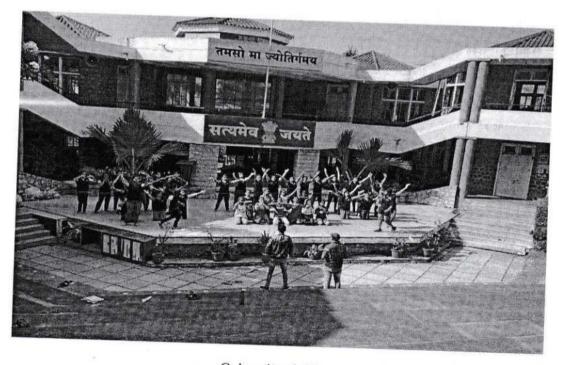


"International Women's day celebration"

ON 8 th March 2021

Theme: "Women in leadership: Achieving an equal future in a COVID-19 world,"





Cultural activities



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41	Kajal R. Maskar	B. Ten	raeh.	Kajal
42	Kokana Supriya	B-E	g'vi1	Rolliensa
43	Patil Savita sanjay	B. Tech	c·s.	SavitaBoy!
44	More Rutuja S.	Find	Civil	Putuya
45	Pelozade Aasiya G.	B. Teli	C·S.	Apa
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