



**GOVERNMENT COLLEGE OF ENGINEERING AURANGABAD,
CHHATRAPATI SAMBHAJINAGAR**

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“In Pursuit of Technical Excellence”

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Report on Meditation Program Held on 10th February to 12th February

Program Overview:

A meditation program was organized for the residents of the girls' hostel on 10th February to 12th February at 7:30 Am to 8:30 Am in the Campus of the hostel. The program aimed to promote relaxation, stress relief, and mental well-being among the participants. A total of 30-32 students participated in the program.

The actively contributing volunteers were, Centre Coordinator of LiGHT Samvedna Pranav R. Borikar with Program Head and coordinator Arti Pandhare and Sakshi Shinde with CTMs Sapna, Gangotri, Gunjan, Pranjal under guidance and supervision of faculty advisor Dr. Shilpa Kabra ma'am and the Dean of Students Activities Prof. Atipamulu Sir including Hon. Principal Dr. S. S. Damhare Sir and Girls hostel warden Injamure ma'am and Muley ma'am with GS Nisha Dalal were responsible for smooth conduct of the event.

The program began with a brief introduction to meditation and its benefits. The facilitator then guided the participants through various meditation techniques, including deep breathing, visualization, and mindfulness. Day 1 – Relaxation Session, Day 2 - cleaning process of mind, Day 3 - prayer for good sleep. The program concluded with a Q&A session and feedback.

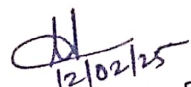
The participants reported feeling relaxed and calm after the program. Many mentioned that they would like to practice meditation regularly to manage stress and improve their focus. Some participants suggested incorporating meditation into the hostel's regular activities.

Conclusion:

The meditation program was a success, with participants reporting positive experiences and benefits. The program achieved its objective of promoting relaxation and stress relief among the participation

Center Coordinator
Pranav R Borikar.

Dean of Students Activities
Prof. Santosh P. Atipamlu


12/02/25
Faculty Advisor & SPOC
Dr. Shilpa Kabra (HFN Education Trust & GEC)





Center Coordinator
Pranav R Borikar.

Dean of Students Activities
Prof. Santosh P.Atipamlu

Faculty Advisor
Dr. Shilpa Kabra

Heartfulness Session Attendance

DAY 1 10/02/2025

- | | |
|-----------------|------------------|
| 1. Gangotri | 26. Shourya B. |
| 2. Madhura | 27. pooja D. |
| 3. shreya | 28. Gayatri |
| 4. Dipali | 29. vaibhavi |
| 5. shafra | 30. Ridhi |
| 6. Tanashri | 31. Vaishnavi G. |
| 7. Asha | 32. Ashwini B. |
| 8. Mayuri | |
| 9. Shradha | |
| 10. Bharti | |
| 11. Utkarsha | |
| 12. Trupti | |
| 13. Ishwari | |
| 14. shreya | |
| 15. Priyanka | |
| 16. Nivedita | |
| 17. vaibhavi | |
| 18. sneha | |
| 19. Bhagyashree | |
| 20. pooja | |
| 21. Jayashree | |
| 22. sakshi S | |
| 23. Arati P. | |
| 24. Nisha D. | |
| 25. sapna T. | |

DAY. 2

11/02/2025

1. Pandhare Arati
2. Sakshi shinde
3. Nivedita hobade
4. Vaibhavi Yalmate
5. Priyanka Gangurde
6. Shradha Tadhav.
7. Shrushti Wadje
8. Nisha Dalal
9. Shounya Babhare
10. Riddhi Gole
11. Sanchita Raikhele
12. Khushi Shenkarde
13. Vaibhavi Charan
14. Gayatri Dhande
15. Teena Lohakare
16. Bhumi K. Pandhare
17. Nikita G. Walake
18. Pooja Budkhe
19. Gangotri
20. Ghazal Kape

Date

Page No.

DAY 3

12/02/2025

1. Arati Pandhare
2. Sakshi Shinde
3. Shruddha Puroje
4. Shreya Pawar
5. Gayatri Dhande
6. Riddhi Gode
7. Vaibhavi Yalmate
8. Nivedita Gobade
9. Gangotri N.
10. Prajakta Dubonde
11. Shruddha Jadhav
12. Bhagyashree Ashtekar
13. Sapna Tarase
14. Nisha Dalal
15. Sanchita Rakhade
16. Utkarsha Umekar
17. Bhakti Kape
18. Khushi Shenkade
19. Pooja Mulge
20. Priyanka Gangurde
21. Pooja Bodke
22. Shourya Babhare
- ~~23.~~ ~~23.~~