

## Department of Mechanical Engineering

### Report on Expert Lecture Organized

**Date: 05/02/2024**

<b>Name of Event</b>	Expert Lecture	<b>Date of Conduction</b>	01 <sup>st</sup> Feb, 2024
<b>Organizer</b>	Dr Vitthalrao Vikhe Patil COE's, Department of Mechanical Engineering		
<b>In Association with</b>	Incredible YOGA Studio, Ahmednagar		
<b>Title</b>	<b>Stress Management with YOGA</b>		
<b>Time</b>	2:30 PM	<b>No. of Participants</b>	49
<b>Expert Name</b>	Mrs. Suruchi Dhonde		
<b>Designation</b>	Coach		
<b>Organization</b>	Incredible YOGA Studio, Ahmednagar		

### Summary:

The expert lecture on "Stress Management with Yoga" focused on how yoga can be used as an effective tool for reducing stress, enhancing well-being, and improving mental and physical health. The session explored the relationship between stress and the body, the role of yoga in managing stress, and practical techniques that can be incorporated into daily life for optimal results. Yoga, which integrates physical postures (asanas), breathing techniques (pranayama), and meditation, offers a holistic approach to managing stress and promoting mental clarity.

### Key Topics Discussed

1. **Understanding Stress:**
2. **The Role of Yoga in Stress Management:**
3. **Yoga and the Nervous System:**
4. **Benefits of Yoga for Stress Management:**
5. **Yoga Practices for Stress Relief:**

6. Yoga for Stress in the Workplace:
7. Practical Tips for Incorporating Yoga into Daily Life:

### Recommendations for Stress Management with Yoga:

- Practice Daily
- Incorporate Breathing Exercises
- Explore Different Styles
- Join Yoga Classes or Workshops
- Focus on Mindfulness

Incorporating yoga into daily life provides not only stress relief but also long-term benefits for physical health, emotional well-being, and overall life satisfaction.

### Office Order:



॥ न हि ज्ञानेन सदृशं पवित्रमिह विद्यते ॥  
Dr. Vithalrao Vikhe Patil Foundation's  
**Dr. Vithalrao Vikhe Patil**  
**College of Engineering Ahmednagar**



#### Department of Mechanical Engineering

Date: 30/01/2024

#### Notice - Expert Lecture

All the students of the mechanical engineering department are informed to attend an **Expert Lecture**, organized by a MESA's "Nature Club" details are as following;

**Title: "Stress Management with YOGA"**

**Expert:** i. Mrs. Suruchi D. Dhonde.

M.A (Yogshastra), MBA (Finance)

**Date:** 01<sup>st</sup> February, 2024 (Thursday).

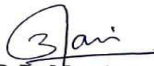
**Time:** 02.30 pm.

**Venue:** Central Computing Facility Lab (CCF Lab).

#### **Things to carry for Yoga Session:-**

- i. Mat or Chatai
- ii. T-shirt and track pants
- iii. Candle



  
Dr. R.R. Navthar  
HOD  
Mechanical Dept.

## Brochure:



**DR. VITHALRAO VIKHE PATIL  
COLLEGE OF ENGINEERING**  
Vilad Ghat, Ahmednagar  
Accredited by NBA, New Delhi | Accredited by NAAC Bangalore, with 3.34 CGPA

EXPERT LECTURE

# STRESS MANAGEMENT WITH "YOGA"



**MRS. SURUCHI DHONDE**  
M.A. (YOGSHAstra)

**17 October, 2023 @ 10 am**

**Venue: CCF LAB**

**Department of Mechanical Engineering**

## Photograph/Screenshots of event:









॥ न हि ज्ञानेन सदृशं पवित्रमिह विद्यते ॥

Dr. Vitthalrao Vikhe Patil Foundation's

# Dr. Vitthalrao Vikhe Patil College of Engineering Ahmednagar



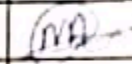

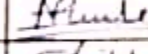
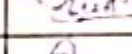

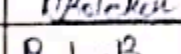
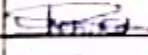
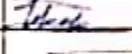
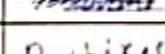

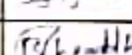
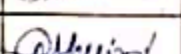
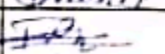

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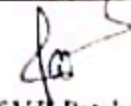


**Department of Mechanical Engineering  
Attendance Record- Expert Lecture**

Title: Stress Management with YOGA

Date:

Sr. No.	Class	Roll No.	Name of the Student	Sign
	SE	11	Chaware Nikhil Anil	
	SE	16	Pupesh Anil Jadhav	
	SE	35	Phopale Apurv Vitas	
	SE	37	Shaikh Meen Aslam	
	SE	41	Wagh Saurabh Rajendra	
	SE	22	Kolckar Ajit Thakaji	
	SE	10	Bhor Roshan Laxman	R.L.B
	SE	07	Barbade Rohit Kailas	
	SE	62	Pokale Shrikrushna Anna	
	SE	65	Sonawane Prathamesh Sangram	
	SE	24	Kshirsagar Rushikesh Dovidas	Rushikesh
	SE	13	Kale Shireej Dattatray	Kale Shireej
	TE	23	Shinde Vaishnavi Ashok	
	TE	08	Deshmukh Gayatri Shivaji	
	SE	06	Bamhane Shradha Sandip	
	SE	12	Shakane Ashwini Shivnath	
	SE	50	Wainagar Preeti Rajiv	

  
Prof. V.P. Patekar  
(LC MESA Nature Club)

**Department of Mechanical Engineering**  
**Attendance Record- Expert Lecture**

Title: Stress Management with YOGA

Date:

Sr. No.	Class	Roll No.	Name of the Student	Sign
1	SE	39	Shinde Gaurav Ravindra	Shinde
2	SE	03	Andhale Nikhil Arjun	Andhale
3	SE	23	Kotkar Yunesaj Pannabhai	Kotkar
4	SE	20	Kardile Koushna	Kardile
5	SE	08	Belhekar Rohit Babalu	Belhekar
6	SE	29	Mhetre Vishal Sadashiv	Mhetre
7	SE	32	Nannaware Vishal Gajanan	Nannaware
8	SE	01	Adhav Vaibhav Rajendra	Adhav
9	SE	58	Gharpade Tejas S.	Gharpade
10	SE	44	Shinde Marshal Babasaheb	Shinde
11	SE	66	Zirpe Niranjan Yashwant	Zirpe
12	SE	63	Sagwad Adil A.	Sagwad
13	SE	59	Kote Bhushan P.	Kote
14	SE	60	Lothande Abhijit G.	Lothande
15	SE	56	Chhapale Akash Sanjay	Chhapale
16	SE	51	Wakale Shubham Raju	Wakale
17	SE	15	Ganod Abhishek Kamalakar	Ganod

Prof. V.P. Patekar  
(IC MESA Nature Club)



**Department of Mechanical Engineering**  
**Attendance Record- Expert Lecture**

Title: Stress Management with YOGA

Date:

Sr. No.	Class	Roll No.	Name of the Student	Sign
	SE	34	Panmand Dipti Babasaheb	Dipti
	SE	61	Padwal Sakshi Balasaheb	Sakshi
	SE	05	Babar Shrutti Devidas	SD Babar
	SE	18	Kale Gayatri Suresh	G. Kale
	FE	540	Prasanna Abhijit patil	Pdp
	FE	253	Gangade Gannulddhi Kulkar	Gangade
	FE	245	Gadkekar Vaishnavi Krushna	Gadkekar
	FE	258	Gajje Ashvini Jyotee	Ashvini
	FE	266	Gajake Vaishnavi Bapusaheb	Vaishnavi

  
Prof. V.P. Patekar  
(I/C MESA Nature Club)

Dr. R.R. Navthar  
HOD



**Organized by:**

<b>Name of the Club</b>	<b>MESA Nature Club</b>
<b>Name of the Faculty</b>	<b>Prof. V.P. Patekar</b>

**HOD**  
**Dr. R.R. Navthar**  
**Mechanical Engineering**