



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




Dr. Vithalrao Vikhe Patil Foundation's
Dr. Vithalrao Vikhe Patil College of Engineering, Ahmednagar
DEPARTMENT OF ELECTRICAL ENGINEERING

A Report of Webinar on **“Core Ethical Values , Yoga and Stress Management”**

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Dr. Vithalrao Vikhe Patil Foundation's
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College of Engineering Ahmednagar
Department of Electrical Engineering
Organizing live webinar on
“Core Ethical Values , Yoga and Stress Management”

Webinarschedule
Friday 20th August 2021
Join us on Google meet at 1 pm
<https://meet.google.com/sjt-jswg-xtj>



who can attend ?
HODs, Faculty Members,
All students of all Branches

Guest Speaker : Prof. Mr. M. A. Gaidhane
Professor Electrical Engineering, Career Guidance and Counselor

Coordinator
Prof. Mrs. K. D. Vidhate

HOD
Dr. A. R. Laware

Principal
Dr. Uday P. Naik

Objective of the webinar - to give brief idea about improve personality, leadership, value myself, along with the worth, rights, and values of others. value my school, my community and the environment. To maintain mind stability through yoga techniques.

A Webinar on **“Core Ethical Values , Yoga and Stress Management”** was organized by the Electrical Engineering Department of Dr. Vithalrao Vikhe Patil College




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WS 2021-10

of Engineering, on 20 august, 2021 Time – 01.00 pm- 02.00 pm For Third year and final year students of Electrical Engineering Department.

Core ethical values-

The pillars of character are responsibility, integrity, honesty, respect, trust, openness, fairness and transparency.

For example

Respect - I will value myself, along with the worth, rights, and values of others. I will also value my school, my community and the environment.

Responsibility - I will accept responsibility for my own actions, my own welfare and the welfare of others. Through personal growth I will learn to make good ethical choices.

Honesty - I will be true to myself and to others. I will also give my best effort in school.

Kindness - I will demonstrate kindness by treating others the way I want to be treated, promoting the well-being of others, being patient with myself and others while acting with compassion.

Courage - I will express courage by standing up for moral principles, while being true to myself and everyone around me.

yoga

नुसते शारीरिक स्वास्थ्य असून चालत नाही तर त्या बरोबर मानसिक आणि भावनिक स्वास्थ्य राहिलं पाहिजे. “ फक्त रोग विरहीत शरीर असण्याला स्वास्थ्य म्हणता येणार नाही तर आनंद, प्रेम आणि उत्साह हे तुमच्या जीवनात उत्स्फूर्तपणे व्यक्त होत असतील तर त्याला खरी आरोग्य संपन्नता म्हणता येईल.”

या ठिकाणी योगाच तुमच्या मदतीला धावून येतो. त्यासाठी आसने, प्राणायाम (श्वासोच्छ्वासाच्या लयी) आणि ध्यान धारणा या गोष्टी उत्तम आरोग्य राखायला आपल्याला उपयोगी पडतात.

Dr. A.R.Laware, Head of Department, Electrical Engineering, delivered the welcome address and enlightened with aims and objectives of Webinar. He extended warm welcome to all participants and expressed his deep gratitude towards

Prof. Mr. M. A. Gaidhane

Professor Electrical Engineering, Career Guidance and Counselor




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Dr. A.R.Laware expressed special thanks to Shri. Sunil Kalhapure, Hon'ble Deputy Director and Dr. U.P. Naik, Principal of the college for encouragement and support extended towards the Webinar.

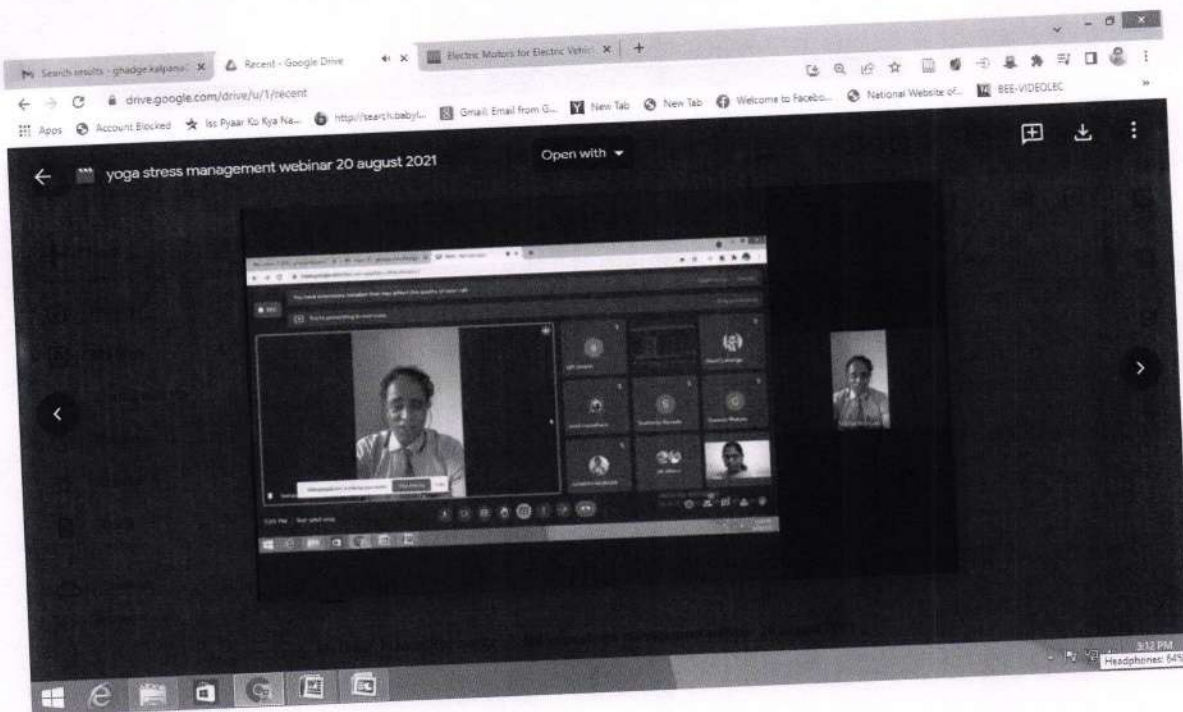
Prof. K.D.Vidhate Webinar Coordinator anchored the program nicely. At the outset, Prof. K.D.Vidhate introduced briefly about the technical expert **Prof. Mr. M. A.**

Gaidhane, Professor Electrical Engineering, Career Guidance and Counselor

Rutuja lokhande student of TE Electrical Proposed the vote of thanks




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Total 75+ Students from Third year and final year are attended the webinar and get knowledge about "Stress management" It offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life.

The response from the participants about the webinar was immensely good and positive and as per the feedbacks they would like to attend such programs in future. Shri. Sunil Kalhapure, Hon'ble Deputy Director and Dr. U.P. Naik, Principal congratulated and appreciated Dr. A.R.Laware, HOD, Prof. K.D.Vidhate. Webinar Coordinator and all faculty members of the department for the efforts taken towards the grand success in organizing the said webinar.

Staff Coordinator
(Electrical)

H.O.D




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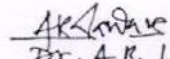
Notice

Date: 17/08/2021


All the S.E, T.E, B.E. students are hereby informed that Electrical Engineering Department has arranging Live Webinar on "Core ethical values,Yoga and stress Management" delivered by Mr. M.A Gaidhane on Friday 20/08/2021 at 1:00 pm.
All the students should present for expert lecture.

This is for strict compliance.


Prof.K.D.Vidhate
Coordinator


Dr. A.R. Lawate
H O D Electrical
Dr. V.V. Patil College of Engineering
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H O D Electrical




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