

## Life Skills 2022-23

<u>Sr.No.</u>	<u>Activity Name</u>	<u>No. of Participants</u>	<u>Name of the agency involved</u>
1	Yoga and Meditation Audit course for SYBtech	27	CCOEW
2	Medical check up camp	39	CCOEW and PMC



**SYBTech 2022-2023**  
**AUDIT COURSE – YOGA AND MEDITATION**

**NOTICE TO ALL SECOND YEAR STUDENTS**

The screenshot shows an email from Gmail. The header includes the Gmail logo, a search bar, and various settings icons. The email content is as follows:

Dear Students,

This is Dr. Anita Patil, Board of Studies Chairman, for Humanities and Management courses of our autonomous college. While stepping into the S.Y. B.Tech, in the next academic year 2023-24, you have to complete one audit course.

You have a good choice to select one of the course from a group of 4 Audit courses:

1. Leadership and Personality Development
2. Professional Ethics and Etiquette
3. Women and Well-being
4. Yogasana and Meditation

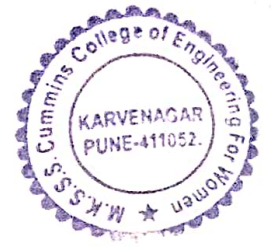
The teaching will be for one hour every week. Being an Audit course, there will be no examination for this course. The courses will be full of knowledge-rich talks, videos, Guest lectures and some activities.

I am sharing herewith the syllabi of all 4 courses, so that you go through them keenly and select one out of 4 courses. It is mandatory for every student to register for one course in this group.

I will share a google form alongwith the orientation videos tomorrow, in which you have to fill in your details and the choice for any one course out of these four.

Mail me in case of any query

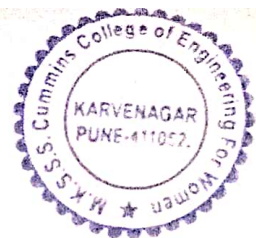
*A. Augustine*  
**ANJUSHREE AUGUSTINE**  
**Director of**  
**Physical Education**



## TIME TABLE 2022-2023 SYBTech AUDIT COURSE

	10-15am-1115am	1215pm-1315pm	1315pm-1415pm	1515pm-1615pm
Monday	SY Instru LPD (1, Instru) Neha Deshpande	SY ETC A LPD (4) Sahas Pawar	LUNCH	
Tuesday			LUNCH	SY Mech LPD (M8, Mech Bldg, 3rd Floor) Suhas Pawar
				SY IT LPD ( 24, It Building, floor 4) Neha Deshpande
				Sy Mech, IT,Instru PEE (1, Instru building) Pooja Ingole
				SY ETC (A, B, C Division) PEE Dr Prachi Mukharji (2)
				All SY Yoga and Meditation
Wednesday			LUNCH	
Thursday			SY ETC A LPD (4) Neha Deshpande	SY Comp A (7) LPD Prof A. Muchrikar SY Comp B (12) LPD Dr Supriya Kelkar SY Comp C (13) LPD Prof Neha Deshpande PEE Comp A+B+C (9) Prof Pooja Ingole LPD ETC B (2)Dr Prachi Mukharji
Friday			LUNCH	

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**Director of**  
**Physical Education**



## LIST OF STUDENTS

SR NO	NAME OF STUDENT	DEPARTMENT	ROLL NO
1	Purva Bhosale	ELECTRONICS & TELECOMMUNICATION	UEC2021108
2	Diksha Prakash		UEC2021122
3	Isha Lanke		UEC2021144
4	Anjali Kamble		UEC2021220
5	Pradnya Deshmukh		UEC2021209
6	Sakshi Mohanani		UEC2021233
7	Tanjul Mainkar		UEC2021230
8	Eesha Satvalekar	COMPUTER	UCE2021463
9	Niharika Patil		UCE2021553
10	Maitreyee Patil		UCE2021552
11	Isha Purnapatre		UCE2021653
12	Vaishnavi Kumavat		UCE2021640
13	Ritika Mokashi		UCE2021646
14	Isha Bule		UCE2021610
15	Mayuri Gadhave	UCE2021621	
16	Nupur Prabhudesai	INSTRUMENTATION & CONTROL	UIN2021738
17	Mrudula Kinkar		UIN2021720
18	Sneha Ranade		UIN2021740
19	Mrunmayee Wardekar	INFORMATION TECHNOLOGY	UIT2021868
20	Shreeya Barge	MECHANICAL	UIT2021810
21	Sakshi Gaikwad		UME2021910
22	Shrustee Gaikwad		UME2021912
23	Sonam Khatal		UME2021920
24	Rucha Shende		C22020551855

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**Yogasana and Meditation - AUDIT COURSE**

**(SYLLABUS)**

Teaching Scheme		Examination Scheme
1 Hour / Week		NA
		Credits: Nil
<b>Course Objectives:</b>		
1.	To enable the student to have good health.	
2.	To practice mental hygiene.	
3.	To possess emotional stability	
4.	To integrate moral values.	
5.	To attain higher level of consciousness.	
<b>Course Outcomes:</b>		
After completion of the course, students will be able to		
CO1	Increased Flexibility And Mobility Through Practise Of Asanas	
CO2	Increased Lung Capacity Through Practise Of Pranayama.	
CO3	Mental Well-Being And Stress Management Through Meditation	
CO4	Knowledge About Possible Health Problems And Their Remedies.	
CO5	Learning About Proper Diet Through Yogic Perspective.	
CO6	Overall Mental, Physical, Emotional And Social Well Being Through Practise Of Yogasana And Pranayama	
<b>Unit I:</b>	<b>Introduction - Yoga</b>	<b>(1hr)</b>
Introduction - Preparatory Movements/ Loosening Exercise, Introduction - Suryanamaskar Science of Yoga and Breathing Techniques		
<b>Unit II:</b>	<b>Supine Position Asanas</b>	<b>(2 hrs)</b>
Dwipad Uttanasana(Raised Leg Pose) Pawanmuktasana (Wind Relieving Pose) Setubandhasana(Bridge Pose) Markatasana(Monkey Pose / Spinal Twist Pose) Dwipad Uttanasana Kriya Pawanmuktasana Kriya (Wind Relieving Pose) Markatasana Variation (Monkey Pose / Spinal Twist Pose) Sarvangasana (Shoulder Stand)		
<b>Unit III:</b>	<b>Prone Position Asanas</b>	<b>(2 hrs)</b>

Bhujangasana(Cobra Pose) Ardha Salabhasana (Half Locust Pose/ Grasshopper Pose) Salabhasana ( Locust Pose/ Grasshopper Pose) Dhanurasana (Bow Pose) Bhujangasana Variation Adho Mukha Svanasana( Downward Dog Pose) Plank Pose Naukasana (Boat Pose)		(2 hrs)
<b>Unit IV:</b>	<b>Sitting Position Asanas</b>	
Parvatasana (Mountain Pose) ✓ Padmasana Yog Mudra (Type 1&2) \ Vajrasana Yog Mudra (Type 1&2) Naukasana (Boat Pose) Paschimottanasana (Forward Bend) Akarna Dhanurasana (Type 1&2) (Bow Pose) Vakrasana(Type 1&2) ✓ Ardha Matsyendrasana		(2 hrs)
<b>Unit V:</b>	<b>Standing Position Asanas</b>	
Tadasana Vrikshasana (Tree Pose) Virasana (Warrior Pose ) Triangle Pose Basic(Type 1&2) Ugrasana Trikonasana Garudasana Nataraj Asana		(1hr)
<b>Unit VI:</b>	<b>Pranayam and Meditation</b>	
Preparation For Pranayam Experience Of Relaxation Shuddhi Kriya- Kapalbhathi Deep Breathing Fast Breathing (6 Types) Pranayam and Meditation Anulom Vilom Brahmari Ujjyai Meditation / Omkar Dhyan		(2 hrs)
<b>Unit VII:</b>	<b>Yoga for Health Problems and Remedies</b>	(2 hrs)

### Yoga for Menstruation problem

Shashankasana (Rabbit Pose/ Child Pose)

Ushtrasana (Camel Pose )

Cat & Camel Pose

Baddha Konasana(Cobbler's Pose)

Supta Baddha Konasana( Goddess Pose)

Supine : Setubandhasana(Bridge Pose )

Matsyasana (Fish Pose)

Prone : Adhomukhashwanasana (Downward Dog Position)

Dhanurasana (Bow Pose)

Sitting : Janu Sirasana (Head To Knee Pose)

Paschimottanasana (Seated Forward Bend)

Upavistha Konasana(Seated Straddle)

Butterfly

Baddha Konasana(Cobbler's Pose)

→ Malasana (Garland Pose )

*Yoga for Health Problems and Asana remedies –Backache, Thyroid, and Diabetes etc.*

### Reference Books:

1	Yoga Pravesh – Yogacharya Dr Vishwas Mandlik
2	Yoga Parichay – Yogacharya Dr Vishwas Mandlik

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PREPARED BY - ANJUSHREE AUGUSTINE

**Director of  
Physical Education**

Fill out the details whichever is applicable for the said activity else write NA, any necessary additional details are welcome.

Name of the Activity: Medical check-up camp

Date/Time: 19/10/2022 - 10 to 4 A.Y./Class/sem: S.P. B.Tech. (I) Sem.

Venue: Instrumentation Auditorium

Type of audience: Students, teaching, non-teaching, women only.

Name, contact details, department of Faculty reporting the activity /achievements: Dr. S.A. Kedar.

Short description of the activity: The camp include - Mech. Engg. Dept.

No. of Participants: - 39 (Mech. Engg.) students. free wt, ht, B.P, BMI, Blood sugar test,

Speaker details (short resume)/ organizer's details/Point of Contact: homoglobin test, PMC Doctor, & Nursing staff.

Feedback of Participants: -

Impact analysis and action taken thereof: -

Geo Tag Photos of the event: Yes.

Newspaper news if any: -

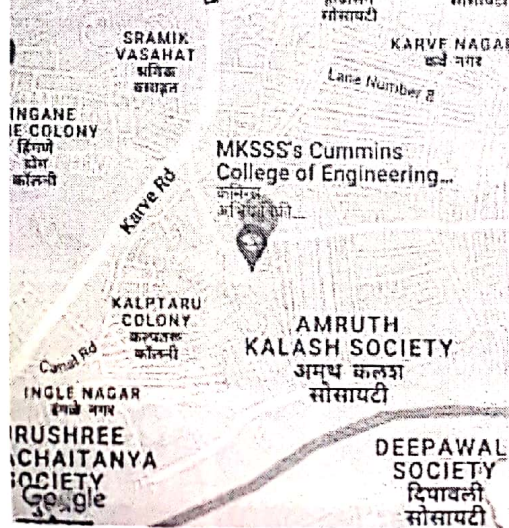
Sample certificate if any: -

Attendance, list of attendees if any: Yes.

Mail communication / Poster/ pamphlet/brochure of the event/ Notice (all or whichever is available): - Yes.

Drive Link of the folder for detailed information: - Yes.





Above Keyour Electronics, Office No:2, Karve Nagar, Pune, Maharashtra 411052, India

Pune  
Maharashtra  
India

28°C  
82°F

2022-10-19(Wed) 03:03(pm)

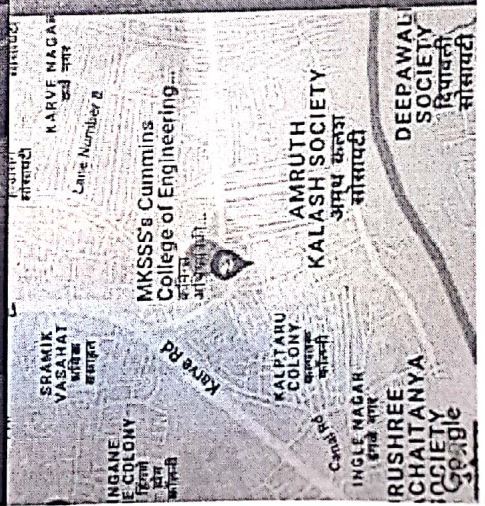


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Pune  
Maharashtra  
India

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2022-10-19(Wed) 03:02(pm)





# NATIONAL SERVICE SCHEME



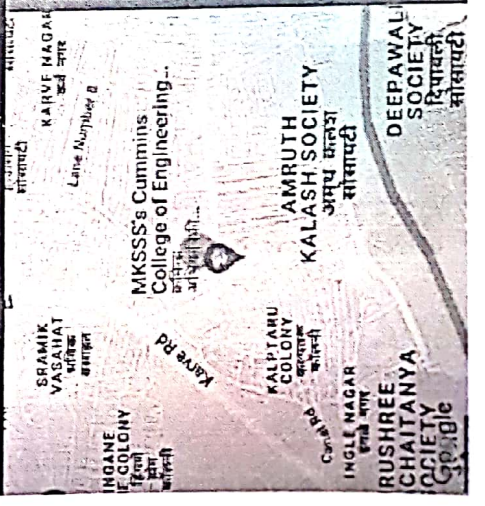
SAVITRIBAI PHULE PUNE UNIVERSITY  
MKSSS'S CHATEAUS COLLEGE OF ENGINEERING FOR WOMEN  
KARVE NAGAR, PUNE 411 052

Abhyas Keychain Electronics Office No.2, Karve Nagar, Pune, Maharashtra 411 053, India

Pune  
Maharashtra  
India

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2022-10-19(Wed) 03:03(pm)





Abhye, Keyour, Electronics, office No:2, Karve Nagar, Pune, Maharashtra 411053, India

Pune

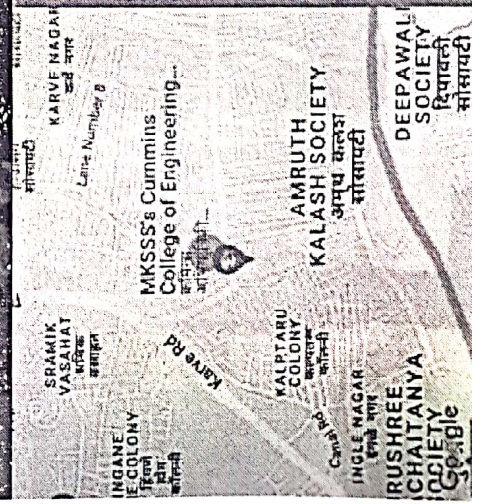
Maharashtra

India

2022-10-19 (Wed) 03:03 (pm)

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## Free health checkup camp for Women

2 messages

Tue, Oct 18, 2022 at 4:33 PM

Dr. Shubhangi Chaudhary &lt;shubhangi.chaudhary@cumminscollege.in&gt;

To: All staff <allstaff@cumminscollege.in>, HOD ETC <hodetc@cumminscollege.in>, HOD MECH <hodmech@cumminscollege.in>, HOD INSTRU <hodinstru@cumminscollege.in>, HOD IT <hodit@cumminscollege.in>, HOD COMP <hodcomp@cumminscollege.in>, HOD BSH <hodbsh@cumminscollege.in>, Revati Gore <revati.gore@cumminscollege.in>

Cc: Sagar Vanarase <sagar.vanarase@cumminscollege.in>, Harishchandra Patil <harish.patil@cumminscollege.in>, SEEMA KHAIRKHAR <seema.khairkhar@cumminscollege.in>, "Dr.Shridhar Kedar" <shridhar.kedar@cumminscollege.in>, prakash Date <prakash.date@cumminscollege.in>, milly Thomas <milly.thomas@cumminscollege.in>

Dear All,  
For Tomorrow's Health checkup Camp as per the following schedule, bring students of SY Classes to the Instrumentation auditorium for a health checkup.

Name of Department	Timing
Women Staff	10 am to 4.30 pm
IT and Mechanical	10 am to 12 pm
Instrumentation	12 to 1 pm
E&TC	1 to 3 pm
Computer	3 to 4.30 pm

NSS Department Coordinators along with respective teachers please coordinate the event.

Thanks with Regards,  
Dr. Shubhangi R. Chaudhary  
Assistant Professor, Electronics and Telecommunication Dept.  
MKSSS's Cummins College of Engineering for Women,  
Karvenagar, Pune-411052, M.S.  
India  
Direct: 02025311207.  
<http://www.cumminscollege.org>

**INSTITUTE VISION**  
To be a globally renowned institute for imparting quality education and development of women leaders in engineering and technology

**INSTITUTE MISSION**  
To develop women professional who are academically and technically competent with strong professional ethics

**DEPARTMENT VISION**  
To provide excellent technical education for women in Electronics and Telecommunication Engineering in the global context.

**DEPARTMENT MISSION**

1. To impart quality education that enables building up of successful careers and to motivate the pursuit of higher studies
2. To train for adapting to technological advances and challenges in Electronics and Communication Engineering
3. To provide an intellectually stimulating and congenial atmosphere for exploring new ideas in multidisciplinary fields, excelling in academics and co-curricular activities
4. To instill ethics along with perseverance and empathy

----- Forwarded message -----

From: Dr. Shubhangi Chaudhary <shubhangi.chaudhary@cumminscollege.in>  
Date: Tue, Oct 18, 2022 at 3:40 PM  
Subject: Free health checkup camp, बुधवार दिनांक- १९ ऑक्टोबर २०२२ (संस्थेतील महिला व १८ वर्षांपुढील विद्यार्थिनीकरिता)  
To: All staff <allstaff@cumminscollege.in>, All Students <allstudents@cumminscollege.in>, NSS CUMMINS <nsscummins@cumminscollege.in>  
Cc: Madhuri Khambete <principal@cumminscollege.in>, administrator <administrator@cumminscollege.in>, Revati Gore <revati.gore@cumminscollege.in>

Dear All,  
A free health check-up camp will be organized for female servants and students above 18 years of age in the institute in collaboration with Pune Municipal Corporation and Maharishi Karve Stree Shikshan Samstha.

This campaign includes free weight, height, blood pressure, BMI, blood sugar test, hemoglobin test etc. for all women above 18 years.

Free medicines will be distributed if required as per the doctor's advice.

The camp schedule is as follows,

**Date:** 19th October 2022, Wednesday

**Time:** 10.00 AM to 4.30 AM,

**Venue:** Instrumentation Auditorium, Cummins College premises, Maharshi Karve Women's Education Institute, Karvenagar Pune.

Please do registration on this link:  
<https://forms.gle/77aLF5Cugv35c1HRA>

All women staff and students of the institute should take advantage of this health camp.

Maharshi Karve Stree Shikshan Samstha's  
**Cummins College of Engineering for Women, Karvenagar Pune - 411052**  
 (An Autonomous Institute Affiliated to SPPU)  
**Department of Mechanical Engineering**

A.Y.: 2022-23

Sem : I

Class: S. Y. B.Tech

Date: 19/10/2022

Attendance sheet

Sr. No.	CNUM	Name	Sign
1	UME2021901	Bartakke Madhura Premprakash	<i>M. Bartakke</i>
2	UME2021902	Bhagwat Apurva Rajesh	<i>AB</i>
3	UME2021903	Bhasale Jui Satish	<i>SBAS</i>
4	UME2021904	Bhopale Janhavi Vinayak	<i>Bhopale</i>
5	UME2021905	Chaudhari Manasi Dilip	<i>MD Chaudhari</i>
6	UME2021906	Deokar Urvi Dhananjay	<i>Urvi</i>
7	UME2021907	Deshmukh Mugdha Sanjeev	- AB -
8	UME2021908	Deshmukh Pranavi Anant	- AB -
9	UME2021909	Gaikwad Palavi Ajaykumar	<i>Palavi</i>
10	UME2021910	Gaikwad Sakshi Ravi	<i>Sakshi Gaikwad</i>
11	UME2021911	Gaikwad Saloni Sanjay	<i>Saloni</i>
12	UME2021912	Gaikwad Shrushtee Chandrakant	<i>Shrushtee</i>
13	UME2021913	Gaikwad Sunidhi Satish	<i>Sunidhi</i>
14	UME2021915	Ghorpade Sharvari Santosh	<i>SSGhorpade</i>
15	UME2021916	Govardhan Nikita Naresh	<i>Nikita</i>
16	UME2021917	Jagtap Aayushi	<i>Aayushi</i>
17	UME2021918	Jumbad Trupti Nanasahab	<i>Trupti</i>
18	UME2021919	Kamat Tanvi Sameer	<i>Tanvi</i>
19	UME2021920	Khatal Sonam Dayaram	<i>Khatal</i>
20	UME2021921	Khatke Mrunal Shankar	<i>Mrunal</i>
21	UME2021923	Kulkarni Chaitrali Deepak	<i>Chaitrali</i>
22	UME2021924	Kulkarni Sanika Sachin	<i>Sanika</i>
23	UME2021925	Kulkarni Tanvee Chandrashekhar	<i>Tanvee</i>
24	UME2021927	Londhe Sharvari Santosh	<i>Sharvari</i>

Sr. No.	CNUM	Name	Sign
25	UME2021928	Madavi Kashish Rushikesh	<i>Kmadavi</i>
26	UME2021929	Mane Rutuja Sharad	<i>Rutuja</i>
27	UME2021930	Naik Indrayani Sudhir	<i>Indrayani</i>
28	UME2021931	Naik Tanaya Sudhir	<i>Tanaya</i>
29	UME2021932	Nene Indraja	<i>-A B-</i>
30	UME2021933	Patil Sakshi Ravindra	<i>Sakshi</i>
31	UME2021934	Pawar Vaishnavi Santosh	<i>Vaishnavi</i>
32	UME2021935	Salunkhe Ashwini Ashok	<i>Ashwini</i>
33	UME2021936	Sant Aditi Milind	<i>Aditi Sant</i>
34	UME2021937	Sasane Bhagyashri Motiram	<i>Bhagyashri</i>
35	UME2021938	Sayyad Nayyara Maheeb	<i>Nayyara</i>
36	UME2021939	Shah Aastha	<i>Aastha</i>
37	UME2021941	Shivani Suhas Jadhav	<i>Shivani</i>
38	UME2021942	Shrawane Riya Suresh	<i>Riya</i>
39	UME2021944	Sweta Vimal	<i>Sweta</i>
40	C22020551724	Hamdapurkar Anushka Avinash	
41	C22020441654	Powar Pradnya Mahesh	<i>Pradnya</i>