



Created On :06/08/2024

### Activity Proposal

Participation/Organization	:Organization
Event Id	:P2401049
Event Name	:Mindfulness Meditation (Techniques & Practices)
Academic Year	:2024-25
Activity Type	:Workshops / Training Programmes
Reach of the Event	:Local
Mode of the Event	Offline
Date of the Event	:2024-07-20 To2024-08-31
No of Day(s)	:one day
Objective of the Event	: To introduce mindfulness meditation to the students to help them manage stress with ease.

#### Outcome of the Event :

The students will be able to take a pause during stressful times and take some time for themselves to introspect and function better by achieving stability.

#### A brief write-up about your Event (in about 300 words) :

Mindfulness meditation offers significant benefits for students by enhancing their focus, reducing stress, and improving overall well-being. Through regular practice, students can develop greater emotional resilience, manage anxiety, and improve their ability to concentrate on academic tasks. Mindfulness also fosters better emotional regulation and self-awareness, which can lead to healthier relationships and a more balanced approach to life's challenges. In essence, incorporating mindfulness meditation into daily routines can help students navigate the demands of college life with greater ease and clarity.

### Participants Details

Local	State	National	International	Total Delegates
200	0	0	0	200



### Resource Person Details

**Name of the Resource Person :**Ms. Shrishti S. Tamankar

**Institutional Affiliation :**Vidya Prabodhini College of Commerce, Education, Computer and Management,  
Parvuri Goa

**Expertise :**Counselling Psychology, Positive Psychology.

**Any Other Details :**

### Proposed Registration Fee to be Collected from Delegates

Sr. No	Delegates	Amt. Per Person
1	Local Delegate	0
2	State Delegate	0
3	National Delegate	0
4	International Delegate	0
	Total Registration Fees	0

### Proposed Source of Funds

Sr. No	Particulars	Amt.
1	Registration Fees :	0
2	Sponsorship :	0
3	Support from funding agencies/ departments/ institutions :	0
	TOTAL Funds in Rupees	0

### Proposed Expenditure

Sr. No	Particulars	Amt.
1	Hall/Venue Booking :	0
2	Remuneration/Honorarium :	0
3	Accommodation	0
4	Local Conveyance	0



Sr. No	Particulars	Amt.
5	Food and Refreshments	0
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration etc.	0
8	Miscellaneous	0
	Total Expenditure in Rupees	0

### Co-ordinator Details

**Name of the Event Co-ordinator :**Ms. Shrishti Tamankar  
**Co-ordinator Department :**Working Comittee  
**Event Co-ordinator Mobile Number :**9028500121  
**Working Committee :**GUIDANCE AND COUNSELING CELL  
**Keywords :,** Human Values  
**Date:**06-08-2024

### Remarks

**HOD Remark :** Approved  
**IQAC Remark :** Approved  
**Principal Remark :** Approved  
**Head Clark Remark :**  
**Accountant Remark :**

### Signatures

**User Signature :**



HOD Signature :



IQAC Signature :



Principal Signature :

**PRABODHAN EDUCATION SOCIETY'S**  
**VIDYA PRABODHINI COLLEGE**  
**OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT**  
**VIDYANAGAR, ALTO- PARVARI, GOA**

**NOTICE**  
**(STUDENTS)**  
**(2024-2025)**

This is to inform that a workshop on **“Mindfulness Meditation (Techniques & Practices)”** will be conducted by the College Counsellor Ms. Shrishti S. Tamankar for the students of the college.

All the students are instructed to be present.

Date: 21/08/2024



Ms. Shrishti S. Tamankar  
College Counsellor



Dr. Bhushan V. Bhav  
Principal





Prabodhan Education Society's  
VIDYA PRABODHINI COLLEGE OF COMMERCE, EDUCATION, COMPUTER  
AND MANAGEMENT, VIDYANAGAR, ALTO-PORVORIM, GOA

Accredited by NAAC with 'A+' Grade (3.42 CGPA, Second Cycle in 2024)

Ranked among 300 colleges by NRF in 2024

Excellence.. Everywhere.. Everytime...



workshop on  
**'Mindfulness Meditation'**  
TECHNIQUES & PRACTICE

Resource Person:

***Ms. Shrishti S. Tamankar***

College Counsellor

VIDYA PRABODHINI COLLEGE  
OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT, PARVARI GOA

MS. SHRISHTI S. TAMANKAR  
Coordinator, College Counsellor



20/07/2024-31/08/2025

DR. BHUSHAN V. BHAVE  
Principal

# Activity: Mindfulness meditation Activity using a singing bowl.

24/07/2024


Date: 24/07/2024


(class)

FY B.A.B.Ed(B)

	Name	Roll No	Sign
1	Pooja Gauns	2418241	<u>Poons</u>
2	Tejaswi Naik	2418 249	<u>Naik</u>
3	Astha Parab	2418 210	Aarab
4	Vaibhavi Naik	2418 203	Anaik
5	Siya N. Halarunkar	2418 230	Halarunkar
6	Maya Gaonkar	2418 219	Gaonkar
7	Aaraya Dhargalkar	2418 236	A.Dhargalkar
8	Geetanjali Salgaonkar	2418 216	Salgaonkar
9	Suyesha Madkaikar	2418 248	Madkaikar
10	Teena Prabhu	2418 201	Prabhu
11	Swara Raut Desai	2418 202	Desai
12	Reeti Komarpant	2418 244	Komarpant
13	Neelhi Rao	2418 220	
14	Sneha Shaw	2418 232	
15	Sanchita Nagvekar	2418 228	
16	Sneha Velip	2418 231	Selip
17	Disha G. Gaonkar	2418 213	Gaonkar
18	Anisha Narulkar	2418 207	Narulkar
19	Ritika K. Pilyekar	2418 227	Pilyekar
20	Jivya R. Kumbal	2418 239	Kumbal
21	Renuka Y. Nagvekar	2418 245	
22	Poal Prajapat	2418 222	Prajapat
23	Pragati Singh	2418 223	Prosestis
24	Vaidahi Madgaonkar	2418 204	Madgaonkar
25	Goushma Gaonkar	2418 217	Gaonkar
26	Anchal Sahani	2418 206	Sahani
27	Ashu Chauhan	2418 209	Chauhan
28	Druva Pagui	2418 214	Pagui
29	Andrea Cruz	2418 238	Cruz
30	Adila Colaco	2418 237	Colaco
31	Joycella Fernandez	2418 218	Fernandez

Activity: Mindfulness meditation Activity using a  
singing bowl  
Date: 24/04/2024  
Class: FYBAB-Ed (B)

Name and Sign of coordinator:   
MS. SHRUSHTI S. T.

  
03/04/2024





Activity: Mindfulness meditation activity Date: 22/07/2024  
using a singing bowl.

+ Introduction to counselling  
FY B.A.B.Ed (A)

class:


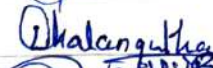






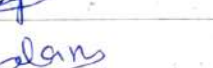



	Name	Roll No	Sign
1)	Swastik Kumari	2418121	<u>Swastik</u>
2)	Sanika Mainkar	2418116	<u>Sanika</u>
3)	Anjali Chavan	2418126	<u>Anjali</u>
4)	Prarthana Chari	2418141	<u>Prarthana</u>
5)	Sidra Farooqui	2418117	<u>Sidra</u>
6)	Shradha Gauda	2418146	<u>Shradha</u>
7)	Smriti Velingkar	2418149	<u>Smriti</u>
8)	Harshada Langote	2418131	<u>Harshada</u>
9)	Ruthvi Usapkar	2418143	<u>Ruthvi</u>
10)	Durva Naik	2418104	<u>Durva</u>
11)	Prerana Morajkar	2418113	<u>Prerana</u>
12)	Akansa Sopte	2418126	<u>Akansa</u>
13)	Srushti Dhuri	2418120	<u>Srushti</u>
14)	Beyonce Fernandes	2418102	<u>Beyonce</u>
15)	Vidhula Dhuri	2418123	<u>Vidhula</u>
16)	Sanjana Morajkar	2418145	<u>Sanjana</u>
17)	Raisha Naik	2418142	<u>Raisha</u>
18)	Shreyal Gosavi	2418147	<u>Shreyal</u>
19)	Pragati Awarar	24/8/27 2418106	<u>Pragati</u>
20)	Niki Desouza	24/8/27 2418112	<u>Niki</u>
21)	Sindiya Desai	24/8/27 2418119	<u>Sindiya</u>
22)	Poachi D. Grovetkar	2418138	<u>Poachi</u>
23)	Yashmeen Khan	2418124	<u>Yashmeen</u>
24)	Aliya Velip	2418137	<u>Aliya</u>
25)	Nihira Naik	2418136	<u>Nihira</u>
26)	Lakshita Vengarkar	2418133	<u>Lakshita</u>
27)	Richa Sawant	2418114	<u>Richa</u>
28)	Prachi Gauda	2418140	<u>Prachi</u>
29)	Karuna Maulingkar	2418132	<u>Karuna</u>

03/02/2025


Activity: Mindfulness meditation activity using a singing bowl  
+ Introduction to counselling

Date: 22/01/2024


Class: RYB AB Ed (A)

SR NO	NAME	ROLL NO	SIGN
30	Kimaya Parab	2418110	
31	Suamija Khan	2418115	
32	Lavisha B. Kalanguthar	2418134	
33	Kasthuri Naikar	2418109	
34	Tuhina Kujur	2418122	
35	Maryann Gracious	2418111	
36	Anila Dias	2418101	
37	Shaheen Fernandez	<del>241081</del> 2418118	
38	Hazel Vaz	2418108	
39	Harshada Pawara	2418107	
40	Diksha Salam	24181029	
41	Chelsy Fernandes	2418103	

Name and sign of coordinator:

  
MS. Shalishi S. Tamankar



  
03/02/2024



Activity: Johari Window  
+ mindfulness Meditation.  
+ singing bowl.

Date: 29/07/2024  
10:05 - 11:05

Class: TY B.COM (A)

(Substitution)

SrNo	Name	Roll No	Sign
1	Zubiya Pavali	2203134	Z. Pavali
2	Asmita Gawde	2203105	Asmita
3	Kashish Kandolkar	2203145	Kandolkar.
4	Anisha Uskar	2203102	Anisha
5	Skajal Sing Singh	2203144	Skajal
6	Rupali Kambli	2203153	Rupali
7	Richa Dabholkar	2203152	Richa
8	Samdhavi Pednekar	2203125	Samdhavi
9	Hema Borat	2203109	Hema
10	Dashmi Pednekar	2203107	Dashmi
11	Snehal Malhari	2203129	Snehal
12	Sonia Madhu	2203160	Sonia
13	Diti Naik	2203108	Diti
14	Apurva D. Pednekar	2203141	Apurva
15	Radhika Chatui	2203116	Radhika
16	Asmi Pathan	2203104	Asmi
17	Panchami Embaum	2203111	Panchami
18	Saisha A. Pednekar	2203124	Saisha
19	Riya S. Venekar	2203121	Riya
20	Afiya S. Alni	2203101	Afiya
21	Druma De Souza	2203143	Druma
22	Abhilasha Yadav	2203135	Abhilasha
23	Vighnesh Anandan	2203133	Vighnesh
24	Sanjana Yeragi	2203157	Sanjana
25	Shreya chipkar	2203127	Shreya
26	Apurva Shirodkar	2203103	Apurva
27	Preksha Nagvekar	2203150	Preksha
28	Saloni Humraskar	2203155	Saloni
29	Rucha Ghet	2203122	Rucha
30	Laxmi Chawan	2203148	Laxmi
31	Khushi K. Kushwaha	2203147	Khushi

03/07/2024

Activity: Sohani Window + Mindfulness meditation using a ring

bow1

Date: 29/07/2024

Class TY B-Lom A

SRN <sup>o</sup>	NAME	Roll no.	Sign
B	Raksha Naik	2203118	(Naik)
B	Almas Shaikh	2203137	Shaikh.

Name and sign of coordinator: ~~Amshu~~  
ms. Shyishi S. Tamankar

~~Shyishi~~  
03/02/2025





Date: 08/08/2024

Class: FY B.COM (A)

SR No	Name	Roll No	Sign
1	Bhooni Umesh Karkar	2403153	Bhooni
2	Shradha cheran kalangutkar	2403131	Kalangutkar
3	Riya Dinesh Nanvekar	2403122	Bhambhani
4	Ruchi Shyama Karkar	2403123	RK
5	Nisha Prasad	2403115	Nisha
6	ANUSHKA RAJ	2403149	Anushka
7	Vaibhavi R. Karangutkar	2403140	Vaibhavi
8	Kaveri K. Malgitti	2403112	Kaveri
9	Sumit S. Desai	2403135	Sumit
10	Ratik. Kundikar	2403121	Ratik
11	Aparna Anil Shewitile	2403150	Aparna
12	Sojal Sudar	2403134	Sojal

Name and sign of coordinator:

Ms. Shrishti S. Tamankar



03/02/2025



Class: SYBA B.ED (8)  
 Activity: Mindfulness meditation using a singing bowl.  
 Date: 21/08/2024

SR No	Name	Roll No	Sign
1	Tejasvi Suresh Parvatkar	2314250	Parvatkar
2	Sneha Suresh Savoiwerekar	2314242	Sneha
3	Neha Ravindra Govekar	2314211	Neha
4	Asmita Arun Mandrekar	2314204	AM
5	Tanisha Dhananjay Salgaonkar	2314224	Salgaonkar
6	Preeti Vinodkar	2314212	Vinodkar
7	Deepashree K. Chari	2314229	Dehaji
8	Kusum S. Pinge	2314234	K. Pinge
9	Mitali S. Talankar	2314235	Talankar
10	Vaishnavi A. Sukadkar	2314247	Sukadkar
11	Suhani K. Gaonkar	2314243	Gaonkar
12	Samashree M. Khadapkar	2314216	Khadapkar
13	Bhakti K. Devidas	2314228	Devidas
14	Usha U. Kolwalkar	2314246	Kolwalkar
15	Sunita B. Zoro	2314245	Zoro
16	Sneha P. Paradkar	2314241	Paradkar
17	Diksha Shahu Tari	2314230	Tari
18	Santoshi Dayanand Desai	2314238	Desai
19	Sneha S. K. Seth	2314222	Sneha
20	Resha B. Harujian	2314249	Harujian
21	Ayesha I. Naik	2314205	Naik
22	Rajlaxmi M. Arondekar	2314236	Arondekar
23	Kajal R. Gahani	2314208	Gahani
24	Sumedha N. Mandrekar	2314223	Mandrekar
25	Vedika P. Raul	2314225	Raul
26	Harshada R. Harimalkar	2314231	Harimalkar
27	Vaishnavi Korgaonkar	2314201	Korgaonkar
28	Sanika S. Shetkar	2314248	Shetkar
29	Siya R. Bhomkar	2314221	Bhomkar
30	Sanjana M. Naik	2314219	Naik
31	Ashwini A. Velip	2314203	Velip

- 32] Sunakshi. J. Velip  
 33] Ramnath. N. Pal  
 34] Laxmi S. Telagav  
 35] Anannya A. Naik  
 36] Kshika K. Gaonkar  
 37] Shraddha Sunil Gawade

2314244

2314213

2314210

2314226

2314233

2314239

Sulip

Raj

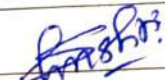
Qarmj

Aditya

Ravi

Gawade

Total students = 37

Name and sign of coordinator:   
 Ms. Shrushti S. Tamankar



03/02/2025





Class: 74 B. com B.  
 Activity: Mindfulness meditation using the singing bowl.  
 Date: 18/09/2024.

SR No	Name	Roll No	Sign
1	Vinay Kumar Keshwaha	22030203	<u>Vinay</u>
2	Harish Yarg	2203201	<u>Harish</u>
3	David Kumar	2203229	<u>David</u>
4	Sarlas Vengulekar	2203260	<u>Sarlas</u>
5	Deepesh Andurlekar	2203207	<u>Deepesh</u>
6	Abhishek Kusurkar	2203202	<u>Abhishek</u>
7	Tyoti Kankarwadi	2203248	<u>Tyoti</u>
8	Nargis Byadgi	2203218	<u>Nargis</u>
9	Prityanka Chaudhary	2203254	<u>Prityanka</u>
10	Abnor Chikodi	2203230	<u>Abnor</u>
11	Sayed Billahli	2203237	<u>Sayed</u>
12	Maulati Prinkati	2203212	<u>Maulati</u>
13	Akash Rathod	2203224	<u>Akash</u>
14	Menboob Katnoor	2203232	<u>Menboob</u>
15	Uishnu Sonar	2203242	<u>Uishnu</u>
16	Manisha Khademuni	2203231	<u>Manisha</u>
17	Pratik Bhadger	2203216	<u>Pratik</u>
18	Sai Pawar	2203259	<u>Sai</u>
19	Ankur Dabholkar	2203227	<u>Ankur</u>
20	Tonish Sastikar	2203263	<u>Tonish</u>
21	Sahil Samant	2203258	<u>Sahil</u>
22	Tejas Naik	2203264	<u>Tejas</u>
23	Set Sneha Rulkarni	2203221	<u>Set</u>
24	Muskan Mullar	2203233	<u>Muskan</u>
25	Rinku Gaud	2203215	<u>Rinku</u>
26	Bushra Khan	2203206	<u>Bushra</u>
27	Manisha Tamhane	2203250	<u>Manisha</u>
28	Shalank Kalshawar	2203238	<u>Shalank</u>
29	Shrikrishna Nilajkar	2203262	<u>Krishna</u>



Name and sign of coordinator

Manisha

Ms. Shristi S. Tamankar

Shristi

Principal's signature

03/09/2024



## Social Media Coverage

Activity: Mindfulness Meditation ( Techniques & Practice)

Link: <https://www.instagram.com/p/DFcd0muozXe/?igsh=enM0eXA2dHliaHlj>





|| विद्या सर्वस्य भूषणम् ||

PRABODHAN EDUCATION SOCIETY'S  
**VIDYA PRABODHINI COLLEGE**

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,  
VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

(APPROVED BY GOVT. OF GOA, AFFILIATED TO GOA UNIVERSITY AND RECOGNIZED BY NCTE)  
(RECOGNIZED BY U.G.C. UNDER SECTION 2(F) AND 12 (B) OF THE UGC ACT 1956)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime

Created On :06/02/2025

## Activity Report

**Event Id :** A2501065

**Event Name :** Mindfulness Meditation (Techniques & Practices)

**Academic Year :** 2024-25

**Activity Type :** Workshops / Training Programmes

**Reach of the Event :** Local

**Mode of the Event :** Offline

**Date of the Event :** 2024-07-20 To 2024-08-31

**No of Day(s) :** one day

**Venue :** Respective Classrooms Vidya Prabodhini College of Commerce, Education, Computer and Management, Par

**Objective of the Event :** To introduce mindfulness meditation to the students to help them manage stress with ease.

**Outcome of the Event :** The students will be able to take a pause during stressful times and take some time for themselves to introspect and function better by achieving stability.

**A brief write-up about your Event (in about 300 words) :** Mindfulness meditation offers significant benefits for students by enhancing their focus, reducing stress, and improving overall well-being. Through regular practice, students can develop greater emotional resilience, manage anxiety, and improve their ability to concentrate on academic tasks. Mindfulness also fosters better emotional regulation and self-awareness, which can lead to healthier relationships and a more balanced approach to life's challenges. In essence, incorporating mindfulness meditation into daily routines can help students navigate the demands of college life with greater ease and clarity.



|| विद्या सर्वस्य भूषणम् ||

# PRABODHAN EDUCATION SOCIETY'S VIDYA PRABODHINI COLLEGE

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,  
VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

(APPROVED BY GOVT. OF GOA, AFFILIATED TO GOA UNIVERSITY AND RECOGNIZED BY NCTE)  
(RECOGNIZED BY U.G.C. UNDER SECTION 2(F) AND 12 (B) OF THE UGC ACT 1956)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime



## Participants Details

Local	State	National	International	Total Delegates
200	0	0	0	200

## Resource Person Details

**Name of the Resource Person :** Ms. Shrishti S. Tamankar

**Institutional Affiliation :** Vidya Prabodhini College of Commerce, Education, Computer and Management, Parvuri Goa

**Expertise :** Counselling Psychology, Positive Psychology.

**Any Other Details :**

## Co-ordinator Details

**Name of the Event Co-ordinator :** Ms. Shrishti Tamankar

**Co-ordinator Department :** Working Committee

**Event Co-ordinator Mobile Number :** 9028500121

**Working Committee :** GUIDANCE AND COUNSELING CELL

**Keywords :** , Human Values

**Date:** 06-02-2025

## Remarks

**HOD Remark:** APPROVED



|| विद्या सर्वस्य भूषणम् ||

PRABODHAN EDUCATION SOCIETY'S  
**VIDYA PRABODHINI COLLEGE**

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,  
VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

(APPROVED BY GOVT. OF GOA, AFFILIATED TO GOA UNIVERSITY AND RECOGNIZED BY NCTE)  
(RECOGNIZED BY U.G.C. UNDER SECTION 2(F) AND 12 (B) OF THE UGC ACT 1956)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime

**IQAC Remark:** Approved

## Signatures

**User Signature :**

**HOD Signature :**

**IQAC Signature :**



**Principal Signature :**