

Dr. Babasaheb Ambedkar Marathwada University,
Chh. Sambhajinagar (MS)



Life Skills Enhancement Programs

Events/Regular Practices in
Academic Departments of the University

2018-2023

Prepared by

Internal Quality Assurance Cell,
Dr. Babasaheb Ambedkar Marathwada University,
Chh. Sambhajinagar (MS)



Registrar,
Dr. Babasaheb Ambedkar
Marathwada University,



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

**Report on Expert Lecture on Importance of Meditation conducted at University
Department of Management Science**

On September 19, 2018, the University Department of Management Science at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, organized an insightful expert lecture on the "Importance of Meditation." Dr. Smita Dixit, a distinguished expert in meditation and holistic health, delivered the lecture. The session highlighted the significant benefits of meditation, such as reducing stress, enhancing mental clarity, and promoting overall well-being. Dr. Dixit also conducted a practical meditation exercise, allowing students to experience firsthand the calming effects of mindful practices. The lecture was well-received, with students expressing that they gained valuable insights and practical skills to manage stress and improve their focus, thereby greatly benefiting from the session.

Supporting Documents Submitted by the Department:




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University

Internal Quality Assurance Cell



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

Dr. Babasaheb Ambedkar Marathwada University,
Aurangabad.
Department of Management Science

Course : Semester :

ATTENDANCE SHEET

Subject : Name of faculty : Smita Dixit

Date : 19/9/2018 Time :

Signature of Faculty :

Importance of meditation

Sr. No.	Name of the student	Signature
1	Mamata Vijay Barge	
2	Vivek mhaske	
3	Preerna Pathad	
4	Adarsh Shinde	
5	Pratik Date	
6	Vishnu Pathad	
7	Gajanan P. Shinde	
8	Pooja Kulkarni	
9	Dimple Asrani	
10	Disha Jagtap	
11	Mantresh Salunke	
12	Shivani Mule	
13	Aakash Holkar	
14	Gopad mhaske	
15	Sakshi Tiwari	
16	Poonam Kheokar	
17	Aakash Patil	
18	Vishakha Tante	
19	Pooja Pansale	
20	Sagar Manekar	
21	Ashwini Ingle	
22	Aash Patil	
23	Mahesh S. Shinde	
24	Arti Mas	
25	Ashutosh tarape	
26	Preranka Sahab	
27	Ratnira Bhandari	





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

**Report on Expert Lecture on Importance of Meditation conducted at University
Department of Management Science**

On June 6, 2019, the University Department of Management Science at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, hosted an expert lecture on "Yoga for Stress Management," featuring Dr. Smita Dixit as the resource person. Dr. Dixit, a renowned yoga expert, emphasized the role of yoga in alleviating stress, enhancing mental clarity, and fostering overall well-being. She introduced students to practical yoga techniques designed to reduce stress and promote relaxation, including breathing exercises and simple asanas. The session was highly interactive and engaging, allowing students to practice these techniques and understand their benefits. The students found the lecture immensely beneficial, gaining valuable skills to manage stress effectively and improve their academic and personal lives.

Supporting Documents Submitted by the Department:




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

Dr. Babasaheb Ambedkar Marathwada University,
Aurangabad.
Department of Management Science

Course : Semester :

ATTENDANCE SHEET

Subject : Name of faculty : Smita Dixit

Date : 19/9/2018 Time :

Signature of Faculty :

Importance of meditation

Sr. No.	Name of the student	Signature
1	Manata Vijay Barge	
2	Vivek mhaske	
3	Preetna Pathad	
4	Adarsh Shinde	
5	Pratik Dake	
6	Vishnu Pathad	
7	Gajanan P. Shinde	
8	Pooja Kulkarni	
9	Dimple Asrani	
10	Disha Jagtap	
11	Manisha Salunke	
12	Shivani Mule	
13	Aakash Holkar	
14	Gopad Mhaske	
15	Sakshi Tiwari	
16	Poonam Khandekar	
17	Ankush Patil	
18	Vishakha Tante	
19	Pooja Paraleshi	
20	Sagar Manekar	
21	Ashwini Ingle	
22	Aksh Patil	
23	Mahesh S. Shinde	
24	Arti More	
25	Anhusha tarape	
26	Asiyanka Sahab	
27	Ratnira Bhandari	



**Dr. Babasaheb Ambedkar Marathwada University,
Aurangabad.
Department of Management Science**

Course : Semester :

ATTENDANCE SHEET

Subject Name of faculty Smita Dixit

Date : 6/06/2019 Time :

Signature of Faculty

Yoga For Stress Management

Sr. No.	Name of the student	Signature
1	Pratik Dulke	<u>Pratik</u>
2	Mahesh Shinde	<u>Mahesh</u>
3	Aarti More	<u>Aarti</u>
4	Bhurat Ashani	<u>Bhurat</u>
5	Nanasaheb Solunke	<u>Nanasaheb</u>
6	Gajanan Shinde	<u>Gajanan</u>
7	Radhika Bhandari	<u>Radhika</u>
8	Ashutosh Tarpe	<u>Ashutosh</u>
9	Adarsh Sanjay Patil	<u>Adarsh</u>
10	Jay Mate	<u>Jay</u>
11	Poonam Khedkar	<u>Poonam</u>
12	Dimple Asrani	<u>Dimple</u>
13	Mamata Vijay Barge	<u>Mamata</u>
14	Shivani Mule	<u>Shivani</u>
15	Namrata Sable	<u>Namrata</u>
16	Pooja Kulkarni	<u>Pooja</u>
17	Disha Jagtap	<u>Disha</u>
18	Akash Holker	<u>Akash</u>
19	Vishakha Tarpe	<u>Vishakha</u>
20	Dyनेशwar Khole	<u>Dyनेशwar</u>
21	Akash Holkar	<u>Akash</u>
22	Yogesh Salunke	<u>Yogesh</u>
23	Shaji Panthare	<u>Shaji</u>
24	Varbhav Ghule	<u>Varbhav</u>
25	Sandip Ghule	<u>Sandip</u>
26	Yogesh Salunke	<u>Yogesh</u>
27		





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Meditation Program Organized by the Department of Commerce

On June 1, 2019, the Department of Commerce at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad hosted a comprehensive Meditation Program, focusing on promoting mental well-being and stress management among students and faculty members. The event was designed to introduce participants to various meditation techniques that enhance mental clarity, reduce stress, and improve overall emotional health. Led by experienced instructors, the program included sessions on mindfulness, guided visualization, and breathing exercises aimed at fostering relaxation and focus. Attendees actively engaged in the sessions and reported significant benefits, such as reduced anxiety, increased concentration, and a greater sense of inner peace. The successful organization of this program underscored the university's commitment to holistic education, recognizing the importance of mental wellness alongside academic excellence. The enthusiastic participation and positive feedback highlighted the value of integrating mindfulness practices into the university's curriculum, contributing to the overall well-being of the academic community.

Registrar,
Dr. Babasaheb Ambedkar
Marathwada University,

Supporting Document submitted by the Department



Internal Quality Assurance Cell



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Regular Meditation Practice at Department of Education, Main Campus

The Department of Education at Dr. Babasaheb Ambedkar Marathwada University in Aurangabad has instituted a regular meditation practice aimed at enhancing the overall well-being of its students. This initiative has been a cornerstone in promoting mental health and academic excellence within the department. The meditation sessions, held routinely, focus on various techniques such as mindfulness, deep breathing, and guided visualization, which are integral to reducing stress and improving concentration. Students who have participated in these sessions report significant improvements in their ability to manage academic pressures and personal stressors. They have noted a marked increase in their focus, emotional stability, and overall quality of life. This regular practice not only fosters a peaceful and reflective environment but also equips students with the necessary skills to handle the challenges of their academic journey and future careers effectively. The ongoing success of this meditation program underscores its importance as a vital component of the holistic education approach adopted by the university, reflecting a commitment to the mental and emotional development of its students alongside their academic growth.

Supporting Document submitted by the Department


Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
Aurangabad - 431 004, Maharashtra, (India)
2020 is accredited with 'A' grade
Department of Education



Telephone : (0240) 2403370
: (Mob.) 9421600540
Web-site : www.bamu.org
E-Mail : Head.education@bamu.net



Dr.S.V.Joshi
Professor & Head

Soft Skill & Yoga and Meditation - 2020-21

Sr.No.	Name of the Students	Mob. No.
1	Bijore Swapnil Ukhardu	950399936607
2	Gawali Vaishali Sharadrao	8668677174
3	Jadhav Rectanjali Shiram	9421928673
4	Jaffari Asma Hamid	9307201214
5	Kamble Rita Chhburao	9881861953
6	Kamekar Dipika Subhash	9527821280
7	Kathar Surekha Dattatrey	9764843862
8	Khan Iram Kashmiria	8669386436
9	Kolhe Suchita Bharat	9503659192
10	Narwade Amrapali Rajendra	9763791079
11	Pardhe Neelam Uttam	9172410777
12	Parve Pooja Ashok	9421914942
13	Pulkurte Nayana Nagnath	9922930204
14	Raihoi Sanjay Baliram	7972416825
15	Raut Sharda Millind	8983629252
16	Saimoni Nisha Naresh	7972980276
17	Salun Manisha Ashok	9545144538






Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
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Sr.No.	Name of the Students	Mob. No.
18	Saxsena Pooja Amit	8806052256
19	Sayyad Imrana Babu	9503309081
20	Shaikh Anjum Saleem	8793500519
21	Wagh Sharda Bhagwan	9637975854
22	Wagh Usha Bhagwan	9545728359
23	Zhirpe Ganesh Asmanrao	9275042164
24	Zhote Gautam Dnyanoba	8999811346
25	Sakat Suwarna Ashok	9307954438





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
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Internal Quality Assurance Cell



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Report on Event/Practices on Life Skill Enhancement Programs

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY

Aurangabad - 431 004, Maharashtra, (India)

NAAC Re-accredited With 'A' Grade

Department of Education

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Web-Site : www.bamu.ac
E-Mail : head.education@bamu.ac



Dr.S.V.Joshi
Professor & Head

Benefited students of Yogic Practice 2019-2020

Sr.No.	Name of the Students
1	Ambhore Balasheh Bhimrao
2	Birare Sonal Madhukar
3	G.Swapna GF Prabhakar
4	Jadhav Manisha Dattatraya
5	Kadam Bhagwat Pandurangrao
6	Mane Mahadev Narsingh
7	Mokasare Sarikha Namdeo
8	Parkhe Dnyaneshwar Vittal
9	Patil Komal Anil
10	Rathod Durgesh Tulsidas
11	Rathod Usha Mansukhlal
12	Suryawanshi Anand Shankar
13	Zalke Pintu Shesherao





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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**Report on Expert Lecture on 'Happiness, Joy and Life' conducted at University
Department of Management Science**

On June 6, 2019, the University Department of Management Science at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, hosted an expert lecture on 'Happiness, Joy, and Life.' Dr. Aparna Ashtaputre, Head of the Department of Psychology, delivered an engaging and insightful talk. Dr. Ashtaputre captivated the audience with her profound insights into the factors contributing to happiness and ways to cultivate joy in everyday life. She discussed various psychological theories and practical strategies for enhancing emotional well-being, resilience, and overall life satisfaction. The lecture was well-received by students, who found it deeply enriching and applicable to their personal growth and happiness. Dr. Ashtaputre's expertise and the interactive nature of the session left a lasting impact, inspiring students to adopt positive attitudes and practices conducive to leading fulfilling lives.

Supporting Documents Submitted by the Department:


Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.



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Internal Quality Assurance Cell

Theme: Happiness, Joy & Life

Speaker: Dr. Aparna Ahtaputre

Date: 07-March 2020 Time: 11:30am

Name	Gr	Course	Sem	Sign
Nitishkomar S. Mishra	M	MBA	II sem	
Mohd. Rashid, Ali	M	MBA	II nd Sem	
Shaikh Sameer A.M	M	MBA	II nd Sem	
sunrise vishnu. P.	M	M.B.A.	II nd sem	
paal Babu Sakharan	M	M.B.A.	II nd sem	
Kajjuu Saudeep. G.	M	MBA	II sem	
Dmaneshwary S. Nilam	M	MBA	II sem	
Saygad Anvesh Ategu	M	MCA	IV th sem	
Bhandase vijay Mahadev	M	MBA	II Sem	
Aakash Punethkar Kothari	M	MCA	II sem	
Gaurav Di Pak Agrwal	M	MCA	II sem	
Farooq A. Bijabani	M	MCA	IV sem	
Sushant Y. Chatur	M	MBA	II nd sem	
Kiran R. Chinchale	M	MBA II	IV Sem	
Gopal R. Mhaske	M	MBA-II	IV SEM	
Yogesh K. Salunke	M	MBA-II	IV SEM	
Pooja C. Pardehi	F	MBA-II	IV sem	
Sandeep B. Madke	M	MBA-II	IV sem	
Nandkishor P. Gondre	M	MBA II	IV sem	
Junjawanishi Varsha D.	F	MBA II	IV Sem	
Vishal Sapsire	M	MBA I	II nd sem	
Vishal Tayade	M	MBA I	II nd sem	
Bavindra Gaikwad	M	MBA II	IV th sem	
Onkar Kulkarni	M	MBA II	IV th sem	
Suhag. V. Chormare	M	MBA I	II nd sem	
Shormare D. Zine	M	MCA II nd yr	II nd sem	
Fair R. Mugey	M	MCA-II nd yr	II nd sem	



Sl No	Name	G	Course	Sem	Sign
25	Vinod A Dabre	M	MCA 1 st	II Sem	
29	Ashwini G. Nishikav	M	MCA 1 st	II Sem	
30	Purushottam R. Sawant	M	MCA 1 st	II Sem	
31	Ghugare Akshay B	F	MCA 1 st	II Sem	
32	Silambar...	F	MCA 1 st	II Sem	
33	Pavankumar Kulkarni	F	MCA 1 st	II Sem	
34	Tijusumai R. Kherde	F	MCA 1 st	II Sem	
35	Shakti Sefye	F	MCA 1 st	II Sem	
36	Tharal Rane	F	MCA 1 st	II Sem	
37	Shridhar yagita m.	F	MCA 1 st	II Sem	
38	Supriya Karambati	F	MCA 1 st	II Sem	
39	Vaishali Ganesu	F	MCA 1 st	II Sem	
40	Vaishali P. Nagesh	F	MCA 1 st	II Sem	
41	Vaishali S. Kulkarni	F	MCA 1 st	II Sem	
42	Babale Hanuman	M	MCA	IV Sem	
43	Sandip B. Tale	M	MCA	IV Sem	
44	Rohit S. Goyke	M	MCA	IV Sem	
45	Lusikhan P. Dondge	M	MCA	IV Sem	
46	Anand S. Lohande	M	MCA	IV Sem	
47	Prate Ganesh Tale	M	MCA	IV Sem	
48	Naga Gannare	F	MCA	IV Sem	
49	Prerna Rathod	F	MCA	IV Sem	
50	Sujit Sukale	M	MCA	IV Sem	
51	Vinod Ani Phoske	M	MCA	IV Sem	
52	Ashley Chavhan	M	MCA	IV Sem	
53	Hugh Akshay Chhajjram	M	MCA	IV Sem	
54	Rohit U. Jitve	M	MCA	IV Sem	
55	Dimesh M. Gajjar	M	MCA	IV Sem	
56	Ashley Harbhay Munde	M	MCA	IV Sem	
57	Rohit Anurash Malmik	M	MCA	IV Sem	
58	Smita S. Khatiwale	F	MCA	IV Sem	
59	Rohit V. S. Sable	F	MCA	IV Sem	
60	Rohit V. S. Sable	F	MCA	IV Sem	
61	Shital V. N. N. N. N.	F	MCA	IV Sem	
62	Rohit V. S. Sable	F	MCA	IV Sem	

Dr. Babasaheb Ambedkar



Sl No	Name	G	Course	Sem	Sign
31	Rupali Tukaram Dhanore	F	MBA 1 st	II Sem	
32	Rajput Madhavi Nandkumar	F	MBA 1 st	II Sem	
33	Fayolaji Rajendra Zade	F	MBA 1 st	II Sem	
34	Rohit V. S. Sable	F	MBA 1 st	II Sem	
35	Savit Ashwini Dhanore	F	MBA 1 st	II Sem	
36	Ashish Tare	M	MBA 1 st	II Sem	
37	Akash R. Chape	M	MBA 1 st	II Sem	



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

**Report on Expert Lecture on 'Emotional Intelligence' conducted at University
Department of Management Science**

On January 4, 2020, the University Department of Management Science at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, organized an expert lecture on 'Emotional Intelligence,' delivered by Dr. Santwana Mishra, Assistant Professor from the Department of Education. Dr. Mishra's presentation was comprehensive and insightful, covering various aspects of emotional intelligence (EI) including self-awareness, self-management, social awareness, and relationship management. She provided practical examples and real-life scenarios to illustrate the importance of EI in personal and professional contexts. The students greatly appreciated the depth of information and relevance to their academic and future career pursuits. The Q&A session that followed was particularly engaging, allowing students to delve deeper into specific aspects of EI and seek practical advice from Dr. Mishra. Overall, the lecture enhanced students' understanding of EI, equipped them with valuable skills for emotional self-regulation and interpersonal relationships, and inspired them to apply these principles in their academic and personal lives.

Supporting Documents Submitted by the Department:


Registrar,
Dr. Babasaheb Ambedkar
Marathwada University



Title :- Emotional Intelligence

Speaker :- Dr. Santwana Mishra

Date :- 04-01-2020 Time :- 11:15am to

Sr.	Name	E/M	Course	Semester	Signature
1	Drodrin Zade	f	MBA	IV	
2	Aarti Mor	f	MBA	IV	
3	Radhika Bhoadari	F	MBA	IV	
4	Swapal R. Mhaske	M	MBA	IV	
5	Ashutosh G. Torpe	M	MBA	IV	
6	Ranjit. V. Torpe	M	MBA	IV	
7	Sonvagne Amol. J.	M	MBA	IV	
8	Sjit S. Sakale	M	MBA	IV	
9	Wagh Akshay Shalgaon.	M	MBA	IV	
10	Sadhya Anjan Kisan	M	MBA	IV	
11	Madhkar Akash. B.	M.	MBA	IV	
12	Bhade Hamuram	M	MBA	IV	
13	Sandip B. Takle	M	MBA	IV	
14	Ramodhi M. Kunal	F	MBA	IV	
15	Moghikar Gaurav	M	MBA	IV	
16	Baber Gama Dhego	M	MBA	IV	
17	Shinde Gajanan Pratik	M	MBA	IV	
18	Sandeep B. Madhe	M	MBA	IV	
19	Mogesh H. Solunke	M	MBA	IV	
20	Ajinya. B. Kale.	F	MBA	IV	
21	Jatap Disha Navnath	F	MBA	IV	
22	Barge Mamata Vijay	F	MBA	IV	
23	Rathod Prema Laxman	F	MBA	IV	
24	Maharaj Abhulrahman Vaidalad	F	MBA	IV	
25	Nighat Hishikumar. S	M	MBA	IV	
26	T. N. A. A. A. A.	M	MBA	IV	

Sr.	Name	E/M	Course	Semester	Signature
27	Rajguru Sandeep Gorthanath	M	MBA	II sem	
28	Trishana B. Dipke	M	MBA	II sem	
29	Syed Shariq Ali	M	MBA	II sem	
30	Mahd. Rohid. Al.	M	MBA	IV sem	
31	Pratik G. Dake	M	MBA	IV sem	
32	Mouli S. Lokhande	M	MBA	IV sem	
33	Megha S. Kulkarni	M	MBA	IV sem	
34	Ujjwal Anvesh Jaggaal Akaram	M	MBA	IV sem	
35	Vishnu Ramesh Rathod	M	MBA	IV sem	
36	Rohit Ganesh Korde	M	MBA	IV sem	
37	Rajkumar Sunil Kaban	M	MBA	IV sem	
38	Bhushan D. Misal	M	MBA	IV sem	
39	Pauroe Pratik. Kharde	F	MBA	IV sem	
40	Thengal Anjali Baprasadhel	F	MBA	IV sem	
41	Avish Haribhau Mude	M	MBA	IV sem	
42	Mahajan Anirudh B.	M	MBA	IV sem	
43	Moghe Snyam Huserao	M	MBA	IV sem	
44	Vinay Rameshwar Mahale	M	MBA	IV sem	
45	Vijay Babardev Chandore	M	MBA	IV sem	
46	Saika Satish Joshi	F	MBA	IV sem	
47	Minal Daphmare	F	MBA	IV sem	
48	Kinjal Belpalle	F	MBA	IV sem	
49	Sapna Annu Pradi	F	MBA	IV sem	
50	Anurag T. Katarge	F	MBA	IV sem	
51	Mehs. K. Sankar	F	MBA	IV sem	
52	Pratik Ajay Subhane	M	MBA	IV sem	
53	Ajay Kar. Jas Mardave	M	MBA	IV sem	
54	Satish Shivashu Walede	M	MBA	IV sem	
55	Gayatri Rajendra Zade	F	MBA	IV sem	
56	Natadevatsha. D.	F	MBA	IV sem	
57	Jamhadde Reena S.	F	MBA	IV sem	



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

**Report on Expert Lecture on 'Gender Sensitization' conducted at University
Department of Management Science**

On February 1, 2020, the University Department of Management Science at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, organized an expert lecture on 'Gender Sensitization.' Professor Smita Awachar from the Department of Sociology delivered a comprehensive and thought-provoking talk on the nuances of gender issues and sensitization. Professor Awachar addressed various aspects of gender inequality, stereotypes, and discrimination prevalent in society. She provided historical context, current statistics, and examples to highlight the importance of gender sensitivity in creating an inclusive and equitable environment. The students deeply appreciated the depth of information and relevance to contemporary social issues. The Q&A session that ensued was lively and engaging, allowing students to discuss and debate various perspectives on gender roles, rights, and challenges. Overall, the lecture not only raised awareness but also empowered students with knowledge and insights to foster gender equality and respect diversity in their personal and professional lives.

Supporting Documents Submitted by the Department:


Registrar,
Dr. Babasaheb Ambedkar
Marathwada University



Event

Title :- Gender Sensitization

Speaker :- Prof. Smriti Awachar,
Dept. of Sociology,
Dr. Babasaheb Ambedkar, Marathwada
University, Aurangabad

Date :- 01-02-2020

Time :- 11:30am -

Sr	Name	M/F	Course	Semester	Signature
1	Rajguru Sandeep. G.	M	Mgt sci	1st sem	[Signature]
2	Trisharan B. dipke	M	Mgt sci	II nd sem	[Signature]
	Rathod Avinash W.	M	M.B.A.	II nd sem	[Signature]
3	Anand Sukhdew Shirwadkar	M	M.B.A.	II nd Sem	[Signature]
4	Shinde Akash Sapan	M	M.B.A.	II nd sem	[Signature]
5	Plahendze Ashok Dandge	M	M.B.A.	II nd Sem	[Signature]
6	Sushikumar Ramesh Borde	M	M.B.A.	II nd Sem	[Signature]
7	Maske Shyam Abhisekar	M	M.B.A.	II nd Sem	[Signature]
8	Bhargava Shivaji Kulkarni	M	MBA	1 st sem	[Signature]
9	Gaillard Dipak Agrawal	M	M.C.A.	II nd sem	[Signature]
10	Narendra Divakar Joshi	M	M.C.A.	2 nd Sem.	[Signature]
11	Madhav Yuvraj Alot	M	M.C.A.	2 nd sem	[Signature]
12	Aaditya chavan	M	M.C.A.	2 nd sem	[Signature]
13	Vinod Dake	M	M.C.A.	2 nd sem	[Signature]
14	Ganesh Tukaram Bode	M	M.C.A.	II nd sem	[Signature]
15	Kishor S. Tijare	M	MBA	II nd sem	[Signature]
16	Swapni M. Chaudhari	M	M.C.A.	2 nd sem	[Signature]
17	Aikesh surywanish	M	M.C.A.	2 nd sem	[Signature]
18	Suhag Chormale	M	MBA	1 st yr	[Signature]
19	Vaibhav Bueande	M	MBA	1 st yr	[Signature]
20	Rohitkesh R. Dandge	M	MBA	1 st year	[Signature]
21	Chavan Nitesh	M	BCA	4 th year	[Signature]
22	Shaikh Mohd. Gufran	M	BCA	1 st	[Signature]



Sr.	Name of Attendee	WT	Course	Semester
24	Nihal Akhauri	M	MBA	Second
25	Mahd. Rishi N.	M	MBA	Second
26	Siddhant Ati	M	MBA	Second
27	Babade Harmanan	M	MCA	IV
28	Sanjay R. Talye	M	MCA	IV th sem
29	Madhukar Ganesh	M	MCA	IV th sem
30	Rajendra S. Keshav	M	MCA	IV th sem
31	Rohi Ganesh Keshav	M	MCA	IV th sem
32	Shubham Sudhakar Mehta	M	MCA	IV th sem
33	Meharaj Forest A. Bhat	M	MCA	IV th sem
34	Jayant Anand Bhargava	M	MCA	IV th sem
35	Arjun R. Sarode	M	MBA	IV th sem
36	Arjun R. Tayade	M	MBA	IV th sem
37	Arjun H. Kulkarni	M	MBA	IV th sem
38	Anant Mahajan	M	MBA	IV th sem
39	Harshvardhan	M	MBA	IV th sem
40	Shantant. V. Hole	M	MBA	IV th sem
41	Nikhil Ashok B.	M	MBA	IV th sem
42	Shrikant Samant A.M	M	MBA	IV th sem
43	Shrikant S. Wankar	M	MBA	IV th sem
44	Pratik Kulkarni	M	MBA	IV th sem
45	Reena Jambhade	F	MBA	IV th sem
46	Komal T. Nemade	F	MBA	IV th sem
47	Anjana F. Kulkarni	F	MBA	IV th sem
48	Ajay R. Maudure	M	MBA	IV th sem
49	Pratik A. Sawade	M	MBA	IV th sem
50	Megha P. Sandar	F	MBA	IV th sem
51	Deepali V. Deshpande	F	MBA	IV th sem
52	Mihir S. Waghmare	F	MBA	IV th sem
53	Sayana G. Patil	F	MBA	IV th sem
54	Shrihari Rajendra Dhanraj	F	MBA	IV th sem
55	Sankar Sankar Joshi	F	MBA	IV th sem
56	Gayatri Rajendra Zade	F	MBA	IV th sem
57	Varsha D. Narkade	F	MBA	IV th sem

58	Thengul Anjali B.	F	MBA	Second
59	Shital V. Madhe	F	MBA	Second
60	Smriti S. Khule	F	MBA	Second
61	Anni N. Sabe	F	MBA	Second
62	Rupali T. Divane	F	MBA	Second
63	Sanjivane Neha C.	F	MCA	IV th sem
64	Tharal Prachi M.	F	MCA	IV th sem
65	Pratikha A. Joshi	F	MCA	IV th sem
66	Monika Vides Pathe	F	MCA	IV th sem
67	Anant Kumar Parth	M	MCA	IV th sem
68	Pratikha Komal D.	F	MBA	IV th sem
69	Shubham Akshay B.	M	MCA	IV th sem
70	Dharmraj D. Zinde	M	MCA	IV th sem
71	Avinav P. Arade	M	MCA	IV th sem
72	Shubham Misal M	M	MCA	IV th sem
73	Sanjay M. Ramani	F	MCA	IV th sem
74	Ramani M. Misal	F	MCA	IV th sem
75	Shrikant S. Patil	F	MCA	IV th sem
76	Tijasa R. Khedkar	F	MCA	IV th sem
77	Mishal Anand	F	MCA	IV th sem
78	Ujjwal Kulkarni	F	MCA	IV th sem
79	Vandana Kulkarni	F	MCA	IV th sem
80	Surbhi Kulkarni	F	MCA	IV th sem
81	Nandini Gajbharate	F	MCA	IV th sem
82	Vandana Kulkarni	F	MCA	IV th sem

Total: 83
 Prof. Sanjay Divakar
 Guest:





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Report on Online Yoga Session conducted at Deen Dayal Upadhyay KAUSHAL Kendra on June 21, 2021

On June 21, 2021, in celebration of International Yoga Day, Deen Dayal Upadhyay KAUSHAL Kendra at Dr. Babasaheb Ambedkar Marathwada University organized an online yoga session. This initiative aimed to promote the physical, mental, and spiritual benefits of yoga among faculty members and students.

Session Details: The online yoga session was conducted by Shri Manish Bhawsinka, a renowned yoga expert known for his expertise in traditional and contemporary yoga practices. The session commenced with a brief introduction to the significance of International Yoga Day and the principles of yoga as a holistic approach to health and well-being.

Yoga Practice: Shri Manish Bhawsinka guided participants through a series of yoga asanas (postures), pranayama (breathing exercises), and relaxation techniques. His instructions emphasized proper breathing techniques and mindful movement to enhance physical flexibility, mental focus, and emotional balance.

Participant Engagement: Faculty members and students actively participated in the session, following the instructions and practicing yoga from their respective locations via online platforms. The interactive nature of the session allowed participants to ask questions and receive guidance directly from the yoga expert, enhancing their understanding and experience.

Benefits and Feedback: Participants reported feeling refreshed, energized, and mentally rejuvenated after the session. They appreciated the opportunity to learn and practice yoga techniques that promote overall well-being, especially amidst the challenges posed by the pandemic. The session underscored the importance of integrating yoga into daily routines to manage stress and maintain physical health.

Conclusion: The online yoga session organized by Deen Dayal Upadhyay KAUSHAL Kendra on International Yoga Day was a resounding success, fostering a sense of unity and well-being among faculty members and students. Shri Manish Bhawsinka's expert guidance and the enthusiastic participation highlighted the enduring relevance of yoga as a transformative practice for holistic health. Such initiatives continue to promote wellness and resilience within the university community, aligning with the global celebration of yoga's universal appeal and timeless wisdom.

Supporting Documents Submitted by the Department:




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.

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Internal Quality Assurance Cell



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Deen Dayal Upadhyay KAUSHAL Kendra

Special Online Orientation Session to Commemorate

INTERNATIONAL
Yoga Day

Resource Person
Shri Manish Kumar Bhawsinka

4.30 PM – 5.30 PM June 21, 2021

Zoom Meeting ID: 638 426 6214; Pass Code: 6LpF8u
(Coordinator: Mr. R. S. Hiwrale 7588400479)



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Internal Quality Assurance Cell



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Online Yoga and Meditation Program Organized by the University Department of Chemistry, Dr. Babasaheb Ambedkar Marathwada University, Sub Campus Osmanabad

Introduction

From August 28 to 30, 2022, the University Department of Chemistry at Dr. Babasaheb Ambedkar Marathwada University, Sub Campus Osmanabad, successfully conducted an Online Yoga and Meditation Program in collaboration with the Art of Living, Osmanabad. This initiative aimed to promote physical and mental well-being among students and faculty members through daily sessions of yoga and meditation. The program was held every morning from 7:00 AM to 8:00 AM and saw enthusiastic participation from both students and faculty, who greatly benefited from the experience.

Objectives

1. **Promote Physical Well-being:** To encourage physical health through the practice of yoga, focusing on flexibility, strength, and balance.
2. **Enhance Mental Health:** To improve mental clarity, reduce stress, and promote emotional balance through meditation.
3. **Foster a Healthy Lifestyle:** To instill a habit of regular physical activity and mindfulness among participants.
4. **Encourage Community Engagement:** To build a sense of community and support among students and faculty through shared wellness practices.

Structure and Content

The Online Yoga and Meditation Program was meticulously structured to provide a holistic approach to wellness, integrating physical postures, breathing techniques, and meditation practices. The sessions were designed to be accessible to participants of all levels, from beginners to those with prior experience in yoga and meditation.

Day 1: Yoga for Flexibility and Strength

- **Opening Session:** Introduction by instructors from the Art of Living, explaining the importance of yoga for physical health.
- **Warm-up Exercises:** Gentle stretching to prepare the body for yoga postures.
- **Yoga Asanas:** Focus on basic yoga postures such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Trikonasana (Triangle Pose), aimed at improving flexibility and strength.
- **Cool-down:** Relaxation exercises to gradually ease the body out of the postures.
- **Meditation:** Guided meditation session to promote mental relaxation and clarity.

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Internal Quality Assurance Cell





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Day 2: Breathing Techniques and Mental Calmness

- **Warm-up Session:** Brief stretching and breathing exercises to start the day.
- **Pranayama Techniques:** Instruction on various breathing techniques such as Anulom Vilom (Alternate Nostril Breathing), Kapalbhati (Breath of Fire), and Bhramari (Bee Breath) to enhance respiratory health and mental calmness.
- **Yoga Asanas:** Incorporating postures that complement breathing exercises, focusing on gentle and restorative poses like Balasana (Child's Pose) and Sukhasana (Easy Pose).
- **Mindfulness Meditation:** A session on mindfulness techniques, focusing on being present in the moment and observing thoughts without judgment.

Day 3: Advanced Yoga and Deep Meditation

- **Advanced Yoga Postures:** Introduction to slightly more advanced postures like Surya Namaskar (Sun Salutation), and Virabhadrasana (Warrior Pose), aimed at improving endurance and strength.
- **Deep Breathing Techniques:** Advanced pranayama techniques for deeper relaxation and stress relief.
- **Guided Meditation:** Extended meditation session focused on deep relaxation and visualization techniques.
- **Closing Ceremony:** Concluding remarks by instructors, reflecting on the benefits of the program, and discussing ways to incorporate these practices into daily life.

Implementation

The program was implemented with a well-coordinated effort between the Department of Chemistry and the Art of Living, ensuring a seamless experience for all participants.

Outcomes and Impact

1. **Enhanced Physical Health:** Participants reported improvements in their flexibility, strength, and overall physical health. Many noted increased energy levels and a greater sense of physical well-being.
2. **Improved Mental Clarity:** The meditation sessions helped reduce stress and anxiety, leading to better focus and mental clarity. Participants felt more relaxed and capable of managing academic and professional pressures.
3. **Healthy Lifestyle Habits:** The program encouraged participants to adopt regular yoga and meditation practices, promoting a long-term commitment to a healthier lifestyle.
4. **Stronger Community Bonds:** The shared experience fostered a sense of community among students and faculty, enhancing mutual support and camaraderie.



Internal Quality Assurance Cell





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Feedback and Reflections

Feedback from participants was overwhelmingly positive, highlighting the program's immediate benefits and its potential for lasting impact.

- **Student Testimonials:** Students appreciated the opportunity to start their day with a calming and energizing routine, which helped them manage their academic workload more effectively.
- **Faculty Reflections:** Faculty members valued the mental break provided by the sessions, which contributed to a more balanced and productive work environment.
- **Suggestions for Improvement:** Some participants suggested extending the program duration and incorporating more diverse yoga styles and meditation techniques.

Conclusion

The Online Yoga and Meditation Program organized by the University Department of Chemistry at Dr. Babasaheb Ambedkar Marathwada University, Sub Campus Osmanabad, was a remarkable success. The collaboration with the Art of Living, Osmanabad, and the enthusiastic participation from students and faculty members contributed to the program's effectiveness. The sessions provided valuable skills and habits that will benefit participants in their academic, professional, and personal lives. This initiative reflects the university's dedication to promoting holistic well-being and creating a supportive and health-conscious academic community.




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.

रसायनशास्त्र विभाग,
डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ, उप-परिसर उस्मानाबाद
आणि
आर्ट ऑफ लिविंग
यांच्या संयुक्त विद्यमानाने मोफत ध्यान व प्राणायाम शिबिर (on-line)

शिबिराची वेळ पुढील प्रमाणे...

Topic: Breath & meditation Workshop

Time: 4th August 2021 07:00 AM

Every day, until August 7th, 2021, 4 occurrence(s)

August 4, 2021 07:00 AM to 8:00 AM

August 5, 2021 07:00 AM to 8:00 AM

August 6, 2021 07:00 AM to 8:00 AM

August 7, 2021 07:00 AM to 8:00 AM

तरी या शिबिरासाठी आपल्या विभागातील शिक्षक, शिक्षकेत्तर कर्मचारी, तसेच सर्व विद्यार्थी
यांनी खाली दिलेल्या google form द्वारे नोंदणी करावी. ही विनंती.

<https://forms.gle/8HUbaAt762YRu4PR8>

तसेच workshop link हि आपल्या whatsapp group वर share करण्यात येईल,
ति आपल्या विभागाच्या whatsapp group वर share करावी. हि विनंती.





रसायनशास्त्र विभाग

डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ,

औरंगाबाद, उप-परिसर उस्मानाबाद

आणि

आर्ट ऑफ लिटिंग, उस्मानाबाद

यांच्या संयुक्त विद्यमाने ऑनलाईन

ध्यान व प्राणायाम शिबिर



दिनांक:- 04 ऑगस्ट 2021 ते 07 ऑगस्ट 2021 वेळ:- सकाळी 07:00 ते 08:00 पर्यंत

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad
Sub-Campus, Osmanabad-413 501
DEPARTMENT OF CHEMISTRY
NAAC Re-accredited with Grade 'A'

Dr. M. K. Patil

◆ Assistant Professor and Head
M. No. : +919420945776
E-mail : meghshyam_patil@yahoo.com
Phone: +91(02472)202048



MIDC Campus,
Osmanabad-413 501
Maharashtra (INDIA)
Website: www.bamu.net

Ref. No. Dr.BAMU/SCO/CHE/2021/01

Date: 23/07/2021

प्रति,

मा. संचालक,

डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ,

उप-परिसर, उस्मानाबाद.

विषय:- ध्यान व प्राणायाम शिबीर आयोजित करण्याबाबत

मा. महोदय,

आर्ट ऑफ लिफिंग, उस्मानाबाद व रसायनशास्त्र विभाग यांच्या संयुक्त विद्यमाने, आपल्या विद्यापीठ उप-परिसर येथील शिक्षक व शिक्षकेतर कर्मचारी आणि आपल्या सर्व विभागातील विद्यार्थी यांच्यासाठी ४ दिवसाचे मोफत 'ध्यान व प्राणायाम शिबीर' (on-line) आयोजित करायचे आहे.

शिबिराची माहिती:

Topic: Breath and Meditation Workshop (in online mode)

Date: Last week of July (four days)

Time: 7:00 am to 8:00 am

Registration fees: Free of cost

तरी या शिबिराचे आयोजन करायला परवानगी देण्यात यावी, हि विनंती.



आपला नम,

डॉ. एम. के. पाटील
विभागप्रमुख

रसायनशास्त्र विभाग

डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ,
उप परिसर उस्मानाबाद पिन ४१३५०१ (महाराष्ट्र) भारत

Yoga & Meditation Training Program DEPARTMENT OF CHEMISTRY (OSMANABAD SUB CENTER)

Zoom Meeting

Participants (03)

Pathan Bushra Sonali Mane

Dr. Babasaheb Ambedkar University

Participants (03)

- Sandruv Ghoshle (Host, me)
- Ghoshle (Co host)
- Meghadnyam Keshwarau... (Co host)
- Atinyper... (unavailable)
- Ajay Sabare
- Abash Chavan
- Anuja
- Anuja Gujan
- anuradha ponde
- Ashok
- Ashok Lonche
- Bhaskar kushinbare
- Bhaskar Sarhe
- Chalantya Bhairadkaravhe
- Chandakant Kurthkar
- Dattatray Mahale

Host: Manoj Jai

07:18 26-08-2024



शर्मा



Pooja Kulkarni



Shreya More



Shrihari Kulkarni



Satish Bhagyashri

शर्मा



Shrihari Kulkarni



Shrihari Kulkarni



Shrihari Kulkarni



Shrihari Kulkarni



Shrihari Kulkarni

Ashok

Shrihari

Ravindra Sonwane

Abhishek Arvind

Aju Bhai

Shrihari

Ravindra Sonwane

Abhishek Arvind

Aju Bhai

Shrihari

Ravindra Sonwane

Abhishek Arvind

Aju Bhai

Shrihari

Ravindra Sonwane

Abhishek Arvind

- Find a participant
- Sanjay Ghoshal (Host, me)
 - ajay kumar
 - Abhishek Arvind Ghoshal
 - Aju Bhai
 - AAA
 - Arvind Nale
 - Arjun Dhanraj
 - Shrihari Kulkarni
 - Chaitanya Bhanderkar
 - Chandrabanshi Anandghoshal
 - Dattatray Mahale
 - Dr. Babasaheb Ambedkar Maharashtra Sahitya Akademi
 - Chaitanya Bhanderkar
 - Chandrabanshi Anandghoshal
 - Dattatray Mahale



Participants (83)

Find a participant

SG	Sumanth Ghoshle (Host, me)	🔇
ME	Meghshyam Kashwanrao... (Co-host)	🔇
G	Ghoshle (Co-host)	🔇
AG	Abhishek Garkwad	🔇
AS	Ajay Sabharwal	🔇
AA	Ajinkya Khot	🔇
BC	Atan Chavan	🔇
AM	AM	🔇
AD	Anvita Dabade	🔇
A	Anuja	🔇
AG	Anuja Gujjar	🔇
👤	anuradha ponde	🔇
A	Ashak	🔇
AI	Ashak Londhe	🔇
BI	Bhakti Kulkarni	🔇

Radhika Jawale II

Kothimbire Shr...

07:49 01/08/2021

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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Special Yoga and Meditation Training Program Camp at Department of Education, Main Campus

Introduction

On July 1, 2022, the Department of Education at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS), organized a Special Yoga & Meditation Training Program. This initiative was aimed at promoting holistic health and well-being among both students and faculty members. The program was a significant step towards integrating wellness practices into the academic environment, reflecting the department's commitment to nurturing both the physical and mental health of its community.

Objectives

1. **Promote Physical Health:** To enhance physical fitness through the practice of yoga, focusing on flexibility, strength, and overall wellness.
2. **Enhance Mental Well-being:** To reduce stress and improve mental clarity and emotional stability through meditation.
3. **Foster Holistic Development:** To encourage a balanced lifestyle that integrates physical activity, mental health, and academic pursuits.
4. **Build Community:** To strengthen the sense of community within the department by engaging in a collective wellness activity.

Program Structure

The program was designed to offer a comprehensive approach to yoga and meditation, catering to participants of all experience levels. The sessions included introductory exercises for beginners and more advanced techniques for those with prior experience.

Morning Session: Yoga for Physical Health

- **Introduction and Warm-up:** The session began with a brief introduction to yoga and its benefits, followed by gentle stretching exercises to prepare the body.
- **Yoga Postures:** Participants practiced a variety of yoga asanas (postures) such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Surya Namaskar (Sun Salutation), which are known for enhancing flexibility, balance, and strength.
- **Cool-down and Relaxation:** The yoga session concluded with cool-down exercises and relaxation techniques to help participants transition smoothly out of the yoga postures.





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Midday Session: Breathing Techniques and Meditation

- **Introduction to Pranayama:** The importance of breath control and its benefits for mental and physical health were explained.
- **Breathing Exercises:** Participants learned and practiced pranayama techniques, including Anulom Vilom (Alternate Nostril Breathing) and Bhramari (Bee Breath), which promote respiratory health and relaxation.
- **Guided Meditation:** A session of guided meditation was conducted, focusing on mindfulness and visualization techniques to enhance mental clarity and reduce stress.

Afternoon Session: Advanced Techniques and Community Interaction

- **Advanced Yoga Asanas:** For participants seeking a deeper practice, more advanced yoga postures such as Virabhadrasana (Warrior Pose) and Bhujangasana (Cobra Pose) were introduced.
- **Interactive Discussion:** The session included a discussion on the benefits of regular yoga and meditation practice and how to integrate these practices into daily life.
- **Feedback and Reflections:** Participants shared their experiences and reflections on the day's activities, providing valuable feedback for future programs.

Facilitators:

- **Experienced Instructors:** The sessions were led by certified yoga and meditation instructors who provided expert guidance and ensured that the practices were conducted safely.
- **Support Staff:** Faculty members from the Department of Education assisted in organizing the event and managing logistics, contributing to the program's smooth operation.

Outcomes and Impact

1. **Improved Physical Fitness:** Participants reported improvements in flexibility, strength, and overall physical well-being, with many expressing a newfound appreciation for the benefits of yoga.
2. **Enhanced Mental Clarity:** The meditation sessions were particularly beneficial in reducing stress and anxiety, leading to better focus and emotional stability among participants.
3. **Community Building:** The program fostered a sense of unity and support within the department, strengthening relationships among students and faculty members.
4. **Commitment to Wellness:** The positive experience of the program encouraged participants to incorporate regular yoga and meditation practices into their daily routines, promoting long-term physical and mental health.





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

=====

Feedback and Reflections

The feedback from participants was overwhelmingly positive, highlighting the program's immediate benefits and its potential for lasting impact.

- **Student Testimonials:** Students appreciated the opportunity to engage in a structured wellness program, noting significant improvements in their ability to manage academic stress and maintain focus.
- **Faculty Reflections:** Faculty members found the program beneficial for both personal well-being and professional development, expressing interest in more such initiatives in the future.
- **Suggestions for Improvement:** Participants suggested extending the duration of the program and including more varied yoga styles and meditation techniques to cater to different preferences and experience levels.

Conclusion

The Special Yoga & Meditation Training Program organized by the Department of Education at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, was a resounding success. The program provided an invaluable opportunity for participants to improve their physical and mental health, fostered a sense of community, and underscored the importance of holistic well-being. The enthusiastic participation and positive feedback reflect the program's effectiveness and the department's commitment to supporting the overall development of its students and faculty. This initiative not only benefited the participants but also highlighted the department's dedication to creating a supportive and health-conscious academic environment.

Registrar,
Dr. Babasaheb Ambedkar
Marathwada University,







Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

Special 'Yoga for Stress Management Program' at Department of Education, Sub Campus, Osmanabad

On December 20, 2022, the Department of Education at the Sub Campus in Osmanabad of Dr. Babasaheb Ambedkar Marathwada University organized a Special 'Yoga for Stress Management Program' aimed at first and second-year MEd students. The program, meticulously designed to address the specific stress management needs of students, featured a series of yoga sessions that included breathing techniques, meditation practices, and stress-relief yoga postures. The event was guided by experienced trainers who provided in-depth insights into how yoga can be effectively used to mitigate academic stress and enhance overall well-being. The students participated enthusiastically and engaged deeply with the sessions, reflecting a significant appreciation for the efforts of the trainers. They reported a noticeable reduction in stress levels and an increase in mental clarity and relaxation. This initiative underscored the department's commitment to promoting holistic education and well-being, providing students with practical tools to manage stress effectively and succeed in their academic and personal lives. The positive feedback from the students highlighted the program's success in creating a supportive and health-oriented learning environment.

Supporting Documents submitted by the Department:


Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.



Internal Quality Assurance Cell



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
SUB-CAMPUS, DHARASHIV, MAHARASHTRA (India)**
NAAC Re-accredited 'A' Grade
Department of Education




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Telegram : BAMUSITY
Web Site : www.bamu.net

UNIVERSITY SUB-CAMPUS
DHARASHIV- 413801
(Maharashtra) INDIA

Declaration

This to certify that Department of Education, Dr. B. A. M. University, Sub-Campus, Osmanabad has been organized **Yoga for Stress Management** for M.Ed. first year and Second year students on **20 December 2022**.


Head
Department of Education
Dr. Babasaheb Ambedkar Marathwada University
Sub-Campus, Osmanabad





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Report on Life Skill Training Session conducted at Deen Dayal Upadhyay KAUSHAL Kendra during January 06-09, 2023

From January 6 to 09, 2023, Deen Dayal Upadhyay KAUSHAL Kendra at Dr. Babasaheb Ambedkar Marathwada University organized a Life Skill Development Program to equip students with essential life skills for personal growth, career readiness, and overall well-being. The program received support from the University's Training and Placement Cell and the Rubicon Foundation. The program featured a variety of activities and workshops led by experts from various fields, focusing on communication skills, problem-solving, time management, emotional intelligence, and leadership development. Highlights of the program included expert-led workshops on communication strategies, conflict resolution techniques, stress management, and decision-making processes, practical exercises, panel discussions, and role-playing and feedback sessions. The program had a profound impact on participants, enhancing their competencies, preparing them for successful career planning and professional growth, and fostering personal growth. The program's success is attributed to the active engagement of experts from diverse fields and hands-on learning experiences. The collaboration between the university's Training and Placement Cell and the Rubicon Foundation demonstrates the university's commitment to empowering students with practical skills essential for their personal and professional lives. This initiative reflects the university's dedication to nurturing well-rounded individuals capable of making meaningful contributions to society.

Supporting Documents Submitted by the Department:



Registrar,
Dr. Babasaheb Ambedkar
Marathwada University,



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad
Barkley's Life Skills & Employability Skills Training Program (Supported by Rubicon Foundation)
Jointly Coordinated by Training & Placement Cell & Internal Quality Assurance Cell
Name of Department - DDUKK (B.Voc. & M. Voc.)

Sr. No.	Name	Mobile	06-01-2023	06-01-2023	07-01-2023	07-01-2023	09-01-2023	09-01-2023
			Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
1	Ajay Kuril	9075828171	Pass	Pass	A	A	A	A
2	Shaikh Surjan	89421001817	Pass	Pass	Pass	Pass	Pass	Pass
3	Yash Jadhav	7058162928	Pass	A	A	A	A	A
4	Yashwantrao Dishwanje	7720940253	Pass	A	A	A	A	A
5	Shaikh Rizwan	7875594617	Pass	Pass	Pass	Pass	Pass	Pass
6	MOHAMMAD YASEEN	7378622666	Pass	Pass	Pass	Pass	Pass	Pass
7	Sayyed Kashif	8788616096	Kashif	Kashif	Kashif	Kashif	A	A
8	Abhishek S. Bachhav	9588467184	Pass	Pass	Pass	Pass	Pass	Pass
9	sankat Erande	890187366	Pass	Pass	Pass	Pass	Pass	Pass
10	Tushar Poonash Kasane	8999482859	Pass	Pass	Pass	Pass	Pass	Pass





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Sr. No.	Name	Mobile	06-01-2023	06-01-2023	07-01-2023	07-01-2023	08-01-2023	08-01-2023
			Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
11	Kham Ramer	9096362407	A	A	A	A	A	A
12	Abdul Aziz Anbi	97342911194	A	A	A	A	A	A
13	Sayyed Vigan	7387023448	Vigan	Vigan	Vigan	Vigan	Vigan	Vigan
14	Ashish Bhanuse	3373677303	A	A	A	A	A	A
15	Mallank Salambare	8885729194	A	A	A	A	A	A
16	Nikhil Gadhre	8275527802	A	A	A	A	A	A
17	Sayyed Wasliq	9923926666	A	A	A	A	A	A
18	Nayan Gadhre	9880571304	A	A	A	A	A	A
19	Sahil Sunil ardhare	7499457977 986216130	A	A	A	A	A	A
20	Marej Manesh Makasare	8209288670	A	A	A	A	A	A





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Sr. No.	Name	Mobile	06-01-2023		07-01-2023		08-01-2023		09-01-2023	
			Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
21	Dhale. Dhanshri Shyamul	8956016602	Present	Present	Present	Present	Present	A	A	
22	Dhale. Priti Sridattulal	7758010490	Present	Present	Present	Present	Present	A	A	
23	Dhale. Pratikha Indram	7822072493	Present	Present	Present	Present	Present	A	A	
24	Alhad Vaithali Gauram	8551765869	Present	Present	Present	Present	Present	Present	Present	
25	adheuli. Madhukar Akhile	9322076002	Present	Present	Present	A	Present	Present		
26	Shinde. Y. Pradhan	8668509798	Present	Present	Present	Present	Present	Present		
27	Nansi Milind Rakode	798961701	Present	Present	Present	Present	Present	Present		
28	Pragati. Hivale.	7264924741	Present	Present	Present	Present	Present	Present		
29	Bhusha S. Waghmare	8459860884	Present	Present	Present	Present	Present	Present		
30	Akash S. Waghmare	7776003200	Present	A	A	A	A	A		





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Sr.No.	Name	Mobile	06-01-2023		07-01-2023		08-01-2023		09-01-2023	
			Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
31	Vinayak Palindekar Mahesh	2000915003	A	A	A	A	A	A	A	
32	Ankush Dipak Suralkar	9325700237	A	A	A	A	A	A	A	
33	PRATIK M. Patil	7875790939	A	A	A	A	A	A	A	
34	Vijai Bharat Kankal	7715870753	A	A	A	A	A	A	A	
35	tushar kiran jadhav	7109770408	A	A	A	A	A	A	A	
36	Dharmendra Pawar	9425162275	A	A	A	A	A	A	A	
37	Mirza Faizan	9730551356	A	A	A	A	A	A	A	
38	Vaishav. S. More	7777988300	A	A	A	A	A	A	A	
39	Abhishek S. Natile	7992766408	A	A	A	A	A	A	A	
40	Nedant S. Temkar	9359242355	A	A	A	A	A	A	A	
	Mirza Faizan	973055								





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 Name of Department - DDUKK (B.Voc. & M. Voc.)

Sr. No.	Name	Mobile	06-01-2023	06-01-2023	07-01-2023	07-01-2023	09-01-2023	09-01-2023
			Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
41	Rahul Shivaji Molite	8080066868	Pass	A	A	A	A	A
42	Prathmesh Girishksh Aubi	9373120426	Pass	Pass	Pass	Pass	A	A
43	Prathmesh Girishksh Aubi	9373120426	Pass	Pass	Pass	Pass	Pass	Pass
44	Sunny Rajesh Waghmare	7857778808	Pass	A	A	A	A	A
45	Rushikesh Bhudang Sawle	7057233150	Pass	Pass	Pass	Pass	A	A
46	Shaikh Mohammed Sheeb	9637150532	Pass	A	Pass	A	A	A
47	Sushil Bandy Jadhav	8421553752	Pass	A	Pass	Pass	Pass	Pass
48	Sani Ramesh Purushoktam	9545870532	Pass	A	A	A	A	A
49	Harish D. Dubele	9021128926	Pass	A	A	A	A	A
50	Abhay V. Raut Pat Suen	9350321735	Pass	A	A	A	A	A

73 ~~Prathmesh Girishksh~~

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Sr. No.	Name	Mobile	05-01-2023	06-01-2023	07-01-2023	07-01-2023	09-01-2023	09-01-2023
			Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
51	Rohit S. Meher	8023589627	Present	A	A	A	A	A
52	Jay Sharma.	7822867847	Jay	Jay	Jay	Jay	Jay	A
53	Fachan Khan	9075730377	Fachan	Fachan	Fachan	Fachan	Fachan	Fachan
54	Ganesh Motiwale	8806026021	Present	A	Present	Present	Present	Present
55	Sheikh Aman	8421626014	Sheikh	Aman	Aman	Aman	Aman	Aman
56	Shaikh Anam Murtaza	9507156523	Shaikh	Anam	Anam	Anam	A	A
57	Dnyanesh Kumawat	8262966882	Present	A	Present	Present	A	A
58	Gaikwad Chetan	8668558563	Gaikwad	A	Gaikwad	Gaikwad	A	A
59	Mansi Makasare	8329233610	Present	A	A	A	A	A
60	Dhanshri Dhole	8956016562	Dhanshri	A	A	A	A	A

MD Rizwan 951143190





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Barkley's Life Skills & Employability Skills Training Program (Supported by Rubicon Foundation)

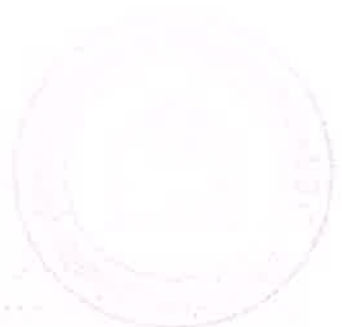
Jointly Coordinated by Training & Placement Cell & Internal Quality Assurance Cell

Name of Department - DDUKK (B.Voc. & M. Voc.)

Sr. No.	Name	Mobile	06-01-2023	06-01-2023	07-01-2023	07-01-2023	09-01-2023	09-01-2023
			Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
61	Pawde Pratiksha	7822072293	Pass	Pass	A	A	A	A
62	Dhole Priti	7758012494	Pass	Pass	A	A	A	A
63	Mansi Milind Rokade	7748061701	MP	MP	MP	MP	A	A
64	Vaishali Gaudam Alhad	8551965863	Alhad	Alhad	A	A	A	A
65	Ajay Karant	9078828111	A	A	A	A	A	A
66	Ajinkya Sekhale	9552309893	Pass	A	Pass	Pass	Pass	Pass
67	Vinayak Subhan	7060785757	Subhan	Subhan	Subhan	Subhan	Subhan	Subhan
68	Prathamesh Auti	9373170426	Pass	Pass	A	A	A	A
69	Amanesh Bhalerao	7058880748	Pass	Pass	A	A	A	A
70	DIXANT BANSODE	9309590852	Pass	Pass	Pass	A	A	A
71	Sudam Bankar	8766876581	Bankar	Bankar	Bankar	Bankar	A	A
72	Ashwini S. Khankar	3021347674	Khankar	Khankar	Khankar	Khankar	A	A
73	Bhanu Pratiksha	7666627253	Pratiksha	A	Pratiksha	Pratiksha	Pratiksha	Pratiksha



		07/01/23	06/12/23	03.11.23
74	DARSHAN GANESH MORE	9822333785	<u>Dr. D.</u>	A A
75	Vidhwan Simde	9420134333	<u>Dr. D.</u>	A A
76	Rahul Holate	8080066868	<u>Dr. D.</u>	<u>Dr. D.</u> <u>Dr. D.</u>
77	Prasheek Sadanshiv	8329061005	<u>Dr. D.</u>	<u>Dr. D.</u> <u>Dr. D.</u>





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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**Yoga and Meditation Program Organized by the University Department of Chemistry,
Dr. Babasaheb Ambedkar Marathwada University, Sub Campus Osmanabad**

Introduction

On May 10, 2023, the University Department of Chemistry at Dr. Babasaheb Ambedkar Marathwada University, Sub Campus Osmanabad, organized a Yoga and Meditation Program in collaboration with the Art of Living, Osmanabad. This event aimed to promote holistic well-being among faculty members, students, and community members. The program received an enthusiastic response, with a diverse group of participants benefiting from the sessions immensely.

Objectives

1. **Promote Physical Health:** To encourage physical fitness through yoga, focusing on flexibility, strength, and overall health.
2. **Enhance Mental Well-being:** To reduce stress and promote mental clarity and emotional balance through meditation practices.
3. **Community Engagement:** To foster a sense of community by bringing together faculty, students, and local residents in a shared wellness initiative.
4. **Encourage Healthy Lifestyles:** To instill habits of regular yoga and meditation practice for sustained personal well-being.

Structure and Content

The Yoga and Meditation Program was a day-long event that included multiple sessions focusing on different aspects of yoga and meditation. Each session was designed to cater to participants of all levels, from beginners to those with prior experience.

Morning Session: Yoga for Physical Health

- **Opening Ceremony:** Welcome address by university officials, highlighting the importance of yoga and meditation in daily life.
- **Warm-up Exercises:** Gentle stretching to prepare the body for yoga postures, led by instructors from the Art of Living.
- **Yoga Asanas:** A series of yoga postures such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), and Surya Namaskar (Sun Salutation) to enhance flexibility and strength.
- **Cool-down:** Relaxation exercises to ease the body out of yoga postures and promote relaxation.

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Internal Quality Assurance Cell





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Midday Session: Breathing Techniques and Meditation

- **Introduction to Pranayama:** Explanation of the benefits of breathing exercises for physical and mental health.
- **Pranayama Techniques:** Instruction on various breathing techniques such as Anulom Vilom (Alternate Nostril Breathing) and Bhramari (Bee Breath) to promote respiratory health and calmness.
- **Guided Meditation:** A session on guided meditation techniques, focusing on deep relaxation and mental clarity.

Afternoon Session: Advanced Yoga and Community Interaction

- **Advanced Yoga Postures:** Introduction to more advanced yoga postures like Virabhadrasana (Warrior Pose) and Bhujangasana (Cobra Pose) for participants interested in deepening their practice.
- **Community Engagement Activities:** Interactive group activities to promote a sense of community and shared wellness goals among participants.
- **Closing Ceremony:** Reflections on the day's sessions, feedback from participants, and distribution of certificates of participation.

Implementation

The program was implemented with meticulous planning and coordination between the Department of Chemistry and the Art of Living, ensuring a seamless and enriching experience for all participants.

Outcomes and Impact

1. **Enhanced Physical Fitness:** Participants reported improvements in their flexibility, strength, and overall physical well-being.
2. **Improved Mental Health:** The meditation sessions helped reduce stress and anxiety, leading to better focus and mental clarity among participants.
3. **Strengthened Community Ties:** The program brought together students, faculty, and community members, fostering a sense of unity and mutual support.
4. **Promotion of Healthy Lifestyles:** The event encouraged participants to adopt regular yoga and meditation practices, promoting long-term physical and mental health.

Feedback and Reflections

The feedback from participants was overwhelmingly positive, with many expressing gratitude for the opportunity to improve their physical and mental well-being through such an enriching program.

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Internal Quality Assurance Cell





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

- =====
- **Student Testimonials:** Students appreciated the practical benefits of the sessions, noting significant reductions in stress and improvements in concentration.
 - **Faculty Reflections:** Faculty members found the program beneficial for managing work-related stress and enhancing their overall well-being.
 - **Community Response:** Community members valued the opportunity to participate in a university-led wellness initiative, expressing a desire for more such events in the future.

Conclusion

The Yoga and Meditation Program organized by the University Department of Chemistry at Dr. Babasaheb Ambedkar Marathwada University, Sub Campus Osmanabad, in collaboration with the Art of Living, was a resounding success. It provided an invaluable opportunity for participants to improve their physical and mental health, fostered a sense of community, and promoted the importance of a healthy lifestyle. The enthusiastic participation and positive feedback underscore the program's effectiveness and the university's commitment to holistic education and community well-being. This event not only benefited the participants but also highlighted the university's role as a leader in promoting wellness and health in the broader community.



Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.

Yoga & Meditation Training Program DEPARTMENT OF CHEMISTRY (OSMANABAD SUB CENTER)

Date 10/5/2023



 GPS Map Camera

Osmanabad, Maharashtra, India

413501, Dr Babasaheb Ambedkar Marathwada University,

Sub-Campus, Osmanabad, Maharashtra 413501, India

Lat 18.234827°

Long 76.041987°

10/05/23 12:10 PM GMT +05:30



Google



 GPS Map Camera

Osmanabad, Maharashtra, India
413501, Dr Babasaheb Ambedkar Marathwada University,
Sub-Campus, Osmanabad, Maharashtra 413501, India
Lat 18.23483°

Long 76.041988°
10/05/23 12:10 PM GMT +05:30



Google



 GPS Map Camera

Osmanabad, Maharashtra, India

413501, Dr Babasaheb Ambedkar Marathwada University,

Sub-Campus, Osmanabad, Maharashtra 413501, India

Lat 18.23483°

Long 76.041988°

10/05/23 12:10 PM GMT +05:30



Google



Google

 GPS Map Camera

Osmanabad, Maharashtra, India

413501, Dr Babasaheb Ambedkar Marathwada University,

Sub-Campus, Osmanabad, Maharashtra 413501, India

Lat 18.234828°

Long 76.041988°

10/05/23 12:10 PM GMT +05:30





Dr. Babasaheb Ambedkar Marathwada University.
Department of Commerce



Report on Yoga and Physical Fitness Program

▪ **Date:** June 21, 2023

▪ **Objective:**

The primary objective of the Yoga and Physical Fitness Program organized by the Department of Commerce was to cultivate a culture of holistic well-being, integrating physical fitness and mental health practices. This initiative aimed to enhance the overall health and productivity of both students and faculty members.

▪ **Participants:**

A total of 45 students actively participated in the program, accompanied by Prof. Veena Humbe and Prof. Vilas Epper, who played key roles in fostering engagement and participation.

▪ **Program Schedule:**

1. **Opening Address (8:30 AM - 9:00 AM):**

- Prof. Veena Humbe welcomed participants and outlined the objectives of the program.
- Emphasis was placed on the importance of balancing physical fitness and mental well-being in the academic environment.

2. **Yoga Session (9:00 AM - 10:30 AM):**

- Led by certified yoga instructors, the session commenced with a series of warm-up exercises followed by a variety of yoga asanas.
- Special attention was given to postures targeting stress relief, flexibility, and improved concentration.




Head

Department of Commerce
Dr. Babasaheb Ambedkar
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3. **Tea Break and Networking (10:30 AM - 11:00 AM):**
 - Participants had the opportunity to socialize and discuss the benefits of the morning session.
 4. **Physical Fitness Training (11:00 AM - 12:30 PM):**
 - Fitness trainers guided students through cardiovascular exercises, strength training, and group activities.
 - Prof. Vilas Epper actively participated, inspiring students with his commitment to physical fitness.
 5. **Lunch Break (12:30 PM - 1:30 PM):**
 - A nutritious lunch was provided, promoting the importance of a balanced diet alongside physical activity.
 6. **Mindfulness Meditation (1:30 PM - 3:00 PM):**
 - Prof. Veena Humbe and Prof. Vilas Epper led a mindfulness meditation session focusing on relaxation and mental clarity.
 - Participants were introduced to mindfulness techniques that can be integrated into their daily routines.
- **Observations and Engagements:**
 - Active participation and enthusiasm were observed throughout the program.
 - Prof. Veena Humbe and Prof. Vilas Epper set a positive example by fully engaging in all activities, fostering a sense of unity among participants.
 - **Feedback:**
 - Participants expressed gratitude for the opportunity to focus on both physical and mental well-being.
 - The majority reported feeling more energized, focused, and relaxed after the sessions.




Head
Department of Commerce
Dr. Babasaheb Ambedkar
Marathwada Uni
Aurangabad-431



▪ **Conclusion:**

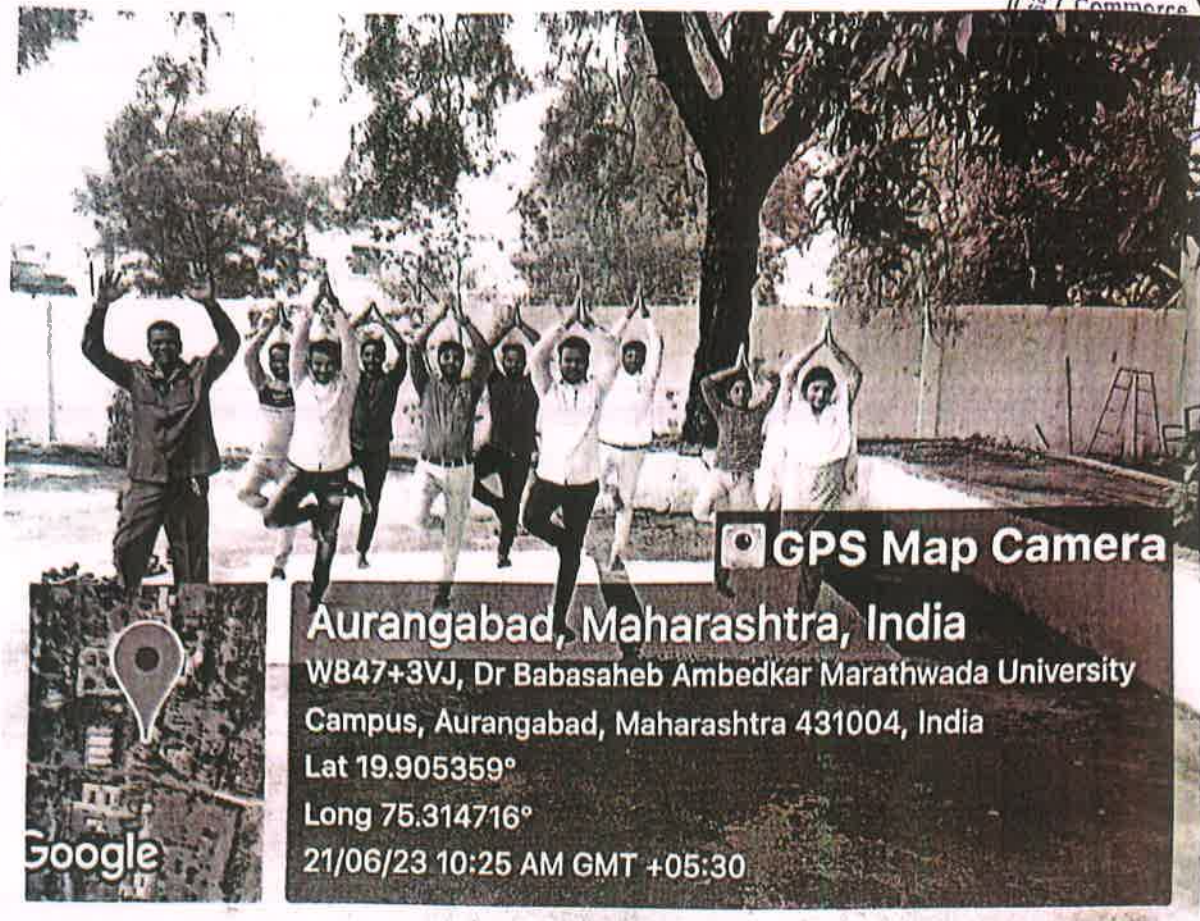
The Yoga and Physical Fitness Program on June 21, 2023, successfully achieved its goals of promoting a healthy lifestyle and fostering overall well-being within the Department of Commerce. The positive feedback and high level of participation indicate the program's impact on the physical and mental health of the department's members.

▪ **Recommendations:**

Considering the success of this program, it is recommended to incorporate regular wellness activities into the department's curriculum. These activities can contribute to maintaining a healthy and balanced academic environment, ultimately enhancing the overall student and faculty experience.

Head
Department of Commerce
Dr. Babasaheb Ambedkar
Marathwada University,
Aurangabad-431001





GPS Map Camera

Aurangabad, Maharashtra, India
WB47+3VJ, Dr Babasaheb Ambedkar Marathwada University
Campus, Aurangabad, Maharashtra 431004, India
Lat 19.905359°
Long 75.314716°
21/06/23 10:25 AM GMT +05:30



[Signature]
Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

=====

Report on Life Skill Development Program Organized at University Department of Law

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)

During January 27 to 30, 2023, the University Department of Law at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, hosted a comprehensive Life Skill Development Program. This initiative, backed by the Training and Placement Cell of the university and the Rubicon Foundation, aimed to equip law students with essential life skills to complement their academic learning and enhance their personal and professional development. The program's success was attributed to the active engagement of students and the expertise of professionals from various fields.

Objectives

1. **Enhance Personal Development:** To foster self-awareness, emotional intelligence, and effective communication skills among students.
2. **Improve Professional Skills:** To prepare students for their future careers with practical skills such as time management, problem-solving, and critical thinking.
3. **Build Confidence:** To boost students' self-confidence and resilience in facing academic and personal challenges.
4. **Encourage Holistic Growth:** To promote a balanced approach to life, integrating personal well-being with academic and professional pursuits.

Program Structure

The Life Skill Development Program spanned four days and comprised various sessions designed to address different aspects of personal and professional growth. The sessions were interactive and engaging, ensuring that students were actively involved and could apply what they learned.

Day 1: Personal Development and Self-awareness

- **Inauguration Ceremony:** The program was officially opened by university officials who highlighted the importance of life skills in the legal profession and personal growth.
- **Session on Self-awareness:** Led by a psychologist, this session focused on understanding personal strengths and weaknesses, and setting realistic goals for personal development.
- **Emotional Intelligence Workshop:** Participants engaged in activities that helped them recognize and manage their emotions, fostering better interpersonal relationships and decision-making skills.





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

Day 2: Communication Skills and Time Management

- **Effective Communication:** A communication expert conducted a workshop on verbal and non-verbal communication, active listening, and public speaking, essential skills for future lawyers.
- **Time Management Techniques:** Students learned practical strategies for managing their time efficiently, balancing academic responsibilities with personal life, and avoiding procrastination.

Day 3: Professional Skills and Ethical Practice

- **Critical Thinking and Problem-solving:** This session, led by a legal expert, focused on developing analytical skills, critical thinking, and problem-solving abilities, crucial for success in the legal field.
- **Ethics in Law:** A discussion on the importance of ethics and integrity in the legal profession, emphasizing the need for ethical decision-making and professional conduct.

Day 4: Stress Management and Career Planning

- **Stress Management Techniques:** A counselor introduced students to various stress management techniques, including mindfulness, relaxation exercises, and coping strategies to handle academic and professional pressures.
- **Career Planning Workshop:** This session provided guidance on career options in law, resume writing, interview skills, and how to navigate the job market effectively.

Implementation

The program's successful implementation was the result of careful planning, coordination, and support from the university and the Rubicon Foundation.

Logistics and Coordination:

- **Venue:** The sessions were held in the university's seminar hall, which was equipped with the necessary facilities for an interactive learning experience.
- **Materials:** Participants were provided with resource materials, including handouts and workbooks, to complement the sessions.
- **Refreshments:** Healthy snacks and beverages were available throughout the program to keep participants energized.

Facilitators:

- **Expert Speakers:** The sessions were led by experienced professionals, including psychologists, legal experts, and career counselors, who provided valuable insights and practical advice.
- **Support from University:** Faculty members from the Department of Law and staff from the Training and Placement Cell assisted in organizing the event, ensuring smooth operations.



Outcomes and Impact

1. **Enhanced Self-awareness:** Students gained a deeper understanding of their personal strengths and weaknesses, which is crucial for personal and professional growth.
2. **Improved Communication Skills:** The program significantly improved students' ability to communicate effectively, both verbally and non-verbally, which is essential in the legal profession.
3. **Better Time Management:** Participants learned practical techniques for managing their time efficiently, leading to better academic performance and reduced stress.
4. **Ethical Awareness:** The discussions on ethics underscored the importance of maintaining integrity and professionalism in the legal field.
5. **Career Readiness:** The career planning workshop equipped students with the tools and knowledge needed to pursue their career goals confidently.

Feedback and Reflections

The feedback from participants was overwhelmingly positive, highlighting the program's immediate benefits and its potential for lasting impact.

- **Student Testimonials:** Students appreciated the practical skills and insights gained from the program, noting improvements in their personal and professional abilities.
- **Faculty Reflections:** Faculty members praised the program's effectiveness in enhancing students' life skills, which are essential for their success in the legal profession.
- **Future Suggestions:** Participants suggested the inclusion of more sessions on advanced legal skills and additional workshops on mental health and wellness.

Conclusion

The Life Skill Development Program organized by the University Department of Law at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, was a resounding success. The program provided a valuable platform for students to develop essential life skills, promoting a balanced approach to personal and professional growth. The enthusiastic participation and positive feedback reflect the program's effectiveness and the department's commitment to supporting the holistic development of its students. This initiative not only benefited the participants but also highlighted the university's role in fostering a supportive and skill-oriented academic environment.




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.



NAAC Re-Accredited with 'A' Grade

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Barkley's Life Skills & Employability Skills Training Program (Supported by Rubicon Foundation)

Jointly Coordinated by Training & Placement Cell & Internal Quality Assurance Cell

Name of Department - Law

Session:- Morning /Afternoon

Date:-

Sr. No.	Name	Mobile	Signature
1)	Manoj Gajanan Shiwarkar	9623927335	
2)	Prabhant B. Mankar	9579994316	
3)	Banside Akash Vidhyadhar	8767343727	
4)	Bisudhar Siddheshwar A.	8084180143	
5)	Payal Dattu Bhaule	9209736871	
6)	(Nayatri) M. Sonawane	7840957814	
7)	Pooja Murlidhar Brahunde	7350118339	
8)	Neha Narayanrao Pawar	8275344352	
9)	Pooja Manuti Londge	9022707468	
10)	Mule Kiran Nanasaheb	8550956830	
11)	Gaurav Arun Salve	7040577531	
12)	Ajinkya Kadulka Ukaran	7798585715	
13)	Saifam S. Mutkule	8888386937	
14)	Vaibhav D. Halde	8668892361	
15)	Gorad Gaurav N.	8686842311	
16)	Gopal .D. Jawalkar	7620245456	
17)	Daukare Sandep N.	7507965413	
18)	Rameshwar A. Bankar	7888228238	
19)	Megha. B. Damodhar	9798861803	
20)	Dipali K. Kayastha	9359591416	



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Barkley's Life Skills & Employability Skills Training Program (Supported by Rubicon Foundation)

Jointly Coordinated by Training & Placement Cell & Internal Quality Assurance Cell

Name of Department - Law

Session:- Morning /Afternoon

Date:-

Sr. No.	Name	Mobile	Signature
21	JANHAVI M. BOKAN	9028453034	Jahavi
22	Vidya S. Khandekar	7620933838	Vidya
23	Bhange Sundaar D.	7887905085	Bhange
24	Borde Ashwini H	8080795522	Borde
25	Nikita D. Deckade	9767784711	Nikita
26	Kedare Bhagyashri R.	9763961599	Bhagyashri
27	Mane Birenal	7027900485	Mane
28	Amrapali B Sutedkar	7666773532	Amrapali
29	Supriya Nandkumar Waghmare	7887465181	Supriya
30	Saman Siddiqua	7620643483	Saman



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

Barkley's Life Skills & Employability Skills Training Program (Supported by Rubicon Foundation)

Jointly Coordinated by Training & Placement Cell & Internal Quality Assurance Cell

Name of Department - Law

Session:- Morning /Afternoon

Date:- 28-01-2023

Sr. No.	Name	Mobile	Signature
1)	Manoj. G. Shiwarkar	96 23 92 7 338	
2	Dharmadip. A. Patil	94103706385	
3	Rahul M. Jade.	8208376944	
④	Pooja M. Gaudhonde	7350118339	
⑤	Gayatri M. Sonwane	7840957814	
⑥	Payal D. Bhaule	9209796971	
7	Meghna Tushkaran	9970878231	
8.	Amol T. Deshmukh	9225220001	
9	Amrapati B. Sarda	7666773532	





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

"Barkley's Life-skills Training Program"

Supported By - Rubicon Foundation

Organised By

Training and Placement Cell & Internal Quality Assurance Cell

Venue

Law & Chemistry

27 to 30

Jan. 2023









Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Report on Life Skill Development Program Organized at University Department of Law

During January 11 to 13, 2023, the University Department of Library and Information Science, and with Tarabai Shinde Stree Abhyas Kendra at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS), organized an extensive Life Skill Development Program. This program, supported by the Training and Placement Cell of the university and the Rubicon Foundation, aimed to equip students with essential life skills that are critical for personal and professional success. The program featured a variety of sessions led by experts from different domains, ensuring active engagement and significant learning outcomes for the participants.

Objectives

1. **Develop Personal Competencies:** To enhance self-awareness, emotional intelligence, and interpersonal skills among students.
2. **Boost Professional Skills:** To provide practical skills in communication, problem-solving, and critical thinking that are vital for career advancement.
3. **Promote Holistic Development:** To encourage a balanced lifestyle that integrates academic, personal, and professional development.
4. **Foster Confidence and Resilience:** To build self-confidence and resilience, enabling students to tackle challenges effectively.

Program Structure

The three-day program was carefully structured to cover various aspects of life skills, focusing on both personal growth and professional development. Each day was dedicated to different themes and activities, ensuring a comprehensive learning experience.

Day 1: Personal Growth and Emotional Intelligence

- **Inauguration Ceremony:** The program began with an official opening by university dignitaries who emphasized the importance of life skills in today's dynamic environment.
- **Session on Self-awareness:** Led by a psychologist, this session focused on understanding personal strengths and weaknesses, promoting self-reflection and goal setting.
- **Emotional Intelligence Workshop:** Activities were designed to help students recognize and manage their emotions, improving their ability to interact effectively with others.

Day 2: Professional Skills and Communication

- **Effective Communication Techniques:** A communication expert provided a workshop on verbal and non-verbal communication skills, crucial for success in both personal and professional settings.

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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS) Report on Event/Practices on Life Skill Enhancement Programs

- **Teamwork and Collaboration:** Students participated in group activities that highlighted the importance of teamwork, collaboration, and effective communication within teams.
- **Problem-solving and Critical Thinking:** This session, led by a professional from the legal domain, focused on enhancing analytical skills and the ability to solve complex problems efficiently.

Day 3: Stress Management and Career Planning

- **Stress Management Strategies:** A counselor introduced various techniques for managing stress, including mindfulness, relaxation exercises, and effective coping strategies.
- **Career Planning Workshop:** This session provided insights into career opportunities in library and information science, guidance on resume writing, interview preparation, and navigating the job market.
- **Interactive Feedback Session:** Participants shared their experiences and reflections on the program, offering valuable feedback for future improvements.

Implementation

The program's success was ensured through meticulous planning, coordination, and the active involvement of both the university and the Rubicon Foundation.

Logistics and Coordination:

- **Venue:** The sessions were held in the university's conference hall, providing a conducive environment for learning and interaction.
- **Materials:** Participants were given resource materials, including manuals, worksheets, and supplementary reading materials to enhance their learning experience.

Facilitators:

- **Expert Speakers:** The sessions were conducted by experienced professionals, including psychologists, communication experts, and career counselors, who provided in-depth knowledge and practical advice.
- **Support from University Staff:** Faculty members from the Department of Library and Information Science and staff from the Training and Placement Cell played a crucial role in organizing the event and ensuring its smooth execution.

Outcomes and Impact

1. **Improved Self-awareness:** Participants developed a better understanding of their personal strengths and weaknesses, which is essential for personal and professional growth.
2. **Enhanced Communication Skills:** Students learned effective communication techniques that will aid them in their academic and professional careers.
3. **Better Stress Management:** The stress management session equipped students with practical tools to handle academic pressures and personal stressors more effectively.

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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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4. **Informed Career Choices:** The career planning workshop provided valuable insights into potential career paths, helping students make informed decisions about their futures.
5. **Strengthened Community:** The program fostered a sense of community among students, encouraging collaboration and mutual support.

Feedback and Reflections

The feedback from participants was overwhelmingly positive, highlighting the program's immediate benefits and its potential for long-term impact.

- **Student Testimonials:** Students expressed gratitude for the opportunity to enhance their life skills and noted significant improvements in their self-awareness and communication abilities.
- **Faculty Reflections:** Faculty members appreciated the program's comprehensive approach to life skill development, which is crucial for the students' overall growth.
- **Suggestions for Improvement:** Participants recommended more frequent sessions and the inclusion of topics such as advanced career skills and mental health awareness.

Conclusion

The Life Skill Development Program organized by the University Department of Library and Information Science and Trabai Shinde Stree Abhyas Kendra at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, was a tremendous success. It provided a valuable platform for students to develop essential life skills, contributing to their holistic development. The program's positive reception and significant impact reflect the department's commitment to fostering a supportive and skill-oriented academic environment. This initiative not only benefited the participants but also reinforced the university's role in promoting comprehensive education that prepares students for both personal and professional success.




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.



**Dr. Babasaheb Ambedkar Marathwada University, Aurangabad,
"Barkley's Life-skills Training Program"**

Supported By - Rubicon Foudation

Organised By

**Training and Placement Cell &
Internal Quality Assurance Cell**

Venue : Taran Shinde
Women Study
Center
Library Science

Date : 11 to 13
Jan. 2023





Samsung Triple Camera
Shot with my Galaxy F41













Report on Yoga Session conducted at Gopinathrao Munde National Institute Rural Development on September 04, 2023

On September 4, 2023, a rejuvenating yoga session was conducted at Gopinathrao Munde National Institute of Rural Development, drawing enthusiastic participation from both students and faculty members. Led by experienced yoga instructors, the session aimed to promote physical fitness, mental relaxation, and overall well-being. Participants engaged in various yoga asanas (postures) and pranayama (breathing exercises), focusing on enhancing flexibility, reducing stress, and cultivating mindfulness. The atmosphere was serene yet energizing, fostering a sense of unity and holistic health among all attendees. The event underscored the institute's commitment to promoting healthy lifestyles and fostering a positive community spirit through the practice of yoga.

Supporting Documents Submitted by the Department



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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs



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Internal Quality Assurance Cell



Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Report on Life Skill Development Program Organized at University Department of Chemical Technology

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)

Program Overview

From July 28 to 30, 2022, the University Department of Chemical Technology at Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS), in collaboration with the university's Training and Placement Cell and the Rubicon Foundation, successfully conducted a comprehensive Life Skill Development Program. This initiative was aimed at equipping students with essential life skills to enhance their personal growth and professional competencies, ensuring they are well-prepared to meet future challenges in their careers and lives.

Objectives

1. **Enhance Personal Growth:** To develop essential life skills that contribute to students' overall personal development and well-being.
2. **Professional Readiness:** To prepare students for the professional world by improving their soft skills, making them more competitive and adaptable.
3. **Skill Development:** To provide practical training in various life skills such as communication, leadership, time management, and emotional intelligence.
4. **Active Engagement:** To engage students actively in learning through interactive sessions and real-life applications of skills.

Structure and Content

The Life Skill Development Program was meticulously structured to cover a wide range of essential skills through a blend of theoretical knowledge and practical application. The program spanned three days, each day focusing on different skill sets and activities.

Day 1: Personal Effectiveness and Self-Awareness

- **Opening Session:** Introduction and objectives of the program by university officials and representatives from the Rubicon Foundation.
- **Self-Awareness Workshops:** Sessions on identifying personal strengths, weaknesses, and areas for improvement.
- **Goal Setting:** Techniques for setting SMART goals and aligning them with personal and professional aspirations.
- **Time Management:** Practical tips and exercises on managing time effectively to balance academic, personal, and professional responsibilities.

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Internal Quality Assurance Cell





Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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Day 2: Communication and Interpersonal Skills

- **Communication Skills:** Workshops on verbal and non-verbal communication, active listening, and effective public speaking.
- **Interpersonal Skills:** Training on building rapport, empathy, and effective conflict resolution.
- **Group Activities:** Interactive group discussions and role-playing to practice interpersonal communication and teamwork.
- **Networking:** Tips on building professional networks and leveraging them for career growth.

Day 3: Professional Skills and Emotional Intelligence

- **Leadership Development:** Sessions on leadership styles, qualities of effective leaders, and leadership in professional settings.
- **Emotional Intelligence:** Training on understanding and managing emotions, and developing empathy and social skills.
- **Career Planning:** Guidance on career development, including resume building, interview preparation, and job search strategies.
- **Closing Ceremony:** Reflection on the program, feedback session, and distribution of participation certificates.

Implementation

The program was implemented with the active involvement of experienced faculty members, industry professionals, and guest speakers. The collaboration between the Training and Placement Cell and the Rubicon Foundation ensured that the program was comprehensive and aligned with current industry needs.

Expert Involvement:

- **Guest Speakers:** Industry experts and motivational speakers were invited to share their knowledge and experiences, providing valuable insights and practical advice.
- **Facilitators:** Professional trainers from the Rubicon Foundation facilitated the sessions, ensuring high-quality training and interactive engagement.
- **University Faculty:** Faculty members from the Department of Chemical Technology supported the program by assisting with coordination and providing academic perspectives.

Outcomes and Impact

The Life Skill Development Program had a significant positive impact on the students, achieving the following outcomes:

1. **Enhanced Self-Awareness:** Students gained a deeper understanding of their personal strengths and areas for improvement, which is crucial for personal and professional growth.

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Dr. Babasaheb Ambedkar Marathwada University, Aurangabad (MS)
Report on Event/Practices on Life Skill Enhancement Programs

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2. **Improved Communication:** Participants reported significant improvements in their communication skills, particularly in public speaking and interpersonal interactions.
3. **Better Time Management:** Students learned effective time management techniques, helping them balance various aspects of their lives more efficiently.
4. **Stronger Leadership Skills:** The program equipped students with essential leadership skills, preparing them for future roles in their careers.
5. **Increased Emotional Intelligence:** Students developed greater emotional intelligence, enabling them to manage their emotions better and build stronger relationships.
6. **Professional Readiness:** The program prepared students for the job market by enhancing their resume-building, interview, and career planning skills.

Feedback and Reflections

Feedback from participants was overwhelmingly positive, highlighting the program's relevance and the effectiveness of its practical approach. Students appreciated the interactive nature of the sessions and the opportunity to learn from industry experts.

- **Student Testimonials:** Many students expressed gratitude for the valuable skills they acquired and the confidence they gained in their abilities.
- **Suggestions for Improvement:** Some participants suggested extending the program to include more hands-on activities and case studies relevant to their field of study.

Conclusion

The Life Skill Development Program organized by the Department of Chemical Technology at Dr. Babasaheb Ambedkar Marathwada University, in collaboration with the Training and Placement Cell and the Rubicon Foundation, was a resounding success. It provided students with essential life skills that are crucial for personal development and professional success. The program's comprehensive approach, expert facilitation, and active engagement ensured that participants left with a strengthened skill set and a greater readiness to tackle future challenges. This initiative underscores the university's commitment to fostering holistic student development and preparing graduates to excel in their careers and personal lives.




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University.

Soft Skill Development Training Program DEPARTMENT OF CHEMICAL TECHNOLOGY

Date 27-07-2022



