



Workshop on Yoga and Meditaion (2026)
Sponsored by PM-USHA Scheme – Strengthening College 3.0

Organized by
Department of Sports & Physical Education

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Shri Shivaji Education Society, Amravati's
SHRI SHIVAJI SCIENCE AND ARTS COLLEGE,
CHIKHLI DIST. BULDHANA



Accredited by NAAC B⁺⁺ Grade (CGPA 3.00)

Soft Component
Course in YOGA AND MEDITATIONS
Organized by

Department of Physical Education and Sports



Sponsored by

PM USHA Grant Component 3.0
(Strengthen College)



Ministry of Education, Department of Higher Education

Date : 23th Jan. to 09th Feb. 2026

Time: 07.00 am. To 08.00 am.

Venue: Open Theatre of the College

Patron

Hon'ble Shri Harshvardhan P. Deshmukh
President,
Shri Shivaji Education Society, Amravati

Organizer

Dr. P. R. Padole
Principal

Resource Person

Dr. Deepak S. Khedekar
SRC Ayurved College, Chikhli Dist. Buldhana

Organizing Committee

Mr. S. J. Kokode
Convener

Dr. V. U. Pochhi
IQAC-Coordinator

Dr. S. I. Jukkalkar
PM USHA-Coordinator

Mr. B. B. Chakare
Member

Mr. S. B. Patil
Member

Dr. S. S. Gaikwad
Member

Ms. Trupti Shirame
Member

Ms. P. U. Chikhle
Member



Introduction

This workshop introduces yoga and meditation as essential, modern tools for this Generation. College students to manage high stress, improve focus, and achieve holistic well-being in a fast-paced digital world. Designed to be accessible and non-competitive, the workshop moves beyond the "Yoga & Meditation" mindset to focus on mental health, emotional balance, and physical resilience through mindful movement and breathe work.

The "Why": Today's students are juggling academics, social media, part-time jobs, and career pressures, leading to increased anxiety, burnout, and poor sleep.

This session presents yoga not just as physical exercise, but as a "lifeline" for mental clarity. It is tailored to fit a digital, fast-paced lifestyle, offering techniques that can be practiced in 10-15 minute bursts.

Why This Generation Needs It

Preventive Mental Health: 29% of Gen Z already uses yoga for emotional well-being, viewing it as a long-term investment in their mental health rather than a quick fix.

Aim

The primary aim of a yoga and meditation workshop for college students is to provide a holistic, non-pharmacological toolset for managing high-stress levels, improving mental health, and enhancing cognitive performance in a fast-paced, digital world. These workshops seek to foster self-awareness, emotional regulation, and physical well-being to counter the sedentary and tech-dependent lifestyle of this generation.

Here are the specific, targeted aims of such workshops:

- i. Mental and Emotional Well-being (The primary Goal)
- ii. Academic and Cognitive Enhancement
- iii. Physical Health and Lifestyle
- iv. Self-Development and Social Skills

List of Enrolled Students

Sr. No.	Name of the Participants
1.	Aashish Sunil Kharat
2.	Abdul Usman Gaurve
3.	Abhishek Dadarao Suste
4.	Abhishek Vasudev Wankhede
5.	Ku. Achal Anil Chikte
6.	Aditya Dipak Dhadwe
7.	Aditya Kishore Chopade
8.	Akshay Prakash Tayade
9.	Ku. Amruta Gopal Mahajan
10.	Ku. Amruta Sanjay Pawar
11.	Aniket Omprakash Jadhao
12.	Aniket Vitthal Theng
13.	Ku. Anjali Samadhan Solanki
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15.	Ku. Ankita Ramhari Khedekar
16.	Ku. Ankita Sanjay Kudke
17.	Ku. Anuja Anil Ingle
18.	Ku. Anuja Gajanan Kulkarni
19.	Aqsa Parveen Ala Mohammad Khan
20.	Ku. Arti Madhav Dhanve
21.	Asfiya Alina Shaikh Sharik
22.	Ku. Ashvini Gajanan Satav
23.	Ku. Ashwini Vasanta Ingle
24.	Avishkar Shrikant Suradkar
25.	Awes Raies Saudagar
26.	Ku. Bhakti Sadanand Dalimkar
27.	Bushra Pravin Haroon Khan
28.	Chaitanya Shivprasad Kapase
29.	Ku. Devkanya Rameshwar Parihar
30.	Dhananjay Pradip Itiwad
31.	Ku. Diksha Naresh Waghmare
32.	Dinesh Sandip Thakare
33.	Dipak Mahadeo Kshirsagar
34.	Ku. Dipali Vijay Padmane
35.	Ku. Dipika Gajanan Deshmukh
36.	Ku. Divya Ganesh Patthe
37.	Ku. Divya Raju Mutthe
38.	Ku. Divya Sunil Sonune
39.	Dnyaneshwar Samadhan Khodake
40.	Fauziya Parveen Sayyad Ismail

41.	Gajanan Satish Ufat
42.	Ku. Gauri Dilip Gawate
43.	Ku. Gauri Pandhari Gaygol
44.	Ku. Gauri Rajendra Khente
45.	Ku. Gauri Santosh Kapse
46.	Ku. Gayatri Rustum Ambhore
47.	Ku. Gayatri Sadanand Khente
48.	Ku. Harshada Sandip Theng
49.	Ku. Janhavi Vilas Jagtap
50.	Jayesh Devidas Jadhao
51.	Kahekasha Anjum Firoz Khan
52.	Kanishk Anil Bansode
53.	Kartik Dnyaneshwar Bhutekar
54.	Kartik Sanjay Suradkar
55.	Ku. Karuna Kishor Salve
56.	Ketan Kundan Deshmukh
57.	Ku. Kirti Ananta Deshmane
58.	Ku. Komal Vinod Gawai
59.	Ku. Krushnali Dharamsing Jadhao
60.	Ku. Laxmi Sanjay Chavan
61.	Ku. Madhuri Sunil Kulkarni
62.	Madiha Falak Shaikh Zafar Patel
63.	Mahek Rozmin Nazim Khan
64.	Mahesh Dattatray Yadav
65.	Majid Sabir Shaikh
66.	Ku. Mansi Rajesh Gadekar
67.	Misbah Parvez Deshmukh
68.	Moh. Kaif Moh. Idris
69.	Ku. Muktai Kundlik Solanke
70.	Ku. Namrata Raju Ingle
71.	Ku. Neha Sudip Dolai
72.	Ku. Nikita Anil Raut
73.	Ku. Nikita Dattatray Gadhave
74.	Ku. Nikita Gajanan Ingle
75.	Ku. Nisha Santos Ahir
76.	Nitin Anil Ragad
77.	Numan Khan Akil Khan
78.	Nusrat Mahek Shaikh Aejaz
79.	Om Sanjay Gadekar
80.	Om Subhash Radhod
81.	Ku. Ovi Pandurang Vasu
82.	Pavan Rameshwar Kokate
83.	Ku. Payal Dipak Zagare
84.	Ku. Payal Ratan Gawai
85.	Ku. Payal Sandip Gawali
86.	Ku. Poonam Bhanudas Shewale

87.	Ku. Poonam Pradip Bambal
88.	Ku. Poonam Santosh Zagare
89.	Ku. Prachi Sudhakar Deshmukh
90.	Ku. Pragati Dnyaneshwar Jagtap
91.	Pranav Gajanan Jadhao
92.	Pranav Shivdash Gadekar
93.	Pranav Shivshankar Hade
94.	Prasenjit Ramesh Khillare
95.	Pratik Vijay Solanki
96.	Shivam Bhagwan Dagadghate
97.	Ku. Pratiksha Ramesh Waghmare
98.	Ku. Priyanka Vishwas Dhole
99.	Priyanshu Ram Dhamak
100.	Ku. Punam Ashok Solanki

Action Taken Report

1. **Title of the Event/Activity:** College Level Workshop on “Yoga & Meditation”

2. **Date of the Event/Activity:** 23rd January to 09th February, 2026

3. **Objective/Purpose:**

The purpose of a College Level Workshop on Yoga & Meditation

- To provide tools like deep breathing and mindfulness to lower cortisol levels and combat the "overwhelming anxiety" reported by many students.
- To teach students to observe emotions without immediate, impulsive reactions, fostering emotional stability and resilience.
- To reduce mental "chatter" and chaos caused by constant digital stimulation, promoting a calm, focused mind.
- To counteract the reduced attention span caused by social media and screen time, sharpening concentration for studies.
- To increase blood circulation to the brain, aiding in better cognitive function and memory.
- To help students cultivate discipline and "psychological flexibility" to tackle tasks without being overwhelmed.
- To fix posture issues, neck pain, and back pain resulting from long hours of sitting, lecturing, and screen time.
- To combat chronic fatigue and increase stamina through physical activity.
- To regulate sleep patterns, reducing insomnia caused by stress.

4. **Organizing Department/Committee:** The Workshop was organized by Department of Physical Education & Sports. The organizing Committee and Organizing Secretary are as follows: The Organizing Committee 1) Dr. P. R. Padole, Principal & Organizer, 2) Mr. S. J. Kokode & Course Convener 3) Dr. V. U. Pochhi, IQAC-Coordinator 4) Dr. S. I. Jukkalkar, PM-USHA-Coordinator & Organizing Secretary 5) Mr. B. B. Chakare, Member 6) Mr. S. B. Patil, Member 7) Dr. S. S. Gaikwad, Member 8) Ms. T. Shrirame, Member 9) Ms. P. U. Chikhle, Member.

Organizing Secretary

1) Dr. S. I. Jukkalkar, PM-USHA-Coordinator & Head of the English Department.

5. **Participants:** A total of 121 participants attended the Workshop,

6. **Event/Activity Description:**

The Department of Physical Education & Sports of Shri Shivaji Science and Arts College, Chikhli, District Buldhana, organized the Fifteen days' college level Workshop on “Yoga & Meditation” on 23rd January to 09th February 2026. This event was sponsored by the PM-USHA Grant Component 3.0 (Strengthen College).

i) **Workshop Overview**

A fifteen-day' workshop on yoga and meditation at the college level is designed as an intensive, foundational program aimed at enhancing the physical, mental, and emotional well-being of students. Such workshops focus on stress management, improving academic focus, and fostering a balanced, healthy lifestyle through daily, guided sessions.

Workshop Overview & Structure

Duration: 15 days (typically 1–1.5 hours daily).

Target Audience: Students.

Approach: Progressive learning, starting with basics and moving to intermediate poses, meditation techniques, and breathing exercises (Pranayama).

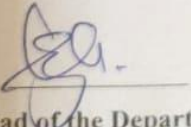
Focus Areas: Stress relief, flexibility, strength, and mental clarity.

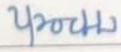
ii) Prominent resource persons included: Dr. Deepak Khedekar, Ayurvedic Consultant| Panchakarma Specialist| Yoga Specialist| Chikhli Dist. Buldhana (MS) India.

iii) Inaugural Ceremony: The program began with an introductory speech delivered by Dr. Pramod R. Padole, Principal of our college. In his address, they are emphasized the importance of Yoga & Meditation. The Inaugural Function was anchored by Mr. S. J. Kokode, Shri Shivaji Science & Arts College, Chikhli.

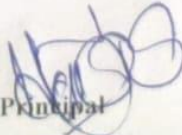
Outcomes

1. Student came to know the scope of yoga and meditation.
2. These workshops were highly effective in cultivating a "well-rounded individual," equipping them with tools to handle, rather than just endure, the stressors of modern academic life.
3. Workshops help students gain a deeper understanding of their thoughts and behaviors, promoting self-love and reducing negative body image issues.
4. Regular practice led to increased flexibility, balance, and strength, and helped correct posture issues caused by long hours of sitting and screen time.
5. Group sessions help reduce feelings of isolation and loneliness, fostering a sense of community and empathy.
6. Students reported better control over their emotions, reduced irritability, and a greater capacity to handle academic burnout and personal life challenges.


Head of the Department


IQAC Coordinator
Coordinator
IQAC, Shri Shivaji Sci. & Arts
College, Chikhli Dist. Buldhana


PM-USHA Coordinator


Principal
PRINCIPAL
Shri Shivaji Science & Arts
College, Chikhli, Dist. Buldhana



Resume of Resource Person



Dr. Deepak Khedekar



Dr. Deepak Khedekar

Ayurvedic Consultant | Panchakarma Specialist|Yoga Specialist|

! साई नगर, बस स्टॅड जवळ, चिखली

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Facebook/Instagram: @shrivishwaiayurved

Youtube:- श्रीविश्वाई आयुर्वेदीय चिकित्सालय

@ShrivishwaiAyurved.

Website:-

www.shrivishwai.com

Education:-

BAMS (Bachelor of Ayurvedic Medicine & Surgery),

MA(YOGA), DYA.

Professional Experience:-

Founder & Chief Ayurvedic Consultant

श्रीविश्वाई आयुर्वेदीय चिकित्सालय – पंचकर्म व योगोपचार केंद्र, चिखली.

(२००४ पासून कार्यरत)

◆ **विशेष प्राविण्य:-**

- पोटाचे विकार (अम्लपित्त, अजीर्ण, IBS, Ulcerative Colitis)
- सांधेदुखी व वातविकार
- त्वचारोग
- ॲलर्जी विकार
- हार्मोनल असंतुलन
- लिक्वर विकार
- पंचकर्म चिकित्सा

Professional Summary/ कामाचा अनुभव:-

■ 22 वर्षांचा समृद्ध अनुभव असलेले आयुर्वेद चिकित्सक. पारंपरिक शुद्ध आयुर्वेदीय औषधे, पंचकर्म चिकित्सा आणि योगोपचार यांच्या माध्यमातून दीर्घकालीन व जटिल आजारांवर प्रभावी उपचार करण्याचा अनुभव.

- सु. रा. चुनावाले आयुर्वेद महाविद्यालय येथे योगशिक्षक म्हणून गेल्या 10 वर्षांपासून कार्यरत असल्याचा अनुभव.

◆ **Core Skills/ कौशल्य:-**

- पंचकर्म थेरपी नियोजन व अंमलबजावणी
- पारंपरिक आयुर्वेदीय औषधनिर्मिती व वापर
- रुग्ण समुपदेशन
- योग व जीवनशैली मार्गदर्शन
- Chronic Disease Management.

WORKSHOP ON YOGA AND MEDITATIONS

Date: 23/01/2026 to 09/02/2026 Participants Students

Sr. No.	Name of the Participants	Signature
1.	Aashish Sunil Kharat	Ato
2.	Abdul Usman Gaurve	Abdul
3.	Abhishek Dadarao Suste	Auste
4.	Abhishek Vasudev Wankhede	AW.
5.	Ku. Achal Anil Chikte	
6.	Aditya Dipak Dhadwe	Adhadwe
7.	Aditya Kishore Chopade	Chopade
8.	Akshay Prakash Tayade	A. Tayade
9.	Ku. Amruta Gopal Mahajan	Am
10.	Ku. Amruta Sanjay Pawar	Apawar
11.	Aniket Omprakash Jadhao	Aniket
12.	Aniket Vitthal Theng	Aniket
13.	Ku. Anjali Samadhan Solanki	As. Solanki
14.	Ku. Anjali Sanjay Ambhore	A.S. Ambhore
15.	Ku. Ankita Ramhari Khedekar	A.R. Khedekar
16.	Ku. Ankita Sanjay Kudke	Askudke
17.	Ku. Anuja Anil Ingle	AIngle
18.	Ku. Anuja Gajanan Kulkarni	Anujam
19.	Aqsa Parveen Ala Mohammad Khan	Aqsa
20.	Ku. Arti Madhav Dhanve	Adhanve
21.	Asfiya Alina Shaikh Sharik	Asfiya
22.	Ku. Ashvini Gajanan Satav	A.G. Satav
23.	Ku. Ashwini Vasanta Ingle	AIngle
24.	Avishkar Shrikant Suradkar	Avishkar
25.	Awes Raies Saudagar	A.R. Saudagar
26.	Ku. Bhakti Sadanand Dalimkar	B.S. Dalimkar
27.	Bushra Pravin Haroon Khan	B. Khan
28.	Chaitanya Shivprasad Kapase	CS. Kapase
29.	Ku. Devkanya Rameshwar Parihar	Devkanya
30.	Dhananjay Pradip Itiwad	D.P. Itiwad
31.	Ku. Diksha Naresh Waghmare	Diksha
32.	Dinesh Sandip Thakare	D.S. Thakare
33.	Dipak Mahadeo Kshirsagar	D.M. Kshirsagar
34.	Ku. Dipali Vijay Padmane	D.V. Padmane
35.	Ku. Dipika Gajanan Deshmukh	Deshmukh
36.	Ku. Divya Ganesh Patthe	D.R. Patthe
37.	Ku. Divya Raju Mutthe	Divya
38.	Ku. Divya Sunil Sonune	Divya
39.	Dnyaneshwar Samadhan Khodake	Dnyaneshwar
40.	Fauziya Parveen Sayyad Ismail	Fauziya

41.	Gajanan Satish Ufat	Gajanan
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87.	Ku. Poonam Pradip Bambal	P. P. Bambal
88.	Ku. Poonam Santosh Zagare	P. Zagare
89.	Ku. Prachi Sudhakar Deshmukh	P. D. Jagtap
90.	Ku. Pragati Dnyaneshwar Jagtap	P. D. Jagtap
91.	Pranav Gajanan Jadhao	P. Gadhao
92.	Pranav Shivdash Gadekar	P. Gadekar
93.	Pranav Shivshankar Hade	P. Hade
94.	Prasenjit Ramesh Khillare	P. R. Khillare
95.	Pratik Vijay Solanki	P. Solanki
96.	Shivam Bhagwan Dagadghate	P. Dagadghate
97.	Ku. Pratiksha Ramesh Waghmare	P. R. Waghmare
98.	Ku. Priyanka Vishwas Dhole	P. Dhole
99.	Priyanshu Ram Dhamak	P. R. Dhamak
100.	Ku. Punam Ashok Solanki	P. Solanki

101. Sakshi Digambar Dahibhate Dahibhate
102. Seushti Kishor Kurlal Kurlal
103. Rutuja Dipak Wagh. R. D. Wagh
104. Shruti Mahadeo Vasokar M. Vasokar
105. Payal Sandip Gawali S. Gawali
106. Shreyasi Dilip Thokane S. D. Thokane
107. Sankita Ramhani Khedekar R. Khedekar
108. Shivani Samadhan Paribhar S. S. Paribhar
109. Shilpa Devaji Kolhe S. Kolhe
110. Shivani Pradip Bahekar P. Bahekar
111. Sanika Dattatray Wajse S. Wajse
112. Sayali Baburao Chharye S. Chharye
113. Srushti Suresh Khondagale S. Khondagale
114. Zahed Khan Nisar Khan Z. Khan
115. Rayyan Ahmad Khan R. Khan
116. Shaikh rehan shaikh Nazakat R. Shaikh
117. Shruti Ravindra Jadhao S. Jadhao
118. Sakshi Gajanan Maind S. Maind
119. Sakshi Balu Dalimkar S. Dalimkar
120. Shilpa Dhampal Maghade S. Maghade
121. Snehal Nashon Siddiqui S. Siddiqui

Sample of Feedback Form

2/10/26, 4:08 PM

Feedback

← Preview mode

✔ Published

🔗 Copy responder link

Feedback

Soft Component Workshop on Yoga and Meditation

Organized by

Department of Physical Education and Sports

Sponsored by

PM USHA Grant Component 3.0 (Strengthen College)

Ministry of Education, Department of Higher Education

Date : 23th Jan. to 09th Feb. 2026

Time: 07.00 am. To 08.00 am.

Venue: Open Theatre of the College

* Indicates required question

Email *

Record sjkokode750@gmail.com as the email to be included with my response

Full Name *

Your answer

Class Studying *

Your answer

Email ID *

Your answer



<https://docs.google.com/forms/d/1P5w6WXcmaCsnUaq-vQuyKj9nOll0cbzpr6OjkkCHwE/preview>

1/4

← Preview mode

✔ Published

🔗 Copy responder link

Your answer

How satisfied were you with the overall workshop experience? *

1 point

	1	2	3	
Not likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very likely

How clear were the instructions provided? *

1 point

	1	2	3	
Not likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very likely

How would you rate the pacing and structure of the class? *

1 point

	1	2	3	
Not likely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very likely

What techniques did you enjoy the most? *

1 point

- Suryanamshkar
- Pranayam
- Dhyan



← Preview mode

✔ Published

🔗 Copy responder link

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

How satisfied are you with the class environment (venue, music, props)? * 1 point

- | | | | | |
|------------|-----------------------|-----------------------|-----------------------|-------------|
| | 1 | 2 | 3 | |
| Not likely | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Very likely |

Would you be interested in intermediate or advanced sessions? * 1 point

- Yes
- No
- Maybe

A copy of your responses will be emailed to sjkokode750@gmail.com.

Submit

Page 1 of 1

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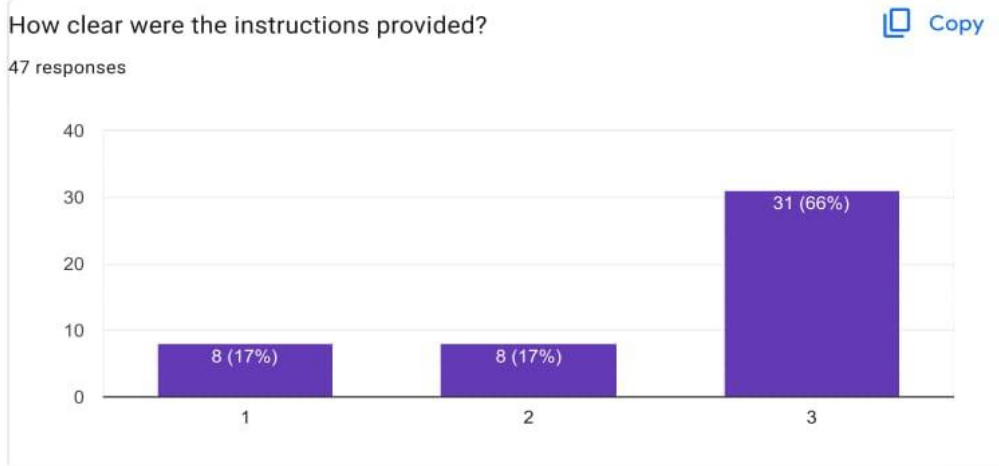
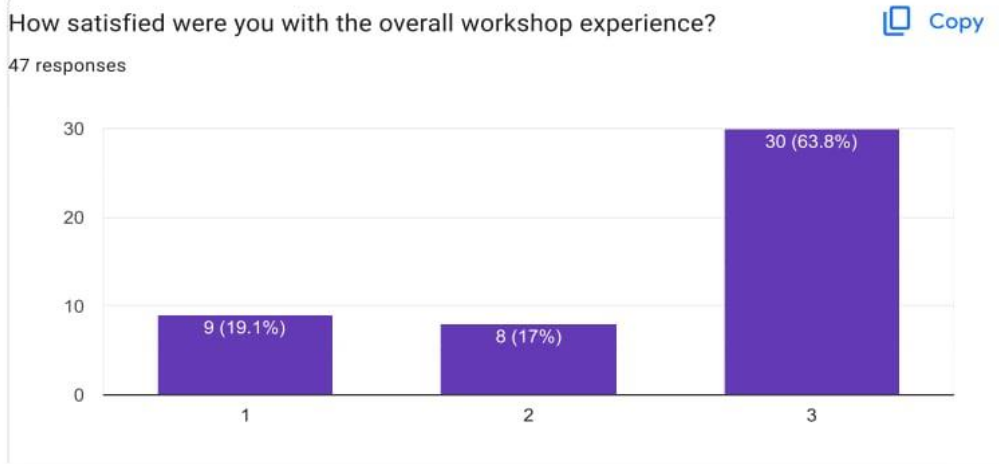
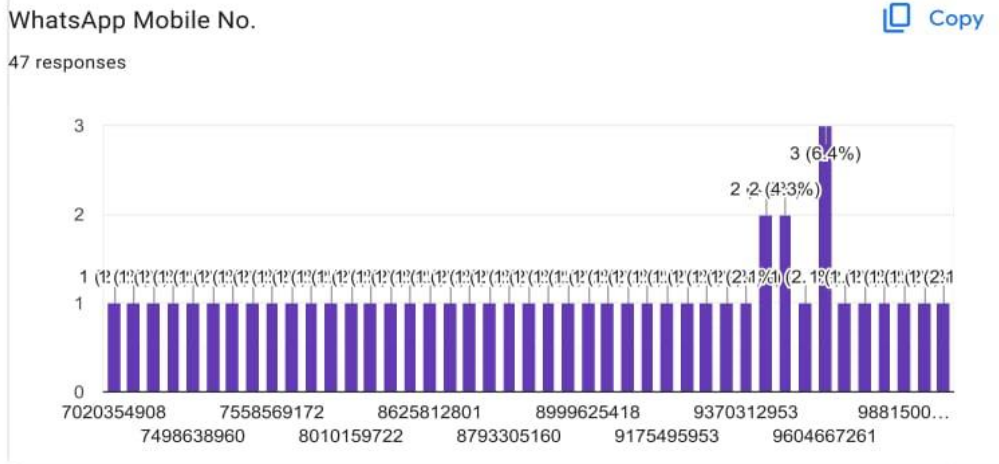
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Feedback Analysis

2/13/26, 1:14 PM

Feedback



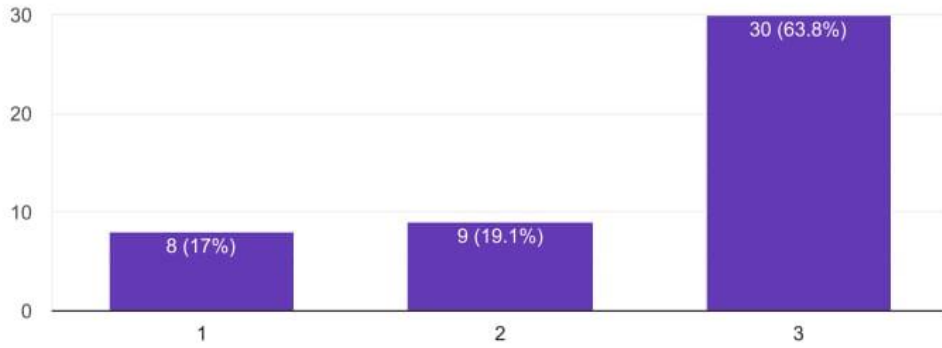
<https://docs.google.com/forms/d/1P5w6WXcmaCsnUaq-vQuykJ9rOll0cbzpr6OjlkCHwE/viewanalytics>

5/8

How would you rate the pacing and structure of the class?

 Copy

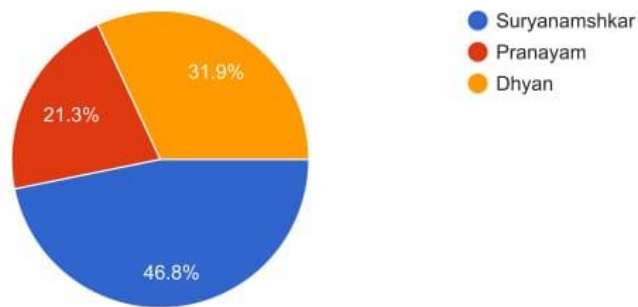
47 responses



What techniques did you enjoy the most?

 Copy

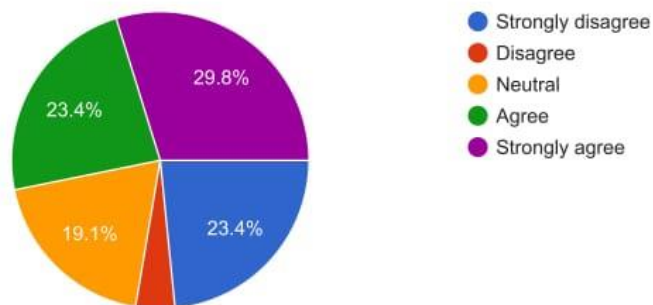
47 responses



Was the balance between physical, mental, and spiritual elements appropriate?

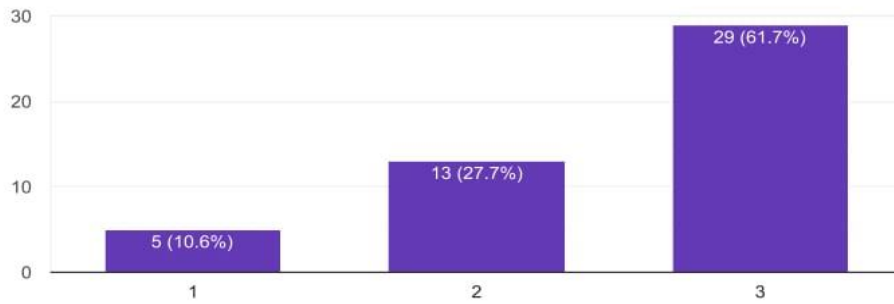
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47 responses



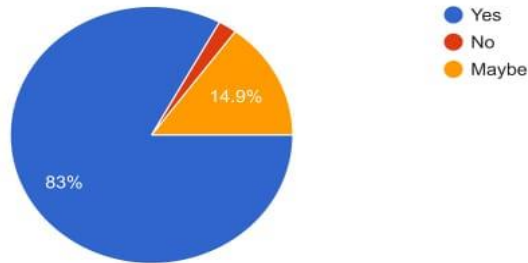
How satisfied are you with the class environment (venue, music, props)? [Copy](#)

47 responses



Would you be interested in intermediate or advanced sessions? [Copy](#)

47 responses



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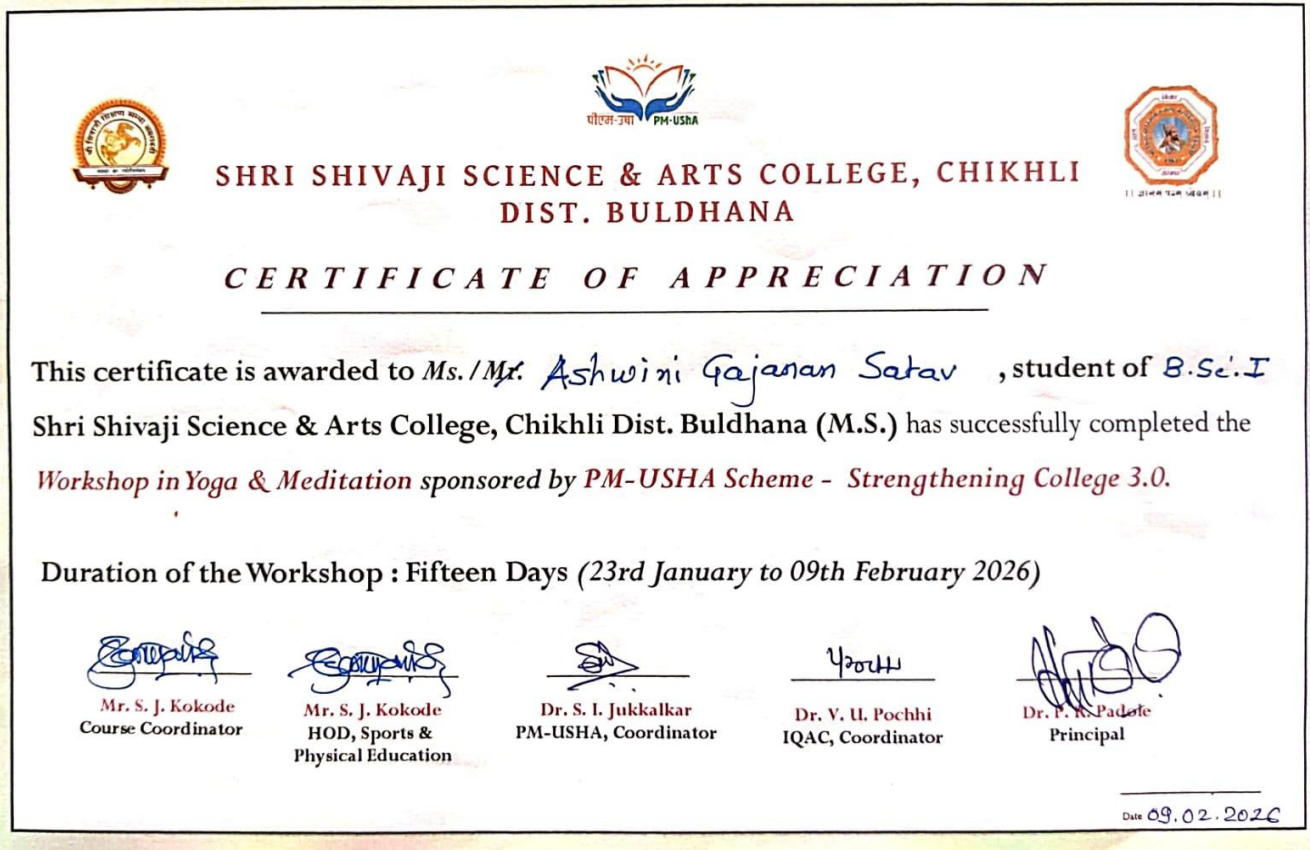
Conclusion:

The workshop on yoga and meditation for college-level students concludes that regular, even brief, practice of these techniques is a highly effective, non-pharmacological tool to manage stress, anxiety, and the academic pressures faced by students. Participants typically report significant improvements in emotional regulation, mental clarity, and physical health, leading to better focus, increased energy levels, and improved academic performance.

Students experience a notable reduction in anxiety, irritability, and stress, learning to manage negative emotions and cultivate a calmer, more resilient mindset.

The workshops foster self-awareness, self-discipline, and self-confidence, helping students develop a more positive, balanced outlook on life.

Sample of Certificate awarded to Students





SHRI SHIVAJI SCIENCE & ARTS COLLEGE, CHIKHLI
DIST. BULDHANA

CERTIFICATE OF APPRECIATION

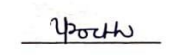
This certificate is awarded to *Ms./Mr. Pratiksha Ramesh Waghmare*, student of *B.Sc.I.*
Shri Shivaji Science & Arts College, Chikhli Dist. Buldhana (M.S.) has successfully completed the
Workshop in Yoga & Meditation sponsored by PM-USA Scheme - Strengthening College 3.0.

Duration of the Workshop : Fifteen Days (23rd January to 09th February 2026)


Mr. S. J. Kokode
Course Coordinator


Mr. S. J. Kokode
HOD, Sports &
Physical Education


Dr. S. I. Jukkalkar
PM-USA, Coordinator


Dr. V. U. Pochhi
IQAC, Coordinator


Dr. P. R. Padole
Principal

Date 03.02.2026



SHRI SHIVAJI SCIENCE & ARTS COLLEGE, CHIKHLI
DIST. BULDHANA

CERTIFICATE OF APPRECIATION

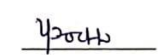
This certificate is awarded to *Ms./Mr. Shivam Bhagwan Dagadghate*, student of *B.Sc.Ist*
Shri Shivaji Science & Arts College, Chikhli Dist. Buldhana (M.S.) has successfully completed the
Workshop in Yoga & Meditation sponsored by PM-USA Scheme - Strengthening College 3.0.


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Mr. S. J. Kokode
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HOD, Sports &
Physical Education

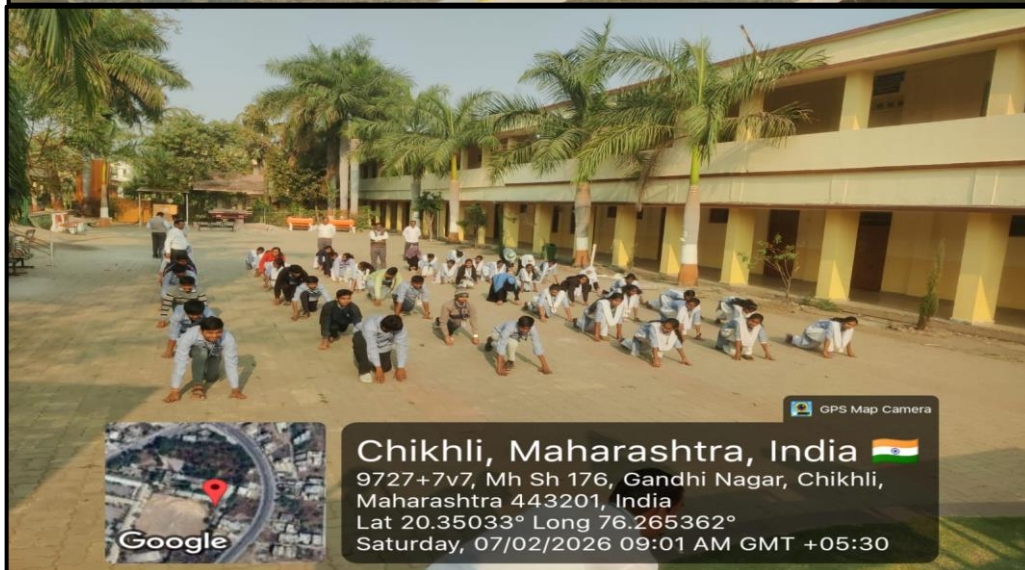

Dr. S. I. Jukkalkar
PM-USA, Coordinator


Dr. V. U. Pochhi
IQAC, Coordinator

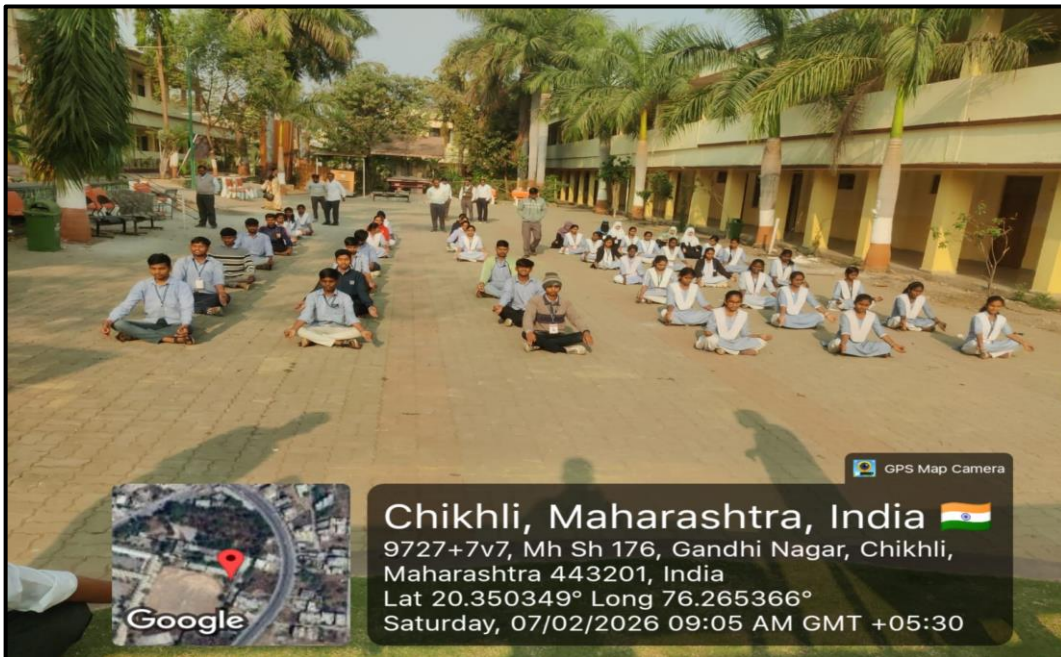

Dr. P. R. Padole
Principal

Date 09.02.2026

Glimpses of the Activities



Active Participation of Students in Yoga, Suryanamshkar, Pranayama



Active Participation of Students in Yoga & Pranayama