



Shri Shivaji Maratha Society's Pune 2
Adhyapak Mahavidyalaya, Aranyeshwar, Pune 9

Report: Yoga & Meditation Lecture at Adhyapak Mahavidyalaya Aranyeshwar, Pune 9

Date: February 20, 2018

Venue: Adhyapak Mahavidyalaya Aranyeshwar, Pune

Lecture Delivered By: Dr. Shubhangi Kurhade

Introduction: On February 20, 2018, Adhyapak Mahavidyalaya Aranyeshwar in Pune had the privilege of hosting a captivating lecture on the topics of Yoga and Meditation. The lecture was delivered by the esteemed Dr. Shubhangi Kurhade, a well-known expert in the field of holistic wellness and spirituality. The event aimed to provide students and faculty members with insights into the profound benefits of incorporating yoga and meditation into their daily lives.

Lecture Overview: The lecture commenced at 10:00 AM in the college auditorium and was attended by a diverse audience, including students, professors, and staff members. Dr. Shubhangi Kurhade, known for her extensive knowledge and experience in yoga and meditation, began by introducing the significance of these practices in modern-day life.

Key Points Discussed:

1. **Understanding Yoga:** Dr. Kurhade delved into the origins of yoga, tracing its roots back to ancient India. She emphasized that yoga is not just a physical exercise but a holistic approach to wellness, encompassing mental, emotional, and spiritual



dimensions. Different types of yoga, such as Hatha, Vinyasa, and Kundalini, were discussed to provide attendees with a comprehensive view.

2. **Benefits of Yoga:** The lecture highlighted the multifaceted benefits of yoga, which include stress reduction, increased flexibility, enhanced posture, and improved mental clarity. Dr. Kurhade presented scientific studies that substantiated the positive impacts of yoga on various aspects of health and well-being.
3. **Introduction to Meditation:** Moving on to meditation, Dr. Kurhade elucidated the art of turning inward for self-discovery and inner peace. She explained the diverse forms of meditation, including mindfulness, mantra, and loving-kindness meditation. The audience was encouraged to explore different techniques to find what resonated with them.
4. **Mind-Body Connection:** The interconnection between the mind and body was a central theme throughout the lecture. Dr. Kurhade emphasized how yoga and meditation facilitate a harmonious relationship between these aspects, leading to improved mental health and overall well-being.
5. **Practical Demonstration:** The lecture also included a practical session where attendees were guided through simple yoga postures and a brief meditation exercise. This hands-on experience allowed participants to feel the immediate effects of these practices and encouraged them to incorporate them into their daily routines.

Conclusion: The Yoga and Meditation lecture delivered by Dr. Shubhangi Kurhade at Adhyapak Mahavidyalaya Aranyeshwar, Pune, on February 20, 2018, was a resounding success. It provided attendees with a deeper understanding of the holistic benefits of yoga and meditation, as well as practical insights into their incorporation. The event left a positive impact on the participants, inspiring them to explore these ancient practices for their physical, mental, and spiritual growth.




PRINCIPAL
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Title: Yoga & Meditation Workshop for Teacher Educators, Student Teachers, and Non-Teaching Staff

Date: 19-09-2018

Location: Adhyapak Mahavidyalaya Aranyeshwar, Pune 09

Presenter: Dr. Shubhangi Kurhade

Introduction:

The Yoga & Meditation Workshop conducted by Dr. Shubhangi Kurhade at Adhyapak Mahavidyalaya Aranyeshwar in Pune 09 aimed to promote physical, mental, and emotional well-being among teacher educators, student teachers, and non-teaching staff. The workshop aimed to provide participants with practical tools to manage stress, enhance focus, and cultivate a holistic approach to education.

Objectives:

1. Introduce the concepts and benefits of yoga and meditation.
2. Teach participants various yoga postures, breathing techniques, and relaxation exercises.
3. Guide participants in developing a regular meditation practice.
4. Highlight the relevance of yoga and meditation in the field of education.
5. Offer practical strategies for integrating yoga and meditation into daily routines.

Workshop Overview:

The workshop was structured into multiple sessions, each focusing on different aspects of yoga and meditation:

1. Introduction to Yoga and Meditation (Session 1): Dr. Shubhangi Kurhade began by explaining the origins of yoga and meditation and their relevance in modern society. She emphasized the benefits of these practices in reducing stress, enhancing concentration, and promoting emotional balance.

2. Yoga Asanas and Breathing Techniques (Session 2): Participants were introduced to a series of yoga postures designed to improve flexibility, strength, and posture. Breathing exercises, such as pranayama, were taught to enhance participants' awareness of their breath and its impact on mental states.



3.Guided Meditation (Session 3): Dr. Kurade led participants through guided meditation sessions, encouraging them to focus on the present moment, cultivate mindfulness, and develop inner calm. Techniques for managing racing thoughts and stress were also shared.

4.Incorporating Yoga and Meditation in Education (Session 4): This session discussed the integration of yoga and meditation techniques into the educational process. Dr. Kurhade highlighted how these practices can improve the teaching-learning experience, foster a positive classroom environment, and enhance the overall well-being of educators and learners.

5.Developing a Personal Practice (Session 5):Participants were given guidance on establishing a regular yoga and meditation routine. Dr. Kurhade shared tips for overcoming common obstacles and encouraged participants to adapt these practices to their unique schedules and preferences.

Outcomes:

The workshop yielded several positive outcomes:

1. Increased awareness of the benefits of yoga and meditation.
2. Improved stress management and relaxation skills among participants.
3. Enhanced focus and concentration, contributing to a more productive work and study environment.
4. Greater understanding of the potential of yoga and meditation in the education sector.
5. Empowerment of participants to integrate simple yoga and meditation techniques into their daily lives.

Conclusion:

Dr. Shubhangi Kurhade Yoga & Meditation Workshop at Adhyapak Mahavidyalaya Aranyeshwar was a resounding success, providing participants with valuable tools for enhancing their well-being and enriching their roles as educators and students. The workshop demonstrated the potential of integrating ancient practices into modern education to foster a more holistic and balanced approach to teaching, learning, and personal growth.




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ADHYAPAK MAHAVIDYALAYA, ARANYESHWAR, PUNE 9
Report of Skill Enhancement Program on "Online Teaching Tools"

ACADEMIC YEAR 2020-2021

Due to pandemic situation, teaching learning process has shifted to online mode and so is the teacher education program. Internship program for this academic year will be conducted in "online Mode". Student teachers need to use online platforms for the successful implementation of the Internship program. Objectives of the program are as follows:

Objectives:

- A. To introduce student teachers different online tools of teaching.
- B. To develop skills among student teachers for using these tech tools.
- C. To help student teachers to understand and use these tools in teaching learning.

A six days orientation is organized for student teachers.

Duration: 05/10/2020 to 10/10/2020

Briefing time: 1 Hour daily

Hands on Time: 5 Hours daily


Total Duration of the workshop: 30 Hours

Tools covered:

- a. Making effective Power Point Presentations
- b. Setting up Google class and using various facilities in Google class
- c. Using platforms viz. Google Meet, ZOOM
- d. Making Google Forms
- e. Making Google quiz
- f. Video making

Workshop Outcomes:

The workshop guided student teachers to make use of these on line tools. Student teachers prepared power point presentations and used them in their online teaching program. The student teachers learned both ZOOM as well as Google meet platform but they many of them preferred using Google meet due to easy interface. Student teachers also prepared videos of their presentations using different tools. They have learnt how to cast the screen. Teacher educators of our college prepared procedural video tutorials for student teachers and uploaded them on you-tube as well. These video tutorials were of great help to students. Student teachers could make their online teaching activity more effective using these tools.


Class In-charge




Principal

Adhyapak Mahavidyalaya
Aranyeshwar, Pune-411009

This is to inform you that due to COVID-19 situation we have planned to conduct online internship programme for B Ed II yr students from 12th of Oct 2020 to 31st of Jan. 2021. The orientation programme is scheduled for the same. The detail schedule is as follows:

Schedule for orientation programme

Date	Time	Topic	Name of the Professor
5/10/2020	1.00 p.m. to 2.00 p.m.	Orientation of online internship programme, Presentation skills	SNJ
6/10/2020	1.00p.m.to 2.00 p. m.	How to set up online class with google meet and zoom	VYR
7/10/2020	1.00p.m. to 2.00p.m.	How to create Google Classroom, its features	PRS
8/10/2020	1.00 p.m. to 2.00 p.m.	How to make effective Power Point Presentation	YKP
9/10/2020	1.00 p.m. to 2.00 p.m.	How to make Google Forms (Question Types)	SSK
10/10/2020	1.00 p.m. to 2.00 p.m.	Video Making	SIK



Principal
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Report on Training Program on the Use of Tally

Venue: Adhyapak Mahavidyalaya, Aranyeshwar, Pune - 9

Duration: 14/06/2022 - 17/06/2022

Time: 11:00 AM to 12:00 PM

Number of Participants: 5

The Training Program on the use of Tally was successfully conducted at Adhyapak Mahavidyalaya, Aranyeshwar, Pune from **14th June 2022 to 17th June 2022**. The program aimed to enhance the participants' understanding and skills in using Tally, a widely used accounting software. The event was organized with the collaboration of the college administration and valuable contributions from various individuals.

The training sessions were held daily from **11:00 AM to 12:00 PM**, spanning across four days. The program attracted a total of 5 enthusiastic participants who were eager to learn and optimize their knowledge of Tally for practical applications.

Resource Person:

The training sessions were led by Mr. Kunjir S.N, an expert in Tally and financial management. Mr. Kunjir's profound knowledge and practical insights into Tally software greatly benefitted the participants. His interactive teaching style and ability to simplify complex concepts made the learning experience engaging and effective.

Introduction:

The introduction of Mr. Kunjir was graciously carried out by Mr. Jedhe Santosh. Mr. Jedhe highlighted Mr. Kunjir's extensive experience in the field of accounting and Tally, underscoring his ability to deliver valuable insights to the participants.

Guest Felicitation:

Dr. Chaugule B.G., the esteemed Principal of Adhyapak Mahavidyalaya, graced the occasion by felicitating the event's resource person, Mr. Kunjir S.N. Further Dr. Chaugule emphasized the significance of practical training in modern accounting practices and appreciated the efforts of both the resource person and the participants.

Vote of Thanks:

The program concluded with a vote of thanks extended by Mr. Mahadik Santosh, the Head Clerk of Adhyapak Mahavidyalaya, Aranyeshwar. He expressed gratitude towards Mr. Kunjir for his valuable contributions to the program and acknowledged the participants' dedication and enthusiasm throughout the training. Mr. Mahadik also thanked Dr. Chaugule for his presence and support, which added prestige to the event.

In conclusion, the Training Program on the use of Tally at Adhyapak Mahavidyalaya, Aranyeshwar, Pune - 9 was a resounding success. The participants gained practical knowledge and insights into Tally software, thanks to the expertise of Mr. Kunjir S.N. and the support of the college administration. The event served as a platform for learning, networking, and skill enhancement in the field of accounting and financial management.

ADHYAPAK MAHAVIDYALAYA, ARANYESHWAR, PUNE 9

ICT SKILL ENHANCEMENT WORKSHOP-2021-2022

NOTICE

All student teachers are hereby informed that an add on course for enhancing ICT skills is organized for First year B.Ed. students. The Course will be conducted in the college as per the time table attached. This course is compulsory for all. All student teachers will have to do the submissions for the course. Kindly note- The attendance for all the sessions is mandatory.



In-charge



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ADHYAPAK MAHAVIDYALAYA, ARANYESHWAR, PUNE 9
ICT SKILL ENHANCEMENT WORKSHOP-2021-2022

Time Table

Date	Time	Tool
06/06/2022	12.00 to 1.30	G- Drive
07/06/2022	12.00 to 1.30	Google form, Google Quiz
08/06/2022	12.00 to 1.30	On line Board- Jamboard, Padlet
09/06/2022	12.00 to 1.30	Interactive Gaming Tools- Quizziz, Kahoot
10/06/2022	12.00 to 1.30	Video making- Screen cast(Mobile), Screen Cast-O- Matic
11/06/2022	12.00 to 1.30	Interactive teaching tools- Mentimeter, Pear deck, Miro



In-charge



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ADHYAPAK MAHAVIDYALAYA, ARANYESHWAR, PUNE 9

ICT SKILL ENHANCEMENT WORKSHOP

2021-2022

OBJECTIVES:

1. To acquaint student teachers with different ICT tools useful in education process.
2. To develop necessary skills for use of different ICT tools.
3. To enable student teachers to make use of ICT tools in teaching learning, educational administration and Evaluation.
4. To help student teachers to develop e- content for teaching learning.
5. To enable student teachers to publish their e- content.

Workshop will cover following topics:

1. Facilities available in Google drive.
2. Making Google forms.
3. Online classroom management using Google classroom.
4. Converting Google form in to quiz and using it for on line evaluation.
5. On line Boards: Jam board, Padlet
6. Interactive/ game based tools- Quizziz, Kahoot
7. Video making- Mobile screen cast, Screen cast-o-matic.
8. Creating You-tube channel and uploading your videos.

Workshop Duration:

30 Hours- 9 Hours workshop training + 20 Hours Hands on activity + 1 Hour showcasing.

Workshop Outcomes:

Students will create e- content in the form of Google docs, slides, forms and videos. They will prepare interactive games using Quizziz and Kahoot. They will be able to use on line boards for teaching learning.



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Teachers













0+

 SUNIL KALEKAR

Students

46 students 0+

Actions

-  Dipali Abhang ⋮
-  Poonam Ankush ⋮
-  Chandrakant Bande ⋮
-  priyanka bhagat ⋮
-  prakash bhangare ⋮
-  NAMDEV BHOYE ⋮
-  Vishwas Bhoje ⋮
-  pooja bote ⋮
-  vanita chaudhari ⋮
-  komal Chouhan ⋮
-  8E 17 trupti Dhamale ⋮
-  Soni Dhanwade ⋮

Stream Classwork People Grades

- Roopa Dhurumare
- Amol Dhumal
- dipali doke
- Sonali Doke
- Krutika Gavali
- sandhya gele
- nikita girigosavi
- Tejas Hake
- Shobha Jadhav
- Poonam Jagtap
- Sunil Kalekar
- Savita Kamble
- Hiranman Khade
- RADHIKA KHADTA...
- Lahanu Korade
- Shubhangi Kurhade
- Trupti Kurhade
- Kashmiri Mehetre