

VPM's B.N. Bandodkar College of Science (Autonomous), Thane

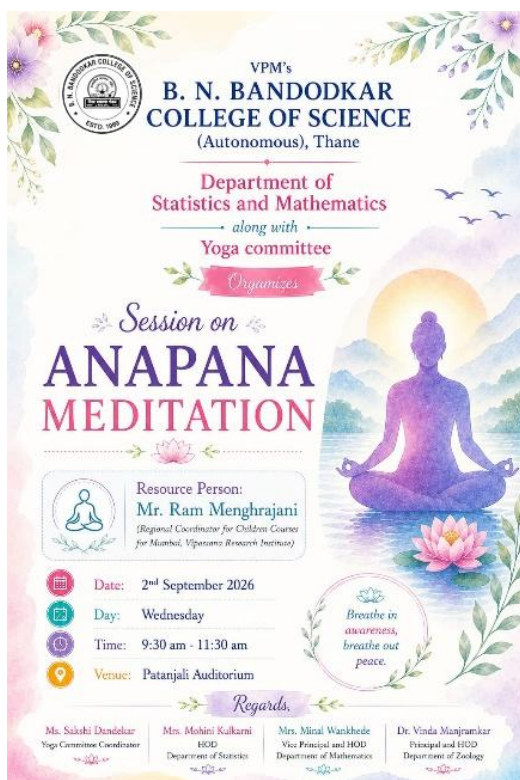
Name of activity	Session on ANAPANA Meditation
Objectives of the activity	- To introduce participants to Anapana meditation and develop awareness of natural breathing as a means of cultivating mindfulness. - To promote mental well-being and stress management among students and staff through regular meditation and mindful breathing practices. - To encourage concentration, self-awareness, and emotional balance for improved personal and academic effectiveness.
Organizing departments	Department of Statistics Mathematics and Yoga Committee
Collaborative institute	-
Date	02/09/2026
Venue	Patanjali Auditorium
Mode	Offline
Details of Resource Person/ Speaker	- Mr. Ram Menghrajani Regional Coordinator for Children Courses, Mumbai Vipassana Research Institute - Ms. Pooja Pawar CTT
Key Participants	Students and all staff
Remarkable outcomes / key take away messages	- Participants developed greater awareness of their natural breathing and present-moment attention. - Participants experienced the potential benefits of meditation in reducing stress and promoting mental calmness. - Participants were motivated to incorporate meditation and mindful breathing into their daily routine for overall well-being.
Details of Teachers participants	M – 2 F – 9 T – 11
Details of Student participants	M – 47 F – 62 T – 96
Outsiders	Nil
In-house	107
Additional information	Nil
Name of Coordinator	- Mrs. Minal Wankhede, Vice Principal, HOD Mathematics - Mr. Abhishek Bandivadekar, Assistant Professor, Department of Statistics - Ms. Sakshi Dandekar, Coordinator, Yoga Committee

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Geotagged Photo:



Notice :



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Attendance :

Sr. No	PRN Number	Name	Class	Gender	Sign	Rate for session			
						Excellent	Very good	Good	Satisfactory
1.		Santam Sahu.	FYBSc.	Male		✓			
2	2026420562	Akhya Phosle.	FYBSc(SM)	M		✓			
3	2026420567	Shubham S. Singh	FYBSc Stats.	Male		✓			
4	2026420568	Prince D. Wadve	FYBSc Stats.	male		✓			
5.	2026420566	Faisal . Khan	FYBSc (Stats)	male		✓			
6.	2026420412	Harshad Ghole	FYBSc	Male		✓			
7	2026420413	Pradnya V. Vishwakarma	FYBSc	male		✓			
8	2026420573	Krishna . K. Kevad	FYBSc	Male		✓			
9	2025420233	Dipantika Verma	SYBSc	Male		✓			✓
10	2025420132	Aditya Dhopat	SYBSc	Male		✓			
11	2024420110	Jaygantaosh Bhat	TYBSc	Male		✓			
12	2026420545	Om. Gole	FYBSc	male		✓		✓	
13	2026420547	Ganesh J. Thadav	FYBSc	Male		✓			
14	2026420581	Mahesh Khale	FYBSc.	Male		✓			
15	2026420541	Pratham B. Baisode	FYBSc	Male		✓	✓		
16	2026420565	Soham Shinde	TYBSc	Male		✓		✓	
17	2026420566	Vinay Bhatkar	FYBSc	Male		✓			
18	2025420578	Shubh Jaiswal	SY Math	Male		✓			
19	2025420162	Anur Tiwari	SY Maths	Male		✓	✓		
20	2025420364	Aniket Sharma	SY Maths	Male		✓			
21	2026420179	Rehan Damugade	SYIT	Male		✓			
22	2025430009	Vishal Forde	SYIT	male		✓			

Sr. No	PRN Number	Name	Class	Gender	Sign	Rate for session			
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23	2025430002	Krishna G. Vind Chaurasia	SYIT	TA		✓			
24	2025430008	ABHINAV RAMARAM choudhary	SYIT	M		✓			
25	2025430007	Sahil laxman More	SYIT	M		✓			
26	2025430027	Faizan Ahmed Ibrar Ahmed Khan	SYIT	M		✓			
27	2025430102	Prince Suresh Vishwakarma	SYIT	M		✓			
28	2025430066	RUPAK AJIT PADEHI	SYIT	M		✓			
29	2025430082	Saish Rajesh Batre	SYIT	M		✓			
30	2025430002	Rohit Rajbhar	TYBSc	M		✓			
31	2024420120	Ayush Chauhan	TYBSc	M		✓			
32	2024420151	Aniruddh Chaudhary	TYBSc	M		✓			
33	2024420108	Sanku Chaudhary	FYBSc	M		✓			
34	2024420509	Om Arjun Narware	TYBSc	M		✓			
35	2024420113	Om. Warlikar	SYBSc	M		✓			
36	2025420483	Taha Falke	SYBSc	M		✓			
37	2025420411	Pratap Yadav	SYBSc	M		✓			
38	2025420231	Aniket Sahani	SYBSc	M		✓			
39	2025420098	Smit Joshi	SYBSc	M		✓			
40	2025420007	Shiv Raj Vishwakarma	SYBSc	M		✓			
41	2024420197	Kush P. Thakkar	FYBSc	M		✓			
42	2026420733	Sai P. Pade	FYBSc	M		✓			
43	2025430201	Biddhi S. Sharmakar	SYBSc IT	F		✓			
44	2025430026	Kalpita Ashok Dalvi	SYBSc IT	F		✓			
45	2025430070	Neha Subhash Deshmukh	SYBSc IT	F		✓			
46	2025430035	Swamini Shashikant Panchal	SYBSc IT	F		✓			
47	2024430044	Sumayya Rajesh Yadav	SYBSc IT	F		✓			
48	2026420548	Ganvi S. Warang	FYBSc Stats	F		✓			
49	2026420530	Ganvi S. Warang	FYBSc Stats	F		✓			
50	2025420029	Sulrangke Vasth	SYBSc	F		✓			
51	2025420370	Vaishnavi Patil	SYBSc	F		✓			

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Sr. No	PRN Number	Name	Class	Gender	Sign	Rate for session			
						Excellent	Very good	Good	Satisfactory
53	2024420107	Khushbu Bharti	TYBSC	F	Khushbu			✓	
54	2024420109	Anushka Yadav	TYBSC	F	Anushka			✓	
55	2024420110	Shreya Salvi	TYBSC	F	Shreya			✓	
56	2025420263	Vaishna Nishad	SYBSC	F	Vaishna		✓		
57	2025420528	Farza Kazi	SYBSC	F	Farza				✓
58	2025420282	Nashra Ansari	SYBSC	F	Nashra				✓
59	2025420477	Zoha chowdhary	SYBSC	F	Zoha				✓
60	2025420392	Aanchal Kanjaria	SYBSC	F	Aanchal				✓
61	2025420048	Khushi Bhatnagar	SYBSC	F	Khushi				✓
62	2025420079	Vishwakarma Jaha	SYBSC	F	Vishwa		✓		
63	2025420184	Prachin Panherkar	SYBSC	F	Prachin		✓		
64	2025420063	Tanisha Sinha	SYBSC	F	Tanisha		✓		
65	2025420024	Komal Kajalkar	SYBSC	F	Komal				✓
66	2025420023	Sakshi Kabare	SYBSC	F	Sakshi				✓
67	2025420030	Shreya Indulkar	SYBSC	F	Shreya				✓
68	2024420150	Mansi S. Samve	TYBSC	F	Mansi		✓		
69	2024420156	Nidhi N. Sakpal	TYBSC	F	Nidhi			✓	
70	2024420149	Ankita A. Shinde	TYBSC	F	Ankita		✓		
71	2024420114	Laxmi K. Kharwar	TYBSC	F	Laxmi				✓
72	2026420561	Samarudhi S. Gunjate	FYBSC	F	Samarudhi		✓		
73	2026420544	Prachi S. Chandramur	FYBSC	F	Prachi		✓		
74	2026420714	Tanushri S. Shinge	FYBSC	F	Tanushri		✓		
75	2026420419	Shruti Ranjan	FYBSC	F	Shruti		✓		
76	2026420155	Shreya Gadgil	TYBSC	F	Shreya				✓
77	2024420158	Natasha Deshmukh	TYBSC	F	Natasha				✓
78	2024420112	Akshaya Gudla	TYBSC	F	Akshaya				✓
79		Roshni Singh	FYBSC	F	Roshni		✓		
80	2026420554	Tulsi Parmar	FYBSC	F	Tulsi		✓		
81	2026420554	Vaishnavi Yadav	FYBSC	F	Vaishnavi				✓

Signature

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Sr. No	PRN Number	Name	Class	Gender	Sign	Rate for session			
						Excellent	Very good	Good	Satisfactory
82	2026420560	Neha B. Gouda	FYBSC	F	Neha	✓			
83	2026420568	Hetal Chauhan	FYBSC	F	Hetal	✓			
84	2026420569	Anushka Guxu	FYBSC	F	Anushka	✓			
85	2026420570	Anura Bharti	FYBSC	F	Anura	✓			
86	2026420553	Isha Mandal	FYBSC	F	Isha	✓			
87	2026420559	Durva Tarwade	FYBSC	F	Durva	✓			
88	2026420563	Shruti Thorval	FYBSC	F	Shruti	✓			
89	2026420611	Makul Guxshi	FYBSC	F	Makul	✓			
90	2026420556	Neha Shinge	FYBSC	F	Neha	✓			
91	2026420608	Suhani S. Shaikh	FYBSC	F	Suhani	✓			
92	2026420716	Sayyed Juba	FYBSC	F	Sayyed	✓			
93	2026420707	Rohini Yadav	FYBSC	F	Rohini	✓			
94	2026420718	Pritya yadav	FYBSC	F	Pritya	✓			
95	2025420395	Komal Yadav	SYBSC	F	Komal	✓			
96	2025420449	Maam L. Gupta	SYBSC	F	Maam	✓			

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Response	Percentage
Excellent	47%
Very Good	30%
Satisfactory	15%
Good	8%