



Shri Gajanan Shikshan Sanstha's
**SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING
SHEGAON – 444203, DIST. BULDANA (MAHARASHTRA STATE), INDIA**

"Recognized by A.I.C.T.E., New Delhi" Affiliated to Sant Gadge Baba Amravati University, Amravati
"Approved by the D.T.E., M.S. Mumbai"

Ph : +918669638081/82
Fax : 091-7265-252346

Email: principal@ssgmce.ac.in, registrar@ssgmce.ac.in
Website- www.ssgmce.ac.in

Academic year 2019-20

Sr. No.	Name of the capacity development and skills enhancement program	Type of Initiative	Evidences
1	A talk on "Future Prospects in Engineering " By Mr Sachin Satpute	Soft Skill	Click Here
2	Introduction to corporate & social etiquette/manners, by Prof S.V.Bhagat	Soft Skill	Click Here
3	Japanese Language Course by ,Mr. Nilkanth Wankhade, Foreign Language Trainer, Surani Academy,Akola	Language and Communication Skills	Click Here
4	Ultimate Spoken English Classes,Mr. Abdus Salaam Chau,	Language and Communication Skills	Click Here
5	Presentation on awareness of Yoga and its health benefits followed by some routine yogic exercises. Dr.R.M.Kharate/ Mrs. S.S.Gachake	Life Skills	Click Here
6	Motivational Lecture By Mr. Anup Agrawal	Life Skills	Click Here




PRINCIPAL
Shri Sant Gajanan Maharaj
College of Engineering, Shegaon.



A

Report

on

**“Future Prospects in Engineering “
Student Orientation and Induction Program**

Academic Year 2019-20

Shri Sant Gajanan Maharaj College of Engineering,
Khamgaon Road, Shegaon, Dist: Buldhana



Sr No	Title of Activity	Future Prospects in Engineering Student Orientation and Induction Program
1	Speaker	Mr. Sachin Satpute, Director & CEO, Edu Plus Now, Pune
2	Co-Ordinator	Prof. H.S.Patil
3	Co-Coordinator	Dr.N.A.Patil
4	Schedule of Activity	Tuesday, 06/08/2019
5	Time	1:00pm-3:00pm
6	Objective of Activity	<ol style="list-style-type: none"> 1. Provide an overview of current and emerging trends in engineering to familiarize students with the evolving landscape of the industry. 2. Explore cutting-edge technologies and advancements that are shaping the future of engineering, such as artificial intelligence, Internet of Things (IoT), and sustainable technologies.. 3. Highlight the key skills and competencies that will be in demand for future engineering professionals, including interdisciplinary skills, adaptability, and proficiency in emerging technologie. 4. Emphasize the significance of soft skills, effective communication, and teamwork in engineering professions, as these skills are essential for successful collaboration and project management. 5. Inspire students by showcasing success stories and achievements within the engineering field, motivating them to pursue excellence in their academic and professional endeavor.
7	Venue	Auditorium
8	No. of Beneficiaries	Total- 400
9	POs Addressed	PO8, PO12

About Program:

The primary aim of the seminar on "Future Prospects in Engineering" is to provide participants with a comprehensive understanding of the evolving landscape of the engineering industry and to offer insights into the various opportunities, challenges, and trends that will shape the future of the field.

Speaker Profile: Mr. Sachin Satpute, Director & CEO, Edu Plus Now, Pune

Learning Outcomes:

1. Participants gained a heightened awareness of the current and emerging trends in the engineering industry, allowing them to stay informed about the dynamic nature of the field.
2. Attendees acquired insights into key technologies shaping the future of engineering, such as artificial intelligence, machine learning, and sustainable engineering practices..
3. The seminar emphasized the importance of acquiring versatile skill sets, motivating participants to focus on developing skills that align with the evolving needs of the engineering industry.
4. Participants were exposed to various career paths within engineering, including specialized domains and entrepreneurial opportunities, helping them make informed decisions about their future career trajectories.
5. The seminar incorporated a Q&A session, providing participants with the opportunity to engage directly with the speaker, seek clarification, and receive personalized advice on academic and career-related queries..

Program Contents:

The seminar on "Future Prospects in Engineering" led by speaker Mr. Sachin Satpute was an insightful and engaging session that provided participants with valuable perspectives on the evolving landscape of the engineering industry. Mr. Satpute, an industry expert with extensive experience, commenced the seminar by discussing current trends in engineering, emphasizing the increasing integration of technologies such as artificial intelligence, machine learning, and sustainable engineering practices. The speaker delved into the importance of acquiring versatile skill sets and staying abreast of technological advancements, underscoring the role of adaptability in the rapidly changing field of engineering. Mr. Satpute shared real-world examples and case studies, offering practical insights into global engineering projects and initiatives.

Throughout the seminar, Mr. Sachin Satpute explored various career paths within engineering, shedding light on specialized domains, entrepreneurship opportunities, and the potential for interdisciplinary collaboration. His presentation also addressed ethical considerations in engineering, stressing the responsibility of engineers in addressing societal challenges and contributing to sustainable development. The seminar concluded with a Q&A session, allowing participants to engage directly with Mr. Satpute, seek clarification, and gain personalized advice on their academic and career aspirations.



Mr. Satpute interacting with students

Prof. Harshali S. Patil
Program Coordinator

Dr. N.A. Patil
Professor & Head ASH Department

SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING, SHEGAON
NOTICE

Date: 3/08/2019

All the B. E. first year students are hereby informed that an expert talk on “**Future Prospects in Engineering**” has been organized as per the following schedule:

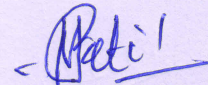
- Date: 06/08/2019
- Time: 1:00pm-3:00pm
- Venue: New Auditorium

Name of Resource Person:

Mr. Sachin Satpute, Director & CEO EDUPLUS NOW, Pune



Prof. H. S. Patil
Coordinator



Dr. N. A. Patil
Head-A.S.&H.



A

Report

on

“Introduction to corporate & social etiquette/manners“

Academic Year 2019-20

Shri Sant Gajanan Maharaj College of Engineering,
Khamgaon Road, Shegaon, Dist: Buldhana



Sr No	Title of Activity	Introduction to corporate & social etiquette/manners
1	Speaker	Mr. Sachin Bhagat Assistant professor in Communication skill
2	Co-Ordinator	Prof. H.S.Patil
3	Co-Coordinator	Dr.N.A.Patil
4	Schedule of Activity	07/08/2019
5	Time	
6	Objective of Activity	Communicate the significance of etiquette in both professional and social contexts. Highlight the impact of good manners on personal and professional relationships. Define the key differences between corporate and social etiquette. Provide guidelines on appropriate attire in corporate and social settings.
7	Venue	Auditorium
8	No. of Beneficiaries	Total- 300
9	POs Addressed	PO8, PO12

About Program:

The primary aim of the seminar on " **Introduction to corporate & social etiquette/manners** " is to equip participants with the knowledge and skills needed to navigate corporate and social environments with confidence, demonstrating professionalism, respect, and cultural awareness in various situations.

The Speaker Prof. S. V. Bhagat delivered an engaging presentation that captivated the audience's attention from start to finish. The seminar began with a comprehensive overview of the importance of corporate and social etiquette, distinguishing between the two and providing insights into when and how to apply each set of manners appropriately. Students received practical tips on maintaining a polished and professional appearance, covering aspects such as appropriate attire, grooming, and personal presentation. Speaker shared valuable insights into proper conduct during business meetings, emphasizing the importance of preparation, punctuality, and active participation.

Learning Outcomes:

1. Participants gained a heightened awareness of the importance of corporate and social etiquette in both professional and personal settings.
2. Attendees acquired Proficiency in differentiating between corporate and social etiquette.
3. Improved verbal and non-verbal communication skills.
4. Awareness of responsible social media behavior.
5. Application of learned etiquettes through interactive role-playing sessions.

SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING
STUDENTS INDUCTION PROGRAM FOR B.E. I YEAR: SESSION 2019-20

Venue: New Auditorium.

Date: 19/07/2019

Objective	Schedule	Activity	Topic Covered	Resource Person	
Day1: 05 August 2019 (Monday)					
Welcome Function for B.E First year students					
Day2: 06 August 2019 (Tuesday)					
<ul style="list-style-type: none"> • To introduce 1st year engineering subjects, syllabus, its future scope, list of required text books. • To brief about T&P activities, teaching learning facilities, and examination schemes • To create brief awareness regarding personal, social & spiritual development through Yoga and Aerobics exercises. 	11.00 AM to 1.00 PM	Career Planning and Introduction to Engineering	Importance, Scope & Planning Introduction to 1st year subject/ syllabus according to the various groups, its scope, importance, along with information on basics text books required.	Dr.R.M.Kharate	
	1.00 pm-1.15 pm –BREAK				
	1:15 PM to 3:15 PM	T&P Activities	Campus related details, employer's expectation and availability of various facilities present in our college to improve employability skills.	Prof.V. K. Thute	
	3.15 pm to 3.45 pm - BREAK				
	3.45 PM to 4.45 PM	Yoga and Relaxation of Mind	Presentation on awareness of Yoga and its health benefits followed by some routine yogic exercises	Dr.R.M.Kharate Mrs. S.S.Gachake	
4.45 PM to 5.45 PM	Sports and its awareness	Awareness regarding health benefits of Aerobic exercises & sports with mild aerobics & sports	Shri.G.L.Bayaskar Shri Rahul Paturkar		
Day3: 07August 2019 (Wednesday)					
<ul style="list-style-type: none"> • To brief about official rules and regulation, various facilities like library, sports etc programs and event at college level and thereby motivate students to participate. • To brief about Hostel rules and regulation • Code of Discipline etc. 	11.00 AM to 12 Noon	Official Rules / regulations	College official rules and regulation for students benefits and welfare programs like various scholarship schemes, important dates procedure of fees payment etc.	Prof.A.V.Patil	
	12 Noon to 1:00 PM	Hostel Rules & Antiquates	Awareness regarding Hostels facilities, rules/regulation, payment of fees, outgoing records maintenance on students side etc.	Dr.R.M.Kharate	
	1.00 pm-1.15 pm –BREAK				
	1:15 PM to 2:15 PM	Corporate Manners	Introduction to corporate & social etiquette/manners.	Prof S.V.Bhagat	
	2:15 PM to 3:15 PM	Teaching / Learning facilities & Internal/ incentive marks schemes	Details regarding theory/practical classes, their submission, various examination schemes, etc.	Prof D.L.Bhombe	
	3.15 pm to 3.45 pm - BREAK				
	3.45 PM to 4.45 PM	Yoga and Relaxation of Mind	Yoga and Relaxation of Mind	Dr.R.M.Kharate/ Mrs. S.S.Gachake	
4.45 PM to 5.45 PM	Sports	Sports Activity	Shri.G.L.Bayaskar		

SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING, SHEGAON
NOTICE


Date: 5/08/2019

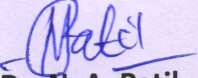
All the B. E. first year students are hereby informed that a session on **“Introduction to Corporate and Social Etiquettes/Manners”** has been organized as per the following schedule:

- Date: 07/08/2019
- Time: 1:15pm-2:15pm
- Venue: New Auditorium

Name of Resource Person:

Mr. S. V. Bhagat, Assistant Professor, SSGMCE, Shegaon


Prof. H. S. Patil
Coordinator


Dr. N. A. Patil
Head-A.S.&H.



Prof. Bhagat interacting with students

Prof. Harshali S. Patil
Program Coordinator

Dr. N.A. Patil
Professor & Head ASH Department



A

Report

on

“Japanese Language Course “

Academic Year 2019-20

Shri Sant Gajanan Maharaj College of Engineering,
Khamgaon Road, Shegaon, Dist: Buldhana



Sr No	Title of Activity	Japanese Language Course
1	Speaker	Mr. Nilkanth Wankhade, Foreign Language Trainer Surani Academy Akola
2	Co-Ordinator	Prof H.S.Patil
3	Co-Coordinator	Dr.N.A.Patil
4	Schedule of Activity	August to December 2019(N5 Level) and February to June 2020(N5 Level)
5	Time	8am to 10am
6	Objective of Activity	<ol style="list-style-type: none"> 1.Develop basic language proficiency in Japanese, covering fundamental skills such as listening, speaking, reading, and writing. 2.Enable students to communicate effectively in everyday situations, such as greetings, introductions, and simple conversations. 3.Introduce students to a selection of essential kanji characters, focusing on those commonly used in everyday contexts and basic communication. 4.Teach fundamental grammar rules and sentence structures to allow students to construct simple sentences and express basic ideas. 5.Prepare students for Japanese language proficiency exams (JLPT), providing guidance on exam formats, content, and strategies for success.
7	Venue	D1 Classroom
8	No. of Beneficiaries	Total- 57
9	POs Addressed	PO10, PO12

About Program:

The primary aim of this program is to enable students to develop comprehensive proficiency in the Japanese language, encompassing listening, speaking, reading, and writing skills, along with a deep understanding of Japanese culture, to empower them for effective communication and engagement in diverse contexts.

Speaker Profile: Mr. Nilkanth Wankhade, Foreign Language Trainer, Surani Academy, Akola

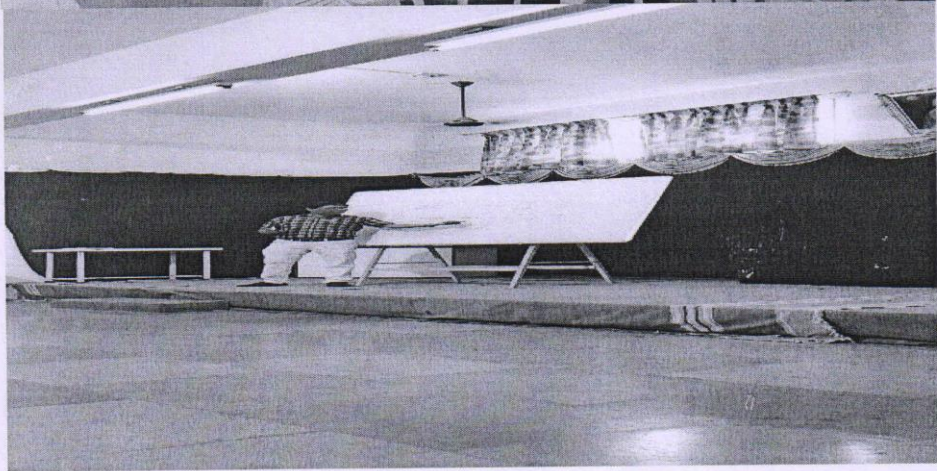
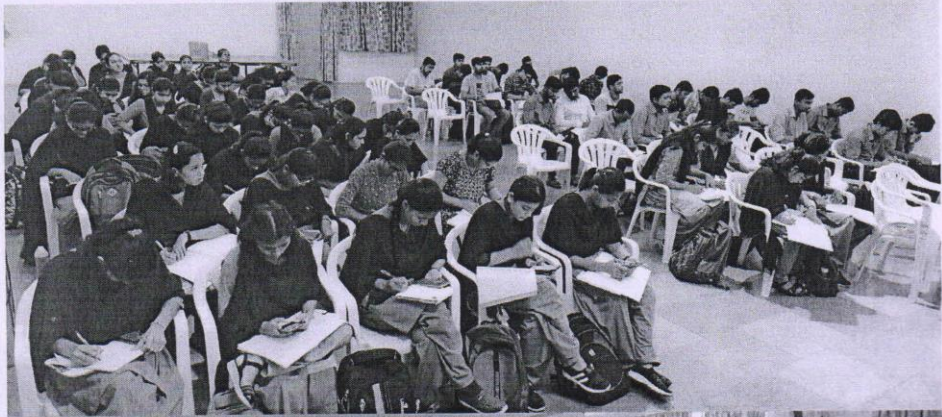
Topics Covered: Japanese Language Course

Learning Outcomes:

1. Students achieved a foundational level of proficiency in listening, speaking, reading, and writing in the Japanese language.
2. Students gained an ability to engage in basic conversations, express ideas, and understand simple spoken and written Japanese Career Advantages:
3. Students gained Proficiency in reading and writing the basic Japanese scripts.
4. Improved confidence in using Japanese, leading to increased participation in conversations and activities.
5. Improved reading comprehension skills through exposure to various written materials.
6. Readiness to take Japanese Language Proficiency Test (JLPT) exams at an appropriate level, demonstrating language proficiency
7. Ability to construct basic written sentences and short paragraphs in Japanese.

Program Contents:

Dr. Wankhade conducted a Japanese Language Course tailored specifically for engineering students with the primary goal of providing a well-rounded learning experience. The course aimed to develop basic proficiency in listening, speaking, reading, and writing in Japanese, while also fostering an appreciation for Japanese culture and enhancing cross-cultural competence. Throughout the modules, which covered hiragana, katakana, basic kanji, grammar, and engineering-specific vocabulary, Dr. Wankhade employed interactive sessions, role-playing activities, and real-world engineering scenarios to reinforce language skills. One of the course's notable features was the inclusion of cultural integration workshops, providing students with insights into Japanese customs, traditions, and workplace etiquette. Japanese language enriched the practical application of language skills in the professional domain. Field trips to engineering-related establishments further allowed students to apply their language proficiency in real-world settings. Dr. Wankhade's Japanese Language Course successfully achieved its objectives, equipping participants with valuable linguistic and cultural skills essential for their future endeavors in the engineering field.



SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING

Applied Sciences and Humanities Department

NOTICE

JAPANESE CLASS REGISTRATION

Date: 17.07.2019

To,

- All the students (1st to final year)
- M.B.A.department
- All interested faculties

Dear ALL,


Kindly go through the following details of the Japanese Language course in our college and register yourself at your earliest

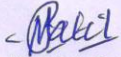
REGISTRATION DATES: from 19th – 25th July 2019 with fees.

Course details

- Course name : **N5 Level**
- Course duration: from August to December 2019.
(excluding vacation, university theory & practical exam)
- Class Schedule : every Monday and Tuesday only
- Time : 8:00 am to 10:00 am
- Venue : D1 Classroom
- Fees : **Rs.3,000/-**
(Including tuition & exam fees + course material)
- Exam : Know as **N5-JLPT** (Japanese Language Proficiency Test)
- Schedule : Twice a year, 1st Sunday of December & July.
- Authority : Conducted & approved by the Japanese Foundation, Japan Government.

Thank you.

Prof.H.S.Patil 
Foreign Language Incharge



Dr.N.A.Patil
Head, A.S.H Deptt


SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING
Applied Sciences and Humanities Department
 Japanese Language Course Participants List
 Session 2019-2020

S.No.	August2019 Batch	
1	SonalV.Jangale	1 M
2	Ritika Denge	Mech.
3	Mega Shrawgi	3R
4	AnujaGhodki	3M
5	AsmitaS.Rawankar	3 M
6	Poonam D. Tikar	Mech.
7	Namita N.Dahake	Mech.
8	Priyanka Sontakke	3R
9	Suraj V.Shelke	Mech.
10	Rajendra Kubde	Mech.
11	Akash Chandere	1 EXTC
12	Mahesh Sawarkar	1 EXTC
13	Mahesh S.Ingle	Mech.
14	Gaurav N.Thakre	Mech.
15	AkshayChoudhari	3N
16	Sanket Vakil	2N
17	SonaliV.Chim	Mech.
18	SampadaP.Paliwal	MBA
19	SaloniA.Jadhao	MBA
20	Gitesh Deshmukh	2N
21	RiteshBuchche	4U1
22	Mandar Ingle	3N

S.No.	December 2019Batch	
1	Prof.Prabhanjan Chaudhari	
2	SharayuWakode	
3	RushikeshKaikade	
4	SejalKhadre	
5	Prof.KunalGadgil	
6	Tushar Bendarkar	
7	Shreyas Patil	
8	Aditya Mahore	
9	Harshada Saraf	
10	AkshayLahe	
11	Mansi Sharma	

12	Nisha Kakde
13	Radhika Deshmukh
14	Gauri Mahalle
15	Prasad Mukkawar
16	Nissim Sheode
17	Sakshi Hiwrale
18	SiddeshKachkure
19	Chetan Marode
20	AkshayBhople
21	Shruti Dhave
22	Nikita Jenekar
23	Gayatri Thakur
24	Nimish Nandurkar
25	SrushtiThorat
26	Ekta Paldiwal
27	Shriram Lohar
28	Gargi Tela
29	Sampada Vyas
30	Dollesh Rathod
35	5 additional students

Prof.H.S.Patil 
Foreign Language Incharge


Dr.N.A.Patil
Head, A.S.H Deptt

SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING

Applied Sciences and Humanities Department

Japanese Language Course Participants List

Session 2019-2020

S.No.	December 2019 Batch	Sign
1	Prof.Prabhanjan Chaudhari	
2	Sharayu Wakode	
3	Rushikesh Kaikade	
4	Sejal Khadre	
5	Prof.Kunal Gadgil	
6	Tushar Bendarkar	
7	Shreyas Patil	
8	Aditya Mahore	
9	Harshada Saraf	
10	Akshay Lahe	
11	Mansi Sharma	
12	Nisha Kakde	
13	Radhika Deshmukh	
14	Gauri Mahalle	
15	Prasad Mukkawar	
16	Nissim Sheode	
17	Sakshi Hiwrale	
18	Siddesh Kachkure	
19	Chetan Marode	
20	Akshay Bhople	
21	Shruti Dhave	
22	Nikita Jenekar	
23	Gayatri Thakur	
24	Nimish Nandurkar	
25	Srushti Thorat	
26	Ekta Paldiwal	
27	Shriram Lohar	
28	Gargi Tela	
29	Sampada Vyas	
30	Dollesh Rathod	
35	5 additional students	

Prof.H.S.Patil

Foreign Language Incharge

Dr.N.A.Patil

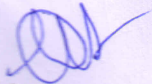
Head, A.S.H Deptt

SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING
Applied Sciences and Humanities Department

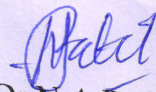
Japanese Language Course Participants List

Session 2019-2020

S.No.	August 2019 Batch		Sign
1	Sonal V.Jangale	1 M	Sonangale
2	Ritika Denge	Mech.	Rdenge
3	Mega Shrawgi	3R	Megnu
4	Anuja Ghodki	3M	Anujal
5	Asmita S.Rawankar	3 M	Phunje
6	Poonam D. Tikar	Mech.	Tikar
7	Namita N.Dahake	Mech.	NAD
8	Priyanka Sontakke	3R	P.Sontakke
9	Suraj V.Shelke	Mech.	Shelke
10	Rajendra Kubde	Mech.	RK.
11	Akash Chandere	1 EXTC	Akash
12	Mahesh Sawarkar	1 EXTC	Achale
13	Mahesh S.Ingle	Mech.	Mahesh
14	Gaurav N.Thakre	Mech.	gnt.
15	Akshay Choudhari	3N	Akshay
16	Sanket Vakil	2N	Akshay
17	Sonali V.Chim	Mech.	SC
18	Sampada P.Paliwal	MBA	Sampada
19	Saloni A.Jadhao	MBA	SAJ
20	Gitesh Deshmukh	2N	Gitesh
21	Ritesh Buchche	4U1	R.Buchche
22	Mandar Ingle	3N	Mandar



Prof.H.S.Patil
Foreign Language Incharge



Dr.N.A.Patil
Head, A.S.H Deptt

SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING, SHEGAON
SPOKEN ENGLISH WORKSHOP SESSION: AUT. 2019-20
REPORT

Topic: Ultimate Spoken English Workshop

- **Date:** 20 Aug to 20 September 2019 (Session Aut.2019-2020)
- **Time:** 1st batch:9:00am -10:30 am
- **Venue:** Swadhyay Kaksh, 1st floor, Sports Complex, SSGMCE.

Resource Person with contact details: Mr. Abdus Salaam Chaus,Chaus Publication Ltd.,Pune

Number of Participants: Approx. 150

Mode: Offline

Objectives:

- To improve participants' speaking and communication skills in the English language
- To empower participants to communicate effectively in English in their personal and professional lives.

Highlights of Guest Lecture:

- Emphasised mainly on practical application of English in everyday situations, such as making phone calls, ordering at a restaurant, or job-related communication.
- Included activities and exercises to improve participants' listening skills, enabling them to better understand spoken English, including different accents.
- Feedback and Correction: Regular feedback sessions were organized where participants received constructive criticism and correction to improve their speaking and pronunciation.
- The workshop had a well-structured curriculum that covered various aspects of spoken English, such as pronunciation, vocabulary, grammar, and real-life communication scenarios.

Outcomes:

- Participants demonstrated the ability to engage in conversations, discussions, debates, and role-plays with greater ease and effectiveness.
- Participants demonstrated improved listening skills, and a better understanding of spoken English, even in various accents and contexts.
- Participants demonstrated an increased ability to speak English more fluently and with greater ease.

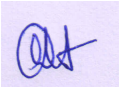
Feedback Analysis: The students enjoyed the session and gained valuable insights.

Photograph:



Speaker guiding participants

Submitted by: Prof. H.S.Patil



Name and Signature of the Coordinator: Prof. H.S.Patil

Date of Submission: 29/09/2019



A

Report

on

“Awareness of Yoga and its Health Benefits “

Academic Year 2019-20

Shri Sant Gajanan Maharaj College of Engineering,
Khamgaon Road, Shegaon, Dist: Buldhana



Sr No	Title of Activity	Awareness of Yoga and its Health Benefits
1	Speaker	Mrs Sneha Gachake SSGMCE, Shegaon
2	Co-Ordinator	Prof. H.S,Patil
3	Co-Coordinator	Dr.N.A.Patil
4	Schedule ofActivity	06-08-2019,
5	Time	3.45 pm to 4.45pm
6	Objective ofActivity	<ol style="list-style-type: none"> 1.To Provide a comprehensive introduction to the principles, history, and philosophy of yoga and meditation. 2.To Explore various yoga postures (asanas) and their benefits for physical health, flexibility, and strength. 3.To Introduce and practice different meditation techniques, focusing on mindfulness, breath awareness, and concentration. 4.To Emphasize the connection between mental and physical well-being, showcasing how yoga and meditation contribute to holistic health. 5.To Teach stress reduction techniques through yoga and meditation, promoting relaxation and mental calmness
7	Venue	Yoga Hall
8	No. of Beneficiaries	Total- 400
9	Pos addressed	PO8, PO12

About Program:

Mrs. Sneha Gachake, the yoga instructor, led the sessions with great dedication. She emphasized to the students that dedicating a few minutes each day to yoga can effectively alleviate the stress that accumulates in both the body and mind. Yoga postures, pranayama, and meditation are proven techniques for stress release.

The session began with seeking the blessings of the Almighty, followed by warming up and stretching exercises.

With a focus on physical health, Mrs. Gachake meticulously explained the various yoga asanas, illuminating their positive impact on flexibility, strength, and balance. The lecture delved into the mental realm, where attendees gained an understanding of how yoga, through meditation and mindfulness, can be a powerful tool in alleviating stress, anxiety, and depression, fostering mental clarity and emotional equilibrium. Stress reduction, improved focus, and enhanced concentration were emphasized as participants discovered the transformative effects of specific breathing techniques and relaxation exercises. Mrs. Gachake also highlighted the spiritual dimensions of yoga, introducing concepts of self-discovery, inner peace, and unity with the universe. This comprehensive exploration showcased yoga's adaptability to different lifestyles and its inclusivity, making it accessible to individuals of all ages and fitness levels. Attendees left the lecture equipped with practical insights on integrating yoga into their daily lives, inspired to embark on a journey towards long-term physical, mental, and spiritual well-being. Mrs. Gachake's expertise illuminated the transformative power of yoga, demonstrating its profound impact on the mind, body, and spirit.

Mrs. Gachake motivated the students and underscored the importance of integrating yoga into their daily lives, extending its practice beyond the mat. She highlighted the idea that the principles and benefits of yoga should be applied and sustained in various aspects of their daily lives.

Learning Outcomes:

1. **Physical Relaxation:** Participants often experience physical relaxation as yoga involves gentle stretching, postures, and movements that release tension in the muscles.
2. **Improved Concentration and Focus:** Regular meditation practice enhances students' ability to concentrate, focus, and sustain attention, leading to improved academic performance and productivity.
3. **Enhanced Emotional Regulation:** Meditation helps students develop emotional resilience, allowing them to better regulate emotions, handle conflicts, and maintain a positive mindset.
4. **Better Sleep Patterns:** Practicing meditation techniques can improve sleep quality by reducing insomnia, enhancing relaxation, and promoting better sleep habits.
5. **Mindfulness and Awareness:** Students learn mindfulness through meditation, enhancing their present-moment awareness, observation skills, and ability to stay grounded amidst distractions.
6. **Strengthened Mental Health:** Introduction to meditation fosters mental resilience, reduces anxiety, and helps in managing symptoms of depression, contributing to overall mental health.
7. **Increased Self-Awareness:** Meditation encourages self-reflection, aiding students in understanding their thoughts, emotions, and behaviours, leading to greater self-awareness.



Prof A.S.Alane / Prof. Mrs. H.S.Patil
Program Coordinator



Dr. N.A.Patil
HOD ASH Department



Participants performing yoga



SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING
STUDENTS INDUCTION PROGRAM FOR B.E. I YEAR: SESSION 2019-20

Venue: New Auditorium.

Date: 19/07/2019

Objective	Schedule	Activity	Topic Covered	Resource Person
Day1: 05 August 2019 (Monday)				
Welcome Function for B.E First year students				
Day2: 06 August 2019 (Tuesday)				
<ul style="list-style-type: none"> To introduce 1st year engineering subjects, syllabus, its future scope, list of required text books. To brief about T&P activities, teaching learning facilities, and examination schemes To create brief awareness regarding personal, social & spiritual development through Yoga and Aerobics exercises. 	11.00 AM to 1.00 PM	Career Planning and Introduction to Engineering	Importance, Scope & Planning Introduction to 1st year subject/ syllabus according to the various groups, its scope, importance, along with information on basics text books required.	Dr.R.M.Kharate
	1.00 pm-1.15 pm –BREAK			
	1:15 PM to 3:15 PM	T&P Activities	Campus related details, employer's expectation and availability of various facilities present in our college to improve employability skills.	Prof.V. K. Thute
	3.15 pm to 3.45 pm - BREAK			
	3.45 PM to 4.45 PM	Yoga and Relaxation of Mind	Presentation on awareness of Yoga and its health benefits followed by some routine yogic exercises	Dr.R.M.Kharate Mrs. S.S.Gachake
	4.45 PM to 5.45 PM	Sports and its awareness	Awareness regarding health benefits of Aerobic exercises & sports with mild aerobics & sports	Shri.G.L.Bayaskar Shri Rahul Pahunkar
Day3: 07August 2019 (Wednesday)				
<ul style="list-style-type: none"> To brief about official rules and regulation, various facilities like library, sports etc programs and event at college level and thereby motivate students to participate. To brief about Hostel rules and regulation Code of Discipline etc. 	11.00 AM to 12 Noon	Official Rules / regulations	College official rules and regulation for students benefits and welfare programs like various scholarship schemes, important dates procedure of fees payment etc.	Prof.A.V.Patil
	12 Noon to 1:00 PM	Hostel Rules & Antiquates	Awareness regarding Hostels facilities, rules/regulation, payment of fees, outgoing records maintenance on students side etc.	Dr.R.M.Kharate
	1.00 pm-1.15 pm –BREAK			
	1:15 PM to 2:15 PM	Corporate Manners	Introduction to corporate & social etiquette/manners.	Prof S.V.Bhagat
	2:15 PM to 3:15 PM	Teaching / Learning facilities & Internal/ incentive marks schemes	Details regarding theory/practical classes, their submission, various examination schemes, etc.	Prof D.L.Bhombe
	3.15 pm to 3.45 pm - BREAK			
	3.45 PM to 4.45 PM	Yoga and Relaxation of Mind	Yoga and Relaxation of Mind	Dr.R.M.Kharate/ Mrs. S.S.Gachake
4.45 PM to 5.45 PM	Sports	Sports Activity	Shri.G.L.Bayaskar	

Day4: 08 August 2019 (Thursday)				
<ul style="list-style-type: none"> To brief about various students councils and its utility. To motivate students about carrier awareness Personality development 	11.00 AM to 12 Noon	Carrier Guidance	Career Planning and creating awareness about various career lines	Dr J.G.Khan
	12:00 Noon to 1:00 PM	Student council	Details regarding various Students councils and its activities.	Prof. Miss. P.V.Kale
	1.00 pm-1.15 pm –BREAK			
	1:15 PM to 2:15 PM	Motivation	Guest Lecture on "RIGHT ATTITUDE"	Dr. H.M.Jha
	2:15 PM to 3:15 PM	General awareness and Personality Development	Importance of personality development and employability skill sets, awareness and importance of ESS and facility available at college level	Prof. Mrs. H.S.Patil
	3.15 pm to 3.45 pm – BREAK			
	3.45 PM to 4.45 PM	Yoga / Aerobics		Mrs.S.S.Gachke Shri Rahul Paturkar
	4.45 PM to 5.45 PM	Sports		Shri.G.L.Bayaskar
Day5: 09 August 2019 (Friday)				
<ul style="list-style-type: none"> To brief about the importance of employability skills development through various online and offline technical courses 	11:00 AM to 12:00 Noon	E-Learning	Details regarding various online courses, (NPTEL, SWAYAM etc)	Prof.Ms. K. P. Sable
	12:00 Noon to 1:00 PM	College Discipline	College disciplinary policy regarding attendance, submission, punctuality, uniform, self discipline, college manners etc	Dr.N.A.Patil
	1.00 pm-1.15 pm –BREAK			
	1:15 PM to 3:15 PM	Department Visit of Students	Department Visit and Interaction with departmental faculty	All HOD
	3.15 pm to 3.45 pm - BREAK			
	3.45 PM to 4.45 PM	Yoga/ Aerobics		Mrs.S.S.Gachke Shri Rahul Paturkar
	4.45 PM to 5.45 PM	Sports		Shri.G.L.Bayaskar
Day6: 10August 2019 (Saturday)				
<ul style="list-style-type: none"> To aware students about latest industrial trends 	8.30 AM to 1.00 PM	Alumni / Industry / Entrepreneur	Motivational Speech and Interaction	Alumni Industry official Entrepreneur



 Prof A.S.Alane / Prof. Mrs. H.S.Patil
 Program Coordinator


 Dr. N.A.Patil
 HOD ASH Department


 Dr. S.B.Somani
 Principal



A
Report
on
“Motivational Lecture”
By
Mr. Anup Agrawal
Student Orientation and Induction Program
Academic Year 2019-20



Sr No	Title of Activity	Motivational Lecture Student Orientation and Induction Program
1	Speaker	Mr. Anup Agrawal Chief Business Officer, Akash_ Educational Services, New Delhi
2	Co-Ordinator	Prof. H.S.Patil
3	Co-Coordinator	Dr.N.A.Patil
4	Schedule of Activity	10/08/2019
5	Time	8:30am-1:00pm
6	Objective of Activity	<p>To inspire and motivate engineering students by sharing personal and professional experiences of Alumni</p> <p>To emphasize the importance of life skills in the holistic development of engineering students, both during their academic journey and in their future careers.</p> <p>To identify and discuss essential life skills such as time management, effective communication, problem-solving, adaptability, and resilience that are crucial for success in engineering and beyond.</p> <p>To encourage students to set meaningful and achievable goals, both academically and personally, and to provide strategies for staying motivated and focused.</p> <p>To introduce stress management techniques and coping strategies tailored to the demands of an engineering student's life.</p>
7	Venue	Auditorium
8	No. of Beneficiaries	Total- 300
9	Syllabus/Topics	Motivational Lecture

About Program:

The primary objective of this motivational lecture is to empower engineering students with essential life skills, fostering personal and professional development. Through insights, real-world examples, and practical strategies shared by Mr. Anup Agrawal, Chief Business Officer at Akash Educational Services, the lecture aims to inspire students, enhance their understanding of the relevance of life skills in the engineering field, and equip them with the tools needed to navigate challenges, set meaningful goals, and cultivate a positive mindset for success.

Speaker Profile: Mr. Anup Agrawal Chief Business Officer, Akash_Byju's/Growth Strategy | Expansion, New Delhi

Program Contents:

Mr. Anup Agrawal began the lecture with an engaging opening, sharing anecdotes from his own journey and setting a positive and inspirational tone for the session. The speaker emphasized the relevance of life skills in the context of engineering education and highlighted their role in shaping successful careers. Mr. Agrawal identified and discussed key life skills, providing practical examples of how each skill contributes to personal and professional growth. Real-world examples and case studies from the engineering industry were presented, illustrating how life skills play a crucial role in problem-solving, innovation, and teamwork. Students were encouraged to set both short-term and long-term goals, and Mr. Agrawal shared strategies for

maintaining focus and motivation throughout their academic journey. Mr. Agrawal concluded the lecture by promoting a growth mindset, urging students to embrace challenges and setbacks as opportunities for learning and improvement.

Learning Outcomes:

- Students gained a clearer understanding of how life skills play a crucial role in both academic pursuits and future engineering careers.
- Students are able to identify and recognize key life skills such as time management, effective communication, problem-solving, adaptability, and resilience.
- Students gained insights into the practical application of life skills in real-world engineering scenarios through the presentation of relevant case studies.
- Students are encouraged to set both short-term and long-term goals, and they will receive practical strategies for maintaining focus and motivation
- Students acquired practical stress management techniques, tailored specifically to the demands of an engineering student's life.



Prof A.S.Alane / Prof. Mrs. H.S.Patil
Program Coordinator



Dr. N.A.Patil
HOD ASH Department



Mr. Agrawal addressing students


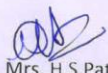
SHRI SANT GAJANAN MAHARAJ COLLEGE OF ENGINEERING
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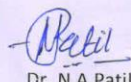
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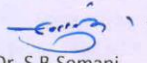
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