



Nanded Education Society Science College, Nanded

Affiliated to Swami Ramanand Teerth Marathwada University, Nanded.(MS)
(Reaccredited with "A" grade by NAAC with (CGPA 3.35) 4th Cycle,
CPE Status, DST-FIST, Best College Award (SRTMUN)



Annual Quality Assurance Report 2023-24

Criteria – 5

Students Support and Progression

5.1.3. Capacity building and skills enhancement initiatives taken by the institution include the following: soft skills language and communication skills, Life skills (Yoga, physical fitness, health and hygiene) ICT/ Computing skills



A Report
on
One Day Seminar
on



"Easy ways to Focus, Concentrate and
Cultivate a Smart, Sharp, and Powerful
Mindset"

Date: 23/12/2023

Time: 11:00 AM

Resource Person
BK Girish Bhai



Organized by
Science College, Nanded

Approved by NAAC with 'A' grade (2016-2018), CPJ Group
P.O. Box No. 12, Sakh Nagar, Nanded-431918
Web: www.sciencecollegenananded.com


PRINCIPAL
Science College, Nanded

**Report on Seminar: Easy Ways to Focus, Concentrate, and Cultivate
a Smart, Sharp, and Powerful Mindset**

Date: December 28, 2023

Time: 11:00 AM

Venue: Credit Cooperative Society Hall, Nanded

Main Speaker: BK Girish Bhat (Mumbai)

President of the Program: CA Dr. Pravin Patil (Vice President, Nanded Education Society)

Organized By: Dr. D.U. Gawai (Principal, NES Science College, Nanded)

Objective: The seminar aimed to provide practical insights and strategies for enhancing focus, concentration, and cultivating a smart, sharp, and powerful mindset, essential for academic and personal success.

Program Highlights:

Inauguration and Welcome:

The seminar commenced with a warm welcome by CA Dr. Pravin Patil, Vice President of Nanded Education Society, who emphasized the importance of developing mental acuity and focus in today's fast-paced world.

Dr. D.U. Gawai, Principal of NES Science College, Nanded, highlighted the significance of the seminar in equipping students and professionals with tools to enhance cognitive abilities and productivity.

Keynote Address by BK Girish Bhat:



(Handwritten Signature)
Principal
NES Science College,
Nanded

BK Girish Bhal, the esteemed main speaker, delivered an insightful keynote speech on easy and practical techniques to improve focus, concentration, and mindset.

He shared valuable methods derived from mindfulness, meditation, and cognitive training to optimize mental performance and achieve clarity of thought.

Interactive Workshop:

Following the keynote address, an interactive workshop was conducted where attendees engaged in hands-on exercises and techniques aimed at sharpening mental focus and cultivating a powerful mindset.

BK Girish Bhal facilitated exercises focusing on breathwork, visualization, and mindfulness practices tailored to enhance cognitive function and boost productivity.

Closing Remarks:

CA Dr. Previn Patil concluded the seminar by thanking BK Girish Bhal for his enriching session and encouraged participants to incorporate the learned techniques into their daily lives.

Dr. D.U. Gawai expressed gratitude to the organizing committee and participants for their active participation and commitment to personal growth and development.

Conclusion: The seminar on "Easy Ways to Focus, Concentrate, and Cultivate a Smart, Sharp, and Powerful Mindset" provided attendees with valuable tools and strategies to enhance cognitive abilities and mental resilience. BK Girish Bhal's practical approach and interactive workshop fostered a deeper understanding of mindfulness practices for improved focus and productivity.





Principal
 K. J. Somaiya Institute of Science & Technology
 Nanded



-Principal
 N.E.S. Science College,
 Nanded




Principal
N.E.S. Science College,
Nanded






Principal
W.E.B. Science College,
Mandali





**A Report
on
One Day Workshop
on
"Health, Happiness, and Mind
Management"**

**Date: 30/10/2023 Time: 1:30 pm
Venue : Credit Cooperative Society Hall, Nanded.**

Resource Person

Shri Shiva Birkale

**Youth and Sri Sri Yoga zonal co-ordinator
Art of Living**

Organized by

**Internal Quality Assurance Cell
Science College, Nanded**

(Recognized by MUC, vide V. order (2023) 1, 16, 1972 Dated
P.O. Box No. 40, Shrii Naga, Nanded-431005.
Web: www.muc.nanded.ac.in)




**PRINCIPAL
Science College, Nanded**

Report on Seminar: Health, Happiness, and Mind Management

President of the Program: Dr. Venkatesh Kabde (President, Nanded Education Society)

Chief Guest: Mr. Shiva Birkale, YCD Certified Coach and Yoga Teacher (Ministry of Ayush)

Convener: Dr. D.U. Gawai (Principal, NES Science College, Nanded)

Organizing Secretary: Dr. Vibhuti Kulkarni

Date: October 30, 2023 **Time:** 1:30 PM
Venue: Craft Cooperative Society Hall, Nanded.

Objective:

The seminar on "Health, Happiness, and Mind Management" aimed to educate students and faculty members on holistic well-being and effective mind management techniques for a healthier and happier lifestyle.

Program Highlights:

Inauguration and Welcome:

The program commenced with a warm welcome by Dr. Venkatesh Kabde, President of Nanded Education Society, who emphasized the importance of mental and physical health in academic and personal life.

Dr. D.U. Gawai, Principal of NES Science College, Nanded, extended his gratitude to all participants and highlighted the significance of the seminar in promoting overall well-being.

Keynote Address by Mr. Shiva Birkale:

Mr. Shiva Birkale, the esteemed chief guest and certified coach, delivered an enlightening keynote speech on the interplay between health, happiness, and effective mind management.

Interactive Session:



Principal
NES Science College,
Nanded

Following the keynote address, an engaging interactive session took place where students and faculty members had the opportunity to ask questions and seek advice on practical techniques for stress reduction and maintaining a positive mindset.

Mr. Birkule provided valuable tips on incorporating simple yet effective wellness practices into daily routines, catering to the specific needs of students and academics.

Closing Remarks:

Dr. Venkatesh Kabde concluded the seminar by thanking Mr. Shiva Birkule for his enriching session and encouraged all attendees to apply the shared knowledge in their lives for improved health and happiness.

Dr. D.U. Gawai expressed appreciation to the organizing committee and participants for their active involvement in making the seminar a success.

Conclusion: The seminar on "Health, Happiness, and Mind Management" served as a platform to promote holistic well-being among students and faculty members. The valuable insights provided by Mr. Shiva Birkule resonated with attendees, fostering awareness about the importance of integrating mind-body practices for overall wellness.



Principal
W.E.S. Science College,
Warananagar




 Principal
 N.E.S. Science College,
 Nanded





Principal
 N. E. S. Science College,
 Nanded





**A Report
on
One Day Seminar
on
"Secrets of Successful Life and Stress
Management"**

Date: 07/10/2023

Time: 11:30 am – 12.30 pm

Resource Person
BK Ravindra Shejwal
Jr. Engineer, JNPT, Navi Mumbai

Organized by
Science College, Nanded

Recognized by MAC with B grade ICQA 5.95, UPE 20000
F.C.No.79/ 40 South Nagar, Nanded-431002
www.sciencecollege.nanded.ac


PRINCIPAL
Science College, Nanded



Report: Seminar on "Secrets of Successful Life and Stress Management"

Date: October 7, 2023

Time: 11:30 AM - 12:30 PM

Venue: N.E.S. Science College, Nanded

Organized By: N.E.S. Science College, Nanded

Introduction:

On October 7, 2023, N.E.S. Science College organized an insightful seminar focusing on the "Secrets of Successful Life and Stress Management." The event featured a distinguished speaker, Dr. Ravindra Shejwal, who shared valuable insights and strategies for achieving success and managing stress effectively.

Participants:

The seminar was attended by the Principal, faculty members, and enthusiastic students of N.E.S. Science College. The presence of these key stakeholders underscored the importance of the topic and its relevance to personal and professional development.

Key Highlights and Discussion Points:

Opening Remarks: The seminar commenced with opening remarks by the Principal, emphasizing the significance of understanding stress management techniques in today's fast-paced world.

Expert Insights: Dr. Ravindra Shejwal, an esteemed speaker from Dr. Dinkar's Institute, delivered an engaging presentation on the secrets of leading a successful life while effectively managing stress. He shared practical tips and anecdotes to inspire and motivate the audience.

Understanding Stress: The speaker elaborated on the nature of stress and its impact on mental and physical health. He highlighted the importance of recognizing stress triggers and adopting healthy coping mechanisms.

Mindfulness and Meditation: Dr. Ravindra Shejwal emphasized the role of mindfulness and meditation in reducing stress and enhancing overall well-being. He guided attendees through brief meditation exercises to demonstrate its calming effects.



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N.E.S. Science College,
Nanded

Keys to Success: The speaker outlined key principles for achieving success, emphasizing the importance of self-discipline, goal-setting, and positive thinking. He encouraged participants to cultivate resilience and perseverance in pursuit of their goals.

Interactive Q&A Session: The seminar concluded with an interactive question-and-answer session, allowing participants to seek personalized advice on stress-related issues and life challenges.

Personal Reflections: The seminar on "Secrets of Successful Life and Stress Management" provided valuable insights into managing everyday stressors and navigating the path to personal and professional success. Dr. Reshmi Shrivastava's energetic and engaging delivery resonated well with the audience, leaving a lasting impact on their mindset and approach towards life.

Conclusion: The event concluded on a positive note, leaving attendees inspired and equipped with practical strategies to lead more fulfilling and successful lives. KES Science College remains committed to organizing such enriching sessions to empower its community with essential life skills and holistic well-being.




Principal
KES Science College,
Nanded



SECRETS OF SUCCESSFUL LIFE AND STRESS MANAGEMENT



Date & Time: 21st Oct 2023 (8:30 AM to 12:30 PM)

Venue: Science College, Nanded

Speaker:

Associate with Brahma Kumsats since 22 years.



B K Ravindra Shejwal

Junior Engineer,
Jawahar Lal Nehru
Port Trust, Navi
Mumbai.



PROGRAM COORDINATORS

Sri D.U.Gawai

Principal, NES Science
College, Nanded (Maharashtra)

BK Swati Bahen Ji.

Director, Brahmakumaris,
Vasant Nagar Centre, Nanded.



Principal
NES Science College,
Nanded



GPS Map Camera

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Nanded-Vaghata, Maharashtra, India

0000000, NES Science College, Vans Road, Sank Road, Nanded-Vaghata,
Maharashtra-431002, India

Lat: 19.880200°

Long: 77.066900°

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GPS Map Camera

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W.E. Science College,
Nanded



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KES Science College
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