



Bhartiy Shikshan Prasarak Sanstha Ambajogai

**Swa. Sawarkar Mahavidyalay,
Beed**

Sakhi Savitri Internal Complaints Committee (ICC),



MEDITATION WORKSHOP 2025 - 26

Date: 22 December 2025

To
The Principal
Swa. Sawarkar Mahavidyalaya,
Beed

**Subject: Request for Permission to Organise a Meditation Workshop for students on
26, December 2025**

Respected Sir,

On behalf of the Internal Complaints Committee (ICC), I seek your kind permission to The Sakhi Savitri Internal Complaint Redressal Committee organizes a counseling workshop for students every year at the college. The present counseling workshop was held on December 26, 2025. This workshop included important components such as new provisions for the safety of women and girls, various measures implemented by the government, the role of the police administration, and information on important provisions and clauses related to the protection of women and children in the new BNS law.

We kindly request your approval and support for organizing this event. We assure you that all necessary arrangements will be made in compliance with institutional protocols.

Thank you for your consideration.

Warm regards,
Dr. S. S. Kurude
Presiding Officer
Internal Complaints Committee




Principal
Swa. Sawarkar Mahavidyalaya
Beed.

Date: 24 December 2025

To

Dr. S. S. Kurude
Presiding Officer,
Internal Complaints Committee,
Swa. Sawarkar Mahavidyalaya, Beed

**Subject: Grant of Permission to Organize a Meditation workshop for students on
26, December 2025**

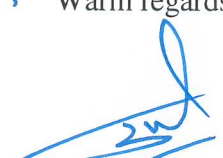
Dear Dr. Kurude,

With reference to your letter dated 22th December 2025, requesting permission to Committee organizes a counseling workshop for students every year at the college. The present counseling workshop was held on December 26, 2025. within the college premises.

I appreciate the initiative taken by the Internal Complaints Committee to Committee organizes a counseling workshop for students every year at the college. The present counseling workshop was held on December 26, 2025. This workshop included important components such as new provisions for the safety of women and girls, various measures implemented by the government, the role of the police administration, and information on important provisions and clauses related to the protection of women and children in the new BNS law.

Wishing the event a grand success.

Warm regards,


Prof. Suhas Morale
Principal
Swa. Sawarkar Mahavidyalaya, Beed
Principal
Swa. Sawarkar Mahavidyalaya
Beed.





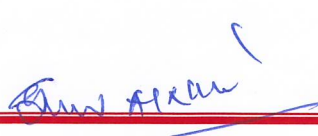
Bharatiya Shikshan Prasarak Sanstha, Ambajogai
Swa. Sawarkar Mahavidyalaya, Beed



Academic Year 2025-26

Sakhi Savitri Internal Complaints Committee
Counseling Workshop Report

Title	Meditation workshop		
In collaboration with	--		
Objective(s)	1.To enable students to manage stress in their daily lives. 2. To ensure that students maintain excellent mental health and physical well-being. 3. To foster positivity in students' daily lives, empowering them to become proactive and productive.		
Name of the Head of the Committee.	Dr. S. S. Kurude, Presiding Officer, ICC		
Name(s) of the departmental teaching and non-teaching staff involved	Dr. Patil V.M.		
Organizing Committee	Department of Hostory		
Date(s)	22 December 2025		
Venue:	Seminar Hall		
Target Group:	Students		
	Number of Participants		
Participants	Male	Female	Total
Students	08	12	20
Teaching	14	12	26
Society	0	0	0
Name(s) and details of Resource Person(s)	Principal Dr. Suhas Morale,		
Topic(s)			
Source of Funding	Swa. Sawarkar College, Beed		


IQAC Coordinator
Swa. Sawarkar Mahavidyalaya
Beed - 431 122 (M.S.)




Principal
Swa.Sawarkar Mahavidyalaya
Beed.



केल्याने होत आहे ते आणि केलेची पाहिजे

भारतीय शिक्षण प्रसारक संस्था, अंबाजोगाई संचालित

स्वा. सावरकर महाविद्यालय, बीड

सखी सावित्री अंतर्गत तक्रार निवारण समिती
आयोजित



ध्यान कार्यशाळा

दि. २६
डिसेंबर
२०२५
वेळ : ११-००
स्थळ-
संघोनार हॉल

कार्यशाळेचे फायदे

1. विद्यार्थ्यांच्या त्यांच्या दैनंदिन जीवनातील त्यांच्याचे व्यवहारात्मक करण्यास सक्षम करणे.
2. विद्यार्थ्यांमधील उत्कृष्ट सामाजिक आदर्श आणि कार्यात्मक सुविधांची राखणी, पाणी प्यावी करणे.
3. विद्यार्थ्यांच्या दैनंदिन जीवनात सकारात्मकता कळवणे, ज्यामुळे ते अधिक शुद्धाकार घेणारे आणि उत्पन्न करणाऱ्या बनू शकतील.

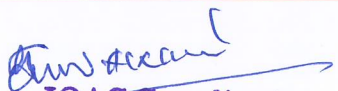
संपर्क

श्री सुनिल कुर्वे फोन: 7588852624
श्री जयलक्ष्मी कुर्वे फोन: 9422326998

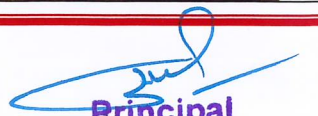
तत्त्व मार्गदर्शक
श्री संतोष सावंत
आडे ऑफ डिजिटल बीड

डॉ. सुहास मोंराळे
प्राचार्य
स्वा. सावरकर
महाविद्यालय, बीड




IQAC Coordinator
Swa. Sawarkar Mahavidyalaya
Beed - 431 122 (M.S.)




Principal
Swa. Sawarkar Mahavidyalaya
Beed.



[Signature]
IQAC Coordinator
 Swa. Sawarkar Mahavidyalaya
 Beed - 431 122 (M.S.)



[Signature]
Principal
 Swa. Sawarkar Mahavidyalaya
 Beed.



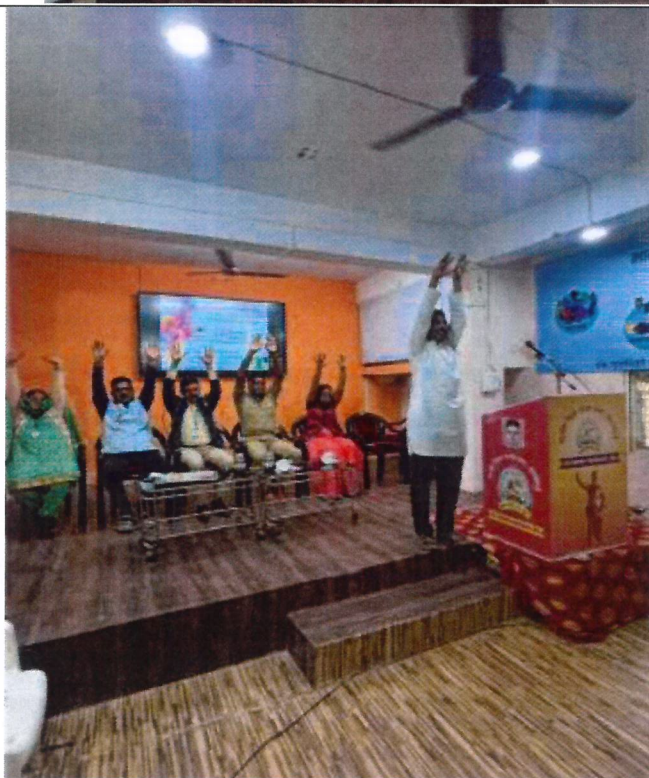
Amir Akram

IQAC Coordinator
 Swa. Sawarkar Mahavidyalaya
 Beed - 431 122 (M.S.)



25/12

Principal
 Swa.Sawarkar Mahavidyalaya
 Beed.



Sawarkar
IQAC Coordinator
 Swa. Sawarkar Mahavidyalaya
 Beed - 431 122 (M.S.)



Sawarkar
Principal
 Swa. Sawarkar Mahavidyalaya
 Beed.

Brief Summary of Events/ Sessions:

On December 26, 2026, a meditation workshop was organized by the Grievance Redressal Committee, under the aegis of the 'Sakhi Savitri' initiative. During the event, Mr. Santosh Sawant (Art of Living, Beed) provided guidance aimed at alleviating stress among students, fostering mental well-being alongside physical health, and ensuring that students remain physically and mentally capable and active; he also conducted practical demonstrations. The workshop was presided over by Principal Dr. Suhas Morale, who offered guidance focused on instilling positivity and self-confidence among the students. All faculty members and students were present on this occasion., self-confidence and vigilance among girls. Suhas Morale gave guidance on women empowerment, career and this time there was a large presence of all students and professors.

Conclusion:

Through the meditation workshop held on December 26, 2025, students and faculty members received guidance on maintaining mental and physical well-being, as well as on remaining stress-free and functioning positively; consequently, this workshop proved to be undoubtedly beneficial in their daily lives..



IQAC Coordinator
Swa. Sawarkar Mahavidyalaya
Beed - 431 122 (M.S.)



Principal
Swa.Sawarkar Mahavidyalaya
Beed.

Feedback (link/ image(s)/ photograph(s):

B. S. P. S. Ambajogais

Swa. Sawarkar Mahavidyalaya, Beed

Name of the Committee Cell : Sakhi Savitri I.C.C.

Name the of Activity:- meditation workshop

List of participants with signature Date: 26 / 12 / 2025

Sr. No.	Name of the Participant	Class/ Designation	Signature
1	Sakshi Kundan Gaikwad	B.A.F.Y	
2	Neha Navnadh Hulgunde	B.S.C.F.Y	
3	Jadhav Tejaswini Sathish	B.A.F.Y	
4	Rajnandini Sachin Limkar	B.Sc.F.Y	
5	Ashvini uttam Waghmare	B.Sc.F.Y	
6	Dahiwal Kiran Ankush	B.A.F.Y	
7	Bare Priyanka Ashok	B.Sc.F.Y	
8	Bundele Neha Dipak Singh	B.Sc.F.Y	
9	Poonam Anandkumar Chowel	B.Sc.F.Y	
10	Khetre Gayatri Vitthal	B.Sc.F.Y	
11	Hanshada Dhanraj Chaugule	B.A.F.Y	
12	Shreya Sunil Lorge	B.Sc.F.Y	
13	Apeksha Kailas Chavan	B.Com.F.Y	
14	Sayali Siddheshwar Shete	B.Com.F.Y	
15	Nedant Dhondiraj Kulkarni	B.A.F.Y	
16	Siddhesh Yashwant Joshi	B.A.F.Y	
17	Maske Omkar Sachin	B.Sc.F.Y	
18	Kashid Prasad Manoj	B.Sc.F.Y	
19	Rameshwar Sundaar Gungul	B.A.F.Y	
20	Abhishek Mahadev Duble	B.A.F.Y	

Signature

Name: Chairman of the Committee

Name of the Committee Sakhi Savitri I.C.C.

Principal

Swa. Sawarkar Mahavidyalaya, Beed.

Shot on OnePlus 19 April 2026 at 07:06

Signature

Name the Presiding officer: Dr. Sunita S. Kurude
ICC Committee, Swa. Sawarkar Mahavidyalaya, Beed

IQAC Coordinator
Swa. Sawarkar Mahavidyalaya
Beed - 431 122 (M.S.)