PDEA'S Waghire College of Arts Commerce and Science, Saswad, Tal-Purandar, Dist-Pune (2022-23)

ONE DAY WORKSHOP (Under DBT STAR scheme)

ON

'Mind Power and Stress Management' (मनाची अमर्याद शक्ती व तणाव मुक्ती) Tuesday, 17th January 2023

Guest speaker:

Dr. Datta Kohinkar Mind power trainer and Author Pune.

The department of Microbiology had organised One day Workshop on 'Mind Power and Stress Management' (मनाची अमर्याद शक्ती व तणाव मुक्ती) under the guidance of Principal Sir, Dr. Pandit Shelake for teachers, administration staff and students on Tuesday, 17th January 2023 from 10-00 am to 2.00 pm. Principal Dr. Rajshri Chavan, SGRS college of Pharmacy and their staff members were also invited for the program.

Guest speaker, Dr. Datta Kohinkar is a mind power trainer and an author. He write articles in various newspapers like Sakal, Lokmat, Pudhari, Punya-Nagari, Agrowan, Prabhat, Maharashtra Times. Television channels such as ABP Mazza, Zee 24 Tas, Sam Marathi, Dur-Darshan and Aakash Wani frequently organise his motivational speech. The book entitled 'Manachi Mashagat' written by him awarded a quality of 'Best Seller'. He was a director of 'Vipassana Dhan Kendra' for 14 years and a chairman of the same for 2 years. He was the trustee of 'Vishwa Shakti International Foundation'. He got an opportunity of getting training on Mind power and stress management from Mr. Sunil Parekh, a student of Jack Canfield, America. Over a period of last 28 years, he is busy as a trainer in number of workshops organised by various industries, institutes, colleges and schools. He has been honoured by different 85 awards and has a contribution in social work. Hon. Nitin Gadkari, Maharashtra Govt., honoured him by 'Mahatma Gandhi Vyasanmukti' award. He has been also awarded Neharu Yuva Prerana'' award by Govt. of India. He is a doctorate of Vishwakarma Institute.

All teachers, administration staff members and students (total- 96) were present for this workshop. Honourable guest Dr. Datta Kohinkar inaugurated the function by 'Sarswati Poojan' Anchoring of the program was done by Mrs. Manasi Joshi. Principal Dr. Pandit Shelake welcomed the honourable guest. Smt. Hemlata Sonawane, Head, Microbiology delivered the introductory speech. Dr. Nita Patil gave introduction of the guest speaker. Ms. Vishakha Ganvir expressed vote of thanks.

Dr Nita Pasi



या कार्यशाळेत प्रमुख वक्ते म्हणून माईंड पॉवर ट्रेनर डॉ.दता कोहिनकर यांनी 'मनाची अमर्याद शक्ती व तणाव मुक्ती' या विषयावर उपस्थितांना मार्गदर्शन केले. याप्रसंगी बोलताना माईंड पॉवर ट्रेनर डॉ. दता कोहिनकर म्हणाले, मन प्रमुख आहे. सारा निसर्ग संसार मानवी मनाचा खेळ आहे. हजार युद्ध जिंकण्यापेक्षा मनाचा एक युद्ध जिंकणारा योद्धा सर्वश्रेष्ठ असतो. त्यामुळे मनाला आपल्या ताब्यात ठेवण्यासाठी दहा दिवसाची विपश्यना करा व शरीरासाठी रोज व्यायाम करा. यापसंगी त्यांनी इपसीत ध्येय साध्य करण्यासाठी आकर्षणाचा सिद्धांत, स्वयं सूचनेचे महत्व, यासारख्या अनेक गोष्टीवर सविस्तर विवेचन करून प्रात्यक्षिके दाखवली व तणाव मुक्तीच्या टिप्स दिल्या. महाविद्यालयाचे प्राचार्य डॉ पंडित शेळके साहेब फार्मसी महाविद्यालयाचे प्राचार्य डॉ. राजश्री चव्हाण, उपप्राचार्य डॉ संपत जगदाळे, डॉ. सुआष वाव्हळ उपस्थित होते.



Notice for Students and Teachers:

Dr. Nita Patil

Waghire College, Saswad, Tal Purandar, Dist. Pune.

PRIM



Pune District Education Association's

Estd. 1972

Waghire College of Arts, Commerce and Science

Saswad, Tal. Purandar, Dist. Pune, Pin-412301.

Affiliated to Savitribai Phule Pune University
Re-accredited at the 'B++' grade (CGPA2.67) by NAAC

ID No. PU/PN/ASC/033-1972 Pune University Code No. 112 H.S.C. Code No. J11-12-002 AISHE Code : C - 41716 Ph. : (02115) 222524 Fax : (02115) 222472 E-mail : wc_saswad@pdeapune.org www.pdea-wcs.org

Outward No. : WCS/ 090/22-23

Date: 16/1/2023

President Ajit Pawar

Vice President Rajendra Ghadge

Hon. Secretary Adv. Sandeep Kadam Senate Member Savitribai Phule Pune University, Pune

Treasurer Adv. Mohanrao Deshmukh

Dy. Secretary L. M. Pawar

Principal Dr. Pandit Shelke To,

Shri. Dr. Datta Kohinkar Mind Power Trainer and Author, Pune

Subject: Invitation as a Mind Power Trainer and Speaker.....

Dear Sir,

It is an immense pleasure to invite you as a Mind Power Trainer and Speaker in a Workshop entitled, "Manachi Amaryad Shakti Ani Tanav Mukti". It has been organised for students and teaching as well as nonteaching staff by Microbiology department of our college.

Your presence and guidance would be very useful for us to eliminate negative thinking, learn to work with thought forms and energy, increased health and vitality, clarity for solving any problem in one's life and become your best self.

As per our telephonic conversation, we have scheduled the lecture on 17th January 2023from10.00 am to 2.00 pm. Hope it will be suitablefor you.

We humbly request you to share your ID proof and first page of your bank passbook for further procedure.

Thanks and Regards,

Waghire College, Saswad Tal. Purandar, Dist. Pune.



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Outward No. : WCS / 1111 (1)

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Vice President Rajendra Ghadge

Hon Secretary Adv Sandeep Kadam Senate Member Savitriba: Phule Pune University Pune

Treasurer Adv. Mohanrao Deshmukh

> Dy Secretary L. M. Pawar

> > Principal

Dr Pandit Shelke

To,

Shri. Dr. Datta Kohinkar Mind Power Trainer and Author, Pune

Subject: Vote of thanks letter

Dear Sir,

I, on behalf of my staff members, students and Pune District Education Association would like to thank you for giving excellent presentation and demonstrations in the Workshop entitled, "Manachi Amaryad Shakti Ani Tanav Mukti", organised for students and teaching as well as nonteaching staff by Microbiology department of our college.

The easy and beautiful way of giving training by you, made this workshop very interesting, meaningful and vital.

Thanks and Regards,

PRIN Waghire College, Saswad Tal. Purandar, Dist. Puna.

MDEA's Waghire College of Arts, Commerce and Science. 2022 - 23 One day Workshop on मनान्दी अमर्थाद अन्ती व तनाव मुक्ती Attendance Sheet 17th January 2023 Sr. No. Name of the person Sign. So No Name of the person Sign Astil HE ١. Hemlata V-Sonawan Dr. Nita B. Patil 25 2 Joshi M.M. myosh 26 Smt- (hil-ane m-H milcon 3 any Borawake S. P 27 Smt-Jagtap M.M. Jagtan Buch 4 Smt. Shinde S.B. 28 Pathan shahin A. Wyomit SPP_ Smt. Phavale S.R. 5 Gonvir vishakha N 29 R Namrata Dhagare. Dhegare 6 30 Kamthe Komal Copate. 31 SMT Nevse R.S 7 Thopate Priti S Benot Dr B.S. Madbhanikan SMt Sheekhane P.D. 32 8 33 fr Smf Pawar R.N Dr. Sheeters A Kalhapure 7 34 Dr. Vidya V. Patankar Smt Zwange P.K. Nor 10 Katoja en a Dr. V.R. Punckan Gajaemal komal M. 35 11 Smj. Raskar S.C. pot SeRastar 36. Dr. Dhakane R B 12 Baldho 7 V2211203 Shin Jadhar R.M. 37 Smi Sherkar V.R. 14 K.H. maske 38 Dr. M. M. Jagtap SMT. Maske K. H Jul. 33 प्रा. किरठा गाढवे Mr. Ms V. V. Jagtap 15 प्रा नगुरिनुरा कुंमार Rheitat 40 DS. P.B. Khatate 16 Sti-Silan chiny fly. 17 41 Mrs. M.G. Baravkor श्री उर्सव नवनाय मधदेव Que Alterny. 42 Ms S.S. Chavan 18 र्ता दोगों आ(, री 984 43 and Dr. Vishal Pawase 19 अग कदम सातिना आनंदरम् hr Samf 44 Dr. Sanjay Lagade 20 Jauls Shundkar N: 7. 45 Trendors Sr. & attatray Saulepol 21 Zurange G.D. Adort. 46. lan 105. Zol A.S. 22 M Seud 47 23 Shri. Bhusale A.B. Kadbane A.S. Bornscory More Bhagyashei 48 Baud mr. Roxade S.C. 24 Gaikwood Sanjivani Vaman Guille

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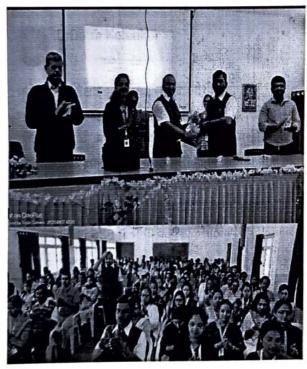
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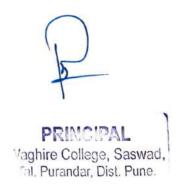


DrDatta Kohinkar Just now · 🚱

पुणे जिल्हा शिक्षफ मंडळाच्या सासवड येथील वाघेरे महाविद्यालयात स्टाफ साठी माईंड पॉवर ट्रेनर डॉ. दत्ता कोहिनकर यांची' मनाची अमर्याद शक्ति व तणाव मुक्तीची कार्यशाळा" आयोजित करण्यात आली होती. प्राचार्य पंडित शेळके, प्राचार्य राजश्री चव्हाण यांची प्रमुख उपस्थिती होती. प्रोफेसर नीता पाटील, उपप्राचार्य जगदाळे साहेब, वावळ साहेब, सोनवणे मॅडम यांनी या कार्यशाळेसाठी विशेष पुढाकार घेतला होता..









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Voucher of Expenses Pune District Education Association's		
Waghire College Saswad (Arts, Commerce & Science)		
Date: 17.01.2023 Receipt No		
Name- Dr.Datta Kohinkar		
According to the Particulars I got the stated amount.		
Head :- Lecture On "Manachi Amaryad Shakti Ani Tanav Qty	Rate/hr T	Total
1. Remuneration for lecture 17.01.2023 1. Remuneration for lecture 17.01.2023 1. Lecture Time 10.00am to 02.00.pm {4 hr} 1. Inder DBT STAR College Scheme organised by Dept. of Microbiology ;	2500.00 100	10000.00
Cheque No.		
	Total Rs. 100	10000.00
In Words: Ten Thousand Only.		-
Above Amount Paid & Receipt is Cancelled	Joc I	-
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PUNE DISTRICT EDUCATION ASSOCIATION'S WAGHIRE COLLEGE OF ARTS, COMMERCE AND SCIENCE, SASWAD



Tal: PurandarDist: Pune 412301 NAAC Reaccredited with B++ Grade

Department of Microbiology

Organizes

"One Day Workshop on Mind Power and Stress Management"

On 17th Jan 2023

CERTIFICATE

This is to certify that Mr. / Miss. /Mrs. Hemlata V. Sonawane Stadent has

actively participated in One Day Workshop on 'Mind Power and Stress management' organized by Department of

Microbiology, PDEA's Waghire College of Arts, Commerce and Science, Saswad on 17/01/2023.

Coordinator

