



ATHARVA EDUCATIONAL TRUST'S ATHARVA COLLEGE OF ENGINEERING

(Approved by AICTE, Recognized by Government of Maharashtra
& Affiliated to University of Mumbai - Estd. 1999 - 2000)

DAY 6 - SESSION 11: PHYSICAL ACTIVITY



F.E Induction program

14th August 2019

BRANCH: EXTC-1, EXTC -2, ELEC , ETRX

FACULTY INVOLVE: DR. JYOTI AMARE. PROF. SANKET VARTAK.

ACTIVITY: CONDUCTED BASIC YOGA AND MEDITATION SESSION FOR ALL F.E.STUDENTS IN COLLEGE. YOGA AND MEDITATION PRACTICE IS DIFFERENT IN ITS OWN WAY, BUT BOTH ARE GROUNDED IN SPIRITUALITY AND THEIR BENEFITS ON THE MIND AND THE BODY. PRACTICING YOGA IS KNOWN TO IMPROVE FLEXIBILITY, BALANCE, ENDURANCE AND PHYSICAL STRENGTH.WHILE MEDITATION HELPS TO KEEP THE MIND SHARP AND CLEAR, RELIEVES STRESS AND IMPROVES OVERALL WELL-BEING .THESE ARE JUST A FEW OF THE MANY BENEFITS OF YOGA AND MEDITATION TAUGHT TO STUDENTS.



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BRANCH: INFT -1 , INFT -2 ,CMPN -1 , CMPN -2

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ATHARVA EDUCATIONAL TRUST'S
DAY 6 - SESSION 12 : PARADIGOM OF LIFE
ATHARVA COLLEGE OF ENGINEERING



F.E Induction program

14th August 2019

BRANCH: EXTC-1, EXTC -2, ELEC, ETRX

FACULTY INVOLVE: PROF .MONICA SHAH, PROF. DIPA PATEL.PROF. ABHILASH SAINI, DR. JYOTI AMARE

ACTIVITY: THIS SESSION WAS ONE OF A KIND AND THE SENSE OF EXCITEMENT WAS FELT BY FIRST YEAR ENGINEERING STUDENTS AS THEY WERE ABOUT TO TRY SOMETHING NEW AND AMAZING. SESSION WAS CONDUCTED TO INCULCATE LEADERSHIP QUALITIES AMONG FE'S AND INTRODUCE THEM TO ATHARVA CULTURE AND COMMITTEE. CHINTAN PAREKH RESPECTED FOUNDER OF PARADIGM OF LIFE STARTED THE SESSION BY CREATING A MEXICAN WAVE AMONG THE FE'S WHICH BOOSTED THEM WITH GREAT ENERGY. A SHORT TALENT HUNT PROGRAM WAS CONDUCTED TO EXPLORE THE TALENTS AMONG FE'S WHICH WAS SUPPORTED BY THEM THROUGH PARTICIPATING IN IT. DIFFERENT TOPICS WERE THEIR SUCH AS DIFFERENT SECTIONS OF PARADIGM OF LIFE, TIME MANAGEMENT, AIMS, GOALS OF LIFE, OVERVIEW OF ACADEMICS.



ATHARVA EDUCATIONAL TRUST'S
ATHARVA COLLEGE OF ENGINEERING
DAY 6 - SESSION 12: PARADIGM OF LIFE



F.E Induction program

14th August 2019

BRANCH: INFT -1, INFT -2, CMPN -1, CMPN -2

FACULTY INVOLVE: PROF.SAMEER KATAKDOUNDE, PROF.RUCHI CHAUHAN, DR.RITU SHARMA, NINAD MAHADESHWAR

ACTIVITY: THIS SESSION WAS ONE OF A KIND AND THE SENSE OF EXCITEMENT WAS FELT BY FIRST YEAR ENGINEERING STUDENTS AS THEY WERE ABOUT TO TRY SOMETHING NEW AND AMAZING. SESSION WAS CONDUCTED TO INCULCATE LEADERSHIP QUALITIES AMONG FE'S AND INTRODUCE THEM TO ATHARVA CULTURE AND COMMITTEE. CHINTAN PAREKH RESPECTED FOUNDER OF PARADIGM OF LIFE STARTED THE SESSION BY CREATING A MEXICAN WAVE AMONG THE FE'S WHICH BOOSTED THEM WITH GREAT ENERGY. A SHORT TALENT HUNT PROGRAM WAS CONDUCTED TO EXPLORE THE TALENTS AMONG FE'S WHICH WAS SUPPORTED BY THEM THROUGH PARTICIPATING IN IT. DIFFERENT TOPICS WERE THEIR SUCH AS DIFFERENT SECTIONS OF PARADIGM OF LIFE, TIME MANAGEMENT, AIMS, GOALS OF LIFE, OVERVIEW OF ACADEMICS.

INDUCTION HEAD
PROF. SAMEER KATAKDOUNDE
DR.JYOTI AMARE

HOD
DR.RITU SHARMA