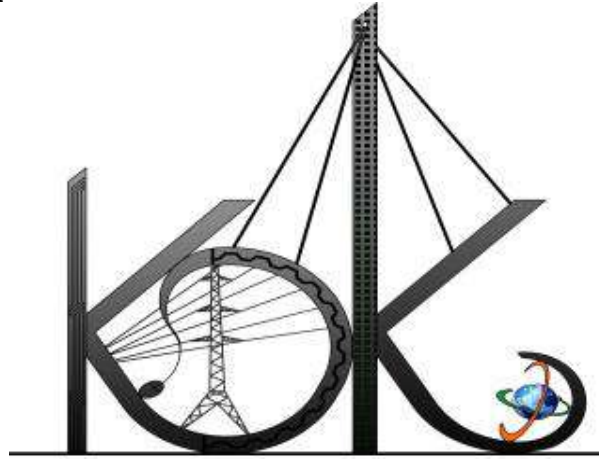


KDK COLLEGE OF ENGINEERING, NAGPUR

**An Autonomous Institute
Department of Basic Science & Humanities**



**One-Week Professional Development Program (PDP) on
Stress Management through Yoga, Pranayama, and Meditation**

PDP Convenor: Dr. G.H. Agrawal

PDP Coordinator: Dr. Dipali Satone



Session: 2025-26

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KDK College of Engineering, Nagpur
An Autonomous Institute
Department of Basic Science & Humanities
Session 2025-26
One-Week Professional Development Program (PDP) on Stress Management through
Yoga, Pranayama, and Meditation
9th – 14th June 2025

Poster

"Service to the Society through Quality Technical Education"

K. D. K. College of Engineering, Nagpur
(An Autonomous Institute)
Department Of Basic Science And Humanities
(Accredited by NAAC & NBA)

 **Institution Innovation Council (IIC) &**
Internal Quality Assurance cell (IQAC)  **INSTITUTION'S
INNOVATION
COUNCIL**
(Ministry of HRD Initiative)

Organizes
One Week
Professional Development Program (PDP)
On
Stress Management Through Yoga, Pranayama
And
Meditation
[Date: 9th June to 14th June 2025]

Notice

**KDK College of Engineering, Nagpur
An Autonomous Institute
Department of Basic Science & Humanities
Session 2025-26**

**One-Week Professional Development Program (PDP) on Stress Management through Yoga,
Pranayama, and Meditation
9th – 14th June 2025**

NOTICE

Date: 06/06/2025

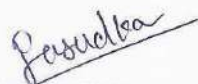
"The **Department of Basic Science & Humanities** is pleased to announce a One-Week Professional Development Program (PDP) on *Stress Management through Yoga, Pranayama, and Meditation*, scheduled to be held from 9th to 14th June 2025.

The PDP aimed to equip staff members with practical tools and techniques for managing stress through the integration of yoga, pranayama (breathing exercises), and meditation. The program sought to enhance overall well-being, improve focus, and promote a balanced work-life environment.

Day wise Session & Resource Persons:

- **Day 1 (9th June):** Inauguration, Resource Persons: Prof. Atul Himmatrao Galerao, Assistant Professor, Kavikulguru Kalidas Sanskrit University, Ramtek, Maharashtra
- **Day 2 (10th June):** Resource Persons: Ms. Shital Mahajan, Art of Living Faculty & Software Developer, Nagpur, Maharashtra & Dr. Abhay Chavan, Associate Professor, Community Medicine, IGMC, Nagpur & Art of Living Faculty
- **Day 3 (11th June):** Resource Persons: Yogacharya Bharat Guptaji (Yogi Satyanand), International Yoga Trainer, Nagpur, Maharashtra
- **Day 4 (12th June):** Resource Persons: Shri. Siddharth Mohandas Khare, Coach & Instructor, Nagpur District Yogasana Sports Association, Nagpur, Maharashtra
- **Day 5 (13th June):** Resource Persons: Dr. G.H. Agrawal, First-Year HoD, KDKCE, Nagpur
- **Day 6 (14th June):** Valedictory Session & Stress Measurement

All interested Teaching & Non-Teaching staff members are encouraged to register early through the link: <https://forms.gle/L4ziE9pzakCFcBPQ8>


Dr. Dipali Satone
Coordinator, PDP


Dr. G. H. Agrawal
Convenor, PDP &
H.O.D., First Year
Dr. G. H. Agrawal
H. O. D.
Dept. of Basic Science & Humanities
K.D.K. College of Engg., Nagpur-24

Copy to:

Principal, Vice Principal
HOD: Civil, Electrical, Mechanical, ETC, CSE, IT, AIDS, MBA, MCA, BCA
Workshop, KDK Office

Report

KDK College of Engineering, Nagpur
An Autonomous Institute
Department of Basic Science & Humanities
Session 2025-26

**One-Week Professional Development Program (PDP) on Stress Management through Yoga,
Pranayama, and Meditation
9th – 14th June 2025
REPORT**

Date: 16/06/2025

In an effort to promote holistic well-being of the staff members the Department of Basic Science & Humanities organized a One-Week Professional Development Program from 9th to 14th June 2025, centered on 'Stress Management through Yoga, Pranayama, and Meditation,' empowering staff members to achieve a balanced and productive work-life integration."

The PDP aimed to equip staff members with practical tools and techniques for managing stress through the integration of yoga, pranayama (breathing exercises), and meditation. The program sought to enhance overall well-being, improve focus, and promote a balanced work-life environment.

Day wise Sessions & Resource Persons:

- **Day 1 (9th June):** Inauguration, Resource Persons: Prof. Atul Himmatrao Galerao, Assistant Professor, Kavikulguru Kalidas Sanskrit University, Ramtek, Maharashtra
- **Day 2 (10th June):** Resource Persons: Ms. Shital Mahajan, Art of Living Faculty & Software Developer, Nagpur, Maharashtra & Dr. Abhay Chavan, Associate Professor, Community Medicine, IGMCI, Nagpur & Art of Living Faculty
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- **Day 5 (13th June):** Resource Persons: Dr. G.H. Agrawal, First-Year HoD, KDKCE, Nagpur
- **Day 6 (14th June):** Valedictory Session & Stress Measurement

Participants reported improved flexibility, reduced muscle tension, and better posture due to regular yoga practice. Meditation sessions contributed to enhanced emotional resilience and mental clarity. The integration of short yoga sessions during breaks led to improved energy levels throughout the day.

Participants expressed high satisfaction with the PDP, highlighting the practical applicability of the techniques learned. Many indicated an intention to continue practicing yoga, pranayama, and meditation regularly.

The one-week PDP on Stress Management through Yoga, Pranayama, and Meditation successfully provided staff members with effective tools to manage stress and enhance overall well-being. The integration of these practices into daily routines is expected to foster a healthier and more productive work environment.

Dr. V.P. Varghese, Principal, & Dr. A.M. Badar, Vice Principal KDKCE, Nagpur appreciated the PDP organized. Dr. G. H. Agrawal, HoD, First Year was the convener for the PDP. The PDP was coordinated by Dr. Dipali Satone & Mr. Shubham Wanjari. The organizing team delicately worked hard, which made the PDP a success.


Dr. Dipali Satone
Coordinator, PDP


Dr. G. H. Agrawal
Convener, PDP &
H.O.D., First Year
Dr. G. H. Agrawal
H.O.D.
Dept. of Basic Science & Humanities
K. College of Engg., Nagpur-24

Day-wise program Details with Photos

Day 1 (9th June): Inauguration & Yoga Session

Resource Person:

Prof. AtulHimmatraoGalerao

Assistant Professor, KavikulguruKalidas Sanskrit University, Ramtek, Maharashtra

Day One Learning Highlights:

- **Stress-Releasing Yoga Postures:** Practical techniques to alleviate physical and mental stress through targeted asanas.
- **Three Bandhas (Body Locks):** Introduction and practice of MulaBandha, UddiyanaBandha, and JalandharaBandha to regulate pranic flow.
- **Ashwini Mudra:** A yogic practice involving contraction of the anal sphincter muscles to stimulate energy.
- **Yoga Nidra:** Guided yogic sleep for deep relaxation and mental clarity





Day 2 (10th June): Yoga for Desktop user & Breathing Techniques for Daily Wellness

Resource Persons:

- **Ms. ShitalMahajan**
Art of Living Faculty & Software Developer, Nagpur, Maharashtra
- **Dr. AbhayChavan**
Associate Professor, Community Medicine, IGMC, Nagpur & Art of Living Faculty

Day Two Learning Highlights:

- **Yoga for Desktop user** : Practical yoga postures and stretches that can be performed while seated at a desk—ideal for working professionals to relieve physical strain and improve posture.
- **Bhastrika Pranayama**: A powerful breathing technique to energize the body and calm the mind.
- **Meditation Session**: Sri SriGuided meditation to enhance mental clarity, reduce stress, and cultivate inner peace.
- Focus on integrating **simple wellness routines** into a busy lifestyle for holistic health and productivity.





Day 3 (11th June): Yogic Wisdom Through Presentation

Resource Person:

Yogacharya Bharat Guptaji (Yogi Satyanand)

International Yoga Trainer, Nagpur, Maharashtra

Day Three Learning Highlights:

- Conducted a comprehensive **PowerPoint presentation** on the philosophy and practice of yoga.
- Shared insights on **traditional yogic principles** and their relevance in modern life.
- Explained the **scientific and spiritual foundations** of yoga in a clear and engaging format.
- Emphasized the importance of **discipline, consistency, and awareness** in daily yoga practice.



Day 4 (12th June): Chair Yoga & In-Depth Understanding of Yoga

Resource Person:

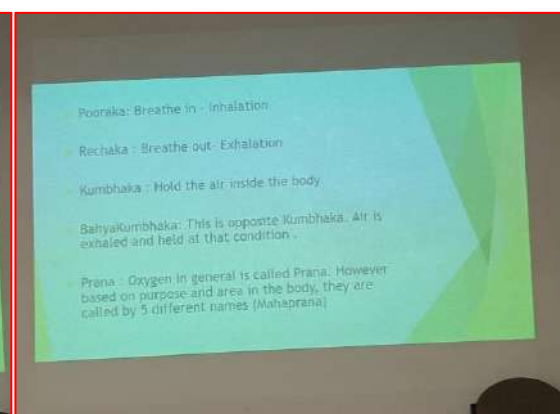
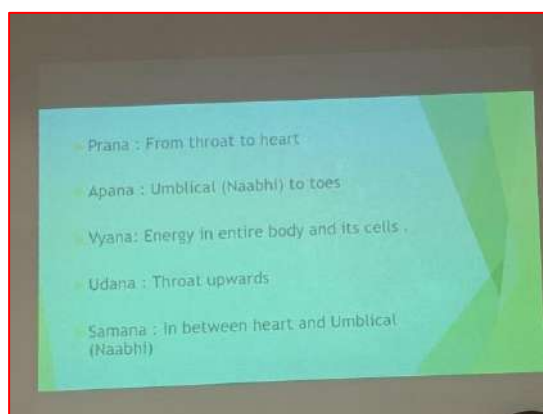
Shri. Siddharth Mohandas Khare

Coach & Instructor, Nagpur District Yogasana Sports Association, Nagpur, Maharashtra

Day Four Learning Highlights:

- Delivered a **PowerPoint presentation** covering the fundamentals and holistic benefits of yoga.
- Conducted a practical session on **Chair Yoga**—yoga postures adapted for seated positions, making the practice accessible to individuals with limited mobility or desk-bound routines.
- Explained the **foundational principles of Ashtang Yoga, aims, and benefits** of regular yoga practice.
- Highlighted yoga as a **discipline of the body and mind**, promoting flexibility, strength, mental clarity, and emotional balance.





Day 5 (13th June): Recap & Deep Relaxation

Resource Person:

Dr. G.H. Agrawal

Head of Department (First Year), KDK College of Engineering (KDKCE), Nagpur

Day Five Learning Highlights:

- Conducted a **revision session**, reinforcing the key practices and concepts covered during the previous four days.
- Emphasized the importance of **consistency and regularity** in yoga practice.
- Led a guided session of **Yoga Nidra**—a state of conscious deep relaxation that helps release tension, improve focus, and enhance overall well-being.
- Encouraged participants to integrate these techniques into their daily routines for long-term physical and mental health benefits.



Day 6 (14th June): Valedictory & Stress Assessment

Event Highlights:

- **Valedictory Session** of the Professional Development Program (PDP), marking the successful completion of the six-day wellness and yoga training.
- **Stress Measurement Activity:**
 - Participants underwent **stress level assessments using a stress measurement device**, Happiness Index offering a practical insight into their current mental and physiological stress states.
 - Helped reinforce the importance of **stress management techniques** taught throughout the program.
- Participants shared reflections, experiences, and takeaways from the training.
- The session concluded with a note of appreciation to all **resource persons, organizers, and participants** for their active involvement and enthusiasm.
-





Conclusion:

The **6-day Professional Development Program (PDP) on Yoga & Wellness** served as a holistic initiative aimed at enhancing the overall well-being of faculty and staff through a structured blend of **practical exercises, theoretical insights, and interactive sessions**. The program was thoughtfully designed to address the rising concerns of workplace stress, sedentary lifestyles, and the mental health challenges commonly faced in academic and professional environments.

Throughout the week, participants were introduced to a wide array of yogic practices—from **basic stress-relieving postures** and **Chair Yoga** to advanced techniques like **Bandhas, Ashwini Mudra, and Yoga Nidra**. These physical practices were complemented by sessions on **breathing techniques** such as **Bhastrika Pranayama**, which play a crucial role in calming the nervous system and boosting energy levels. Additionally, **guided meditation and mindfulness exercises** helped attendees cultivate inner awareness and emotional balance.

The inclusion of **desktop yoga** addressed the specific needs of professionals who spend long hours at desks, offering practical solutions to reduce physical strain and mental fatigue. The theoretical components—delivered through engaging PowerPoint presentations and discussions—provided a deeper understanding of yoga's origins, philosophy, and its scientific relevance in modern life.

One of the unique highlights of the program was the **stress assessment activity** conducted on the final day using a measurement device, giving participants tangible insights into the impact of the practices on their stress levels.

In summary, the PDP successfully created an environment that fostered **self-care, discipline, and holistic wellness**. By the end of the program, participants were not only better informed about the principles of yoga but were also empowered with accessible tools and routines they could incorporate into their daily lives—both personally and professionally.

Certificate



Feedback

7/18/25, 12:19 AM

Post Feedback_PDP_STRESS MANAGEMENT THROUGH YOGA PRANAYAM AND MEDITATION

Post Feedback_PDP_STRESS MANAGEMENT THROUGH YOGA PRANAYAM AND MEDITATION

** Indicates required question*

1. FULL NAME *

1 point

2. AFFILIATION *

1 point

3. 1) How often do you feel stressed in your daily life? *

1 point

Mark only one oval.

- ☐ Never
☐ Rarely
☐ Sometime
☐ Always

4. 2) Which stress reduction technique do you find most effective? *

1 point

Mark only one oval.

- ☐ Meditation
☐ Physical Exercise
☐ Deep Breathing Exercise
☐ Time Management

<https://docs.google.com/forms/d/1xX32rw4SibeOnu3Og8x2qkqFecrFO1LztlB4SDlEny0/edit>

1/8

Post Feedback_PDP_STRESS MANAGEMENT THROUGH YOGA PRANAYAM AND MEDITATION

Questions Responses 85 Settings Total points: 16

Post Feedback_PDP_STRESS MANAGEMENT THROUGH YOGA PRANAYAM AND MEDITATION

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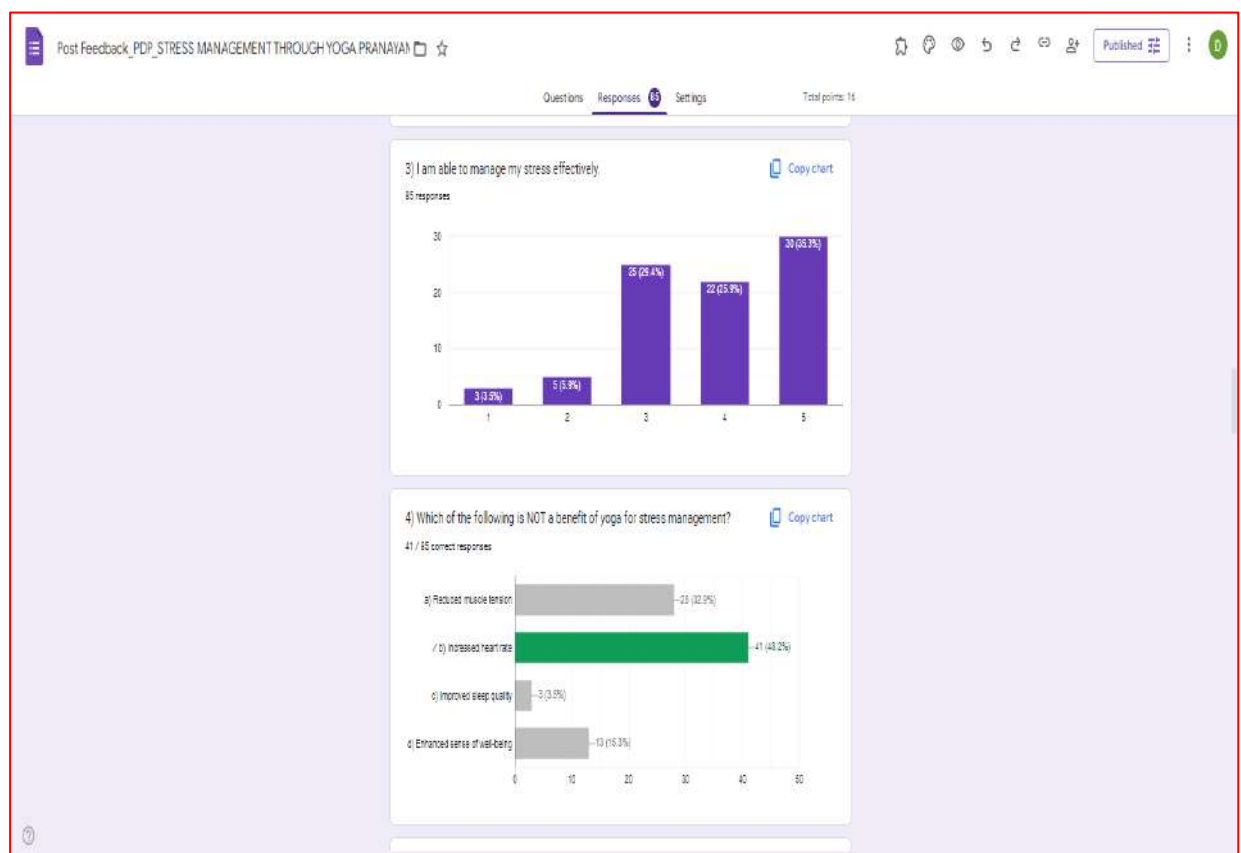
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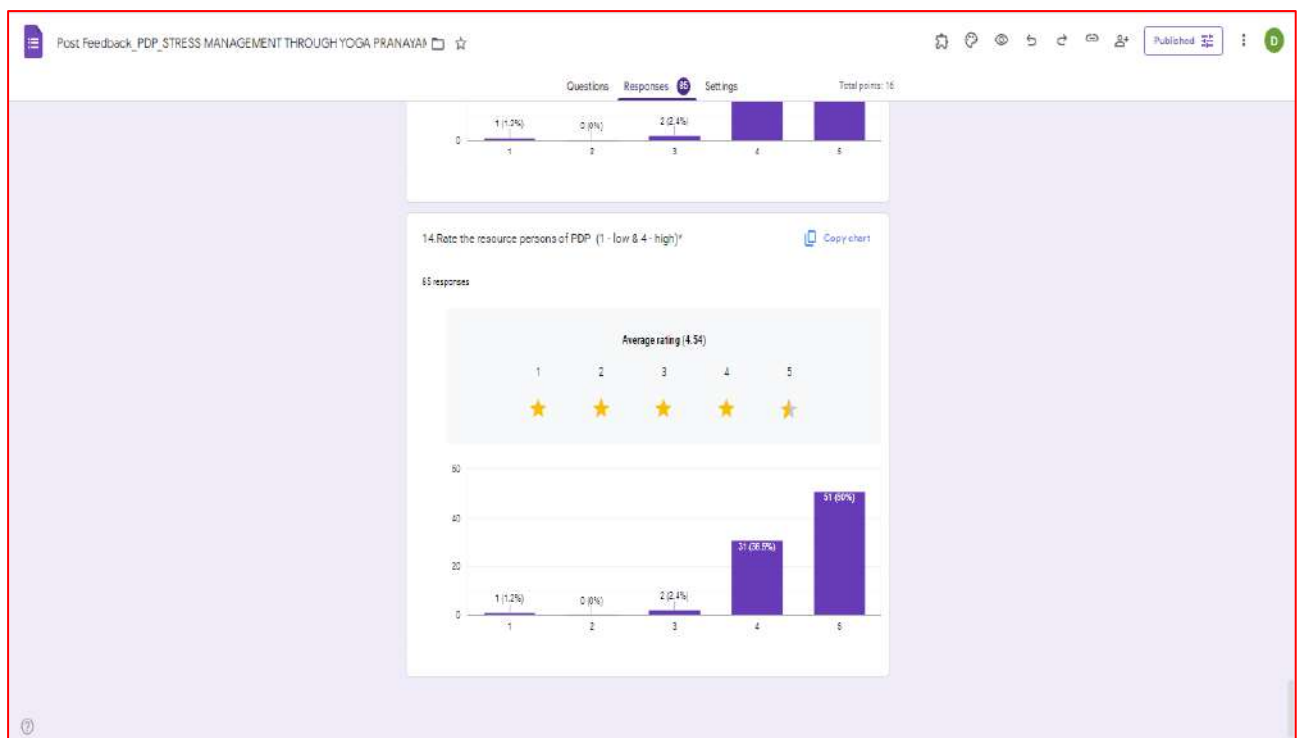
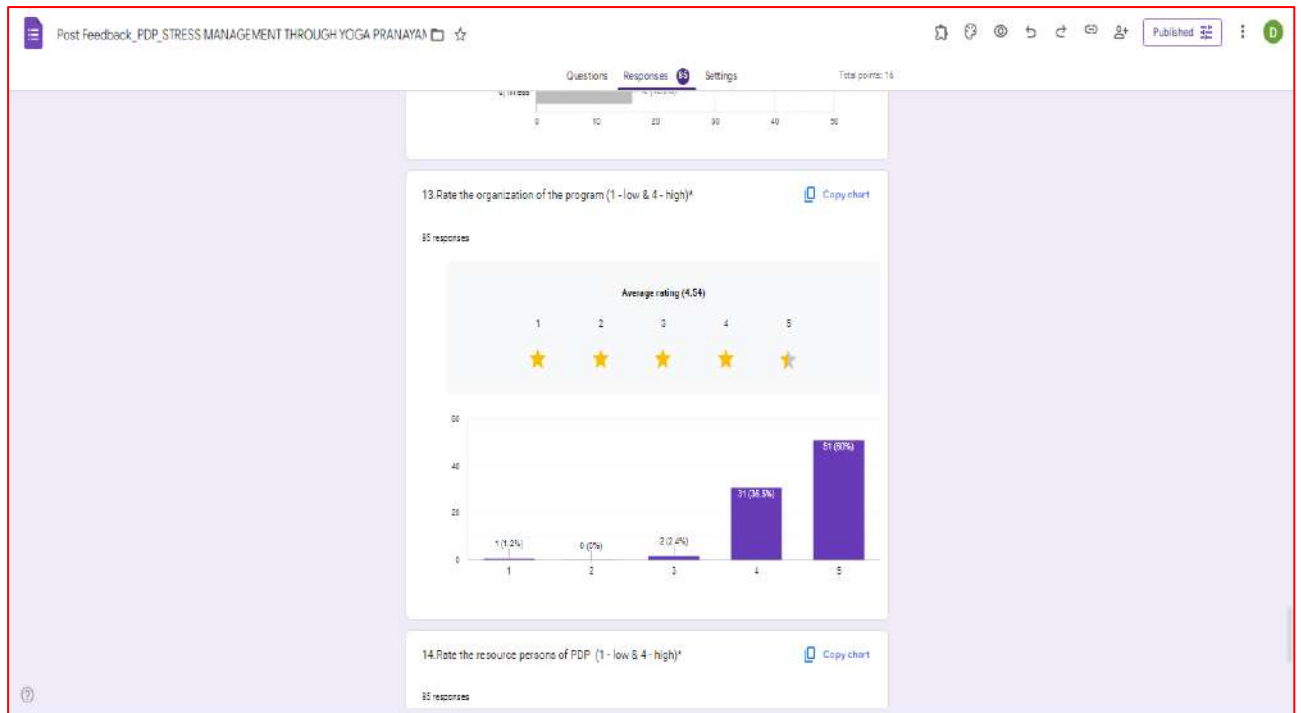
FULL NAME *

Short answer text

AFFILIATION *

Short answer text





Attendance

Faculty Development Program							
Stress Management through Yoga, Pranayam and Meditation							
S.N.	Name of Staff	09-06-2025	10-06-2025	11-06-2025	12-06-2025	13-06-2025	14-06-2025
1	Dr. Valissai P. Varghese	58	58	58	58	58	58
2	Dr. Avinash Manohar Badar	45	45	45	45	45	45
3	Dr. Swapnecel Ramesh Rao Satone	52	52	52	52	52	52
4	Dr. Mrs. Nina Rajesh Dhams	33/44	33/44	33/44	33/44	33/44	33/44
5	Dr. Mrs. Pallavi Udaysingh Bisen	41	41	41	41	41	41
6	Dr. Vinayak D. Vaidya	54	54	54	54	54	54
7	Dr. Ashay Devidas Shende						
8	Dr. Balbir Singh Jarnail Singh Ruprai						
9	Mr. Mahendra Narayan Umare						
10	Mr. Dhananjay Bhaurao Awachat						
11	Dr. Anshul Ramesh Nikhade						
12	Dr. Anil Vasantrao Vanalker						
13	Dr. Sanjay Rambhauji Ikhar	50	50	50	50	50	50
14	Mr. Vedanand N. Mujbaila	66	66	66	66	66	66
15	Mr. Arvind Narayan Madhe						
16	Dr. Pundlik Gadiji Mehar						
17	Dr. Abhinav Pandurang Ninawe	60	60	60	60	60	60
18	Mr. Vikrant Dhondbaji Dhopte	52	52	52	52	52	52
19	Dr. Vivek Bechuramji Vaidya						
20	Mrs. Sushama Sanjay Nandanwar						
21	Mr. Mayur Sunil Shelke	67	67	67	67	67	67
22	Mr. Haridas Vitthal Sondawale						
23	Mr. Dhananjay Govindrao Dange						

Pr. G. H. Agrawal
H. P. D.

Dept. of Basic Science & Humanities
K.D.K. College of Engg., & Tech., Vijaypur-24

Faculty Development Program Stress Management through Yoga, Pranayam and Meditation							
S.N	Name of Staff	09-06-2025	10-06-2025	11-06-2025	12-06-2025	13-06-2025	14-06-2025
24	Dr. Mrs. Shubhangi Sudhir Ambekar	46					
25	Dr. Giridharilal Hariam Agrawal						
26	Dr. Devendra Manikrao Holey						
27	Mr. Sandeep Krishnarao Mude	70					
28	Dr. Chandrashekhar S. Hiwarkar	62					
29	Mr. Chandrakant Jagdish Sharma						
30	Mr. Abhay Manikrao Halmare	50					
31	Mrs. Vedanti Dhalchandra Hardas	64					
32	Mr. Kirti M. Dhenge						
33	Mr. Sagar Diwakar Bhaisare	86					
34	Dr. Ajay Amarprasad Jaiswal						
35	Dr. Sanjay Madhukar Malode	52					
36	Mr. Annaji M. Kuthe						
37	Mrs. Kamal Sushil Chandwani	33					
38	Ms. Vaishali Rajesh Surjuse	50					
39	Dr. Anup Dnyaneshwar Bhange						
40	Mr. Shailesh A. Kurzadkar	97					
41	Mrs. Prajakta A. Kuchewar	54					
42	Dr. Prabhakar Damaji Khandait	33					
43	Mr. Vijay Vitthalrao Chakole	47					
44	Dr. Mrs. Jyotsna Sudhakar Gawai						
45	Dr. Rahul Ashokrao Burange	66					
46	Dr. Pankaj Mahadeorao Shende						

Dr. G. H. Agrawal

H. O. D.

Dept. of Basic Science & Initiatives
K.D.K. College of Education, Warananagar

Faculty Development Program

Stress Management through Yoga, Pranayam and Meditation

S.N.	Name of Staff	09-06-2025	10-06-2025	11-06-2025	12-06-2025	13-06-2025	14-06-2025
47	Mr. Vivek Narayan Mahawadiwar	68					
48	Mr. Rajendra Bhanudas Khule	53					
49	Mr. Shishir A. Bagal						
50	Mr. Kartik Kailashchandra Ingole						
51	Dr. Mrs. Sunanda Prabhakar Khandait	36					
52	Mr. Sandeep Shaligram Ganorkar						
53	Ms. Yogeshri Dayaram Choudhari						
54	Dr. Harish Vasantrao Gorewar						
55	Mr. Roshan Ramesh Kolte						
56	Dr. Anoop Prabhakar Fartode (Chem)						
57	Dr. Ashok Ramchandra Dhoble (Math)	48					
58	Dr. Tushar Ramdasji Shelke (Phy)						
59	Dr. Kailash Anandrao Gedekar (Phy)						
60	Dr. Ms. Archana Mahavir Ramteke (Chem)						
61	Dr. Mrs. Dipali Swapneel Satone (Chem)	53					
62	Dr. Ms. Kavita Bhalchandra Bajpai (Math)	38					
63	Mr. Vrushab Namdeo Tale (Phy)						
64	Mr. Girish Narayan Raut (Math)						
65	Mrs. Kirti Vedprakash Khawas (Math)						
66	Mrs. Venus V. Bower (Eng.)	40					
67	Ms. Rutuja Sushil Budhe						
68	Mr. Abhishek Pramodrao Nachankar	40					
69	Mrs. Minal Sachin Solanki						
70	Dr. Apurva Sushish Donekar	55					
71	Dr. Phanavjay V. Ghadge						

Dr. G. H. Agrawal
H.O.D.

Dept. of Basic Science & Humanities
K. J. Somaiya Institute of Technology & Management

Faculty Development Program		Stress Management through Yoga, Pranayam and Meditation						
S.N.	Name of Staff	09-06-2025	10-06-2025	11-06-2025	12-06-2025	13-06-2025	14-06-2025	
52	V.D.Sharma (65)	Present	Present	Present	Present	Present	Present	
53	Leena N Raut	Present	Present	Present	Present	Present	Present	
54	Durga W. Mangari	Present	Present	Present	Present	Present	Present	
55	Neha C. Nayak (Chauria)	Present	Present	Present	Present	Present	Present	
56	Priyanka S. Dowlalkar	Present	Present	Present	Present	Present	Present	
57	Gyftana D. Thakre	Present	Present	Present	Present	Present	Present	
58	Minal D. Choudhary (48)	Present	Present	Present	Present	Present	Present	
59	Pooja P. Babre (48)	Present	Present	Present	Present	Present	Present	
60	Nidhi D. Rath (33)	Present	Present	Present	Present	Present	Present	
61	Surbhi S. Khokhe	Present	Present	Present	Present	Present	Present	
62	Abhinav V. Deshpande (42)	Present	Present	Present	Present	Present	Present	
63	R.K. Gumbata	Present	Present	Present	Present	Present	Present	
64	Deepa Bagde	Present	Present	Present	Present	Present	Present	
65	Samruha Dakhole	Present	Present	Present	Present	Present	Present	
66	Divya Kawale	Present	Present	Present	Present	Present	Present	
67	Priyanka Ghare	Present	Present	Present	Present	Present	Present	
68	Kunal V. Chitambar	Present	Present	Present	Present	Present	Present	
69	Ashwini M. Wakadikar	Present	Present	Present	Present	Present	Present	
70	Tejaswini H. Mankar	Present	Present	Present	Present	Present	Present	
71	Shireeni K. Ambulkar	Present	Present	Present	Present	Present	Present	
72	Jayashree A. Gaware	Present	Present	Present	Present	Present	Present	
73	Mandita R. Patil (52)	Present	Present	Present	Present	Present	Present	
74	Shirpa A. Satam (39)	Present	Present	Present	Present	Present	Present	
75	Prof. Arun V. Virutkar	Present	Present	Present	Present	Present	Present	

Dr. G. H. Agrawal

H. O. D.
Dept. of Basic Sciences & Mathematics

Faculty Development Program

Dr. G. H. Agrawal

H.O.D.
Dep't of Basic Sciences
K.D.K. College of Engg., Mysuru-57
Page No. _____