



**Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya, Latur
(Autonomous)
Department of Biotechnology**

A) Summary

1) Title of Programme:		Student Orientation Programme on Music and Meditation		
2) Name of Organizing Department/Unit:		Department of Biotechnology		
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:		Principal: Dr. Mahadev Gavhane Vice- Principal: Prof. S. N. Shinde Head: Dr. S. S. Kulkarni		
4) Date(s) of the Programme:		17th February 2025		
5) Venue/ Mode:		Offline at Department of Biotechnology		
6) Target Group:		UG students		
7) Number of Participants:		Male	Female	Total
A separate list with signatures be maintained in the department/Unit)	Teaching	00	00	00
	Non-Teaching	00	00	00
	Students	23	33	56
8) Name(s) and details of Resource Person(s), if any:		Mr. Harisurvottam Govindrao Joshi, Asst. Prof. Department of Music, Rajarshi Shahu Mahavidyalaya, Latur (Autonomous).		
9) Total Expenditure for the Programme:		Nil		
10) Source of Funding:		Not applicable		

B) Report

I. Title: Student Orientation Programme on Music and Meditation.

II. Introduction

In today's fast-paced world, mental well-being has become a crucial aspect of maintaining a balanced life. With the increasing pressures of daily life, students and professionals alike often struggle with stress and anxiety. Recognizing the importance of mental health, the Department of Psychology at Rajarshi Shahu Mahavidyalaya organized a Music and Meditation Programme aimed at offering students tools for stress management and emotional balance. The event sought to showcase the positive impact of music and meditation on mental health, and how these practices can be integrated into everyday life to promote well-being. The programme featured Hari Sarvottam Joshi, an expert in music therapy and meditation, who provided students with an understanding of how these disciplines can enhance focus, reduce stress, and improve overall mental health. Hari Sarvottam Joshi shared practical techniques that students could incorporate into their daily routines for better emotional resilience and well-being.

III. Objectives of the Programme/issues addressed

- To highlight the importance of mental well-being in the academic and professional success of students.
- To introduce the therapeutic benefits of music and meditation for stress management and emotional balance.
- To provide students with tools and techniques to manage stress, anxiety, and other mental health challenges.
- To encourage students to incorporate music and meditation into their routine for long-term mental well-being.

IV. Details of the participants

Participants (23 Male and 33 Female) 56 attended the Programme.

V. Brief summary of the programme/session

Hari Sarvottam Joshi, an expert in music therapy and meditation, led the session with an engaging introduction to the calming effects of music and the science behind meditation. Mr. Joshi emphasized how different types of music could influence mood, improve focus, and reduce anxiety, offering examples from his extensive experience in the field. Following the lecture, Mr. Joshi guided the students through a meditation session, encouraging them to practice mindfulness and awareness of their thoughts and feelings. After the meditation, students were divided into smaller groups for a discussion on how they could integrate music and meditation into their academic and personal lives. This allowed students to share experiences, discuss the benefits they had experienced during the session, and exchange ideas on how to maintain a consistent practice of these techniques.

V. Conclusion, with feedback on the programme: -

The Music and Meditation Programme was an enlightening and refreshing experience for all the participants. Hari Sarvottam Joshi's insightful talk and the meditation exercises gave students practical tools to manage their mental health and cope with stress. The programme was a reminder of the importance of incorporating relaxation and mindfulness practices into daily life, especially for students juggling academic pressure. Several students expressed interest in attending future workshops on mental well-being and requested more in-depth sessions on meditation techniques. Some students also mentioned that they were motivated to explore music therapy and meditation as a long-term strategy for managing stress and enhancing concentration.


VI. Appendix: - List of participants.

Date: 18/02/2025


**HoD
Head**

Department of Biotechnology
Rajarshi Shahu Mahavidyalaya
(Autonomous) Latur-413 531




**Principal
PRINCIPAL**
Rajarshi Shahu Mahavidyalaya, Latur
(Autonomous)

C) Geotagged Photographs/Screenshots



An interactive session conducted by Asst. Prof. Harisarvottam Govindrao Joshi in the Student Orientation Programme on Music and Meditation.



A serene moment from the orientation program, featuring students engaged in music and meditation.

D) Brochure of the Program:



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Department of Biotechnology



Organizes

Student Orientation Programme on Music & Meditation

Resource Person

Mr. Harisarovttam Joshi
Asst. Prof., Dept. of Music,
Rajarshi Shahu Mahavidyalaya, Latur (Autonomous)

Dr. Mahadev Gavhane
Principal

Prof. S. N. Shinde
Vice- Principal

Dr. Sachin Kulkarni
Head, Dept. of Biotechnology

Date: 17 February 2025 **Time: 01:00 PM** **Venue: Seminar Hall**



Shiv Chhatrapati Shikshan Sanstha's

Rajarshi Shahu Mahavidyalaya, Latur (Autonomous)

Department of Biotechnology

Student Orientation Programme on Music and Meditation

Date : 17/02/2025

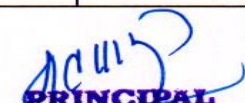
Sr. No	Name of the Student	Class	Gender	Sign
1	Ruchita Q. Bolegave	Bsc.BTIII	F	Ruchita
2	Khot Sopan Kishan	MSC.II	M	Khot
3	Naikwade Keshav Netaji	-II-	M	Keshav
4	Kousik Nisha Ankeush	-II-	F	Nisha
5	Malkude Omkar M.	-II-	M	Omkar
6	Karthan Siddhant S.	BSc.BT.II	M	Karthan
7	Sukar Mhetre	Bsc.bt-II	M	Sukar
8	Mendhakar Ritesh	bsc.bt-II	M	Ritesh
9	Rushikesh Vinod Shirure	bsc.bt-II	M	Rushikesh
10	Reddi Avinash Narasing	bsc.BT.I	M	Reddy
11	Kadam Omkar Ramdas	bsc.BT.II	M	Omkar
12	Surwase Pranali Shrihanand	-II-	F	Surwase
13	Supekar Sakshi Balaji	-II-	F	Sakshi
14	Badad Pranita Balasaheb	-II-	F	Pranita
15	Jagtap Omkar Mahadev	-II-	M	Omkar
16	Kadam Indrajit Mahadev	-II-	M	Kadam
17	Keshav Sanjay Wamgale	-II-	M	Keshav
18	Madhar Mhetre	-II-	M	Madhar
19	Sayyed Muskan Salim	-II-	F	Muskan
20	Shaikh Alfiya Gulab	-II-	F	Alfiya
21	Shaikh Shreeta Ahmad	-II-	F	Shreeta
22	Sayyed Nabila Ansar	-II-	F	Nabila
23	Shirure Dipali Shiraji	-II-	F	Dipali
24	Natu Sujata Ramkrishna	-II-	F	Sujata
25	Phad Dipali Hanumanant	-II-	F	Phad

Sr. No	Name of the Student	Class	Gender	Sign
26	Narwane snehal sanjay	-11-	F	Snehal
27	sammudhi bhise	-11-	F	Sammudhi
28	kale Pratik	-11-	M	Pratik
29	Islapalle Hanmant	-11-	M	Hanmant
30	Patil vishwajit	-11-	M	Vishwajit
31	Garad Pooja Rajendra	-11-	F	Pooja
32	Bhosale Parthaj Balbhim	-11-	M	Parthaj
33	Done Rutuja Ramkreshan	-11-	F	Rutuja
34	Thombree Suraj Sujit	BSC I st	M	Suraj
35	Andane Vishakha Anna	-11-	F	Vishakha
36	Bulbele Sakshi Dagadu	-11-	F	Sakshi
37	Gundile Pratiksha Haridas	-11-	F	Pratiksha
38	Aditya Sunil Patil	-11-	M	Aditya
39	Nirmale Sanvi Ayad.	BSC III	F	Sanvi
40	Rutuja D. Kaste	-11-	F	Rutuja
41	Nikita Ashok Tenkale	M.S.C. I	F	Nikita
42	Nikita Nagnath More	-11-	F	Nikita
43	More Shraddha Manuti	-11-	F	Shraddha
44	Bote Sneha Ramakant	BSC.BT III	F	Sneha
45	Gaikwad Nikita Shankumar	BSC BT IV	F	Nikita
46	Ganiya Habib Jafari	BSC BT I	F	Ganiya
47	Aksha Shukla	BSC BT III	F	Aksha
48	Shaikh Misbah	BSC BT I st	F	Misbah
49	Waghmare Samudhi	BSC.BT II	F	Samudhi
50	Shaikh Roshana	-11-	F	Roshana
51	shaikh Azarashirin	-11-	F	Azara
52	Sumangshi priti	-11-	F	Priti
53	Shaikh Aman Balan	-11-	M	Aman
54	Bhaskar Kuber Fayyazuddin	-11-	M	Bhaskar
55	Shaikh Fikun Murtaza	-11-	M	Fikun
56	Reddy Omkar Shyamrao	BSC BT IV	M	Omkar
57				
58				


Head

Department of Biotechnology
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PRINCIPAL
Rajarshi Shahu Mahavidyalaya, Latur
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