

# Report of “Workshop on Vipassana”

Thursday, 27<sup>th</sup> Feb., 2024 at 11.00 am

<b>Name of the Activity</b>	: Workshop on Vipassana
<b>Date and Time of activity conducted</b>	: 27 <sup>th</sup> Feb., 2024 at 11.00 am
<b>Nature of Activity</b>	: Training about Vipassana
<b>Target Group</b>	: Teaching and Non-Teaching Staff
<b>Number of Participants</b>	:
<b>Name of Organizer</b>	: NAAC Criteria- VI and VII
<b>Resource Person</b>	: Mr. Abhijit Chavan

## **Short Description of Conducted Activity:**

To decrease stress, reduce anxiety, improve mental focus NAAC Criteria- VI and VII organized Workshop on Vipassana for teaching and non-teaching staff. Preface was given by Dr. N. I. Shaikh. NAAC Co-ordinator Dr. Amar Powar introduced the speaker. Resource person Mr. Abhijit Chavan said in his speech, Vipassana enables us to experience peace and harmony by purifying the mind, freeing it from suffering. He also taken some practical of Vipassana. Principal Dr. Ashok Chavan told the importance of Vipassana in our life. Dr. Renuka Pawar expressed vote of thanks.

## **PO's:**

- 1) To inform about vipassana.
- 2) To aware about effect of vipassana.

## **PSO's:**

- 1) The staff knows about vipassana.
- 2) The staff experienced peace and harmony by purifying the mind.



Peth Vadgaon, Maharashtra, India  
 R8PF+72R, Peth Vadgaon, Maharashtra 416112, India  
 Lat 16.835879°  
 Long 74.322848°  
 27/02/24 12:26 PM GMT +05:30

GPS Map Camera



Peth Vadgaon, Maharashtra, India  
 R8PC+CP5, Vadgaon - Latwade Rd, Shivaji Chowk, Peth Vadgaon, Maharashtra  
 416112, India  
 Lat 16.83616°  
 Long 74.322271°  
 27/02/24 11:17 AM GMT +05:30

GPS Map Camera




Peth Vadgaon, Maharashtra, India  
 R8PF+72R, Peth Vadgaon, Maharashtra 416112, India  
 Lat 16.835885°  
 Long 74.322852°  
 27/02/24 12:25 PM GMT +05:30

GPS Map Camera

**Date of Report:** 27<sup>th</sup> Feb., 2024  
**Organizer:** NAAC Criteria- VI & VII

  
 (Dr. R. A. Pawar)  
 Chairman, Criteria- VI

  
 (Dr. N. I. Shaikh)  
 Chairman, Criteria- VII

  
 I/C Principal  
 Shri Vijaysinha Yadav College,  
 Peth Vadgaon, Tal. Hatkanangale,  
 Dist. Kolhapur.