



PRAHLADRAI DALMIA LIONS COLLEGE OF COMMERCE & ECONOMICS

ISO 9001 : 2015 Certified

NOTICE

Date: 20/01/2020

All the self Financed students are hereby informed that Aastha committee in association with Pranik Heal is organizing seminar on **"Melt Your Tension With Meditation!!!"** by Aaditya Raul and Dr. Vaishali on 24th January 2020..

Interested Students are requested to register their names to the faculty incharge.

Faculty Incharge: Prof.Manisha Jadhav

Student Incharge : Mr. Rishabh Punmia

Mr. Vinit Ghoshal

Time:-10.00 am

Venue:-Auditorium.

Prof.Subhashini Naikar
Vice principal

Dr.N.N.Pandey
Principal

Sunder Nagar, Swami Vivekanand Road, Malad (West), Mumbai -- 400064.
Tel.: +912228725792 ♦ 28732270 ♦ E-mail: dalmialionscollege@gmail.com
Website: www.dalmialionscollege.ac.in



*Prahladrai Dalmia Lions College of Commerce & Economics
Sunder Nagar, Malad (W), Mumbai-400 064.*

Report: On seminar “Melt your tension with Meditation”

Prahladrai Dalmia Lions College of Commerce & Economics (IQAC & Self Financed Courses) in Association with Pranik Healing had Organized Seminar on Melt your tension with Meditation for developing Meditation Techniques to Melt the Tension.

Pranic Healing always take initiative to conduct Meditation Programme .

It was Conducted on 24 th January 2019 at 10 am in the college Auditorium .

It was Practical based and was conducted by Mr .Shailendra Hannumante ,Mr .Aaditya Rawool and Dr.Vaishali.

Total 87 students and 30 Teacher Participants have attended this seminar. We are glad to mention that Participants really felt stress free after Hands on Practice.

It was organized by Prof. Subhashini Naikar Vice Principal of Self Financed Courses and convener AASTHA CELL of PDLC and Teacher Incharge was Prof. Manisha Jadhav.

BIM

Prahladrai Dalmia Lions College of Commerce & Economics

Sunder Nagar, Malad (W), Mumbai-400 064.

Activity Attendance Report

Name of Activity: "Melting your tension by Meditation"

Name of Subject / Association: Aartha & Pranik Healing

Class: SFC Date: 24/01/2020 Academic Year 19-20

Name of Teacher in charge: Manisha & Poonam Sign. of Teacher: 81



Sr. No.	Roll No.	Name of student	Signature	Feedback	Gender
TYBIM	1	Shikha I Dubey	<i>Shikha</i>	A	F
	2	Tamanna Pathak	<i>Tamanna Pathak</i>	B	F
	3	Sunanda Karmakar	<i>Sunanda</i>	A	F
	4	Vaishya Jha	<i>Vaishya</i>	A	F
	5	Bharti Negi	<i>Bharti</i>	B	F
FYBIM	1.	Anjali K. Gupta	<i>ANJALI</i>	Good	F
	2.	Alin R. Mirg	<i>Alin</i>	Good	F
TYBIM	1.	Dakshita Pardesi	<i>Dakshita</i>	Good	F
TYBIM	2.	Uma Kankani	<i>Uma</i>	Good	F
SYBIM	1.	Ramesh Patel	<i>Ramesh</i>	Good	M

Feedback :
 A = Good
 B = Satisfactory
 C = Unsatisfactory

Gender : M= Male / F= Female / O = Other



BSC (IT)

Prahladrai Dalmia Lions College of Commerce & Economics

Sunder Nagar, Malad (W), Mumbai-400 064.

Activity Attendance Report

Name of Activity: "Melting tension by meditation"

Name of Subject / Association: Aastha & Pranik Healing

Class: SFC Date: 24/01/20 Academic Year 19-20

Name of Teacher in charge: Manisha J. Poonam Sign. of Teacher: [Signature]

Sr. No.	Roll No.	Name of student	Signature	Feedback	Gender
01	138	Ashish Thakur	[Signature]	Good	M
02	106	Prince. P. Gupta	[Signature]	Good	M
03	155	Ashmita A. Singh	[Signature]	V-Good	F
04	101	Ansari Tahera Kausar Md. Khurdus	[Signature]	A	F
05	148	Satyam Chanshyam Yadav	[Signature]	Good	F
06	121	Patil Nidhi Hemant	[Signature]	V-Good	F
07	137	Teli Vaishnavi	[Signature]	Good	F
08	122	Poojapati Mahendra	[Signature]	V-Good	M
09	110	ROSHAN S. JHA	[Signature]	V-Good	M
10	204	AKSHAY BHOSLE	[Signature]	A	M
11	231	Nilesh Sharma	[Signature]	Good	M
12	245	Rajan Yadav	[Signature]	A+	M
13	223	Hritik Parmar	[Signature]	A+	M
14	234	Anshu Singh	[Signature]	Good	M
15	210	Rohit Kamble	[Signature]	Good	M

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DI/R-A/Gen/01

16	204	Grohil Nikhil V.	[Signature]	Good	M
17	209	Siddhesh Kadam	[Signature]	Good	M

BFM



Prahladrai Dalmia Lions College of Commerce & Economics Sunder Nagar, Malad (W), Mumbai-400 064.

Activity Attendance Report

Name of Activity: Melting tensions by Meditation

Name of Subject / Association: Aastha & pranik Healing

Class: SFC Date: 24/01/20 Academic Year 19-20

Name of Teacher in charge: Manisha & Poo Nam Sign. of Teacher: [Signature]

Sr. No.	Roll No.	Name of student	Signature	Feedback	Gender
1	148	Archit. R. Vilkam	[Signature]	Great	FN
2	160	Priyanka Rana	[Signature]	Greater	M
3	116	Chirag Jain	[Signature]	Very good	M
4	118	Hiten Jangid	[Signature]	Good	M
1	247	Prithesh Yadav	[Signature]	good	M
2	206	Lalit Borara	[Signature]	OKOK	M
3	239	Aditya. J. Singh	[Signature]		M
4	217	Anuj. S. Gupta	[Signature]	Relax	M
5	235	Jeel. Patel	[Signature]	relax.	F
6	231	Naina Kishora	[Signature]	Great	f.
7	226	Niraj Kulkarni	[Signature]	Good	M
8	241	meedula Suryavanshi	[Signature]	Great	F
9	246	Saurabh Verma	[Signature]	Awesome	M
10	243	Bhavik Tank	[Signature]	Good	M

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DI/R-A/Gen/01



PRAHLADRAI

Prahladrai Dalmia Lions College of Commerce & Economics
Sunder Nagar, Malad (W), Mumbai-400 064.

Activity Attendance Report

Name of Activity: "Melting tension by Meditation"

Name of Subject / Association: Aastha & Pranik Healing

Class: SFC Date: 24/1/20 Academic Year 19-20

Name of Teacher in charge: _____ Sign. of Teacher: _____

Sr. No.	Roll No.	Name of student	Signature	Feedback	Gender
1	3159	Shweta tiwari (TYBAF-C)	<i>Shweta</i>	Good	F
2	3156	Maya Thapa (TYBAF-C)	<i>Maya</i>	Good	F
3	3017	Shraddha Chavan (TYBAF-C)	<i>Shraddha</i>	Good	F
4	3144	Prachi Sawant (TYBAF-C)	<i>Prachi</i>	Excellent	F
5	3132	Shraddha Mishra (TYBAF-C)	<i>Shraddha</i>	Excellent	F
6	3138	Saumya Poojary (TYBAF-C)	<i>Saumya</i>	Excellent	F
7	3131	Preriti Mishra (TYBAF-C)	<i>Preriti</i>	Excellent	F
8	3130	Laxmi malhotra (TYBAF-C)	<i>Laxmi</i>	Good	F
9	3114	Komal S. Bhattarai (TYBAF-C)	<i>Komal</i>	Good	F
10	3148	Roshan shetty (TYBAF-C)	<i>Roshan</i>	Good	M
11	3175	Haresh Jethwa (TYBAF-C)	<i>Haresh</i>	Excellent	M
12	3115	Pratik Chavan	<i>Pratik</i>	Excellent	M
13	3133	Prasad Naik	<i>Prasad</i>	Excellent	M
14	3140	LALIT Prajapati	<i>Lalit</i>	Good	M
15	3154	Suyash Tambitkar (TYBAF-C)	<i>Suyash</i>	Good	M
16	3003	Vedant Aggarwal (BAFA)	<i>Vedant</i>	Good	M
Feedback : Gender : M= Male / F= Female / O = Other					
A = Good	17	Aishwarya Jain	3040 (CA)	Good	F
B = Satisfactory	18	Muskan Jain	3045 (CA)	Good	F
C = Unsatisfactory	19	Rishika Baijra	3008 (A)	Good	F



BMM

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Activity Attendance Report

Name of Activity: Melting tension by Meditation

Name of Subject / Association: Aastha & Pranik Healing

Class: SFC Date: 24/01/20 Academic Year 12 19-20

Name of Teacher in charge: Manisha & purnima Sign. of Teacher: [Signature]

Sr.	Roll No.	Name of student	Signature	Feedback	Gender
	2058	Vijay Pandey	[Signature]	A	M
	2051	Anvita Mitter	[Signature]	A	m
1	2035	Nikita Karotiya	[Signature]	A	F
2	2028	Deep P. Jain	[Signature]	B	F
3	2031	Ankita Jha	[Signature]	A	F
4	2041	Delina Lobo	[Signature]	A	F
5	2099	Aanchal Vishwakarma	[Signature]	A	F
6	2026	Omhar C. Hattaske	[Signature]	A	M
7	2008	Akansha T. Bhoir	[Signature]	A	F
8	2079	Akshay Shukla	[Signature]	O	M
9	2078	Sibin G...	[Signature]	O	M
10	2052	NIGEL MONTEIRO	[Signature]	O	M
11	2060	Shreya Kokate	[Signature]	A	F
12	2039	Dhruvika Kokane	[Signature]	A	F
13	2002	Caig Almeida	[Signature]	C	M
14	2007	RUSHABH BHANUSHALI	[Signature]	B	M
15	2023	Angad Gupta	[Signature]	B	M

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11:02 AM
FRIDAY, 24/11

India
LONGITUDE 72.8430° E 72°50'34"E
LATITUDE 19.1776° N 19°10'39"N



12:34 PM
FRIDAY, 24 JAN

India
LONGITUDE 72.8425° E 72°50'32"E
LATITUDE 19.1763° N 19°10'36"N



12:32 PM

FRIDAY, 24 JAN

India

LONGITUDE 72.8429° E 72°50'34"E

LATITUDE 19.1769° N 19°10'36"N



12:01 PM
FRIDAY, 24 JAN

India
LONGITUDE 72.8416° E 72°50'29"E
LATITUDE 19.1771° N 19°10'37"N