


P.E.S.
Modern Law College,
 Ganeshkhid, Pune

LLM Department
Internal Submission Schedule LLM I (Semester I) (2020-2021)

| <u>Internal Submissions</u> | <u>Subject Name</u> | <u>Dates</u> |
|---|--|--------------------------|
| Group Discussion | Constitutional Law | 15/12/2020 to 20/12/2020 |
| | Legal Theory | 21/12/2020 to 26/12/2020 |
| | Principles of Corporate Law/ Introduction to International Law | 27/12/2020 to 03/01/2021 |
| Research Paper Proposal Presentation | Constitutional Law | 04/01/2021 to 10/01/2021 |
| | Legal Theory | 12/01/2021 to 18/01/2021 |
| | Principles of Corporate Law/ Introduction to International Law | 20/01/2021 to 28/01/2021 |
| Summary of SILC | Legal Research Methodology | 06/03/2021 |
| Case Comment | Legal Research Methodology | 14/03/2021 |
| Research Paper Submission | Constitutional Law | 27/02/2021 |
| | Legal Theory | 20/02/2021 |
| | Principles of Corporate Law/ Introduction to International Law | 01/04/2021 |
| | Legal Research Methodology | 30/03/2021 |
| | Legal Theory | 29/03/2021 |
| Internal Examination | Constitutional Law | 30/03/2021 |
| | Legal Research Methodology | 31/03/2021 |
| | Principles of Corporate Law/ International Law | 01/04/2021 |
| | Human Rights I | 02/04/2021 |
| | Cyber Security I | 03/04/2021 |
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LLM Department
Internal Submission Schedule LLM I (Semester II) (2020-2021)

| Internal Submissions | Subject Name | Dates |
|---|--|--------------------------|
| Group Discussion | Comparative Constitutional Law | 13/06/2021 to 18/06/2021 |
| | Principles of Contract Law | 20/06/2021 to 25/06/2021 |
| Doctrinal Research Paper Submission | Comparative Constitutional Law | 19/07/2021 |
| | Legal Theory | 28/07/2021 |
| | Principles of Corporate Law | 28/07/2021 |
| | Practical Legal Research Methodology | 19/06/2021 |
| Internal Examination | Law Making in Indian Polity | 07/06/2021 |
| | Comparative Constitutional Law | 08/06/2021 |
| | Principles of Contract Law/ International Law | 09/06/2021 |
| | Human Rights II | 11/06/2021 |
| | Cyber Security II | 12/06/2021 |
| Non Doctrinal Research Submission | Practical Legal Research Methodology | 26/06/2021 |
| Classroom Teaching Certificate Submission | Practical Legal Research Methodology | 26/06/2021 |
| Essay on Efficacy of ADR | Practical Legal Research Methodology | 26/06/2021 |



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LLM Department
Internal Submission Schedule LLM II (Semester III) (2020-2021)

| <u>Internal Submissions</u> | <u>Subject Name</u> | <u>Dates</u> |
|-------------------------------------|-------------------------------|--------------------------|
| Assignment I | Law and Social Transformation | 26/10/2020 |
| Assignment II | Law and Social Transformation | 30/10/2020 |
| Submission Doctrinal Research Paper | Law and Social Transformation | 05/12/2020 |
| | Law, Science and Technology | 06/04/2021 |
| | Consumer Law | 05/04/2021 |
| | Criminology and Penology | 07/04/2021 |
| PPT Presentation | Law and Social Transformation | 06/12/2020 to 12/12/2020 |
| | Law, Science and Technology | 15/12/2020 to 22/12/2020 |
| | Consumer Law | 22/12/2020 to 28/12/2020 |
| | Criminology and Penology | 29/12/2020 to 05/01/2021 |
| Internal Examination | Law and Social Transformation | 07/01/2021 |
| | Law, Science and Technology | 08/01/2021 |
| | Consumer Law | 09/01/2021 |
| | Criminology and Penology | 10/01/2021 |
| | Cyber Security III | 11/01/2021 |

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LLM Department
Internal Submission Schedule LLM II (Semester IV) (2020-2021)

| <u>Internal Submissions</u> | <u>Subject Name</u> | <u>Dates</u> |
|--|--|--------------------------|
| Group Discussion | Mass Media Laws | 12/03/2021 to 16/03/2021 |
| | Banking and Negotiable Instrument Laws | 20/03/2021 to 28/03/2021 |
| Submission Doctrinal Research Paper | Mass Media Laws | 10/08/2021 |
| | Banking and Negotiable Instrument Laws | 10/08/2021 |
| PPT Presentation | Mass Media Laws | 05/04/2021 to 15/04/2021 |
| | Banking and Negotiable Instrument Laws | 17/04/2021 to 27/04/2021 |
| Dissertation topic Finalisation | Dissertation | 15/01/2021 |
| Dissertation Progress Report | Dissertation | 05/03/2021 |
| Dissertation Final Draft | Dissertation | 30/06/2021 |
| Internal Examination | Mass Media Laws | 08/06/2021 |
| | Banking and Negotiable Instrument Laws | 09/06/2021 |



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Reports of Co-curricular and Extra- Curricular activities

<https://modernlawcollege.org/aqar/ssr/academic-year-2020-21/criterion-3/criterion-3-5-1/>



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MODERN LAW COLLEGE

YOGA SESSION REPORT

Date: - 19-August-2021 to 25-August -2021


Time: - 6.00 pm to 7.30 pm

'The real source of happiness is inner peace. If our mind is peaceful, we will be happy all the time, regardless of external conditions, but if it is disturbed or troubled in any way, we will never be happy, no matter how good our external conditions may be. External conditions can only make us happy if our mind is peaceful. We can understand this through our own experience. For instance, even if we are in the most beautiful surroundings and have everything we need, the moment we get angry any happiness we may have disappears. This is because anger has destroyed our inner peace. We can see from this that if we want true, lasting happiness we need to develop and maintain a special experience of inner peace. The only way to do this is to train our mind through spiritual practice – gradually reducing and eliminating our negative, disturbed states of mind and replacing them with positive, peaceful states. Eventually, through continuing to improve our inner peace we will experience supreme permanent peace of mind, or "nirvana". Once we have attained nirvana we will be happy throughout our life, and in life after life. We will have solved all our problems and accomplished the true meaning of our human life.'

Modern Law College, Ganeshkhind Road had organised online one Week Programme for Yoga and Meditation from 19 August to 25 August 2021 for BALLB First Year and LLB First Year.

19 August 2021

Our guest Shrilata Seshadri mam has conducted First Day Session which focuses on inner building. The module for first day is CONNECT. Students get to know each other reflect upon their life so far and set intentions for personal development and growth as they embark upon their new academic program.


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20 August 2021

Anagha Kulkarni mam engaged second day session. The module for second day is SELF-AWARENESS. Mam taught how to reflect upon their core values and explore what could be their life's purpose. They become aware of their belief systems, learn about their strength and weaknesses and make a personal growth vision for themselves.



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21 AUGUST 2021



Lecture started at 6.03pm sharp, today's guest Vikram Makhwana, MODULE name was **CONTEXT**. Vikram sir started speaking at 6.07pm. Vikram sir started lecture with a question, he told to go on www.menti.com and told to use code 26257893, he instructed to write adjective to our name.

Sir asked to switch on camera for an activity change the challenge, sir told to raise right and left hand alternatively, sir gave a brief about this activity, sir asked any Major changes came in your life recently, and also asked was you comfortable with the change, sir showed a video on year 2020 in that video all arid conditions on human being, all pain, tragedy, financial crisis, all dealing with the pandemic the novel corona virus, how doctors gave there large contribution, some deaths of big celebrities, a tragedy year 2020 same things we are facing today is shown in the video.

Sir asked some question on video:-

- 1) What do you feel after watching this video?
- 2) What do you think are the major problems that our world is facing today?
- 3) What do you think are the root causes underlying these problems?

Vikram sir shared another video with the students on topic we the people on poverty, hunger, good health, education, gender equality, water, energy, decent work jobs, industry and innovation, communities, climate condition, resources, peace, justice, partnership and goals, consumption.



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Sir showed 17 goals and told to pick one out of it and told to link motive behind the goal.

Sir shared one more video approximately 6 minutes JANE GOODALL - MOTHER EARTH, in that video it is shown that how human life is going, how animals are dealing with conditions, some information about astronauts, the things a human is dealing with, the food we eat, the life we live, the peace and harmony we have to live on mother earth, the creature which live on earth the human being how he is destroying the mother earth, a brief explanation about it and also a great visualization shown of mother earth in the video.

Sir asked some questions regarding the video-

- 1) What are the 5 things that you would like to change in this world?
- 2) Out of these changes that you listed which 2 are the most important changes, in your opinion?
- 3) If you had the power, which is the one change you would like to make in this world?
- 4) Where does this thought for change come from?

Sir has spoken about a technique to connect harmony between head and heart (CONNECTING WITHIN INNERSELF).

Sir showed 4 lines

O MASTER!

THOU ARE THE REAL GOAL OF HUMAN LIFE

**WE ARE YET BUT SLAVES OF WISHES, PUTTING BAR TO OUR
ADVANCEMENT**

**THOU ARE THE ONLY GOD AND POWER TO BRING US UP TO
THAT STAGE.**

Sir told to do meditation from 7.08pm to 7.23pm

Session ended at 7.24pm and sir asked the experience about today's session.



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23 AUGUST 2021



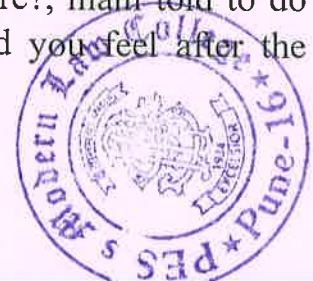
Lecture started at 6.02pm sharp, and today's guest is Priyanka Srivastava , seshdari mam asked a brief about past all three lectures , Priyanka mam asked last lecture suggestion about human life, Priyanka mam started session at 6.14pm topic name **CHOICES**.

Mam said be free while speaking ,you can discuss openly, one person will speak at a time, mam asked how choices are made ,and asked question how to make the right choices and excel at them?, mam asked us to go on www.menti.com with the code 59322608

and in that she asked whom would you like to have lunch with , **Elon musk, Angelina jolie, Tim burton, Your mom, Avenger, Wonder woman** , after that she asked which is your favourite animal **dog, cat, baby elephant, cub**, after that mam showed a video of brain games conformity waiting room on YouTube to students in that video it shown that group follow each other even when we are alone we follow them, after that a amazing story shared with the students, another video was shared with the students on thai cave rescue a reconstruction in 3D ,mam asked a question how peers affects our choices?, what kind of peer pressure are we facing?, mam discussed a quote written by **NIKOLAS SPARKS** , mam again told to go on www.menti.com with the code 15443074 and asked a question what is the role of the heart and brain in decision making?, how can we create positive peer pressure?, mam told to do meditation from 7.00pm to 7.15pm, mam asked how did you feel after the meditation. Session ended at 7.26pm.



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24 AUGUST 2021



Lecture started At 6.00pm sharp, and todays guest is Mr.Raju illa sir, seshdari mam asked a brief about yesterdays lecture, today's topic name **CAUSALITY**, sir started lecture at 6.09pm, sir asked about causality, sir said be free while speaking ,you can discuss openly, one person will speak at a time.

Sir asked question what are our interdependencies? Second question what are the causes.

Sir gave examples on interdependence, and also shared a story regarding it. Sir asked law and society are identified as same?

Sir showed slide of how choices are made, our field of concern (I, we & it), our field of influence (we), our field of control (i).

Sir asked question on concern and shared some examples of out of control like petrol, stock market, natural calamities and etc

Sir asked question on influence who can I influence; we can influence our boss, our friends, family.

Sir asked question on control what thinks we can controls? We can control our anger, habits, sleep and etc.

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One quote sir shared with students **GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, COURAGE TO CHANGE THE THINGS I CAN, AND WISDOM TO KNOW THE DIFFERENCE.**

Question was asked on reflect -1) What choices you made that had a positive impact?

2) Have you influenced anyone or got influenced by someone which made a difference?

3) What choices that you want to adopt for your future?

Sir shared a quote **OUR WORLD IS GLOBALLY INTERDEPENDENT. IF EACH COMPONENT IN THIS HIGHLY INTERDEPENDENT SYSTEM SEEKS THE MAXIMIZATION OF ITS OWN INTERESTS, IT IS HARDLY STRANGE THAT THE TOTALITY CAN GET MESSED UP BY ICHAK ADIZES** and a real life story with the students by playing a video the story was about the **cat in the borneo** the interdependencies between choices , sir asked to students to share their interdependency happened in their life


Sir asked students to tell: - 2 things you have learnt?

1 thing you will implement?

1 thing you liked the most?

Sir told to do meditation from 7.06pm to 7.22pm, Sir asked to note the feel after the mediation, and also sir asked how you felt after the meditation and your observation. Session ended at 7.30 pm.

25 AUGUST 2021


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Lecture started at 6.00pm. sheshdari mam asked about previous session and their topic names, and mam also again explained in short about previous 5 sessions and asked students about the sessions. , mam started lecture at 6.09pm, mam asked about communities, mam said be free while speaking ,you can discuss openly, one person will speak at a time. Today's topic of session is COMMUNITYY , sheshdari mam asked questions on community and also asked what things did learnt, what will you implement ,and the thing you liked the most. Mam asked us to go on www.menti.com with the code 97104207 on menti mam asked question how can we help each other achieve their goals? Mam shared her screen and showed us opportunities with hurtfulness in yoga certification, hurtfulness fellowship, volunteering, sharing and explained about the courses available, mam asked students to do meditation from 6.58pm to 7.18pm, mam told to go on www.menti.com with the code 97104207 with the question which of the topic added value to your existing skills -connect, core, context, choices, causality, community?

Session ended at 7.30pm.

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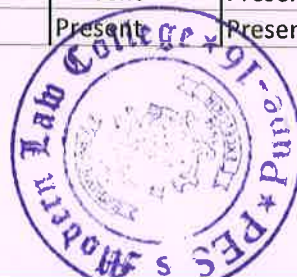
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| Yoga & Meditation Program | | | Attendance | | |
|---------------------------|----------------------------|-------------------------------|------------|---------|---------|
| Sr. No | Name of Student | E-mail Id | ##### | ##### | ##### |
| 1 | Manasi Kshirsagar | kshirsagarmanasi18@gmail.com | Present | Present | Present |
| 2 | Aditya Lokhande | adityalokhande08@gmail.com | Present | Present | Present |
| 3 | Suraj Giri | Ssgiri713@gmail.com | Present | Present | Present |
| 4 | Ritesh Patel | ritesh.patel839@gmail.com | | | |
| 5 | Atul Kamble | atulkamble1234@gmail.com | | | Present |
| 6 | Rutuja Gaidhani | rutugaidhani@gmail.com | Present | Present | |
| 7 | Abhishek pandhare | pandharen54@gmail.com | | | |
| 8 | Rupak Sharma | Rsharma00339@gmail.com | Present | Present | |
| 9 | Saurabh Bagul | bagulsaurabh30@gmail.com | | | |
| 10 | Shivani Dhole | shivanimdhole1803@gmail.com | Present | Present | Present |
| 11 | Nikita Gaikwad | nikitagaikwad121@gmail.com | Present | Present | Present |
| 12 | Rasika Ranpise | ranpiserasika5@gmail.com | Present | Present | |
| 13 | Amar Kambale | amarkambale@gmail.com | Present | Present | |
| 14 | Tushar Gaikwad | tushargaikwad161@gmail.com | | | Present |
| 15 | Meenal marathe | meenalsmarathe707@gmail.com | Present | Present | Present |
| 16 | Akshada pardeshi | akshup3374@gmail.com | Present | Present | Present |
| 17 | Kalyani Jarandikar | Kalyanijarandiker@gmail.com | | | |
| 18 | Arti Takale | takalearti123@gmail.com | Present | Present | Present |
| 19 | Sayali Mohitkar | mohitkarsayali1998@gmail.com | Present | Present | |
| 20 | Prianka Ghorpade | priyankaghorpade1798@gmail. | | | |
| 21 | Syed kaynath luckhi | Syedinsa4562@gmail.com | Present | Present | |
| 22 | Bharati Shinde | gargilokare2311@gmail.com | | | |
| 23 | Rasika Tushar Sangle | rasikatsangle@gmail.com | Present | Present | Present |
| 24 | Shubham Pradeep Vedpath | shubhamvedpathak2040@gmail.c | Present | Present | |
| 25 | Aishwarya Nilay Savant | kashmeerasavant@gmail.com | Present | Present | Present |
| 26 | Apurva Ravindra Jadhav | apurvarjadhav@gmail.com | Present | Present | Present |
| 27 | Omkar Kamble | omkarkamble16031994@gmail.co | Present | Present | Present |
| 28 | Savita Audumbar pawar | Savitaranipawar@gmail.com | | | |
| 29 | Sarad Akanksha Ramdas | sarad.akanksha030@gmail.com | Present | Present | |
| 30 | Kalyani Sanjeev Mirajgaonk | kalyanimirajgaonkar@gmail.com | | | |
| 31 | Laxmikant Mukund Bhujba | laxmikantbhujbal1@gmail.com | | | |
| 32 | Keshav Navnath Bade | badekesha59@gmail.com | | | |
| 33 | Triveni Sambhaji Kolekar | kolekartriveni19@gmail.com | Present | Present | Present |
| 34 | Pranita Satish Mandwade | pranitamandwade@gmail.com | Present | Present | Present |
| 35 | Srushtee Sheetal Patil | patilssrushtee@gmail.com | Present | Present | Present |
| 36 | Siddhi Jitendra Kaswa | siddhikaswa@gmail.com | | | Present |
| 37 | Kumar Majage | Kumar.majage@gmail.com | | | |
| 38 | Akshay Kate | akshaykate33@gmail.com | | | |
| 39 | Vijay Patil | vijaypatil1114@gmail.com | | | Present |
| 40 | Shantanu Mundhe | shan.mundhe@gmail.com | | | |
| 41 | Saurabh Sudhir Bagade | bagadesaurabh14@gmail.com | | | |
| 42 | Priya Umap | priyaumap1998@gmail.com | Present | Present | |
| 43 | Pinal Khandelwal | cspinukhandelwal123@gmail.com | Present | Present | Present |
| 44 | Saurabh Sathe | sathesaurabh37@gmail.com | Present | Present | |
| 45 | Priyal Kachare | priyalkachare33@gmail.com | Present | Present | Present |



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| | | | | | |
|----|----------------------------|--------------------------------|---------|---------|---------|
| 46 | Yogesh D.Sayajirao | yogeshsayajirao@gmail.com | | | Present |
| 47 | Vaishnavi Yadav | vaishnaviyadav6009@gmail.com | | | |
| 48 | Moksha Shah | ms26mokshashah@gmail.com | | | |
| 49 | Tanishka Garje | tanishka.garje11@gmail.com | Present | Present | Present |
| 50 | Aditya Joshi | adityadjoshi01@gmail.com | | | |
| 51 | Subhash Rathod | subhashrathod@gmail.com | | | |
| 52 | Ashish Kumar Singh | ashu9719@gmail.com | Present | Present | |
| 53 | Rohini Sorte | rohiniastype@gmail.com | | | Present |
| 54 | Mrunal Lad | mrunalrlad151@gmail.com | Present | Present | Present |
| 55 | Yogendra Nalawade | yogendranalawade0707@gmail.com | | | |
| 56 | Dayanand Jadhav | dayanandjadhav399@gmail.com | | | |
| 57 | Samruddhi More | moresam802@gmail.com | Present | Present | Present |
| 58 | Shantanu suryakant Nagarg | shan0568nagargoje@gmail.com | | | |
| 59 | Rahil Mujawar | rahilmujawar8975@gmail.com | Present | Present | Present |
| 60 | Nachiket Jadhav | jadhavnachiket.9912@gmail.com | Present | Present | Present |
| 61 | Simran Shedge | simranshedge@gmail.com | | | |
| 62 | Ankush Vijay Joshi | ankush.joshi1994@gmail.com | | | |
| 63 | Nihar Parvatikar | nihar0411@gmail.com | | | |
| 64 | Siddhant Lunkad | sidhantlunkad146@gmail.com | Present | Present | |
| 65 | Ramesh Malvade | malvade1612@gmail.com | Present | Present | Present |
| 66 | Harshita Ratnakar | harshitaratnakar4@gmail.com | | | Present |
| 67 | Samruddhi Shigwan | Samruddhishigwan7@gmail.com | Present | Present | Present |
| 68 | Umap Runali Baban | runaliuamap5@gmail.com. | | | |
| 69 | Ankita Rajendra kshirsagar | arkshirsagar99@gamil.com | | | |
| 70 | Ramchandra Pawara | ramchandrapawra25@gmail.com | | | Present |
| 71 | Surajkumar Janardhan Pati | suajpj16@gmail.com | | | |
| 72 | Amit Amal | amitamal29@gmail.com | Present | Present | Present |
| 73 | Subhash Magar | magarsubhash1970@gmail.com | | | |
| 74 | Vishakha Bhalerao | vishakhabhalerao@gmail.com | | | Present |
| 75 | Meher Syed | syedmehar989@gmail.com | | | |
| 76 | Komal Thorat | komalthorat117@gmail.com | Present | Present | Present |
| 77 | Manasi Deshpande | deshpandemanasi14@gmail.com | Present | Present | |

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MODERN LAW COLLEGE BA.LLB-FIRST YEAR (SEMESTER 2)

YOGA ATTENDANCE (AUGUST 2021)

| AUGUST | | 19th | 20th | 21st | 22nd | 23th | 24th |
|--------------------------------|--------------------------------|------|------|------|------|------|------|
| | | THUR | FRI | SAT | SUN | MON | TUE |
| Names | EMAIL ADDRESS | | | | | | |
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| OMKAR ZURUNGHE | omkarzurunge5563@gmail.com | A | A | A | | P | A |
| BINGE SHIVAM GANESH | shivambhinge45@gmail.com | P | P | A | | P | P |
| MANGESH JAIGUDE | mangeshjaigude8157@gmail.com | A | A | A | | A | A |
| RUTUJA SUPEKAR | supekarrutuja@gmail.com | P | A | A | | A | A |
| RUTUJA MANDALE | rutujamandale1@gmail.com | P | P | P | | A | A |
| SHRIKANT MORE | shrikantmore200@gmail.com | A | A | A | | A | A |
| HARITA JOSHI | haritajoshi28@gmail.com | A | A | A | | A | A |
| ANIRUDDHA PATIL | aniruddhapatil68@gmail.com | A | A | A | | A | A |
| PRANAV PATIL | patilpravan3012@gmail.com | P | P | A | | A | A |
| TEJAS ASHTURKAR | tashurkar@gmail.com | A | A | A | | P | A |
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| YASIN SAYYED | yasinsayyed246@gmail.com | A | P | A | | A | A |
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| VIRAJ MANKIKAR | mankikarviraj55@gmail.com | P | P | P | | P | P |
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Adl
Principal
M. G. Gadgil
Garh...
16th June 1988

| | | | | | | |
|-----------------------|--------------------------|---|---|---|---|---|
| YASHASWINI SHEWALE | yashaswinishewale1216@ | A | A | A | A | A |
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| SHRUTI GAATE | shrutigaate5@gmail.com | P | P | P | P | P |
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| ROHAN OSWAL | oswalrohan581@gmail.co | P | P | P | P | P |
| PUSHKAR BAFNA | pushkarbafna49@gmail.c | A | A | P | P | P |



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| KIRTI VARMA | kirtivarma506@gmail.con | A | P | A | A | A |



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MODERN LAW COLLEGE

PSYCHOLOGY COUNSELLING CENTRE

Report For Academic year 2020 -21


Modern law college had started the Psychology Counselling Centre in the year 2019 and appointed Dr.Nirjhara Wagh as Psychology Counsellor for the student and staff.

In the academic year 2020 21, the college were closed due to COVID 19 Pandemic. The psychology centre continued to operate through online mode to provide health and hygiene related counselling. To maintain confidentiality of students, Centre provided one to one counselling sessions. Various problems related to family, concentration, anxiety etc were discussed with Dr.Nirjhara Wagh by our students. In the year 2020-21, 9 students were benefited.



Asst Prof. Prajakta Pimpleshende

Faculty In charge


































Dr. Sumita Adhav

Principal



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- H Harshala   
- Harshita Ratnakar   
- J Jijai Shitole   
-  Jitesh Kshirsagar   
- K Karuna   
- K Ketan   
- KV Kirty Varma   
- KT Komal thorat   
- KM Kumar Majage   
- LB Laxmikant Bhujbal   



[Signature]
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Harshita Ratnakar

Jijai Shitole

Jitesh Kshirsagar

Karuna

Ketan

Kirty Varma

Komal thorat

Kumar Majage

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Myths About Counselling



- It is for crazy people; I am not mental
- It's only for problems that are severe
- A counsellor doesn't know me and cant help me
- Everyone will know I am seeing a counsellor

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Gangakhand, Pune-10

LC

Leena Chaauhan



MR

Manas Rode



Manasi Kshirsagar



Mangesh Jaigude



MG

Mansi Govindswamy



M

Mrunal



MK

Mrunmayee Kulkarni



N

Nachiket Jadhav



Neha Nagare



NA

Nishita Athavale



Omkar Alhat



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Pregnancy options safe our difficulties h time
 psychotherapy-oriented available relationship Counsel anxiety's engage trainer people deal
 disorders face to own right confidential intervention stress gives
Talking therapy schools helping Counsel anxiety's engage trainer people deal
 Art **Counseling** Mental health programs vocational programs drug misuse
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 work vice onal shoes person munity lings trusting guidance private practice
 empathy Senior peer Individual focused negative thought



-DR. NIRJHARA WAGH

Adhira

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| Timestamp | Email Address | Email | Name | How many | 3 things you have learnt | 2 things you will like to | 1 thing you liked the most from | Any overall feedback? | Would you like to attend |
|--------------------|-------------------------------|-------------------------------|---------------------|----------------|---|---|-----------------------------------|--------------------------------------|--------------------------|
| 8/25/2021 19:20:51 | rasikatsangle@gmail.com | rasikatsangle@gmail.com | Rasika Tushar | All of them | 1. Meditation 2. How decision making | Heart to heart sessions | | | Yes |
| 8/25/2021 19:21:34 | subhashrathod@gmail.com | subhashrathod@gmail.com | Subhash G. R. All | All | Yoga, Meditation | Process | Good | | Yes |
| 8/25/2021 19:21:34 | kshirsagarmanasi18@gmail.com | kshirsagarmanasi18@gmail.com | Manasi kshirsagar | All | Interdependence, context | How to make correct choices | Superiority of nature | Loved the session | Maybe |
| 8/25/2021 19:21:44 | oswalrohan581@gmail.com | oswalrohan581@gmail.com | Rohan Oswal | All 6 | Cleaning, interdependence | Try those things forever | Study about the topics | Excellent | Yes |
| 8/25/2021 19:21:51 | priyalkachare33@gmail.com | priyalkachare33@gmail.com | Priyal kachare | 6 | Benefits of meditation | Practice yoga n Meditation | All lectures were informative | Good | Maybe |
| 8/25/2021 19:22:04 | tirthspuranik@gmail.com | tirthspuranik@gmail.com | Tirth sanjay pu | All | How to be in society Feeling positive To encourage others | To Motivation Focus | Que ans time | Best | Yes |
| 8/25/2021 19:22:11 | omkarkamble16031994@gmail.com | omkarkamble16031994@gmail.com | Omkar Kamble | 6 | Concentration, focus | Concentration, focus, c | Meditation | Good | Maybe |
| 8/25/2021 19:22:24 | takalearti123@gmail.com | takalearti123@gmail.com | Arti | 6 | How to give moral support How to behave | Nothing | Meditation | Great | Yes |
| 8/25/2021 19:23:33 | pranitmandwade@gmail.com | pranitmandwade@gmail.com | Pranita Satish | All | Cleaning, guided meditation | Cleaning, meditation | Positive Approach | It was a very virtuous experience | Maybe |
| 8/25/2021 19:23:51 | rsharma003339@gmail.com | rsharma003339@gmail.com | Rupak Sharma | 6 | There's a choice, interdependence | Handle peer pressure, c | Effective | | Maybe |
| 8/25/2021 19:24:21 | apurvarjadhav@gmail.com | apurvarjadhav@gmail.com | Apurva Jadhav | 6 | Connect, choices | Connect and cleaning | Connect | It was really a wonderful experience | Yes |
| 8/25/2021 19:25:14 | arpitashkade@gmail.com | arpitashkade@gmail.com | Arpita Vijaykumar | Six | Maintaining calm, positivity | Positive approach toward | That was so interactive and after | It was good | Maybe |
| 8/25/2021 19:25:44 | kolekartiveni19@gmail.com | kolekartiveni19@gmail.com | Triveni | 7 | Personal value Peace | Will do yoga daily Meditate daily | Helping others | | Maybe |
| 8/25/2021 19:25:51 | shrividhikamath0311@gmail.com | shrividhikamath0311@gmail.com | Shrividhi Kamath | 6 | Concentration, company | Making my own decision | The tutors are very good | | Maybe |
| 8/25/2021 19:27:01 | akshup3374@gmail.com | akshup3374@gmail.com | Akshada yash | Six sessions | Self improvement | Calm to your self | Self observation | No | Yes |
| 8/25/2021 19:27:21 | rsharma003339@gmail.com | rsharma003339@gmail.com | Rupak sharma | 6 | Interdependence, choices | Peer pressure, connect | Choices | Effective | Maybe |
| 8/25/2021 19:27:31 | pandharens54@gmail.com | pandharens54@gmail.com | Abhishek Ram | All | -We can be productive in - meditation is the way to - daily practicing yoga can | -Daily yoga -Daily meditation | Making our sleep also productive | This all sessions useful for my | Maybe |
| 8/25/2021 19:27:31 | pranitmandwade@gmail.com | pranitmandwade@gmail.com | Pranita Satish | All | Cleaning & meditation | Cleaning, meditation | Positive Approach | Virtuous experience | Maybe |
| 8/25/2021 19:28:04 | ranpiserasika5@gmail.com | ranpiserasika5@gmail.com | rasika rampise | 6 | How to connect our self | Nothing | Faculty teach very well | Good | Maybe |
| 8/25/2021 19:28:31 | gargilokare2311@gmail.com | gargilokare2311@gmail.com | Bharati shinde | 6 | Meditation & patients & c | To nice talk and good th | To listen | Nice | Yes |
| 8/25/2021 19:28:44 | payalbodke99@gmail.com | payalbodke99@gmail.com | Payal Balasah | 3 | Concentration Confidence Self improvement | Such a nice course Much more helpful | Core | Whole week is going nice | Maybe |
| 8/25/2021 19:28:44 | siddhisarode1@gmail.com | siddhisarode1@gmail.com | SIDDHI S. SARODE | All 6 sessions | Self awareness, focused | Kindness, and balance | Simplicity | All Sessions was amazing, I have | Maybe |
| 8/25/2021 19:28:44 | jadhavnachiket.9912@gmail.com | jadhavnachiket.9912@gmail.com | Nachiket vijay | 5 sessions | Cleaning, how things affect | Give time to self. | Cleanliness of mind | Overall nice feeling | Yes |
| 8/25/2021 19:29:11 | sathesaurabh37@gmail.com | sathesaurabh37@gmail.com | Saurabh Shastri | Six | Calmness, stress handling | Stress handling, active | Presentation | Great sessions for the youth | Maybe |
| 8/25/2021 19:29:51 | vishakhahalerao@gmail.com | vishakhahalerao@gmail.com | Vishakha Bhal | 5 | Meditation, self control, c | Meditation technique | Control over mind | | Maybe |
| 8/25/2021 19:29:51 | rajputvaishnavi1706@gmail.com | rajputvaishnavi1706@gmail.com | Vaishnavi Vitt | 6 | 1. Practice make man part | 1 Daily Meditation 2 ma | All 6 Meditation session | Yes its really good and wonderful | Yes |
| 8/25/2021 19:30:34 | yashbhalekar77@gmail.com | yashbhalekar77@gmail.com | Yash Arun Bha | 5 | Meditation, positive energy | Meditation, Anulom vilom | Mediation | It was good | Maybe |
| 8/25/2021 19:31:21 | yogeshsayaajirao@gmail.com | yogeshsayaajirao@gmail.com | Yogesh D. Sayajirao | All | Body awareness, relaxation | Nothing anything for im | Method of teaching | | Yes |
| 8/25/2021 19:31:31 | amitamail29@gmail.com | amitamail29@gmail.com | AMIT | Five | Cleaning, Choices, Core | Core, Cleaning | Core | SATISFIED | Yes |



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| Timestamp | Email Address | Email | Name | How many things you have learnt | 3 things you have learnt | 2 things you will like to | 1 thing you liked the most from | Any overall feedback? | Would you like to attend |
|--------------------|--------------------------------|--------------------------------|---------------------|---------------------------------|--|---|--|--|--------------------------|
| 8/25/2021 19:32:14 | mrunal1ad151@gmail.com | mrunal1ad151@gmail.com | Mrunal | All the sessions | Importance of Peace, calmness, development of new skills | Meditation and discipline | Overall its soothing experience | It was great experience | Yes |
| 8/25/2021 19:35:01 | yashardixit56@gmail.com | yashardixit56@gmail.com | Yasharth Dixit | 4 | Development of new skill feeling fresh Meditation Stable mind | Development of new skill | Way of teaching | No | Yes |
| 8/25/2021 19:35:51 | takalearti123@gmail.com | takalearti123@gmail.com | Arti | 6 | Important thing for achieve Peace, meditation | How to stay calm Yoga, meditation | Teachers calmness Video sharing | It was a great It was good | Yes Yes |
| 8/25/2021 19:38:56 | sarad.akanksha030@gmail.com | sarad.akanksha030@gmail.com | Akanksha Ran | 6 | Focusing on the Present. Reduce Stress Reducing negative emotion | Do it every day. Start to small. | Reduce Stress and Concentration | I really feel like this is the beginning | Yes |
| 8/25/2021 19:39:41 | kalyanimirajgaonkar@gmail.com | shan0568nagargoje@gmail.com | Shantanu sur | 3-4 | 1. Calmness 2. Positivity 1. Brain and heart relation 2. Choices and decision making | 1. To be more positive 2. Simplicity | Meditation part | Na | Maybe |
| 8/25/2021 19:40:11 | ssgir713@gmail.com | ssgir713@gmail.com | Suraj Giri | 6 | Discipline Self love Physical and Mental Health | Daily Meditation and Yoga | Peers pressure management | All the sessions were very interesting | No |
| 8/25/2021 19:40:51 | gopalputage@gmail.com | gopalputage@gmail.com | Gopal Putage | 6 | Calm, relaxation, fresh Meditation & cleaning & energy | Study, concentrate Meditation & cleaning | Choices Positive Approach | It was all good session Virtuous experience | Yes No |
| 8/25/2021 19:41:11 | Pranitamandwade@gmail.com | Pranitamandwade@gmail.com | Pranita Satish | 6 | 1. Listen 2. Overcome challenges 3. Accept imperfections | 1. Improve focus 2. Relaxation | Teachers made yoga and meditation | This session was excellent | Yes |
| 8/25/2021 19:49:21 | cspinukhandelwal123@gmail.com | cspinukhandelwal123@gmail.com | Pinal Khandelwal | 6 | Discipline Self love Physical and Mental Health | Daily Meditation and Yoga | Meditation | It was very nice experience. | Maybe |
| 8/25/2021 19:51:11 | akshaykate33@gmail.com | akshaykate33@gmail.com | Akshay Kate | All | Consistency, patience, self improvement, patience | Self improvement, patience | Meditation | Best I like to thank all the teachers | Yes |
| 8/25/2021 19:52:41 | moresam802@gmail.com | moresam802@gmail.com | Samruddhi More | 6 | Think Listen | Meditation Origami | Meditation | Good session | Maybe |
| 8/25/2021 19:54:31 | tanishka.garje11@gmail.com | tanishka.garje11@gmail.com | Tanishka Bhai | All | Focus on your goal Be confident | To achieve my goal | The way of guiding us | 10 out of 10 | Maybe |
| 8/25/2021 20:03:54 | adityalokhande08@gmail.com | adityalokhande08@gmail.com | Aditya Lokhande | 3 | sense of purpose, new-found sense of purpose | mentally clear and emotionally | meditation after a session that will help me a lot | Very good | Yes |
| 8/25/2021 20:11:31 | malviyajeet9@gmail.com | malviyajeet9@gmail.com | Jeet Rajesh Malviya | 4 | Control over anger Focus on career | Do meditation every evening Focus on career | I love to do meditation because | Very good | Yes |
| 8/25/2021 20:12:41 | shivanimdhole1803@gmail.com | shivanimdhole1803@gmail.com | Shivani Mayur | all | 1. Peace is within us. 2. We should help each other | 1. I will help everyone and myself 2. I will meditate everyday | It made me stop and realise that I was overwhelmed to join the lecture | I was overwhelmed to join the lecture | Maybe |
| 8/25/2021 20:15:21 | syedinsah4562@gmail.com | syedinsah4562@gmail.com | Syed kaynath | 6 | Mental clarity, deeper approach Mindfulness, peace, stability | Calm and clear Calmness, cleanliness. | Meditation at end of the session | | Maybe |
| 8/25/2021 20:16:31 | poojaingulkar17@gmail.com | poojaingulkar17@gmail.com | Pooja Ingulkar | 4 | Importance of concentration Mind peace | Meditation | The lecturers were friendly. | | Maybe |
| 8/25/2021 20:23:41 | priyankaghorpade1798@gmail.com | priyankaghorpade1798@gmail.com | Priyanka Ghor | All | Communication and interaction | Build the thinking process | Meditation is very necessary now a days which I would like to start | Excellent experience | Maybe |
| 8/25/2021 20:27:31 | neha.chavade402@gmail.com | neha.chavade402@gmail.com | Neha Chavade | 4 | Calmness, peace of mind Thinking | Concentration | Way of thanking | Best | Yes |
| 8/25/2021 20:27:41 | surabhibhagat456@gmail.com | surabhibhagat456@gmail.com | Surabhi Ravin | 6 | Calmness, positivity, body Promotes emotional health | Positive approach, calm | Meditation | Great sessions for the year | 7/ Yes |
| 8/25/2021 20:28:51 | amarkambale@gmail.com | amarkambale@gmail.com | Mr. Amar Sury | All | Enhances self-awareness | Positive attitude | Presentation | It was really nice to attend session | Yes |
| 8/25/2021 20:58:11 | prajaktakoikar110@gmail.com | prajaktakoikar110@gmail.com | Prajakta kotka | 3 | | | | | |
| 8/25/2021 21:23:21 | akshatasj99@gmail.com | akshatasj99@gmail.com | Akshata jedha | 3 | | | | | |
| 8/25/2021 21:23:21 | sathesaurabh37@gmail.com | sathesaurabh37@gmail.com | Saurabh Shatri | Six | | | | | |
| 8/25/2021 21:44:11 | ms26mokshashah@gmail.com | ms26mokshashah@gmail.com | Moksha Suhas | 6 | | | | | |




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| Timestamp | Email Address | Email | Name | How many | 3 things you have learnt | 2 things you will like to | 1 thing you liked the most from | Any overall feedback? | Would you like to attend |
|--------------------|-----------------------|-----------------------|----------------|-----------|--------------------------------|--|-----------------------------------|-----------------------------------|--------------------------|
| 8/25/2021 21:53:23 | arkshirsagar99@gamil | arkshirsagar99@gamil | Ankita Rajend | 6 | Reduce Stress Concentration | Reaking the Breath Live to relax zone | Disprut sleep | Very Best Session. | Yes |
| 8/25/2021 22:00:00 | ziprasavant@gmail.com | ziprasavant@gmail.com | Aishwarya | 6 | Connecting to heart,peace | Connecting with self alw | Meditation | No | Yes |
| 8/25/2021 22:09:55 | yasinsayyed246@gmail | Yasinsayyed246@gmail | Yasin Shahaja | 4 | Causality, interdependent | I will try to follow them a | Study on the topics | | Maybe |
| 8/25/2021 22:12:24 | priyaumap1998@gmail | priyaumap1998@gmail | Umap Priya As | 5 | Meditation can help carry y | I used to meditate for a | All sessions are most liked. | All sessions are very nice. Those | Yes |
| 8/25/2021 22:18:54 | rekhal222@gmail.com | rekhal222@gmail.com | Rekha Laxma | 5 | Causality, interdependent | I will try to follow them a | Study on the topics | All sessions were very intereste | Maybe |
| 8/25/2021 22:36:33 | gsdhekne@gmail.com | gsdhekne@gmail.com | Govind Shante | 6 | mind and heart balance b | Mind and heart balance | meditation is the ultimate way to | The session was designed nice | Maybe |
| 8/25/2021 22:46:04 | sakshioswal110@gmail | sakshioswal110@gmail | Sakshi sachin | 6 | Causality, interdependent | I will try to follow them a | Study on the topics | | Yes |
| 8/26/2021 7:50:29 | begadesaurabh14@gm | begadesaurabh14@gm | Saurabh Baga | 5 | Meditation, yoga, intoler | Nothing | | Good enough | No |
| 8/26/2021 8:09:59 | anuja1071@gmail.com | anuja1071@gmail.com | Anuja kadam | Yes | Excersize freshness | Yes | Gently close your eyes and relax | | Maybe |
| 8/26/2021 13:23:33 | kruitikakawade20@gma | kruitikakawade20@gma | Krutika kawad | Five | Importance, benefits and c | Regular exercise | Influence created to start yoga a | Good | Yes |
| 8/27/2021 12:43:17 | shrutigaate5@gmail.co | Shrutigaate5@gmail.co | Shruti Rahul G | 6 session | Causality, interdependent | Take the positivity of yo | Study on the topics | The session was positive and he | Yes |
| 8/27/2021 12:58:17 | tanishkasemlani@gma | Tanishkasemlani@gma | Tanishka Sem | 4 | I learnt how its important | Day to day meditation a | That they understand how its im | This session was really helpful. | Maybe |
| 8/28/2021 20:08:23 | rutugaidhani@gmail.co | rutugaidhani@gmail.co | Rutuja P. Gaid | 6 | Mind relaxation, humblen | Doing meditation daily, | About Self awareness | | Yes |




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