



Sandip Foundation's
Sandip Institute of Technology & Research Centre,
Mahiravani, Trimbak Road, Nashik - 422 213



**Department of Engineering Sciences and
Humanities**

Date: - 17 /01/2024

NOTICE

All students of the F.Y.B.Tech are hereby informed that the department of Engineering Sciences and Humanities has organized the “Seminar on Naturopathy” on Date 20 January 2024 From 11:00 am onwards .

The Eye Checkup camp aims to educate the person to look after their own health and the health of their family. It is compulsory for all students to attend the Seminar.

Prof. V.P.Chitodkar
Prof. A.A.Minde
Event Coordinator

Prof. J.M.Shah
Head of Dept



Sandip Institute of Technology and Research Centre

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(Approved by-AICTE, New Delhi,& Govt.of Maharashtra and Permanently Affiliated to Savitribai Phule University (Formerly Pune University),Pune.

Accredited with "A" grade byNAAC with CGPA Score of 3.11

NBA Accredited for Computer &Mechanical Engineering (UG Course)

w.e.f 2023-24 to2025-26



SANDIP
FOUNDATION



Activity Report Of Seminar On Naturopathy

A.Y. 2023-24



SANDIP
FOUNDATION

(An autonomous institute permanently affiliated to Savitribai Phule Pune University, Pune)

Organized by,

Sandip Foundation's

Department of Engineering Sciences and Humanities Sandip Institute
of Technology and Research Centre, Nashik (MS)

DTE Code: 5109

Date : : 20th January 2024

Name of Event : Seminar on Naturopathy

Event Coordinator: Assistant Prof. V.P.Chitodkar & Assistant Prof.A.A.Minde

Participants : F.Y.B.Tech students (ESH Department)

No. of Participants :190

Aim :

The aim of the seminar was to educate participants about the principles of Naturopathy and provide practical insights into different remedies and yoga techniques for fostering a healthy lifestyle.

Objective :

- Introduce participants to the fundamentals of Naturopathy.
- Educate attendees about various natural remedies for maintaining health and wellness.
- Demonstrate yoga tricks and techniques for enhancing physical and mental well-being.
- Encourage participants to adopt naturopathic practices for a healthier lifestyle.

Outcomes

- Increased awareness about Naturopathy and its principles among participants.
- Enhanced understanding of natural remedies and their applications for health maintenance.
- Acquisition of practical yoga techniques for improving physical and mental well-being.
- Motivation to incorporate naturopathic practices into daily routines for a healthier lifestyle.

Summary of Program:

The seminar commenced with an introductory session highlighting the importance of embracing natural healing methods. Mr. Vinod Pawankar began by elucidating the core principles of Naturopathy, emphasizing the body's innate ability to heal itself through natural means. Adarsh Tak followed with a presentation on different natural remedies, including dietary adjustments, herbal supplements, and hydrotherapy. He provided practical tips on incorporating these remedies into daily routines for optimal health.

Subsequently, Adarsh Tak led a hands-on demonstration of yoga tricks and techniques aimed at promoting physical fitness and mental well-being. Participants actively engaged in the session, learning yoga postures and breathing exercises for stress reduction and

increased vitality. The seminar concluded with a Q&A session, allowing participants to seek further clarification and guidance from the speakers.

The seminar on Naturopathy organized by the Department of Engineering Science and Humanities provided attendees with valuable insights into natural healing modalities. The presentations by Vinod Pawankar and Adarsh Tak equipped participants with practical knowledge and tools to enhance their health and well-being.

Photographs

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The flyer is a green-themed announcement for a Naturopathy Health Awareness Program. It features the Sandip Foundation logo on the top left and a NAAC accreditation logo on the top right. The text is centered and includes the institute's name, affiliation to SPPU Pune, and the organizing department. The event details, including date, day, time, and venue, are listed on the left. A central graphic shows a green silhouette of a person in a meditative pose within a lotus flower. At the bottom, the names and titles of the event coordinator, HOD, and principal are provided.

SANDIP FOUNDATION'S
Sandip Institute Of Technology And
Research Centre, Nashik
(An Autonomous Institute Permanently affiliated To SPPU Pune)
DEPARTMENT OF ENGINEERING SCIENCE AND
HUMANITIES

Organizing
NATUROPATHY
Health Awareness Program

For all Staff Members & Students

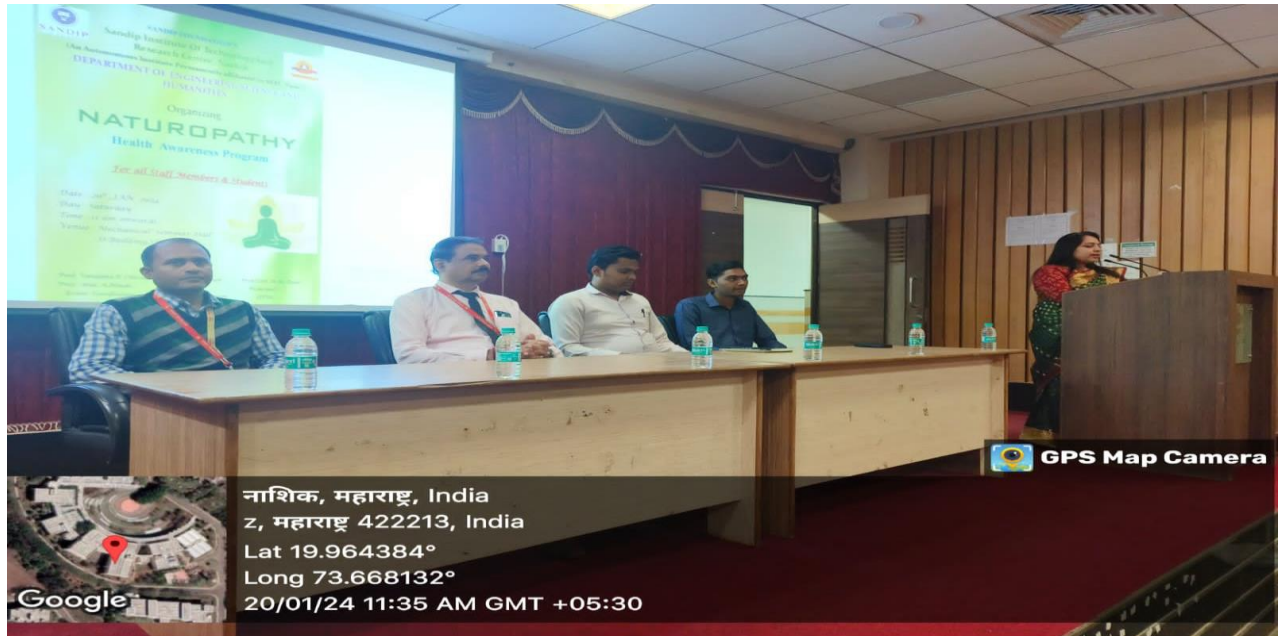
Date : 20th JAN 2024
Day : Saturday
Time : 11 am onwards
Venue : Mechanical Seminar Hall
D-Building, SITRC

Prof. Vandana.P. Chitodkar
Prof. Atul. A.Minde
Event Coordinator

Prof.J.M Shah
HOD
ESH Department

Prof.(Dr) M.M. Patil
Principal
SITRC

Flyer of the Event



नाशिक, महाराष्ट्र, India
 z, महाराष्ट्र 422213, India
 Lat 19.964384°
 Long 73.668132°
 20/01/24 11:35 AM GMT +05:30

Introduction of Guest Speaker



नाशिक, महाराष्ट्र, India
 z, महाराष्ट्र 422213, India
 Lat 19.964384°
 Long 73.668139°
 20/01/24 11:36 AM GMT +05:30



नाशिक, महाराष्ट्र, India

GPS Map Camera



नाशिक, महाराष्ट्र, India
 z, महाराष्ट्र 422213, India
 Lat 19.964381°
 Long 73.668139°
 20/01/24 11:43 AM GMT +05:30



नाशिक, महाराष्ट्र, India
 z, महाराष्ट्र 422213, India
 Lat 19.964382°
 Long 73.668133°
 20/01/24 11:35 AM GMT +05:30

Felicitation of Guest Mr. Vinod Pawankar and Mr. Adarsh Tak by HOD of ESH Prof. J.M. Shah and HOD of AIDS Prof. (Dr.) Amit Gadekar



Mr. Adarsh Tak Explain Various Remedies over Disease



Mr. Vinod Pawankar Demonstrating Yoga posture and Beneficiary Students and Staff of ESH

Chitodkar

Asst. Prof. Vandana P. Chitodkar
Asst. Prof. Atul A. Minde
Event Coordinator (ESH)

Shah

Prof. J. M . Shah
HOD, ESH

Patil

Prof. (Dr.) M.M.Patil
Principal SITRC

Patil



| Sr. No | Name of student/Staff | Branch/Dept. | Signature |
|--------|------------------------|--------------|-----------------------|
| | Vidisha Sonawane | computer | Vidisha |
| | Harshada Bhavsar | Electrical | Harshada |
| | Mayuri Bagde | Electrical | Mayuri |
| | Madhuri Jagh | CE-B.E | M. Madhuri |
| | Nikita Pawar | CEBE | Nikita |
| | Bhagyashri Kale | electrical | Bhagyashri |
| | Aher Rutuja Pramod | Electrical | Aher |
| | Bhakti Datarke | Electrical | Bhakti |
| | Snehal Gawas | IT | Snehal |
| | Himani Mane | IT | Himani |
| | Shradha Dalvi | IT | Shradha |
| | Paya Katore | IT | Katore |
| | Swastika Raul | IT | Swastika |
| | Nutan Talpade | IT | Nutan |
| | Swastika Marathe | IT | Swastika |
| | Khushi Devi Anand | IT | Khushi |
| | Ranika Kothawade | IT | Ranika |
| | Shreya Kothawade Deore | IT | Shreya |
| | Wagh Vaishnavi | civil | Wagh |
| | Wakchaure Shivani | mech | Wakchaure |
| | Mannari Sarab | mech | Mannari |
| | Rajlaxmi Shulke | mech | Rajlaxmi |
| | Harshada Ahire | mech | Harshada |
| | Sonakshi Kanse | CS | Sonakshi |
| | Harshada T. Patil | CS | Patil |
| | Sharda Baviskar | CS | Sharda |
| | Gargi Dharmadhikari | CS | Gargi |
| | Vaishnavi Thapekar | CS | Vaishnavi |
| | Rutuja Potil | CS | Rutuja |
| | Sakshi Pardeishi | Civil | Sakshi |
| | Gauri Jadhav | A&R | Gauri |
| | Divya Mahajari | A&R | Divya |
| | Shreya Deshmukh | A & R | Shreya |
| | Amhika Bhukla | A & R | Amhika |
| | Pranjali Manoj Jadhav | A&R | Pranjali |

| Sr. No | Name of student/Staff | Branch/Dept. | Signature |
|--------|-----------------------------|---------------------------------|------------------|
| | Sabale Jeevan Uttam | Mechanical | <u>Jeevan</u> |
| | Sarthak Somnath Kedar | Fy-mechanical | <u>Sarthak</u> |
| | Harshvardhan Bhasabeh Gedhe | Mechanical | <u>Harsh</u> |
| | Siddhesh vijay Jadhav | Mechanical | <u>Siddhesh</u> |
| | Dan Sandip Singh Patil | mechanical | <u>Patil</u> |
| | Sarthak K. Franse | mechanical | <u>Franse</u> |
| | Yadnesh Nilesh Rajhans | Mechanical | <u>Yadnesh</u> |
| | Lakhan Dilip Patil | Mechanical | <u>Lakhan</u> |
| | Bahur Sanjay Baviskar | mechanical | <u>Bahur</u> |
| | chetan chandhari | JE | <u>Chetan</u> |
| | Vaibhav Chitgor | IT | <u>Vaibhav</u> |
| | Kundan Bajraj | Civil | <u>Kundan</u> |
| | Yash Rindhe | Mech | <u>Yash</u> |
| | Yash Jadhav | AI & DS | <u>Yash</u> |
| | Sarthak Tie. | AI & DS | <u>Tie</u> |
| | Babul Singh | AI & DS | <u>Babul</u> |
| | Prathmesh R. Patil | AI & DS | <u>Prathmesh</u> |
| | AKSH SHAM | AI & DS | <u>Aksh</u> |
| | Rupesh Kohli | AI DS | <u>Rupesh</u> |
| | Prathmesh Nikam | AI & DS | <u>Prathmesh</u> |
| | Vinayak A. Arane | CIVIL | <u>Vinayak</u> |
| | Parth Ahire | A and R | <u>Parth</u> |
| | VIKAS BHELKE | mech | <u>Vikash</u> |
| | Prashant Padekar | Mech. | <u>Prashant</u> |
| | Uddhav Pagar | Mech | <u>Uddhav</u> |
| | Krushna Kale | Automat ² & Robotics | <u>Krushna</u> |
| | Shubham muthal | A & R | <u>Shubham</u> |
| | Mihir Kulkarni | A & R | <u>Mihir</u> |
| | Alpit Pawar | A & R | <u>Alpit</u> |
| | Rohit Jaras | A & R | <u>Rohit</u> |
| | Sarthak Amrutkar | A & R | <u>Sarthak</u> |
| | Aditya Takle | A & R | <u>Aditya</u> |
| | Yashraj Pawar | A & R | <u>Yashraj</u> |
| | Sudat GORE | A & R | <u>Sudat</u> |
| | Ashish Bijacl | A & R | <u>Ashish</u> |
| | Yash SatPuk | Mech | <u>Yash</u> |

| Sr. No | Name of student/Staff | Branch/Dept. | Signature |
|--------|--------------------------|----------------------|-----------|
| 1. | Tushar Manohar Visave | Computer Engineering | Tushar |
| 2. | Gaurav Mahadev Patzade | Computer Engineer. | Gaurav |
| | Sahil Gerakhnath Aher | Computer Engg | Sahil |
| | Jivan Ganesh kawde | comp. Engg | Jivan |
| | Sachin Rajendra Ghotekar | Comp. Engg | Sachin |
| | Manas Yogesh Jaware | AI & DS | Manas |
| | Rahul K. Ahir | AI & DS | Rahul |
| | Jagdish Vinod Mahale | AI & DS | Jagdish |
| | Rushabh R. Bhardwaj | AI & DS | Rushabh |
| | Harshwar M. Wagh | IT | Harshwar |
| | Ganesh B. More | IT | Ganesh |
| | Tanishq GUTAL | IT | Tanishq |
| | Deven Anil Borde | CS | Deven |
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| | omkar mukute | CS | Omkar |
| | Sujal Rajput | CS | Sujal |
| | Dinesh Jadhav | CS | Dinesh |
| | om ganesh pure | CS | Om |
| | Karan Dighole | CS | Karan |
| | Aryan vishwakarma | CS | Aryan |
| | meet ghodasara | CS | Meet |
| | gujit khalkar | CS | Gujit |
| | dipak nandan | CS | Dipak |
| | Vishal yadhav | CS | Vishal |
| | Harish surywanshi | electrical | Harish |
| | Om Junnare | Electrical | Om |
| | Rushikesh Halwar | Electrical | Rushikesh |
| | Mohit Manhas | Electrical | Mohit |
| | lokesh Patil | IT | Lokesh |
| | Siddesh M Nikan | IT | Siddesh |
| | Saniket Patil | IT | Saniket |
| | vishal Borde | IT | Vishal |
| | Shubham Barkale | IT | Shubham |
| | Vijay Deshmukh | IT | Vijay |
| | Pankaj Chaudhari | IT | Pankaj |

