

# K.K.Wagh Institute of Engineering Education and Research

Hirabai Haridas Vidyanagari, Mumbai Agra Road Amrutdham, Panchavati, Nashik, Maharashtra 422003

## Induction Program

### Webinar-I

12th August 2020 / 12:00 PM / Zoom App

**K. K. Wagh Institute of Engineering Education & Research, Nashik**  
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(Affiliated To SavitribaiPhule Pune University And Approved By AICTE, New Delhi)

Eight Programs are Accredited by NBA  
Accredited by NAAC

**E & TC Department in Collaboration with IETE**  
Organizes

**Induction Program A.Y. 2020-21**

**Webinar on**  
**“ Electronics of Mind Management ”**  
By  
**Mr. Varun Dabke**  
IT Consultant, Art of Living Program Teacher

**On 12<sup>th</sup> August 2020 at 12.00 PM**

**Zoom Platform**  
Meeting ID: 882 8129 5572 Passcode: 655625  
<https://us02web.zoom.us/j/88281295572?pwd=dHh1aU1oTWtnQ1l0YVZlR2hWQT09>

### ATTENDEES:

- Mr. Varun Dabke (Alumni)
- Prof. Dr. D. M. Chandwadkar (HoD)
- Staff of E&TC
- Students of B.E, T.E, S.E E&TC
- Students of B.E, T.E, S.E Electronics

**DURATION:** 2 hours

**NUMBER OF ATTENDEES:** 246

### AGENDA:

- Using knowledge of Electronics for a better mind and body
- Practicing Healthy Techniques to Eliminate toxins and Harmonise emotions

## SUMMARY:

To begin with the Webinar started with a Warm Introduction of **VarunDabke Sir**. Needless to say being one of the **Proud alumni** of our Electronics department and having a professional experience of **15 years**, He has been always guiding many youths towards a **Successful Career**.

As a result the webinar turned to be very **Informative** covering all the **Aspects of Art of Living** within the given time constraint yet presenting with a **Maximum Visual Impact** to our students. In addition to this he also spoke about the Importance of **Meditation**, Learning **Sudarshan Kriya**, Pranayam and Yoga and how it paves a way to Experiencing **Peaceful and Positive Mind**, **Stress Free Thinking**, Facing **Anger Outburst**, Staying **Happy**, Avoiding **Excessive Eating**, Adequate **Sleep**, Importance of finding a **Balance between Emotional and Physical health**, Ability to take **Challenges**, **Overcome the Obstacles** faced in life and the Necessity to **Build Immunity** by **Healthy Breathing**.

Students were **overwhelmed** to spend their hour participating actively in the webinar, **feeling connected** and understanding that there are **solutions** to all their problems and things that can be put in place to **prevent those problems**. There was also some direct **Q&A session** at the end where students **shared their difficulties** and Sir aptly addressed them how to tackle those issues. At last the webinar ended with Thanking Sir for taking out his precious time and appreciating his kind gesture by our students and faculty members.



Screenshots of the meeting