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



ATTENDEES:

- •Mr.VarunDabke (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:

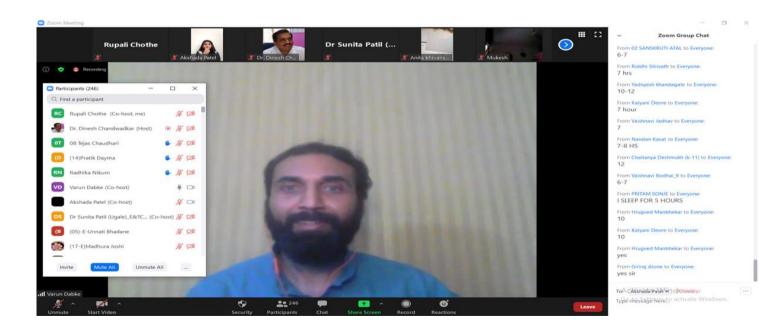
- Using knowledge of Electronics for a better mind and body
- Practicing Healthy Techniques to Eliminate toxins and Harmonise emotions

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 bevery **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 alsospoke about the Importance of **Meditation**, Learning **Sudarshan Kriya**, Pranayam and Yoga and how it paves a way to Experiencing **Peaceful and PositiveMind**, **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 andappreciating his kind gesture by our students and faculty members.



Screenshots of the meeting