

**A. V. College of Arts, K. M. college of Commerce & E.A.S. College of
Science, Vasai (W)**

Counselling Center

Date – 08/09/2022

Brief Report of Activity – Session on Yogik Meditation and Positive Imagery

Activity – Session on Yogik Meditation and Positive Imagery

The Counselling Center organised a Session on Meditation and Positive Imagery for students participating in Youth Festival Competitions on 8th September 2022. The objective of the session is to relieve the stress in the student participants arising from competitions and performance anxiety which was increased as students were performing offline on stage after a gap of two years due to covid -19 pandemic. Student Counselling Committee Chairperson and In charge of Psychology Department Mrs. Aditi Yadav and Student Counselling Committee Members Mr. Piyush Rana facilitated this session. Mr. Piyush Rana was the facilitator of this session on Meditation which included 'Yogasana for relaxation and pranayam' and Mrs. Aditi Yadav facilitated Guided Positive Imagery Techniques. Total 24 student participants of Youth Festival participated in this session.

Purpose –

- To reduce stage fear and performance anxiety in students participating in final round of youth festival.
- To boost confidence of participant students.

Outcome –

- The session reduced the stress and fear in Student participants and they were feeling confident and positive about themselves.



Mrs. Aditi Yadav
Chairperson, Student Counselling Committee
In Charge, Department of Psychology



Principal
PRINCIPAL

VIDYAVARDHINI'S A. V. COLLEGE OF ARTS
K. M. COLLEGE OF COMMERCE
E. S. A. COLLEGE OF SCIENCE
VASAI ROAD, DIST. PALGHAR
MAHARASHTRA - 401 202.



Vidyavardhini's A. V. College of Arts, K. M. College of Commerce, E. S. A.
College of Science, Vasai Road (W.)

Notice for Cultural Participants

Date – 07/09/2022

Student Counselling Center of Annasaheb Vartak College has organised a Session on Meditation and Positive Imagery for students participating in Youth Festival Competitions on 8th September 2022, Saturday at 10.00 am in Rajani Hall. The objective of the session is to relieve the stress in the student participants arising from competitions and performance anxiety. Prof. Piyush Rana will be the facilitator of this session. Kindly attend this session.



Chairperson

Student Counselling Committee



Principal

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Attendance for the session of Meditation and Positive Imagery for participants of Youth Festival.

Sl. No.	Name of the Participant	Class	Event	Signature
1	Yash Rajput	S.Y.B.A	DRAMA	<u>Y. Rajput</u>
2	RAM. V. RATHOD	G.Y.B.A	DANCE	<u>Ram</u>
3	Bhumi P. Ghoshal	TYBcom	Fine arts, orchestra	<u>Bhumi</u>
4	Manish Yadav.	T.Y.B.A	Dance	<u>Manish</u>
5	Vighnesh. ulvekar	S.Y.B.com	Folk orchestra, dance	<u>Vighnesh</u>
6	Manali Gond.	T.Y.BMS	Folk orchestra	<u>Mgond.</u>
7	Komal. Bharadi	S.Y.BBI	fine arts.	<u>Komal</u>
8	Geeta. mali	S.Y.B.A	Folk orchestra	<u>Geeta mali</u>
9	Chaitali Bhoir	S.Y.B.com	Fine arts.	<u>Chaitali</u>
10	Yash Singh	TYBA	Debate	<u>Yash</u>
11)	Parag Maik	FYBA	Drama	<u>Parag</u>
12)	Chetan Madha	S.Y.B.A	Singing.	<u>Chetan</u>
13)	Vitesh B. Jadhav	SYBcom	Singing	<u>Vitesh</u>
14)	Sujal D. Patil	FYBcom	Singing	<u>Sujal</u>
15)	Shruti A. Bhoir	S.Y.B.com	Singing.	<u>Shruti</u>
16)	Aayush shinde	F.Y.Bsc	Singing	<u>Aayush</u>
17)	Sakshi P. Raut	T.Y.B.A	Singing	<u>Sakshi</u>
18)	Disha V. Tailor	TYBcom	Singing	<u>Disha</u>
19)	Khan Muskan	SYBA	Muskan Debate	<u>Muskan</u>
20)	Nimendra Rathod	SY.B.A	Dance	<u>Nimendra</u>

21]	GOVIND YADAV	TY. BCOM	Dance	Ganesh Sahil
22]	Sahil mamdevakar	F.Y. BA	Dance	Sahil
23]	manish ishwar yadav	T.Y. BA	Dance	manish
24]	yash khandelwal	S.Y. Bcom	Dance	Yash

Piyush

Mr. Piyush Rana

Facilitator of Session

Member of Student Counselling Committee

Aditi

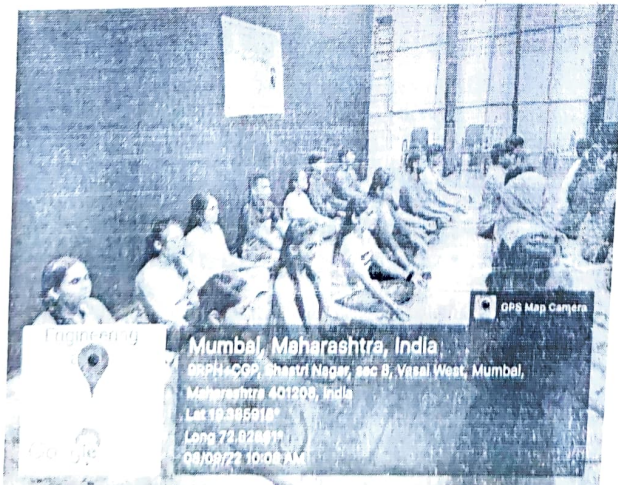
Mrs. Aditi Yadav

Chairperson,

Student Counselling Committee



3. Geotag Photos --



Aditi

Mrs. Aditi Yadav
Chairperson, Student Counselling Committee
In Charge, Department of Psychology



Principal

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