

NKSPT's  
**Arts, Science and Commerce College, Badnapur**

**Welfare schemes**

Several welfare schemes for academic and administrative employees and the students were applied every year. Management always tries to implement new schemes to serve the teaching and non teaching faculty. Following are the heads under which employees get benefited by the welfare scheme.

1. Leaves
2. Appreciations
3. Financial Assistance and provision
4. Financial relaxation
5. Health and Fitness

**Leaves**

1. **Casual leaves**
2. **Medical leaves**
3. **Duty leaves**
4. **Maternity**
5. **Paternity**
6. **Encashment of earned leaves.**

**Appreciations**

1. **Felicitation with Memento**
2. **Felicitation with Certificate**
3. **Felicitation with Prizes**
4. **Felicitation with gifts.**

**Financial relaxation**

1. **Discount in tuition fees for employee for admission of their wards in various programs and courses.**
2. **Concession in tuition fees to the students of taluka.**

**Financial Assistance and provision**

1. **Channelizing of medical bill reimbursement**
2. **Financial assistance to staff to participate in Seminars and Conferences.**

**Health and Fitness**

1. **Health checkup camps**
2. **Health and fitness facilities are provided to staff**
3. **Practice of Yoga.**

**Financial assistance to the teaching and non teaching faculty by  
channelizing medical bill reimbursement.**

<b>Sr. No.</b>	<b>Name of the employee</b>	<b>Type of Financial Assistance</b>
<b>1</b>	<b>Dr. Deshmukh D. V.</b>	<b>Medical</b>
<b>2</b>	<b>Dr. Gawande G. B.</b>	<b>Medical</b>
<b>3</b>	<b>Dr. Pathrikar D. D.</b>	<b>Medical</b>
<b>4</b>	<b>Mr. Bansod B.R.</b>	<b>Medical</b>
<b>5</b>	<b>Mr. Rathod S.G.</b>	<b>Medical</b>
<b>6</b>	<b>Mr. Naikwade N. S.</b>	<b>Medical</b>
<b>7</b>	<b>Mr.Devkate K. D.</b>	<b>Medical</b>
<b>8</b>	<b>Mr. Fuke S.L.</b>	<b>Medical</b>



NKSPT's

**Art's, Science and Commerce College**  
**Badnapur, Dist. Jalana (M.S.)**

**ANNUAL REPORT on YOGA DAY**

**Session 2021-2022**

On 21<sup>st</sup> June 2022 College celebrate International Yoga Day The college has as a background of yoga Trainee. The students of the college are given training for meditation through the programme Meditation in Action coordinated by Dr. Shafiuddi Shaikh, Dr. Khan, Dr. SushilLande and her colleague from the Department of Physical Education. This Meditation is based on the Mindfulness technique to experience self-awareness, greater focus and silence. Dr. Shehjad Dr. Rahul Hajare, also delivered a speech on Yoga Day

Meditation is a charismatic movement with specific activities to inculcate meditation, awareness, values and concern for the students- the future of the nation.

### **The Beginning:**

Dr. Shafiuddin Shaikh addressed the students explaining what Meditation and Action Movement was and its usefulness in one's life. She stressed on mindfulness "a technique when we train the mind to be thoughtless- all the above helps are to lead to self-awareness and a deep concentration and silence.

The sessions of Yoga and meditation are conducted regularly. It begins every year on International Yoga Day. The practice helps a lot to refine the students and make them realize the importance of mental and spiritual health and stress free life.

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind. Yoga Postures, Pranayama and Meditation are effective techniques to release stress. Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind etc. Yoga is a great remedy to remove tensions. Yoga helps students, teachers, and workers by giving them emotional strength so that they can easily manage all pressures and can give them best intellectual abilities.

On 21<sup>st</sup> June, 2022 ASC College Badnapur celebrated<sup>th</sup> "International Yoga Day" by organizing a special Yoga session in which 100 students, teachers and non-teaching staffs. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and

□

teachers. In the present day when students face stress, tension, fear etc. simple „Asanas” can help dispel these.

### Participants performing



□

On these day variour YOGA asana perform before the student



**Dr. SushilLande explaining the importance of the “*Yoga and Meditation*”**

A handwritten signature in black ink on a white background, reading "Shehjad Sidiqui".

**Dr. ShehjadSidiquii**

**(Committee Head)**