



Lewa Educational Unions

Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon
Jilha Road, Jilha Peth, Jalgaon

NAAC Re-Accredited 'A' Grade (3.12) ISO 9001 : 2015 Certificate

Dr. Gauri M. Rane (M.Sc, Ph.D.)
Principal

An Expert Lecture on 'Vipassana and Nature Therapy' by Mr. Girish Jain

Organised by : Staff Academy

Date and time of the function : 9.9.2022, 11.00 a.m.

Number of beneficiaries: 73

An Expert Lecture on "Vipassana and Nature Therapy" was organized on 9th September, 2022. The lecture was delivered by eminent speaker Mr. Girish Jain. The session was organized at Dhande Conference Hall and attended by all teaching faculty members of the College. Principal Dr. Gauri Rane welcomed the guest.

Mr. Girish Jain spoke at length on Vipassana. He told that there are many ways to meditate. One technique is Vipassana meditation, also known as insight meditation. With this method, one can practice self-observation by focusing on your inner self in a nonjudgmental way. Like other forms of meditation, Vipassana is beneficial for both mind and body. He explained that nature therapy, also called eco-therapy, is the practice of being in nature to boost growth and healing, especially mental health.

Mr. A. P. Sarode presented the important features of Vipassana and Nature Therapy in the preface presentation. Principal Dr. Gauri Rane presided over the function. Dr. S. B. Salve presented words of thanks.



3147
A. P. Sarode
Chairman, Staff Academy

Staff Academy Lecture on Vipassana & Nature Therapy

Page No.

9.9.2022

Staff Academy arranged a lecture on 'Vipassana and Nature Therapy' of Mr. Girish Jain on 09.09.2022 in Dhonde Hall, at 11.00 am.

Following staff members were present in the function.

- | | | |
|------|----------------------|--|
| (1) | Dr. Gauri Rane | |
| (2) | Dr. P. N. Tayade | |
| (3) | A. P. Sasode | |
| (4) | J. N. Khairnar | |
| (5) | Dr. S. B. Salve | |
| (6) | Dr. S. S. Ranichambe | |
| (7) | Dr. J. G. Lekurval | |
| (8) | Nitin Ingle | |
| (9) | S. J. Baviskar | |
| (10) | G. H. Vanjari | |
| (11) | P. K. Ganjare | |
| (12) | D. D. Kinge | |
| (13) | Dipak S. Pawar | |
| (14) | Neve J. P. | |
| (15) | S. R. Zope | |
| (16) | N. G. Bawaskar | |
| (17) | R. C. Vanjari | |
| (18) | R. S. Koshti | |
| (19) | S. S. Thakre | |
| (20) | S. R. Uppal | |



21) Dilloo Todari

22) S. D. Patil

S. D. Patil

23) C. L. Sonawane

C. L. Sonawane

24) Suhas S. Borole

Suhas S. Borole

25) Nitin G. Nemade

Nemade

26) J. R. Chismade

J. R. Chismade

27) M. R. Waghulde

M. R. Waghulde

28) S. H. Mahajan

S. H. Mahajan

29) A. L. Borde

A. L. Borde

30) Milind S. Patil

Milind S. Patil

31) Rajendra K. Attarde

Rajendra K. Attarde

32) R. D. Tatyaji

R. D. Tatyaji

33) S. E. Kale

S. E. Kale

34) P. R. Tatyade

P. R. Tatyade

35) D. P. Thakare

D. P. Thakare

36) C. A. Shirvade

C. A. Shirvade

37) V. L. Attarde

V. L. Attarde

38) A. V. Chaudhary

A. V. Chaudhary

39) S. B. Basra

S. B. Basra

40) R. H. Mahajan

R. H. Mahajan

41) Nilima S. Mendki

Nilima S. Mendki

42) S. P. Phegde

S. P. Phegde

43) Sujata Gaikwad

Sujata Gaikwad

44) Smt. Punam S. Phadke

Smt. Punam S. Phadke

45) Smt. C. S. Chismade

Smt. C. S. Chismade

46) Smt. S. D. Mahajan

Smt. S. D. Mahajan

47) Smt. A. A. Saudane

Smt. A. A. Saudane

48) Smt. S. A. Rane

Smt. S. A. Rane



- 49 Dr. Atiyon Bhalekar (Dhale)
- 50 Dr. A. B. Patil
- 51 Prashant V. Patil
- 52 Archana P. Patil
- 53 Savita P. Patil
- 54 Patil gangita M.
- 55 Chhaya Chirmade
- 56 Smt - R. B. Patil
- 57 Dr. Manali Y. Khachane
- 58 Dr. Hassanti B. (Patil)
- 59 Ms. Dishwarya R. Pardeshi
- 60 Miss. Rajendra R. Atle
- 61 Ms. Mitalee K. Ahire
- 62 Dr. Rupali Dilip Chaudhari
- 63 Say. Nanda Pramod Bendale
- 64 Saei B. R. Chaudhari
- 65 Dr. Anita A. Kolk
- 66 Dr. S. S. Patil
- 67 Sayalee K. Patil
- 68 Dr. Manisha Patil
- 69 Dr. Smita Chaudhari
- 70 Dr. Vinod A. Nannavare
- 71 Dr. R. G. Bavane
- 72 S. A. Zope
- 73 Y. A. Koli

