

MAEER's

MIT | Arts, Commerce & Science College

An Autonomous College Affiliated to Savitribai Phule Pune University

Accredited by NAAC with "A" Grade

School of Computer Science and Application

Department of Computer Application

Mental Health & Wellbeing Cell

Anubhuti Club

Academic Year 2026-27

Date: 19/09/2026

NOTICE

All students are hereby informed that the **Department of Computer Application**, in association with the **Mental Health & Well-Being Cell**, and **Anubhuti Club** is organizing a "Guest Lecture on Purpose, Self-Discipline, and Time Management: Lessons from Bhagwad Gita."

This session aims to draw simple lessons from the Bhagavad Gita to help students discover their purpose, build self-discipline, and manage their time more effectively. Students will learn easy and practical ideas to stay focused and lead a balanced daily life.

Details of the Guest Lecture

- **Topic:** Purpose, Self-Discipline, and Time Management: Lessons from Bhagwad Gita
- **Speaker:** Vraj Dham Das
- **Date:** Monday, 21/09/2026
- **Time:** 1:00 pm.
- **Venue:** Classroom No.203

All students are requested to attend the session and make the best use of this valuable opportunity.



Dr. Dipali Tawar

Coordinator – Anubhuti Club
Member Secretary – Mental Health
and Well Being Cell



Prof. Amit Tale

HOD, Computer Application.



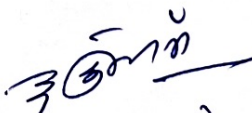
Dr. Sunil Mahajan

Associate Dean - Student Affairs



Dr. Padmavati Undale

Nodal Officer



Dr. Amol Mane

Dean- School of Commerce & Management



Dr. Akshada Kulkarni

Deputy Director



Dr. B. B. Waphare

Director



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Alandi(D), Pune-412105

Computer Application Department

**In association with Mental Health and Wellbeing Cell
and Anubhuti Club**

Academic Year 2026-27

Date: 30th September 2026

Report of Guest Lecture on Purpose, Self-Discipline, and Time Management: Lessons from Bhagwad Gita.

Date: 21st September 2026

Introduction: The Department of Computer Application, in association with the Mental Health and Wellbeing Cell and Anubhuti Club, MAEER's MIT Arts, Commerce & Science College, Alandi (D), organized an interactive session on the topic "Purpose, Self-Discipline, and Time Management: Lessons from Bhagwad Gita" on 21st September 2026 at 1:00 p.m. The session aimed to promote mental health awareness and guide students in balancing their high aspirations with overall wellbeing.

The session was delivered by Mr. Vraj Dham Das for the students. The program began with the introduction of the guest by Dr. Dipali Tawar, followed by the felicitation of the guest by Deputy Director, Dr. Akshada Kulkarni.

Coordinator: Dr. Dipali B. Tawar



Objectives:

1. Awareness of mental health & emotional wellbeing.
2. To help students balance ambitions with personal happiness.
3. To guide in managing stress & academic pressure.
4. To develop a positive, focused & resilient mindset.

Details of the Session:

During the session, Vraj Dham Das interacted with students and shared valuable insights on maintaining mental health while striving for success in academic and personal life. He emphasized the importance of education, explaining how learning helps individuals grow from data to information, information to knowledge, and ultimately to wisdom. This progression, he explained, enables students to make better decisions in life.

He encouraged students to accept failures positively and learn from them, as failure is an essential step toward success. Students were also advised to say “no” to negative habits, especially excessive screen addiction and other harmful addictions, which can negatively affect both mental health and academic focus. While discussing success, he explained that success should be reflected in every phase of life through dedication, discipline, and continuous effort.

To make the session more engaging, he shared examples from Bhagwad Gita highlighting the dedication, determination, and different approaches to learning and success. Through these examples, he motivated students to develop perseverance and respect the situations they face in life. He also emphasized the importance of remaining humble during great success, maintaining positive thinking, and keeping a balanced mindset to achieve both personal wellbeing and professional growth.

Outcomes:

1. Students became aware of the importance of mental health and emotional wellbeing.
2. Students learned how to balance ambitions with personal happiness.
3. The session helped students manage stress and academic pressure effectively.
4. Students were encouraged to develop a positive, focused, and resilient mindset.

About Participants:

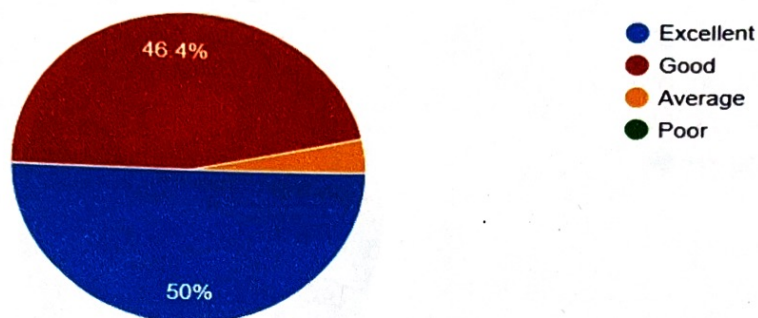
The event was organized for students of the college and received enthusiastic participation from 86 students (45 Girls, 41 Boys).



Feedback received from students:

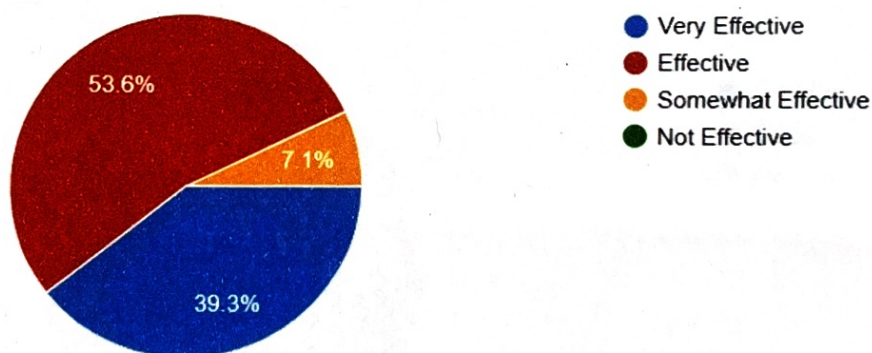
How would you rate the overall content and relevance of the session to your academic and personal life?

28 responses



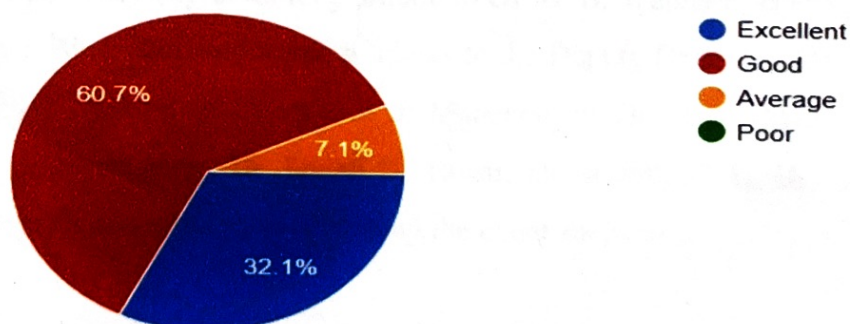
How effectively did the speaker explain the concepts of self discipline and time management?

28 responses



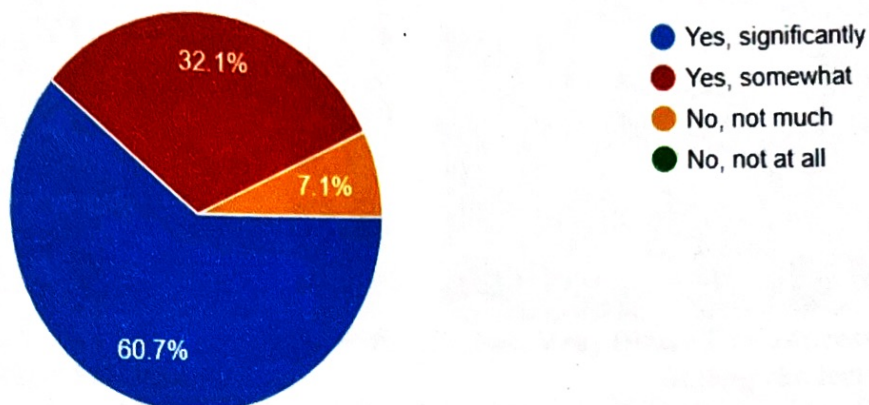
How would you rate the interaction and engagement during the session (Q&A, discussions, activities, etc.)?

28 responses



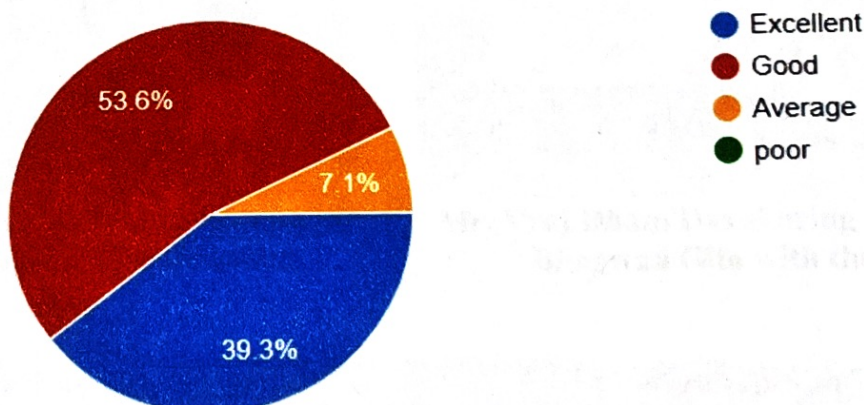
Did the session improve your understanding of mental health and emotional well-being?

28 responses



Overall, how would you rate this lecture?

28 responses

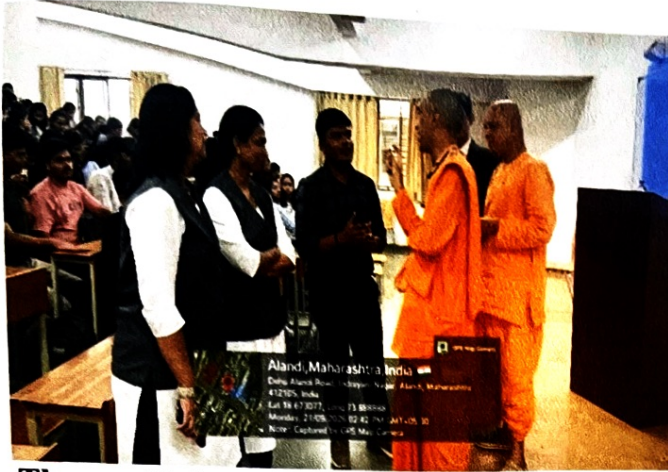


Acknowledgement:

The organizing committee sincerely expresses its gratitude to Dr. B. B. Waphare, Director, for his constant support and encouragement. We extend our heartfelt thanks to the Deputy Directors, Dr. Akshada Kulkarni and Dr. Mansi Atitkar, Dean- School of Commerce & Management Dr. Amol Mane for their valuable guidance. Special thanks to Coordinator, Dr. Dipali B. Tawar, along with all faculty members and non-teaching staff, for their cooperation and support in making the event successful.



Glimpses from the Program:



The guest interacting with faculty members and students after the session.



Mr. Vraj Dham Das addressing the students during the lecture



The guest speakers and faculty members on the dais during the opening of the program.



Mr. Vraj Dham Das sharing insights from the Bhagwad Gita with the audience.

Prepared by:

Rajshree Satpute
Prof. Rajshree Satpute

Dipali B. Tawar
Dr. Dipali B. Tawar
Anubhuti Club Coordinator &
Secretary Mental Health and
Wellbeing Cell

Sunil P. Mahajan
Dr. Sunil P. Mahajan
Associate Dean - Student Affairs

Amit Tale
Prof. Amit Tale
HOD - Computer Application
Department

Padmavati Undale
Dr. Padmavati Undale
Nodal Officer - Mental Health
and Wellbeing Cell

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Deputy Director

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Director



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17/09/2026

To,
Mr. Vraj Dham Das
Celibate Monk,
Youth Mentor,
Iskcon Vijaywada

Subject: Invitation to serve as Resource Person for session.

Dear Sir,

We are delighted to invite you to serve as a Resource Person for the Guest Lecture on **"Purpose, Self-Discipline, and Time Management: Lessons from Bhagwad Gita"**, scheduled on Monday, 21st September 2026, at 1:00 PM. This event is organized by the **Anubhuti Club and Computer Application Department**, in collaboration with the **Mental Health and Wellbeing Cell**, at MAEER's MIT Arts, Commerce & Science College, Alandi (D), Pune.

We would be honoured by your acceptance and gracious presence at this occasion.

Thank you.

*Received
Vajthanday*

Dr. B. B. Waphare
Director



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21/09/2026

To,
Mr. Vraj Dham Das
Celibate Monk,
Youth Mentor,
ISKCON Vijaywada

Subject: Gratitude for Accepting Our Invitation as Resource Person

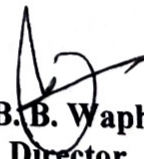
Dear Sir,

We extend our sincere gratitude for accepting our invitation to serve as a Resource Person for the Guest Lecture on "**Purpose, Self-Discipline, and Time Management: Lessons from Bhagwad Gita**", on Monday, 21st September 2026. Our students greatly benefited from your invaluable guidance.

Thank you for gracing the occasion with your esteemed presence. We look forward to your continued cooperation in future endeavours.

Thanking you once again.

*Received
Vraj Dham Das*


Dr. B.B. Waphare
Director





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School of Computer Science and Application

Department Of Computer Application

In association with Mental Health and Wellbeing Cell & Anubhuti
Club

Academic Year 2026-27

Date: 21/09/2026

ATTENDANCE SHEET

Guest Lecture on "Purpose, Self-Discipline, and Time Management: Lessons from
Bhagwat Gita"

SR.NO	NAME OF STUDENT	CLASS	SIGN
1	Bhakti Damodar Savant	BBA	Bhakti
2	Harshada Gaikwad	BBA	Harshada
3	Arya Muluk	BBA	Arya
4	Pranjal Machhindra Pawar	BBA IB	Pranjal
5	Pradnya Uttam Bag	BBA	Pradnya
6	Anushka Pagulal Ninawe	BCA	Anushka
7	Shruti Sachin Atole	BCA	Shruti
8	Pranali Nitin Malave	BCA	Malave
9	Smruti Suryabhan Kalumkar	BCA	Smruti
10	Vidhi Shirish Patil	BCA	Vidhi
11	Sakshi Satwadhkar	BCA	Sakshi
12	Mamta Rawat	BCA	Mamta
13	Priyanka Yewale	BCA	Priyanka
14	Mehal Waghulde	BCA	Mehal
15	Disha Bobade	BCA	Disha
16	Dnyaneshwari muluk	BCA	D.B. muluk
17	Anuja Patil	BCA	Anuja
18	Gayatri Doundkar	BCA	Gayatri
19	Vaishnavi Sawata Anand	BCA	V.S. Anand
20	Parinaj Kowale	BCA	Parinaj



SR.NO	NAME OF STUDENT	CLASS	SIGN
21	Naumanshi Mali	BCA	<u>Naumanshi</u>
22	Anushka DiPak Thakur	BBA	<u>Athakur</u>
23	Samiksha Shiuaji Ghundare	BBA	<u>Samiksha</u>
24	Akansha Santosh Kumbhar	BBA	<u>Akansha</u>
25	Anushka Vinod Chawan	BBA	<u>Anushka</u>
26	Riddhi Deepak Pisal	BCA	<u>Riddhi</u>
27	Riya Ramesh. K. Mishra	BCA	<u>Riya Mishra</u>
28	Swagnali Kiran Mendhekar	BCA	<u>Skmendhekar</u>
29	Pranjali Machhindra Shinde	BCA	<u>Pranjali</u>
30	Vaibhavi Somnath Arde	BCA	<u>Arde</u>
31	Pooja Rupendra Chavhan	BCA	<u>Pooja</u>
32	Aaditi Sachin Shinde	BBA	<u>Aaditi</u>
33	Chavi Krishan Sharma	BBA	<u>Sharma</u>
34	Priyanka Dattatray Kuchekar	BBA. IB	<u>Priyanka</u>
35	Shruti K. Patil	BBA IB	<u>Shruti</u>
36	Samudhdi Jadhav	BBA IB	<u>Samudhdi</u>
37	Prajakta Raykar	BCA	<u>Praykare</u>
38	Anushka. Fate	BBA	<u>Fate</u>
39	Gargi Kishore	BBA	<u>Gargi</u>
40	Dhanashree Suvarnakar	BBA	<u>Dhanashree</u>
41	Shreeya Choudhari	BBA. IB	<u>Shreeya</u>
42	Siddhi Prashant Sanap	BBA	<u>Siddhi</u>
43	Janhvi N. Landge	BBA - IB	<u>Landge</u>
44	Ishan Ghodkekar	BBA	<u>Ishan</u>
45	Premkumar. Fulsundar.	BBA	<u>Premkumar</u>
46	Tushar Shinde	BBA	<u>Tushar</u>
47	Uday. B. Magar	BCA	<u>U. B. Magar</u>
48	Vedant R. Kawle	BCA	<u>Vedant</u>
49	Tejas Dhavade	BCA	<u>Tejas</u>
50	Prasanna Chavan	BCA	<u>Prasanna</u>
51	Aayush Nalawade	BCA	<u>Aayush</u>



SR.NO	NAME OF STUDENT	CLASS	SIGN
52	Pradyumna Joshi	BCA	<u>Prady</u>
53	Jadhav Aashish	BBA	<u>Aashish</u>
54	Vaibhav Hingole	BCA	<u>Vaibhav</u>
55	Lokesh Sirsat	BBA-IB	<u>Lokesh</u>
56	Aniket Sahle	BBA-IB	<u>Aniket</u>
57	Pranav Phadlare	BBA-IB	<u>Pranav</u>
58	Ayush Ansekhar	BBA-IB	<u>Ayush</u>
59	Yash Gujar	BBA	<u>Yash</u>
60	Sahil Thite	BBA-IB	<u>Sahil</u>
61	Vijay Khare	BBA	<u>Vijay</u>
62	Tanmay R. Adhau	BCA	<u>T. R. Adhau</u>
63	Archit S. Purkar	BCA	<u>Archit</u>
64	Pranav Kheirsagar	BBA	<u>Pranav</u>
65	Anand Bawane	BBA	<u>Anand</u>
66	Joel Pass	BBA-IB	<u>Joel</u>
67	Sandesh S. Ugalmugale	BBA	<u>S.S. Ugalmugale</u>
68	Sarthak Mule	BBA	<u>Sarthak</u>
69	Amil Kumar Sora	BCA	<u>Amil</u>
70	Abhijeet Shivraj Dare	BCA	<u>Abhijeet</u>
71	Aditya Murgase	BBA-IB	<u>Aditya</u>
72	Samarth Santosh Lokhande	BBA	<u>Samarth</u>
73	Veeluchya V. Khoran	BCA	<u>V.V. Khoran</u>
74	Om Vilas Padane	BBA	<u>Om Vilas</u>
75	Omkar Patil	BCA	<u>Omkar Patil</u>
76	Rohan S. Rokade	BCA	<u>Rohan</u>
77	Yash Biwalkar	BCA	<u>Yash</u>
78	Mayur Kungir	BBA-IB	<u>Mayur</u>
79	Avinash A. Rai	BCA	<u>Avinash</u>
80	Devanshu R. Ale	BCA	<u>Devanshu</u>
81	Dattatray Chisri	BCA	<u>Datta</u>
82	Shivam Tiwari	BCA	<u>Shivam</u>



SR.NO	NAME OF STUDENT	CLASS	SIGN
83	Malhar Lalashimkar	BCA	<u>Malhar</u>
84	Ronil Sunil Koderi	BCA	RK
85	Anushka Thakur	BBA TB	Anushka
86	Shraddha Reddy	BBA	<u>S.R.</u>
87			
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