



Janata shikshan Sanstha's

Kisan Veer Mahavidyalaya, wai
Department of Psychology



Report of State Level Webinar
'Recent Trends in Indian Psychology'

- 1. Title of Programme - State Level Webinar 'Recent Trends in Indian Psychology'**
- 2. Duration of the Programme - 10/8/2020**
- 3. Venue of the Programme - Kisan Veer Mahavidyalaya, Wai**
- 4. Collaboration Agency - Sarth Sanman Sanstha, Satara and Kisan Veer Mahavidyalata, Wai**
- 5. No of Teachers Attended Programme-01**
- 6. No of Students attended Programme -56**
- 7. Resource Persons of Workshop-**
 - 1. Dr.Narendra Deshmukh -BOS Member of Sawitribai Fule Pune University, Maharashtra**
 - 2. Dr.Aparna Ashataputre -Head department Of Psychology, Dr.Babasaheb Ambedkar Univeresity, Aurangabad**

8.Report -

Department of Psychology organized online state level webinar On 'Recent Trends in Indian Psychology on 30/11/2021.

Psychology is a modern science, the scope of this science is spread all over the world Indian psychology is an important subject to be studied from mythology in India Even in India today experimental study of psychology is going on in various states.

This state level webinar was organized to provide information to students and practitioners in this regard.

Prof. Anand Ghorpade made an introduction. This webinar was inaugurated by Dr. Jaywant Chaudhary, Secretary of Janata Shikshan Sanstha's. Dr. Narendra Deshmukh, member of Board of psychology, Pune University and Dr. Aparna Ashaatputre, Head of the Department of Aurangabad University were invited for this webinar.

Dr. Narendra Deshmukh spoke about Indian Psychology and Patjali Yoga and in his lecture he gave information about Yoga and Meditation.

In the second session of the webinar, Dr. Aparna Ashtaputre gave information about the method of mind fullness in modern psychology.


Finally, the Principal of the college, Dr. Bhalerao, spoke about the importance of psychology in human life in his presidential address.

Prof. Shalaka Gujar proposed vote of thanks.

8. Program Outcome-

Participants' understand very well about Indian psychology and understand the theories of yoga, meditation and mindfulness.




Head
Head of Psychology
Kisan Veer Mahavidyalaya
Wai

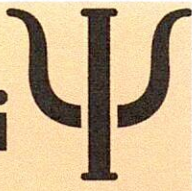



PRINCIPAL
KISAN VEER MAHAVIDYALAYA
Wai, Dist. Satara



Janata Shikshan Sanstha's Kisan Veer Mahavidyalaya, Wai

Department of Psychology



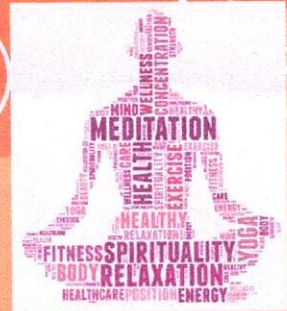
**ORGANIZES
STATE LEVEL WEBINAR
ON
RECENT TRENDS
IN INDIAN PSYCHOLOGY**



**Speaker
Dr. Narendra Deshmukh
Topic-Mindfulness**



**Speaker
Dr. Aparna Ashtaputre
Topic-Relaxation Technique**



Date-10/08/2020 Monday

**Time-11am-1 pm
On ZOOM Meeting App**

Link-[https://us02web.zoom.us/j/84480064003?](https://us02web.zoom.us/j/84480064003?pwd=T2kvRjl4RUFTYWNNSaXkvVnBPYIB5dz09)
pwd=T2kvRjl4RUFTYWNNSaXkvVnBPYIB5dz09

Free Registration

https://docs.google.com/forms/d/1Kd_w45RjrPJYLx3Es8tmD7R1jmgfE5JnH7u1owSQTvo/edit?usp=sharing

**Dr. E. B. Bhalerao
I/C Principal**

**Anand Ghorpade
HOD Psychology
9850542323\8856982424**



■ Shri. Prataprao Bhosale - President & Trustee ■ Shri. Shankarrao Gadhave - Vice President & Trustee
Janata Shikshan Sanstha, Wai

Janata Shikshan Sanstha's
KISAN VEER MAHAVIDYALAYA, WAI, (Dist. Satara) Maharashtra Pin: 412803

Affiliated to Shivaji University, Kolhapur, S. U. Aff. T-2-28741

NAAC Accredited Status: B' with CGPA 2.66

जनता शिक्षण संस्थेचे,

किसन वीर महाविद्यालय, ताई, (जि. सातारा) महाराष्ट्र पिन : ४१२८०३

शिवाजी विद्यापीठ, कोल्हापूर शि. वि. सं. टी -२-२८७४१ संलग्नीत

नेक अधिस्विकृती : 'बी+' सीजीपीए २.६६

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oskvmwai@rediffmail.com

Incharge Principal
Dr. E. B. Bhalerao
M.Sc. Ph.D.,
Ph. (Off./Fax) 02167-220130
Principal : 02167-221972



Kisan Mahadeo Veer
Founder President
Janata Shikshan Sanstha, Wai

प्रभारी प्राचार्य
डॉ. ई. बी. भालेराव
एम्.एस्सी. पीएच्.डी.
दूरध्वनी : (कार्या./फॅक्स) ०२१६७-२२०१३०
प्राचार्य - ०२१६७-२२१९७२

Ref.:
संदर्भ : ४०/२१६

Date :
दिनांक : १२/१०/२०२०.

प्रति,
मा. डॉ. अपर्णा अष्टपुत्रे-शिसोदे
विभागप्रमुख
डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ
औरंगाबाद

विषय - आभार पत्र

महोदय,

आमच्या महाविद्यालयातील मानसशास्त्र विभागामार्फत दि. १० ऑगस्ट २०२० रोजी आपण भारतीय मानसशास्त्रातील रिलॅक्सेशन टेक्नीकस या विषयावर आयोजित वेबिनारवर ऑनलाईन व्याख्यान दिले. या व्याख्यानाच्या माध्यमाने आमच्या महाविद्यालयातील प्राध्यापक व विद्यार्थी तसेच या वेबिनारसाठी उपस्थित सहभागी झालेल्या सदस्यांना अत्यंत उपयुक्त ठरले. आपण पुढील काळात अशाच प्रकारचे सहकार्य करावे अशी अपेक्षा!

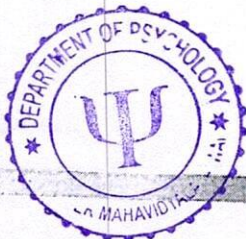
आपण महाविद्यालयाचे निमंत्रण स्विकारून व्याख्यान दिले या बद्दल मी आपला आभारी आहे.
कळावे ही विनंती.



आपला विश्वासू

E. Bhalerao

प्र. प्राचार्य



Head
Head of Psychology
Kisan Veer Mahavidyalaya
Wai

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Kisan Veer Mahavidyalaya, Wai

Department of psychology

STATE LEVEL WEBINAR

ON

RECENT TRENDS IN INDIAN PSYCHOLOGY

Monday 10th August 2020 at 11.00 am

Programme Card

Introduction Time 11.00 to 11.05 am

1. Mr. Anand Ghorpade

HOD Psychology

2.welcome function Time 11.05 to 11.10

Dr.E.B.Bhalerao

I/C Principal

Kisan Veer Mahavidyalaya wai

3 Speaker_ Time 11.10 am to 11.50

Dr.Narendra Deshmukh

MA, PhD M.S.G College Malegaon College, Nashik

Chairman: Board of Studies in Psychology,

Savitribai Phule pune University, Pune

Topic-Mindfulness

4.Speaker Time 11.50 to 12.30

Dr.Aparna Ashtaputre

Dr.Babasaheb Ambedkar Marathwada University, Aurangabad

Topic-Relaxation Technique

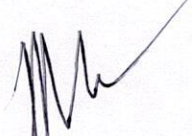


5. Vote of Thanks Time 12.30 to 12.35


Dr B.B.Agedkar

Vice Prin.Arts




Head
Head of Psychology
Kisan Veer Mahavidyalaya
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Wai, Dist. Satara

Short Bio-Data

Dr. Aparna Ashtaputre -Sisode

Head, Department of Psychology
Dr.B.A.M.University, Aurangabad.

Education qualification:

M.A.(psy), S.E.T., M.Phil, Ph.D

Teaching Experience: 14yrs

Research papers

Published -15

Awards:

Best teacher award – 02-. i. Lion's Club of Aurangabad.

ii Dept.of Education ,Dr.B.A.M.University, Aurangabad.

Area of research:

1. Parenting
2. Personality
3. EEG and emotion

Master trainer:

- i. Maharashtra Corporation of entrepreneur development, Aurangabad.
- ii. Ministry of small & micro entrepreneur development, Aurangabad.
- iii. YASHADA, Pune.

Special field of work:

- i. Doing counseling for children, Youth and parents.
- ii. Study Skills Development Program
- iii. Personality profiling
- iv. Stress management program

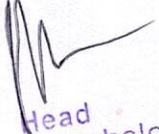
Books

1. Parenting Adolescent
2. समुपदेशन : संकल्पना, स्वरूप आणि व्याप्ती.

Writings:

- i. Regular articles series in news paper regarding Career, Personality, and Parenting.
- ii. Participated in discussion on T.V. channel.

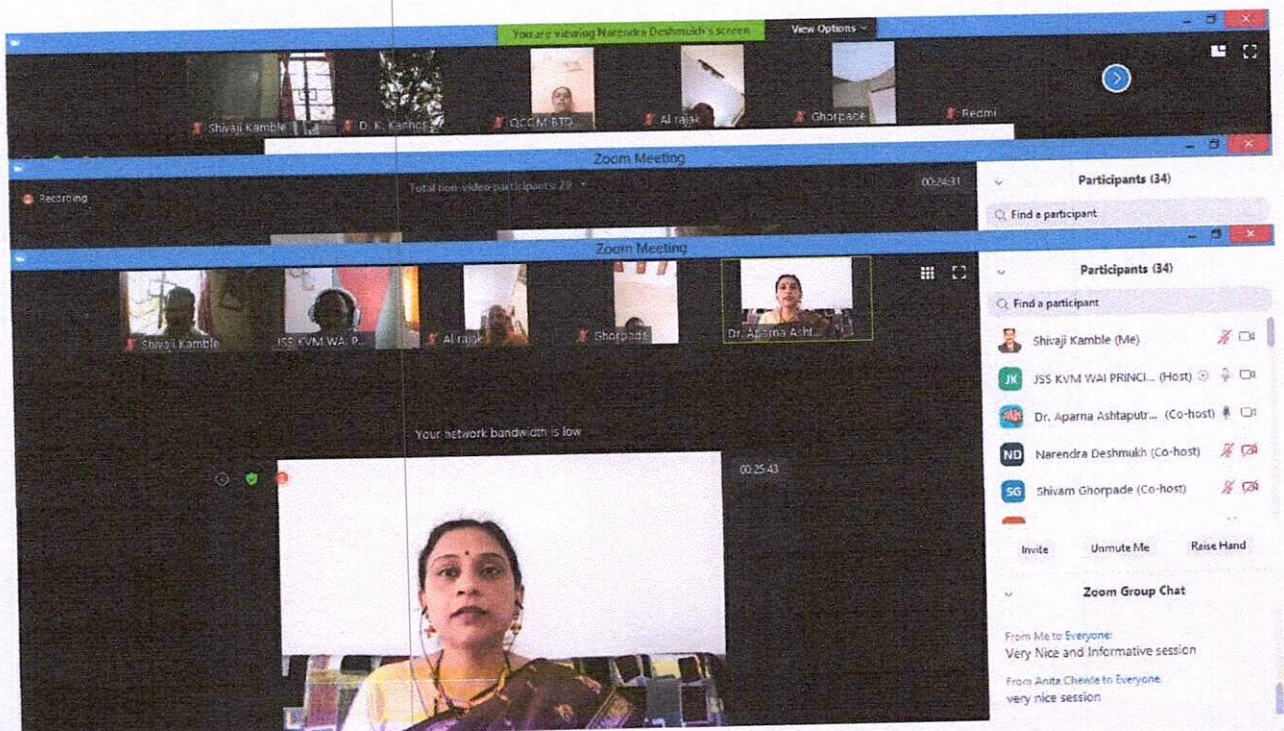
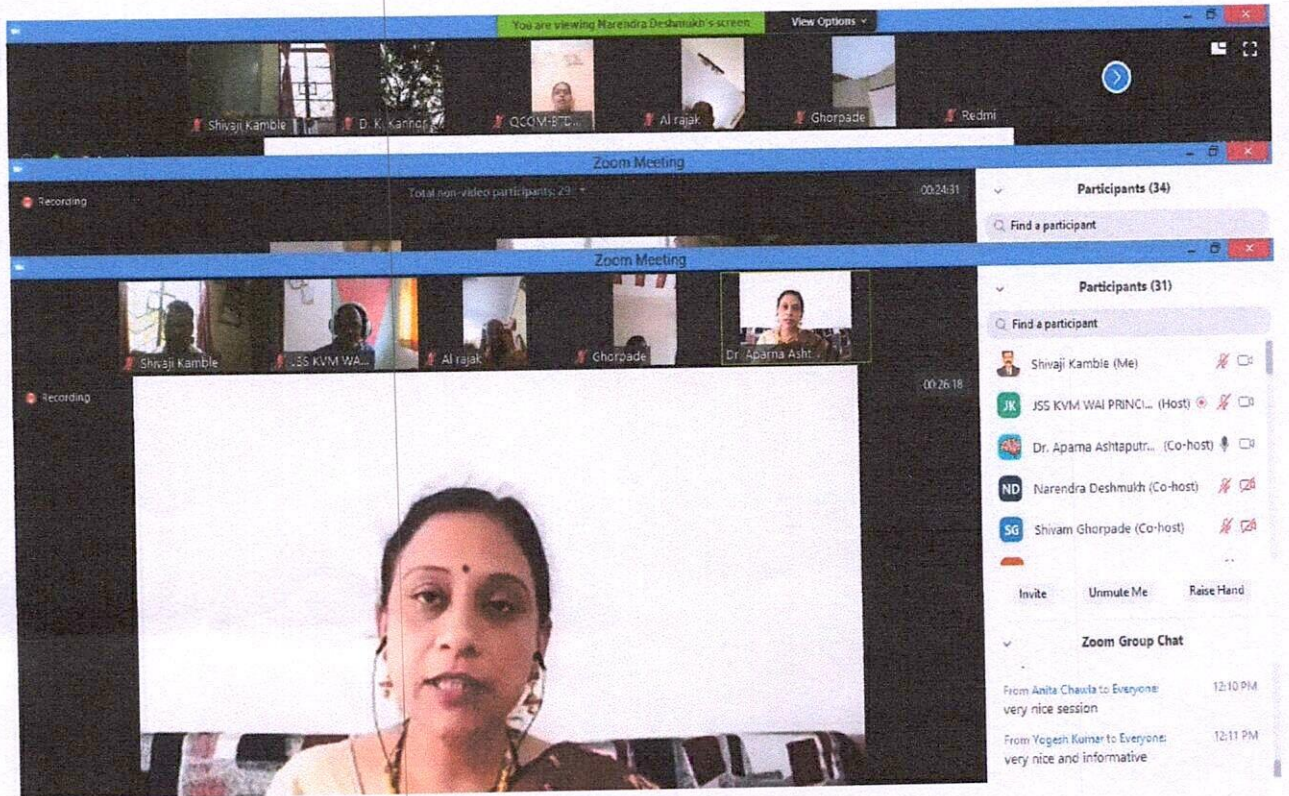


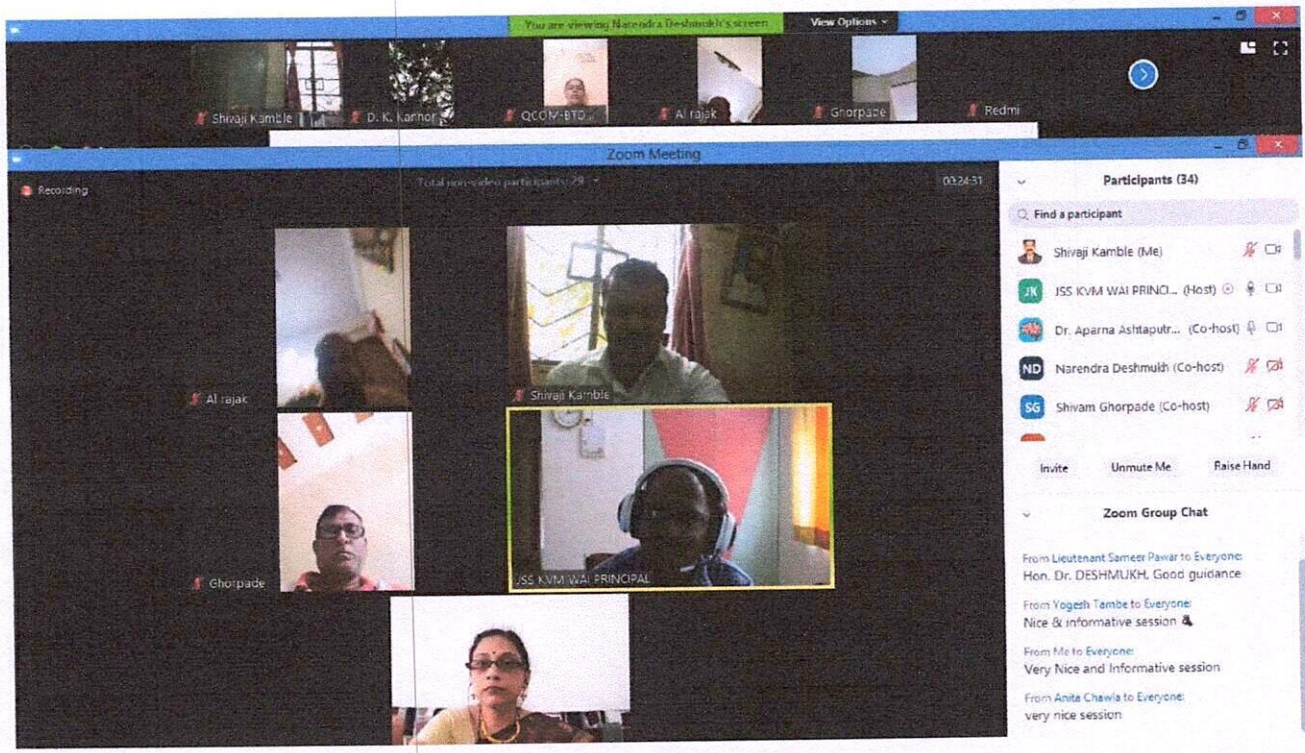
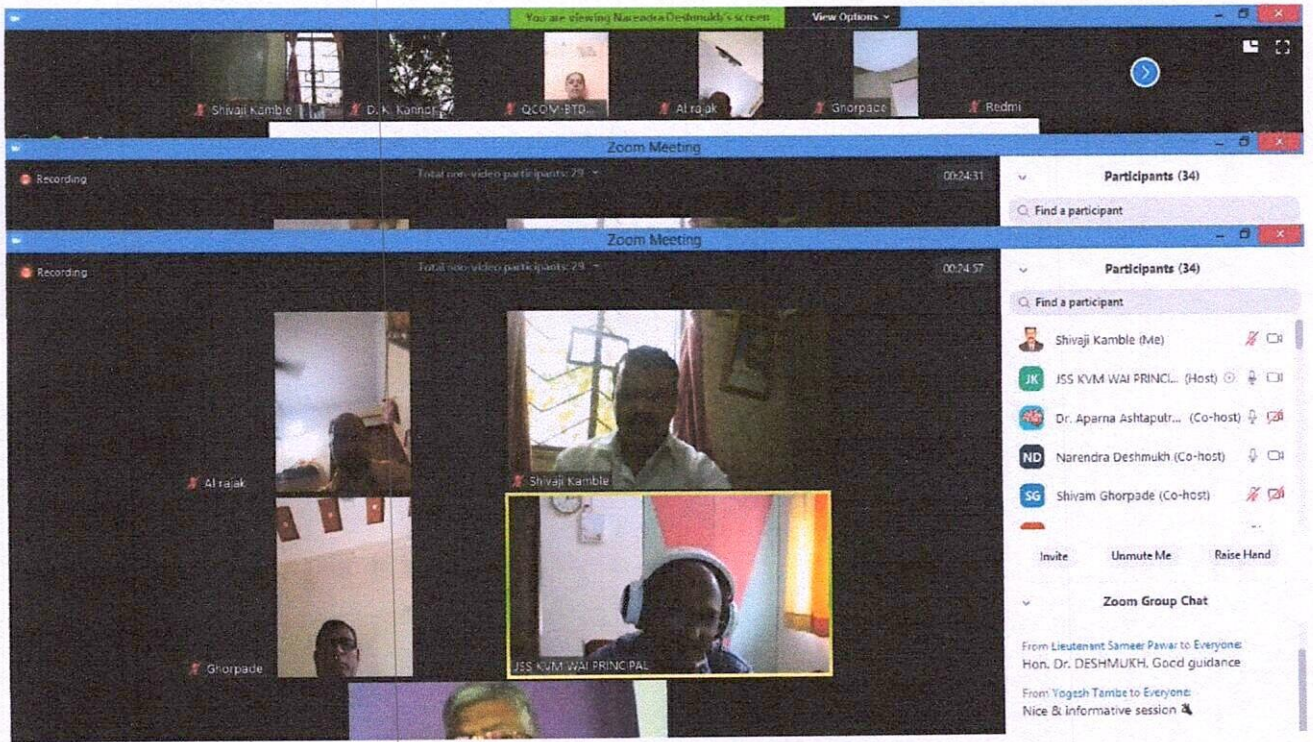

Head
Head of Psychology
Kisan Veer Mahavidyalaya
Wai

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Name of Activity – State Level Webinar On Recent Trends in Indian Psychology

2019-2020





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View Options

Shivaji Kamble | D. K. Kanhar | QCCM-BTD | Al rajat | Ghorpade | Redmi

Recording

00:18:29

Why mindfulness matters: Research findings

Academic	Mental & Behavioral Health	Social Behavior
<ul style="list-style-type: none"> Improvements in cognitive performance, school self-concept, and engagement⁴ Greater attention⁸ Reduction of anxiety in high-stakes testing⁹ 	<ul style="list-style-type: none"> Decreases in stress levels⁸, emotional over-excitement and depression symptoms¹⁰ Increases in emotional well-being and self-compassion¹¹ Lower self-harm¹² 	<ul style="list-style-type: none"> Healthier responses to difficult social situations¹³ Reduction of implicit bias¹⁴ Increases in compassionate responses to others in need¹¹

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View Options

Shivaji Kamble | D. K. Kanhar | QCCM-BTD | Al rajat | Ghorpade | Redmi

Recording

00:09:10

Patanjali's 8 Limbs of Yoga

Asana Samadhi

Yama

Niyama

Asana

Pranayama

Pratyahara

Dharana

Dhyana

Samadhi

state of oneness

state of meditation

increase focus

withdrawal of the senses

breath

posture

state of oneness

Om

Participants: 34

Chat

Share Screen

Record

Reactions

ENG 11:55 AM

INTL 10/08/2020

Leave

