

**M. S. P. Mandal's**

**VINAYAKRAO PATIL MAHAVIDYALAYA, VAIJAPUR**

**National Service Scheme (NSS)**

**Lecture on 'Spirituality: A Scientific Approach' by Dr. S. D. Pardeshi  
(25-12-2019)**

**REPORT**

A lecture was organised on 'Spirituality: A Scientific Approach' in the special camp of National Service Scheme held at Bhagur village on 25<sup>th</sup> December 2019. The objective of the lecture was to strengthen the emotional intelligence of the students. Sandeep Kachru Moin welcomed and introduced the resource person.

Dr. S. D. Pardeshi, Assistant Professor, Department of Chemistry, Vinayakrao Patil Mahavidyalaya, Vijapur, was the resource person. Dr. K. P. Bholane, NSS PO, welcomed the resource person and introduced him to the students.

Dr. Pardeshi, in his talk mentioned the relation between the spirituality and science. He said that in the olden days people were illiterate, so most of the scientific concepts were conveyed to them in the form of religious principles because people accepted them in that way.

He highlights that the spiritual practices has an impact on the mental health of individual. During his talk he gave examples of Swami Vivekanand to explain the concept of spirituality and mental health. According to him the spiritual practices on improving the emotional behaviour of individual. He focused on the scientific benefits of Yoga on physical health and benefits of mediation (Dhyan) on mental and emotional health.

Dr. S. D. Pardeshi highlighted the importance of mental and emotional stability in the student's academic life. During his discussion he mentioned that the young generation (college students) are not able to control their emotions that creates a major issues in the society. Due to lack of ability to control emotions, the individual may be affected by anxiety disorder, bipolar disorder, schizophrenia and stress disorder. In the later part, he discussed the importance of spiritual meditation to control this disorder.

He said that by 2050 mental ailments will be the major cause of human disability and this is an alarming situation. Due to the proliferation of social and digital media, humans are getting more isolated from the physical social interactions. Students actively participated in the interaction. Aditya Ashok Aher proposed the vote of thanks. Dnyaneshwar Vijay Shinde conducted the proceeding.



**Dr. Babasaheb Ambedkar Marathwada University  
Aurangabad**

**And**

**Marathwada Shikshan Prasarak Mandal's**



**Vinayakrao Patil Mahavidyalaya, Vaijapur  
Dist-Aurangabad**

**National Service Scheme: Special Annual Camp**

**'Youth for Cleanliness Water Conservation'**

**Venue: 'Bhavor' Village, Tq. Vaijapur, District-Aurangabad**

**25-12-2019 to 31-12-2019**

**NOT ME BUT YOU**

**Mr. D. B. Khillari**  
Programme Officer

**Dr. Savita Wawge**  
Programme Officer

**Dr. S. D. Pardeshi**  
Programme Officer

**Dr. K. P. Bholane**  
Programme Officer

**Dr. U. V. Panchal**  
Principal

Date	Time	Name of Resource Person	Theme
25-12-2019	10:00-10:30 am	<b>Dr. K. P. Bholane</b> (NSS PO, Vinayakrao Patil Mahavidyalaya, Vaijapur)	Code of Conduct
	10:30-11:00 am	<b>Adv. Pramod Jagtap</b> (Member, CDC, Vinayakrao Patil Mahavidyalaya, Vaijapur)	Water Management: Some Proven Techniques
	11:11-11:30 am	<b>Dr. U. V. Panchal</b> (Principal, Vinayakrao Patil Mahavidyalaya, Vaijapur)	What We Can Do For Society?
	11:30-12:00 pm	<b>Mr. Appasaheb Patil</b> (Head, CDC, Vinayakrao Patil Mahavidyalaya, Vaijapur)	Water Management in Drought Prone Areas
	02:00-03:00 pm	<b>NSS Volunteers</b>	Camp Area Cleaning
	03:00-04:00 pm	<b>Dr. S. D. Pardeshi</b> (Vice Principal, Vinayakrao Patil Mahavidyalaya, Vaijapur)	Spirituality: A Scientific Approach
26-12-2019	02:00-03:00 pm	<b>Mr. Pandit Shinde</b> (Advisor, NMC Canal Project, Vaijapur)	Innovative Ideas in Water Management
	02:00-03:00 pm	<b>Mr. M. L. Sonawane</b> (Associate Professor, Vinayakrao Patil Mahavidyalaya, Vaijapur)	NSS for Instilling Democratic Values
27-12-2019	02:00-03:00 pm	<b>Mr. Vijay Patil</b> (LCTC Counsellor, Sub-District Hospital, Vaijapur)	Health Counselling
	02:00-03:00 pm	<b>Mr. Nitin Shelke &amp; Mr. Bhagwan Kadam</b> (HDFC Bank, Vaijapur)	Banks and Social Responsibility
28-12-2019	02:00-03:00 pm	<b>All Volunteers</b>	Elocution Competition
29-12-2019	02:00-03:00 pm	<b>Dr. B. N. Jadhav</b> (Assistant Professor, Vinayakrao Patil Mahavidyalaya, Vaijapur)	Polythene Bags: Danger to Environment
	02:00-03:00 pm	<b>Mr. B. K. Nikam</b> (Assistant Professor, Vinayakrao Patil Mahavidyalaya, Vaijapur)	Swachh Bharat Abhiyan
30-12-2019	02:00-03:00 pm	<b>Dr. M. S. Kharat</b> (Associate Professor, Vinayakrao Patil Mahavidyalaya, Vaijapur)	Art of Living
	02:00-03:00 pm	<b>Mr. Shahaji Bhosale</b> (Secretary, ANIS)	Superstitions and Addiction
31-12-2019	11:00-02:00 pm	<b>Mr. Ulhas Thombre</b> (Entrepreneur, Vaijapur)	Industry Academia Meet
	02:00-03:00 pm	<b>Dr. T. R. Patil</b> (Coordinator, NSS, Dr. BAMU, Aurangabad)	Water Conservation for Water Security



















Sr. No.	Name of Volunteer	25/12/2019	26/12/2019	27/12/2019	28/12/2019	29/12/2019	30/12/2019	31/12/2019
149	Pranaya Dagu Theng	<del>Pranaya</del>	<del>Pranaya</del>	<del>Pranaya</del>	<del>Pranaya</del>	<del>Pranaya</del>	<del>Pranaya</del>	
150	Nannawate Pooana Jagannath	<del>Pooana</del>	<del>Pooana</del>	<del>Pooana</del>	<del>Pooana</del>	<del>Pooana</del>		
161	Dhanad Devki Injanshuwar					<del>Dhanad</del>	<del>Dhanad</del>	<del>Dhanad</del>
162	Shinde Prashant Vishwas	Yshinde	Yshinde	Yshinde	Yshinde	Yshinde	Yshinde	
163	Gavali Ashwini Ganesh	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini
164	Gavali Pooja Bharat	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
165	Gawali Shubhangi Ganesh	Gawali	Gawali	Gawali	Gawali	Gawali	Gawali	Gawali
166	Sauwale Poonam Ramesh	Sauwale	Sauwale	Sauwale	Sauwale	Sauwale	Sauwale	Sauwale
167	Raut Rani Ashok	Raut	Raut	Raut	Raut	Raut	Raut	Raut
168	Bahalastar Nikita Somnath	Kahalastar	Kahalastar	Kahalastar	Kahalastar	Kahalastar		
167	Wagh Kanchan Balu	Kanchan	Kanchan	Kanchan	Kanchan	Kanchan	Kanchan	Kanchan
168	Wagh Monika Bandu	Monika	Monika	Monika	Monika	Monika	Monika	Monika
169	Kakade hob D. Pawar					<del>Kakade</del>		
170	Kardile Pushkesh Ashok	<del>Kardile</del>	<del>Kardile</del>	<del>Kardile</del>	<del>Kardile</del>	<del>Kardile</del>		
171	Paramvir Yogesh Jahagiradar	Paramvir	Paramvir	Paramvir	Paramvir	Paramvir		
172	Gurjar Kishor Ramnath	Kishor	Kishor	Kishor	Kishor	Kishor		
173	Aker Aniket Santosh	Aniket	Aniket	Aniket	Aniket	Aniket	Aniket	Aniket
174	Moin Rakesh Sudam	Moin	Moin	Moin	Moin	Moin	Moin	Moin
175	Gurav Balu Suresh	Gurav	Gurav	Gurav	Gurav	Gurav	Gurav	Gurav
	Jadhav Sumita Sanjay	Jadhav	Jadhav	Jadhav		Jadhav	Jadhav	

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177	Dohake Aditya Saksul	AD	AD	AD	AD	AD	AD	AD
178	Borde Anmol Dadasahel	AB	AB	AB	AB	AB	AB	AB
179	Gawali Mangesh Kisan	MG	MG	MG	MG	MG	MG	MG
180	Shinde Ravindra Keshavnath	RS	RS	RS	RS	RS	RS	RS
181	Bhoskade Aniket Arun	BA	BA	BA	BA	BA	BA	BA
182	Sheddha Lakshman Nagle	SN	SN	SN	SN	SN	SN	SN
183	Gayatri Mahapurc	GA	GA	GA	GA	GA	GA	GA
184	W. Chavase Pankaj	PC	PC	PC	PC	PC	PC	PC
185	Sujata Jadhav							RS

  
Programme Officer



  
Principal