

G.E. Society's
SMRK-BK-AK Mahila Mahavidyalaya's
Home Science Association of Nashik (HAN)
in collaboration with
Staff Welfare Academy
Organizes
7 days Faculty Development Programme
On the theme
"Keys for Blissful Living"

4th August to 12th August 2025

Name of the Programme:	7 days Faculty Development Programme
Day and Date:	4 th August to 12 th August 2025
Organizing Committee/ Department (Mention collaborating Agency, if any)	Home Science Association of Nashik (HAN) in collaboration with Staff Welfare Academy
Time:	12.00 to 1.00 pm
Topic/ Theme:	Keys for Blissful Living
Resource Persons:	<ol style="list-style-type: none"> 1. Dr. Pallavi Deshpande- Physiotherapist, Nashik 2. Dr. Pranita Gujarathi- BAMS, Family Physician 3. Prof. Dr. Aviraj Tayade- Ex- coordinator and HOD Music Department 4. Prof. Dr. Kavita Patil- Ex- Principal and HOD Textile Science and Apparel Design 5. Mrs. Sandhya Kelkar- Ex-HOD BVA Department 6. Mr. Mahendra Charturmutha- CA 7. Dr. Nilesh Jejurkar- Psychologist
No. of participants attended the Programme:	100
Brief Summary:	<p>Home Science Association of Nashik in Collaboration with Staff Welfare Academy organized 7 days Faculty Development Programme from 4th August to 12th August 2025 from 12.00 noon to 1.00 pm on the theme- Keys for Blissful Living. Mrs, Trupti Dhoka, coordinator of this programme welcomed the participants and briefed about the theme and the topics which will be highlighted for seven days. The participants were 5 deputed staff from 13 Gokhale Education Society colleges and staff of 3 schools of Nashik zone including SMRK college. In total there were 100 participants registered for this programme.</p> <p>Everyday there were various themes on which different experts shared their expertise to the participants. Themes were as follows-</p>

1. 4th August- Psychological Mindset and Positive Thinking
2. 5th August- Gut Health
3. 6th August- Music Therapy
4. 7th August – Identification and Awareness of Handloom
5. 8th August- Color Therapy
6. 11th August- Financial Literacy
7. 12th August- Technological Stress Management

**1. Dr. Pallavi Deshpande- Physiotherapist, Nashik-
Theme- Psychological Mindset and Positive Thinking**

The session was coordinated by Dr. Sayali Acharya, In-charge Head of the Marathi Department, who introduced the resource person for the day. Dr. Pallavi commenced the session with a serene prayer and guided meditation, setting a calm and reflective tone. She focused on stress relief techniques relevant to the challenges of daily life, emphasizing the importance of healing practices for mental and emotional well-being. Throughout the session, Dr. Pallavi demonstrated various practical methods to manage stress, including the salt water technique, hand-folding postures, and specific hand gestures (mudras) that promote inner balance and calmness. She also enacted certain gestures to illustrate how physical poise can aid in achieving mental clarity. The session was highly informative and engaging, offering valuable tools for self-care and emotional resilience. It concluded with a sharing of personal experiences by some staff members, reflecting on the effectiveness of the techniques. Dr. Sayali Acharya concluded the session with a vote of thanks.

**2. Dr. Pranita Gujarathi- BAMS, Family Physician,
Nashik
Theme- Gut Health**

Dr. Pranita Gujarathi conducted an enlightening session on the importance of gut health, which is often referred to as the "second brain" of the human body. According to her, the gut has a strong and intricate connection with the brain, kidneys, muscles, and almost every organ system of the body, thereby influencing both physical and psychological health. She pointed out that modern lifestyle habits such as poor and irregular sleep patterns, lack of physical activity, and excessive consumption of novel or processed foods can severely damage the balance of gut microbiota. This imbalance, in turn, may lead to various health issues ranging from digestive disorders to mood disturbances and lowered immunity. Dr. Gujarathi enriched the session by sharing practical examples and experiences from her 32 years of clinical practice, where she

has observed the profound effects of gut health on overall wellness. She stressed that simple lifestyle practices like maintaining good sleep hygiene, staying physically active, managing stress effectively, and consuming freshly prepared, home-cooked meals can go a long way in preserving the natural balance of gut microbiota. She emphasized that prioritizing gut health is not just about preventing illness but also about enhancing energy levels, mental clarity, and long-term vitality. The session concluded with a formal vote of thanks proposed by Mrs. Meenal Zavar.

**3. Prof. Dr. Aviraj Tayade- Ex. Coordinator and HOD
Music Department, SMRK College, Nashik
Theme- Music Therapy**

The session was coordinated by Dr. Satish Dhanawade, Head of the Sociology Department, who warmly introduced the esteemed resource person. Dr. Tayade began his discourse by underlining the significance of rising during *Brahma Muhurat*, the early morning hours considered most conducive for mental clarity, focus, and spiritual growth. He then turned to the roots of musical expression, introducing **Lok Sangeet (folk music)** as the earliest and most natural form of music created by humankind. Moving into the fundamentals of Indian classical music, Dr. Tayade elaborated on the seven notes — *Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa* — and explained how **raagas** gradually evolved from *shruti* (microtones). He emphasized that each note resonates with a unique frequency and is defined by its **vaadi** (principal note) and **samvaadi** (secondary note). With clarity and depth, he described how raagas are intricately linked to the natural rhythm of the day, each designed to be sung or heard during a specific **prahar** (division of time) to preserve its emotional, spiritual, and aesthetic essence. In conclusion, Dr. Tayade encouraged the audience to incorporate music into their daily routine as a tool for relaxation and self-growth. He suggested a simple yet transformative practice — listening to a raag for ten minutes before sleep each night to experience its calming influence. The session concluded with a Vote of Thanks by Dr. Satish Dhanawade, who expressed gratitude to the resource person and participants. The program was enriching, insightful, and spiritually uplifting.

**4. Prof. Dr. Kavita Patil, Ex-Principal, HOD Textile
Science and Apparel Design, SMRK College, Nashik
Theme- Identification and Creating Awareness of
Handloom**

Ms. Pradnya Abhyankar, In-charge HOD of Textile Science and Fashion Design was the coordinator of this session. She introduced the resource person, who carries a legacy of 36

years of teaching traditional textiles and embroideries of India in the Textile Science and Apparel Design Department of SMRK College. The expert began her discourse by highlighting the importance of handlooms and hand weavers in India. She discussed the history of weaving and described the primitive looms once used. She explained that the fibers used in handlooms include cotton, silk, linen, and wool, and interestingly noted that cotton fibers are also used in the currency of the United States of America. She mentioned that India is the second-largest producer of silk after China, and identified the four main types of silk—mulberry, tussar (or kosa), eri, and muga. While earlier original jari threads were used, nowadays tested or artificial jari has become common. The speaker also elaborated on various weaving techniques, as well as the colors and motifs featured in handloom textiles. She then explained methods to distinguish between original and duplicate versions of renowned sarees such as Paithani, Narayanpeth, Irkal, Pochampalli, Kanchipuram, Gadwal, Baluchar Butidar, and Bichitrapuri. Additionally, she demonstrated fiber identification techniques to differentiate between original and man-made handlooms. Ms. Pradnya Abhyankar concluded the session with the vote of thanks.

5. Mrs. Sandhya Kelkar- Ex- HOD, BVA Department, SMRK College, Nashik

Theme- Color Therapy

The session was coordinated by Ar. Sanjay Pabari, HOD of the Resource Management Department, who introduced the resource person, Mrs. Sandhya Kelkar, former Head of the Visual Art Department. Mrs. Kelkar began her discourse by displaying a series of pictures and explaining the use of colors such as blue, green, red, and yellow, highlighting their psychological impact on the human mind. She discussed the distinction between warm and cool colors and the significance of each. Warm colors like red and yellow convey energy and confidence, often associated with a dynamic personality, while cool colors like blue and green are linked to calmness and trustworthiness. She explained that colors also symbolize specific emotions—yellow, red, and orange represent energy, friendship, brightness, and confidence; blue, purple, and green signify poise, trust, and relaxation; pink and magenta are considered colors of love. She also touched on how colors are often associated with gender-based personality perceptions. Mrs. Kelkar emphasized the relevance of colors in daily life, from the colors on our food plates to the “color clock” found in nature. She introduced chroma therapy, explaining how the natural colors in foods, fruits, and vegetables can help relieve, relax, and heal various health conditions such as diabetes, hypertension, anxiety, skin disorders, and migraines, while also supporting overall physical and emotional balance. Ar. Sanjay

Pabari concluded the session by vote of thanks.

6. Mr. Mahendra Chaturmutha- Chartered Accountant, Nashik

Theme- Financial Literacy

Prof. Dr. Mahendra Dhondgepatil, Head of the Department of Accountancy, coordinated the session and introduced the resource person. The session focused on the importance of financial literacy in today's fast-changing economic environment. The resource person emphasized that one must develop a mindset not only to earn money but also to retain and multiply it. According to him, "*money makes pain easier*" and hence financial stability is essential for survival. While creating wealth, he stressed the importance of taking calculated risks and explained this through the comparison of household and government expenditures. He further highlighted the inevitability of inflation, noting that this year it has risen by 4.8% against a tolerance of 2%, thereby making systematic financial planning crucial. He explained that the primary purpose of financial literacy is to achieve financial freedom, which can be attained through awareness, knowledge, and self-actualization of needs. Among investment options, he regarded LIC as one of the best, but also discussed other avenues such as Fixed Deposits, Systematic Investment Plans, and bonds. The concepts of assets, compounding, and tax planning were explained in detail, along with the significance of age and time in making sound investments. He advised keeping realistic targets, suggesting that investments should ideally double over time, with a practical annual return expectation of 11.5%. The session also introduced participants to key financial terms and trends such as Price-Earnings Ratio, FOMO, ETFs, and the stock market, giving a comprehensive understanding of wealth creation. The session concluded with a vote of thanks by Prof. Dhondgepatil.

7. Dr. Nilesh Jejurkar- Psychologist

Theme- Technological Stress Management

A highly engaging session on the theme "Technological Fatigue" was organized, with Dr. Nilesh Jejurkar as the distinguished resource person. The program began with a warm introduction delivered by Mrs. Priyadarshani Bhagwat, followed by the felicitation of the speaker at the hands of the Principal, Dr. Mrs. Sandhya Khedekar. Dr. Jejurkar, through his thoughtful discourse, unfolded the concept of fatigue and more specifically *technological fatigue*, which is emerging as a pressing concern in today's digital-driven lives. He explained how constant exposure to gadgets, digital platforms, and especially social media is gradually leading to stress, anxiety, and emotional exhaustion. Drawing attention to this modern lifestyle challenge, he emphasized the necessity of mindful

technology usage and adopting a balanced approach to maintain overall well-being. The resource person further suggested practical strategies such as limiting screen time, adopting digital detox habits, and engaging in offline social interactions. His explanations, supported by relatable examples from day-to-day life, enabled the participants to connect with the issue more deeply and reflect on their own technology habits. The session concluded with an interactive question-and-answer segment, where participants actively engaged with the speaker, sharing their thoughts and clarifying their queries. This interactive exchange added further value to the session. The program came to a close with a Vote of Thanks proposed by Mrs. Meenal Zavar, who expressed gratitude to the speaker, organizers, and participants. Overall, the session proved to be informative, insightful, and enriching, leaving the audience with meaningful takeaways on tackling technological fatigue in the digital age.

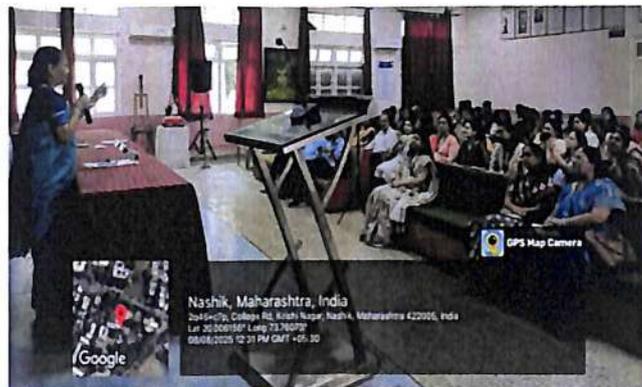
Mrs. Meenal Zavar, Assistant Co-ordinator of this programme concluded the Faculty Development Programme by thanking the Secretary, HR Director and Treasurer of Gokhale Education Society, Dr. Mrs. Deepti Deshpande for her suggestions and guidance. Dr. Sandhya Khedekar, Principal and Advisory committee member for her guidance and directives required for the programme. She thanked all the resource persons for spending their valuable time and expertise. She thanked the organizing members of this Faculty Development Programme and a special thank you for the tripod availability and recording of the sessions. She thanked the Office Superintendent, Mr. Prashant Ambekar for his timely help. Non-teaching staff Mr. Suraj, Mr. Pratik, Patil kaka, Mane kaka, Satish kaka for the arrangement of the hall and all the participants of all the G.E. Society colleges of Nashik Zone and Schools of campus for actively attending this programme.

Photographs:





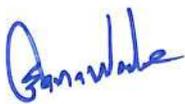







Prof. Dr Nitin Songirkar
Vice Principal


Dr (Mrs) Sandhya Khedekar
Principal


Prof. Dr. Satish Dhanawade
Staff Welfare In-charge


Mrs. Trupti Dhoka
Faculty Development Programme In-charge