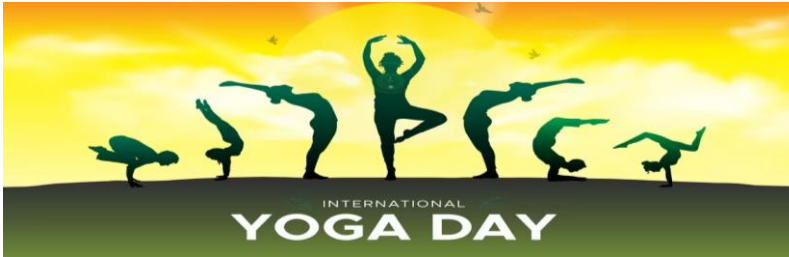


Collaboration between Indira Mahavidyalaya, Kalamb Dist. Yavatmal & Gyan Jyoti Shikshan Sansthan, Amaravati Vivekanand Colony, Rukhmini Nagar, Amaravti.

Name of the Activity: Guidance Programme on Yoga for Life



**INTERNATIONAL
YOGA DAY**

**Under Collaboration Between Indira Mahavidyalaya,
Kalamb Dist. Yavatmal & Gyan Jyoti Shikshan Sansthan,
Amaravati**

**Guidance Programme
On
Yoga for Life**

**Date: 21/06/2022
Time: 08.30 AM**

**Organized by
Department of Physical Education
Indira Mahavidyalaya, Kalamb
Dist. Yavatmal**

**RESOURCE PERSON
Prof. Shital Raut**

**VENUE
Play Ground
Indira Mahavidyalaya, Kalamb Dist. Yavatmal**



लोकमत

इंदिरा महाविद्यालय 'योगा फॉर लाइफ' वर मार्गदर्शन

लोकमत न्यूज नेटवर्क

कळंब: सर्वांगीण कल्याणाला चालना देण्याच्या उद्देशाने इंदिरा महाविद्यालय, कळंब व ज्ञान ज्योती शिक्षण संस्थ, अमरावती यांनी सामंजस्य करारा अंतर्गत 'योगा फॉर लाइफ' कार्यक्रमाचे आयोजन केले होते. प्रा. शीतल राऊत यांनी साधन व्यक्ती म्हणून उपस्थितांना मार्गदर्शन केले. हा उपक्रम दैनंदिन जीवनात योगाचा समावेश करण्याचे सखोल फायदे अधोरेखित करण्याच्या व शारीरिक, मानसिक आणि भावनिक तंदुरुस्तीसाठी योगाच्या परिवर्तनीय शक्तीचा उपयोग करण्यासाठी आवश्यक ज्ञान आणि सरावांनी सहभागींना सुसज्ज करण्याच्या उद्देशाने आयोजित केला होता.

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Report

Name of Activity:	Guidance Programme on Yoga for Life
Purpose of the MoU:	Knowledge Sharing
Date:	21/06/2022
Number of Participants:	30
Venue:	Campus, Indira Mahavidyalaya, Kalamb
Name of the Resource Person:	Prof. Shital Raut

Indira Mahavidyalaya, Kalamb, and Gyan Jyoti Shikshan Sansthan, Amaravati, came together in a collaborative effort to organize the "Guidance Programme on Yoga for Life" on June 21, 2022. The purpose of this MoU was primarily focused on knowledge sharing in the domain of yoga and its integration into daily life for holistic well-being.

Prof. Shital Raut, a distinguished expert in yoga, served as the key resource person for the programme. Prof. Raut's extensive knowledge and profound understanding of yoga facilitated an engaging and informative session for all attendees. Through insightful discussions, practical demonstrations, and interactive activities, Prof. Raut adeptly conveyed the principles and practices of yoga for holistic living.

The programme featured a diverse range of topics, including the fundamentals of yoga philosophy, asanas (postures), pranayama (breathing exercises), and meditation techniques. Participants actively engaged in the sessions, eagerly absorbing the wisdom shared by Prof. Raut. The interactive nature of the programme fostered a conducive environment for learning and self-reflection.

The collaborative efforts of Indira Mahavidyalaya and Gyan Jyoti Shikshan Sansthan culminated in a successful Guidance Programme on Yoga for Life. The event served as a testament to the power of knowledge sharing and community engagement in promoting holistic well-being. It is hoped that initiatives such as these will continue to inspire individuals to embark on a journey towards a balanced and fulfilling life through the practice of yoga.

Sanjay Deshmukh
ज्ञान ज्याता शिक्षण संस्था.
अमरावती.

P. B. Mandake
PRINCIPAL
Indira Mahavidyalaya
Kalamb Dist. Yavatmal