

Extension Activity Yoga for Depression and Anxiety (Life Skills)

Bouchers

**INDIRA MAHAVIDYALAYA, KALAMB
DIST. YAVATMAL**

**Extension Activity Yoga for
Depression and Anxiety**
Resource Person
Dr. Ravijeet Gawande
Date: 19/03/2019 & Time: 02.00 PM

Organized by
Department Of Physical Education

Venue
Indira Mahavidyalaya, Kalamb Dist.
Yavatmal

Date:
10/09/2019 &
Time: 12.30 PM

Geo-Tagged Photo of Event



Expert Interacting with Participants on Yoga, Date: 10/09/2019

Attendance Sheet

Indira Mahavidyalaya, Kalamb Dist-Yavatmal

Students Name	Class	Signature
Ajinkya Ashokrao Dhobe	MSc-II	Ajinkya
Devendra S. Poojar	B.A. I	Devendra
Roshan S. Madari	B.A. I	Roshan
Devanand U. Khandare	B.A. I	Devanand U. Khandare
Anurag K. Chinchalkar	B.COM II	Anurag K. Chinchalkar
Shikha V. Chinchalkar	B.A. I	Shikha
Dreshup S. Kolhe	B.COM I	Dreshup S. Kolhe
D.D. Mandate	12 th Com	D.D. Mandate
N.V. babade	12 th Com	N.V. babade
Anushka V. Bombekar	B.Sc III	Anushka V. Bombekar
Mazuri N. Wasekar	B.Sc III	M. N. Wasekar
Rohit M. Lakasav	M.A I	Rohit
Anil K. Morkase	B.Sc-I	Anil K. Morkase
Aniket P. Masskole	B.Sc I	Aniket P. Masskole
Rushikesh, Mukundrao, Darane	BSc-III	Rushikesh
Damkrish. V. Gadam	MA I	Damkrish. V. Gadam
Manish Asutkar		Manish Asutkar
Pratik S. Gomyale	BA	Pratik S. Gomyale
Kunal B. Lumbale	BA	Kunal B. Lumbale

Report

Name of the Program	Extension Activity Yoga for Depression and Anxiety
Date	10/09/2019
Number of Participants	19
Venue	Department Of Physical Education
Name of the Resource Persons	Dr. Ravijeet Gawande

On 06-10-2019 Indira Mahavidyalaya, Kalamb has organized a Programme on Extension activity Yoga for Depression and Anxiety. Dr. Ravijeet Gawande was a Resource Person. Yoga is a generic term for physical, mental, and spiritual disciplines, originated from ancient India. It is a spiritual and ascetic discipline including breath control, simple meditation, and adoption of specific body postures, practiced for health and relaxation. The Sanskrit term 'Yuj' means to Unite/Integrate a person's own consciousness with the universal consciousness. It is a harmonious blend between the body, mind and the spirit, wherein the body controls the actions, the mind controls intelligence and the spirit controls emotion.

In view of this our resource person gave a good information for the depression and anxiety of Yoga and Meditation, Students participated in this great session also both teaching and non-teaching staff have taken part. All Participants actively participated in this Yoga Program & all they reported greater satisfaction with their physical appearance.


Co-ordinator
IQAC
Indira Mahavidyalaya
Kalamb


PRINCIPAL
Indira Mahavidyalaya
Kalamb Dist. Yavatmal