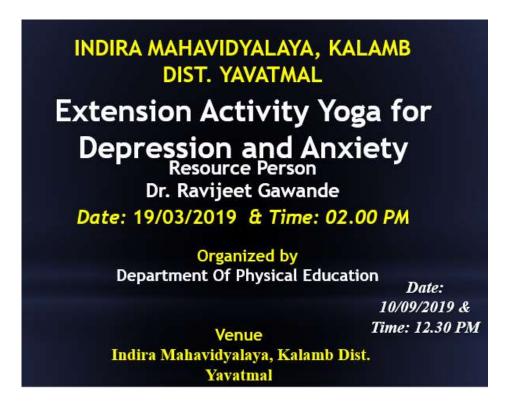
### **Extension Activity Yoga for Depression and Anxiety (Life Skills)**

#### **Bouchers**



## **Geo-Tagged Photo of Event**



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

### **Attendance Sheet**

Indira N	Ashavidvalava.	Kalamb	Dist-Yavatmal	
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Students Name	Class	Signature
Ainkya Mshokran Thole	MSC-TT	Bhoke,
Devicina J. Rusas	B.D. I	COL
Roshan S. Madari	B. H. T	Maha
Devanand of khandre	B.A. I	Demond un thunde
Anwreig K. Chinchallyan	B'COM I	Ashindrulhe
Shrow & Chilemonetheoros	BA.Z	-
Dreshun & Japhe	B. Com I	
D.D. Mandade	12th com	D.D. Mandrike
N.V. bobdde	12th Com	W.V. babade
Anushka V. Bombekan	Bac III	O'Bombekos,
Mazeri N. Wasekar	B.Sc III	( Winangkar
Rahy M. Lahosar	M. AT	3
Anil K mokase	B. SC-	Asmolese
Aniket P. Masskahle	B-Sc	1 Asmille
Euspikesh Mukundrao Daras	ne RSC-TA	A Ramas -
Dumkrish & covers	MAT	4
Marger Asulain	IN TRIPLE	metal e
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### Report

Name of the Program	<b>Extension Activity Yoga for Depression and Anxiety</b>	
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
IQAG
Indira Mahavidyalaya
Kalamb

PRINCIPAL Indira Mahavidyalaya Kalamb Dist.Yayatmal

P.B. Mondak