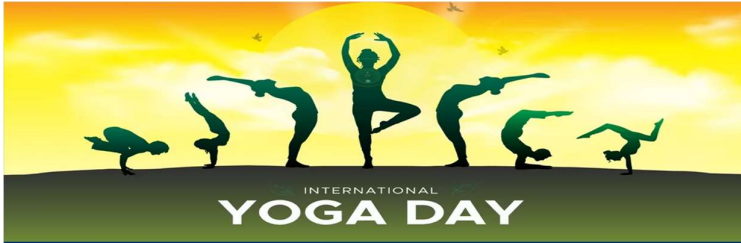


Guidance Programme on Yoga for Life (Life skills)

Bouchers



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

Geo-Tagged Photo of Event





Expert Delivering Interacting and Performing Yoga Poses, Date: 21/06/2022

Attendance Sheet

Indira Mahavidyalaya, Kalamb Dist-Yavatmal

S.No	Students Name	Class	Signature
1	Vaishnavi Suresh Pawade	B.Sc II	Vaishnavi
2	Khushi Vijay Shirode	B.Sc II	Khushirode
3	Sarvada Santosh Bhagat	B.Sc I	S.S. Bhagat
4	Triganti Manohar Chachare	B.Sc I	Triganti
5	Kalyani Pureshottam Bhoyar	B.Com III	Kalyani
6	Tejya P. Jawade	B.A I	Tejya
7	Kamini S. Wankar	B.A I	Kamini
8	Vaishnavi V. Wankar	B.A I	Vaishnavi
9	Patal Pundlikrao Chandore	M.Sc II	Patal
10	Kajal Rajesh Inzalkar	M.Sc II	Kajal
11	Nisha Shankar Naingawale	B.Sc I	Nisha
12	Anisha Vitthal Patil	B.Sc I	Anisha
13	Peeti Ganpatrao Chachare	B.A II	Peeti
14	Shruti Ramesh Shivaikar	B.A II	S.R. Shivaikar
15	Pranjali Gopal Potare	B.A II	Pranjali
16	Vaishnavi S. Shivankar	B.A II	Vaishnavi
17	Nipali G. Gupta	B.Sc III	Nipali
18	Amishi R. Sonule	(B.A I)	Amishi
19	Smriti M. Pawade	(B.A I)	Smriti
20	Alfiyanaal A. Pathan	B.Sc III	Alfiyanaal
21	Chetna J. Kotare	B.Sc I	Chetna
22	Dhanshri S. Khudsange	B.Sc I	Dhanshri
23	Jayshri D. Chodhary	B.Sc I	Jayshri
24	Sakshi P. Bhagat	B.Sc I	Sakshi
25	Jayshri. Rawt	B.Sc I	Jayshri
27	Vaishnavi B. Khode	B.Sc I	Vaishnavi
28	Sakshi R. Ghode	B.Sc I	Sakshi
29	Madhuri B. Bhande	B.A II	Madhuri
30	Siva S. Moan	B.Sc II	Siva

Report

Name of Activity:	Guidance Programme on Yoga for Life
Date:	21/06/2022
Number of Participants:	30
Venue:	Campus, Indira Mahavidyalaya, Kalamb
Name of the Resource Person:	Prof. Shital Raut
<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	
 Co-ordinator IQAG Indira Mahavidyalaya Kalamb	 PRINCIPAL Indira Mahavidyalaya Kalamb Dist. Yavatmal