

# Importance of Yoga in Healthy Life Style (Life skills)

Bouchers

**INDIRA MAHAVIDYALAYA,  
KALAMB DIST. YAVATMAL**

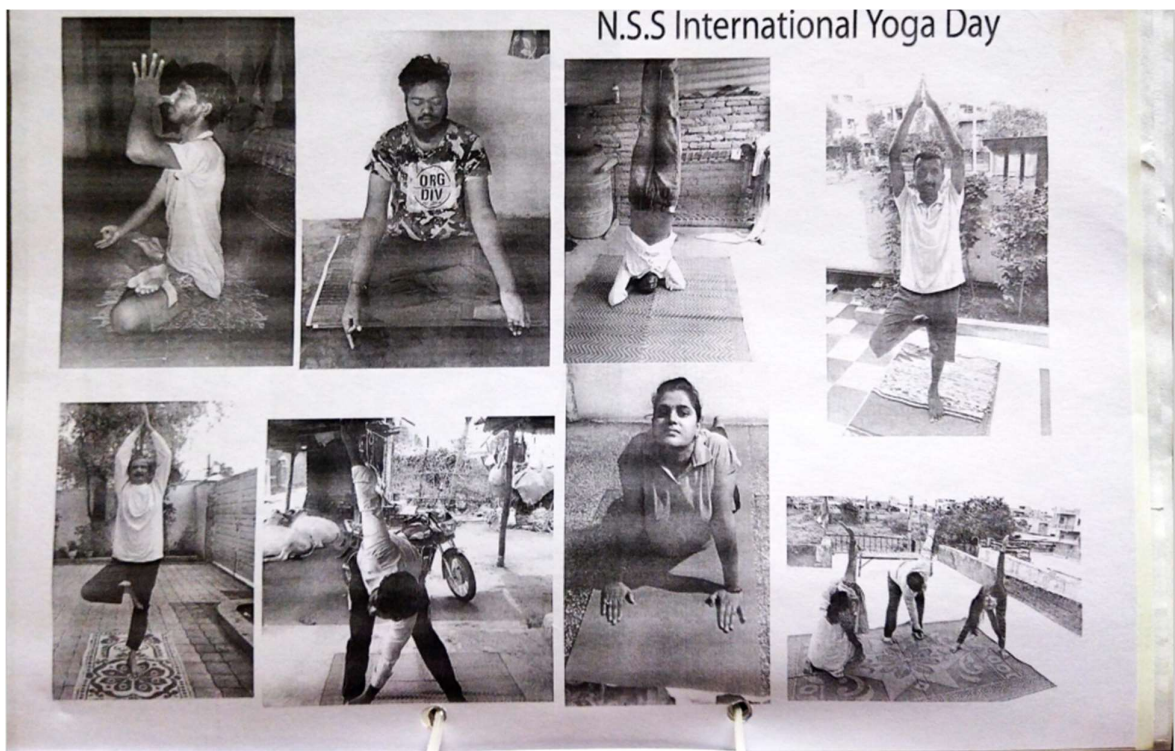
Importance of Yoga in Healthy Life Style

**Resource Persons- Shital Raut**

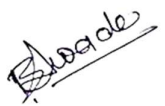

**Date: 21/06/2020 & Time: 08.00 AM**

**Indira Mahavidyalaya, Kalamb Dist.  
Yavatmal**

Photos of Event (Event Conducted Online Due to COVID 19 Pandemic )



## Report

<b>Name of the Program</b>	<b>Importance of Yoga in Healthy Life Style</b>
<b>Date</b>	<b>21/06/2020</b>
<b>Number of Participants</b>	<b>30</b>
<b>Venue</b>	<b>Virtual Mode</b>
<b>Name of the Resource Persons</b>	<b>Prof. Shital Raut</b>
<p>In observance of International Yoga Day, our college organized an online extension activity inviting students from all departments for participation during the academic year 2020-2021. The program, scheduled for June 21, 2020, at 8:00 am, aimed to promote holistic well-being and the practice of yoga among students. It provided an opportunity for participants to engage in yoga exercises and mindfulness practices from the comfort of their homes, fostering a sense of unity and wellness within the college community despite the challenges posed by the pandemic.</p>	
 <b>Co-ordinator</b> <b>IQAG</b> <b>Indira Mahavidyalaya</b> <b>Kalamb</b>	 <b>PRINCIPAL</b> <b>Indira Mahavidyalaya</b> <b>Kalamb Dist.Yavatmal</b>