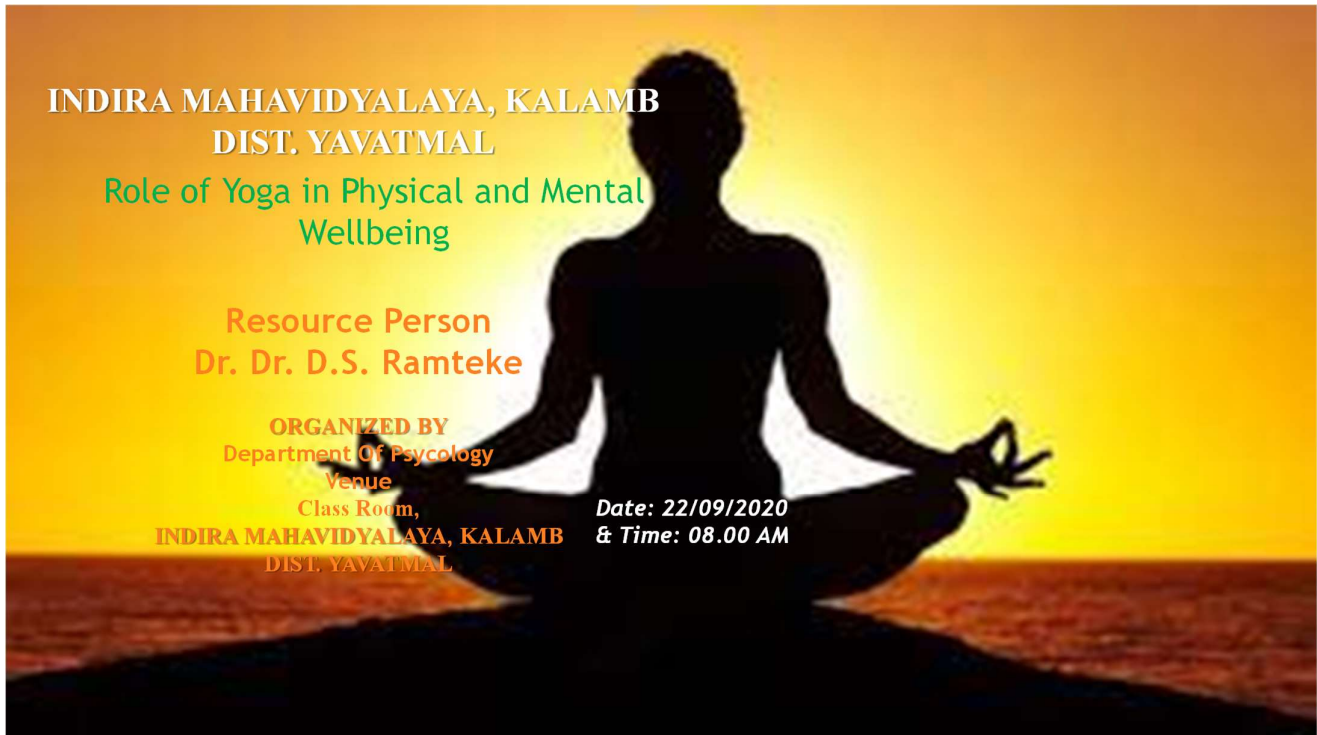


Role of Yoga in Physical and Mental Wellbeing (Soft Skills)

Bouchers



Geo-Tagged Photo of Event

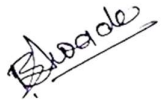



Expert Delivering Lecture on Yoga, Date: 22/09/2020

Attendance Sheet

Sr. NO.	Name of Student	class	Signature
1	Gujar Ashwini Gulabrao	B.A. III Year	G. Gulabrao
2	Gurnule Manisha Deavidas	B.A. III Year	manisha Gurnule
3	Hadke KajalNarendra	B.A. III Year	K. H. K.
4	Hete Vaibhao Bhaskar	B.A. III Year	H. K. B.
5	Hiwarkar Vaibhao Sanjay	B.A. III Year	H. V. S.
6	Hole Vaibhao Pradip	B.A. III Year	H. V. P.
7	Ijpade Geet Dinkar	B.A. III Year	D. J. G.
8	Jomade Rushikesh Rajesh	B.A. III Year	R. Jomade
9	Kamble Pradnya Vilas	B.A. III Year	P. Kamble
10	Kamble Priyanka Ramesh	B.A. III Year	P. Kamble
11	Kamble Shubham Mahanta	B.A. III Year	S. Kamble
12	Kamble Shubham Ramesh	B.A. III Year	Ramesh
13	Khekare Rashmi Vijay	B.A. III Year	R. Khekare
14	Kove Laxmi Sunil	B.A. III Year	L. S. Khekare
15	Madavi Nilima Suresh	B.A. III Year	N. S. Madavi
16	Madavi NitinUttamrao	B.A. III Year	N. S. Madavi
17	Madavi Pratibha Sudhakar	B.A. III Year	P. Madavi
18	Mokalkar Yashwant Gajanan	B.A. III Year	Y. Mokalkar
19	Moon Aniket Mukindrao	B.A. III Year	A. Moon
20	Nagose RavindraAshok	B.A. III Year	R. Nagose
21	Nakshane Satish Sanjay	B.A. III Year	S. Nakshane
22	Nargade Vaishali Vijay	B.A. III Year	V. Nargade
23	Nehare Ganesh Gtosavi	B.A. III Year	G. Nehare
24	Nikude Aniket Babanrao	B.A. III Year	A. N. Nikude
25	Padgwar Aswhwini Vilas	B.A. III Year	V. Padgwar
26	Parchake Niraj Vishnu	B.A. III Year	P. Vishnu
27	Pawar Suraj Shriram	B.A. III Year	S. Pawar
28	Pendor Punal Vasanta	B.A. III Year	P. Pendor
29	Pimpare Narendra Ashok	B.A. III Year	A. Pimpare
30	Rathod Jagadish Vinod	B.A. III Year	V. Rathod

Report

Name of the Program	Role of Yoga in Physical and Mental Wellbeing
Date	22/09/2020
Number of Participants	30
Venue	Department of Psychology
Name of the Resource Persons	Dr. D.S. Ramteke
<p>On September 22, 2020, the Department of Psychology at Indira Mahavidyalaya, Kalamb, organized a guest lecture on the topic "Role of Yoga in Physical and Mental Wellbeing" as part of their Personality Development program. Dr. D. S. Ramteke, Associate Professor at Vidyabharti Mahavidyalaya, Camp Road, Amravati, was the guest of honor. Dr. P. B. Ingle introduced the chief guest and presented him with a book titled "Vidharbhache Ashtavinyak," authored by Dr. P. B. Mandavkar. Dr. Ramteke highlighted the importance of yoga and meditation, particularly during the ongoing coronavirus pandemic, which has caused widespread uncertainty and fear among people. He emphasized that yoga and meditation are globally recognized techniques for addressing various psychological issues. The 30 students who attended found the session both informative and valuable.</p>	
 Co-ordinator IQAC Indira Mahavidyalaya Kalamb	 PRINCIPAL Indira Mahavidyalaya Kalamb Dist. Yavatmal