



Dr S.C. Gulhane Prerna College of Commerce, Science and Arts

Run by Prerna Sewa Mandal
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

Ph.: 2745296, 2746840

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REPORT ON Workshop on Yoga

Program: Workshop on Yoga

Organised By: Yoga Centre, Dr S. C. Gulhane Prerna College of commerce,
Scienceand Arts

Program Coordinators: Dr. Sapna Ghutke & Dr. Bharti Deshmukh

Date and Time: 27thMarch, 2023 to 1st April 2023 **Time:** 7:00 am to 8:30 am.

Objectives: -

1. To create awareness of yoga in the students.
2. To develop the habit of meditation among the students so that they can enjoy more peace of mind and self-awareness.
3. To create the awareness of physical and mental diseases and its solutions through practicing yoga among students.
4. To enhance muscle strength, coordination and flexibility.
5. To improve posture, increase the intake of oxygen and enhance the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems etc.
6. To make the students understand the various types of aasanas in yoga.

Highlights:

1. Dr Sapna Ghutke welcomed and introduced the Guest Yoga Trainer of the program.
2. Dr Pravin Joshi made introductory remarks on the significance of yoga for the students.
3. Yoga trainer, Ms. Sarika Gurve started the session with warm up exercise.
4. Dr.Pravin Joshi also gave input by teaching some aasanas and acknowledged them with the importance of yoga.



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5. On 2nd, 3rd and 4th day yoga trainer, Ms. Sarika Gurve trained students about some additional aasnas.
6. On 5th day closing remark was done by Dr. Pravin Joshi director of S. C. Gulhane Prerna College of commerce, Science and Arts and the vote of thanks given by Dr. Sapna Ghutke.

Outcome: -

1. Students get aware about the importance of yoga in their life.
2. Students learnt different aasanas of yoga and how to do it on regular basis.
3. Students performed yoga movements in various combination and forms.
4. Students improved posture, increase the intake of oxygen and enhance the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems etc.
5. Students enhance muscle strength, coordination and flexibility by practicing yoga regularly.

No. Of Beneficiaries:- 178



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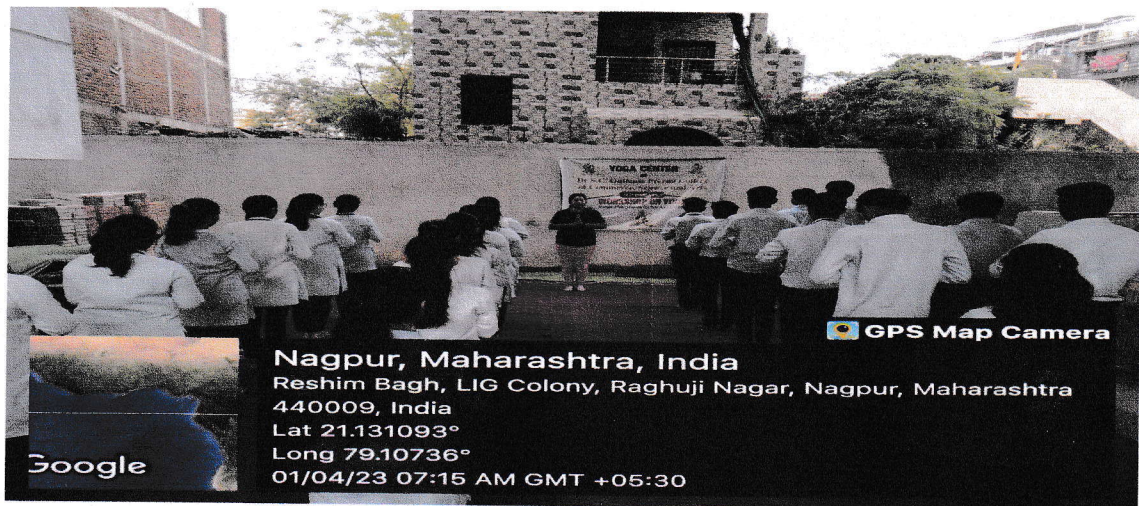
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Glimpses of Workshop on Yoga



Nagpur, Maharashtra, India

Reshim Bagh, LIG Colony, Raghuji Nagar, Nagpur, Maharashtra

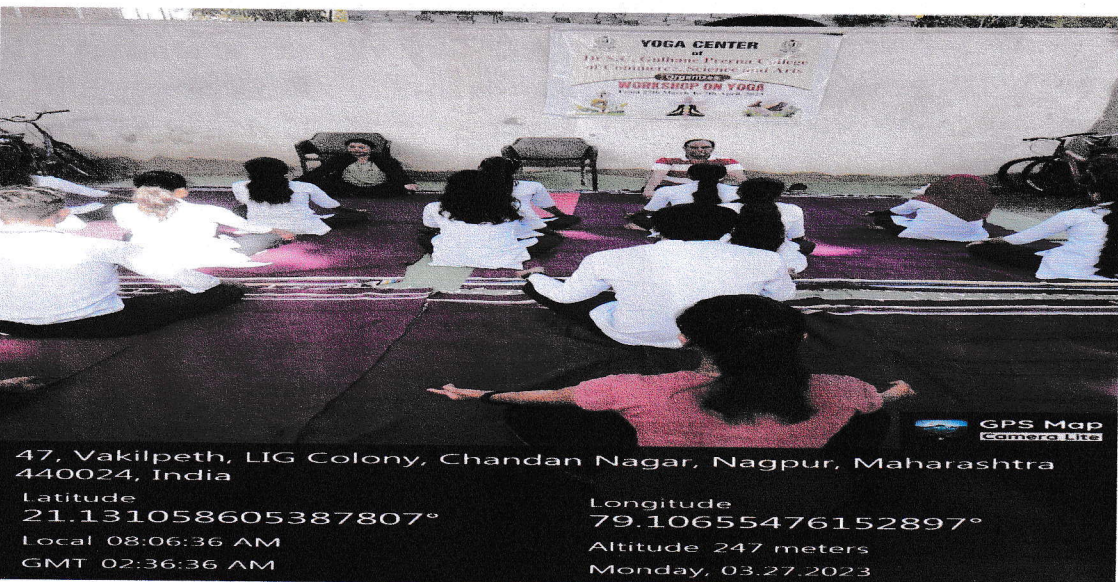
440009, India

Lat 21.131093°

Long 79.10736°

01/04/23 07:15 AM GMT +05:30

GPS Map Camera



47, Vakilpeth, LIG Colony, Chandan Nagar, Nagpur, Maharashtra

440024, India

Latitude

21.131058605387807°

Local 08:06:36 AM

GMT 02:36:36 AM

Longitude

79.10655476152897°

Altitude 247 meters

Monday, 03.27.2023

GPS Map
camera lite

Program Cordinator
Dr. S. C. Gulhane Prerna College of
Commerce, Science and Arts, Nagpur-24