

## **REPORT ON YOGA WORKSHOP**

**Prerna College of Commerce**

**Committee: Yoga Center**

**Program: Making Life More Meaningful With Yoga**

**Date and Time: 12<sup>th</sup> January from 11.00 am to 2pm & 13<sup>th</sup> January from 5.30 pm to 8:30 pm.**

**Objectives: -**

1. To help the students and faculty members in adopting a healthy lifestyle through the inclusion of a Yoga routine in their daily lives.
2. To spread awareness about the health benefits that we can derive from Yoga.
3. To provide the blueprint to the faculty members for gaining physiological and psychological benefits of Yoga
4. To take a step towards the overall wellness of students.
5. To know how can we attain mental relaxation and concentration through meditation using Yoga

**Highlights: -**

1. On day one of the workshop, Dr Vithal Jaybhaye blessed the students with an introductory session on Ashtang Yoga. He also stated the very reason behind the consideration of Ashtang Yoga as a modern-day Yoga.
2. Dr. Vithal Jaybhaye explained all the eight limbs of yoga i.e Yama (abstinences), Niyama (observances), asana (yoga postures), Pranayama (breath control), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (absorption).
3. Sir elaborated exactly how we can use Asthang Yoga as a tool to improve focus, balance and, coordination.
4. Dr. Vithal Jaybhaye shared his Yoga Routine and asked the participants to practice Ashtang Yoga six days a week.
5. On day two Dr Ram Sharma elucidated what Yoga is and how it helps in maintaining the overall wellness.

6. Sir explained how Yoga improves posture, builds muscle strength and enhances the self-esteem.
7. Dr Ram Sharma elaborated how great the Vaidik Shastra is and how it can be used in taking the Covid pandemic to its end.
8. Sir explained how we can improve our balance, focus, movement, and coordination using Yoga.
9. Dr Ram Sharma enlightened the students with the Mantra of uniting the mind and body using Yoga.

Outcome: -

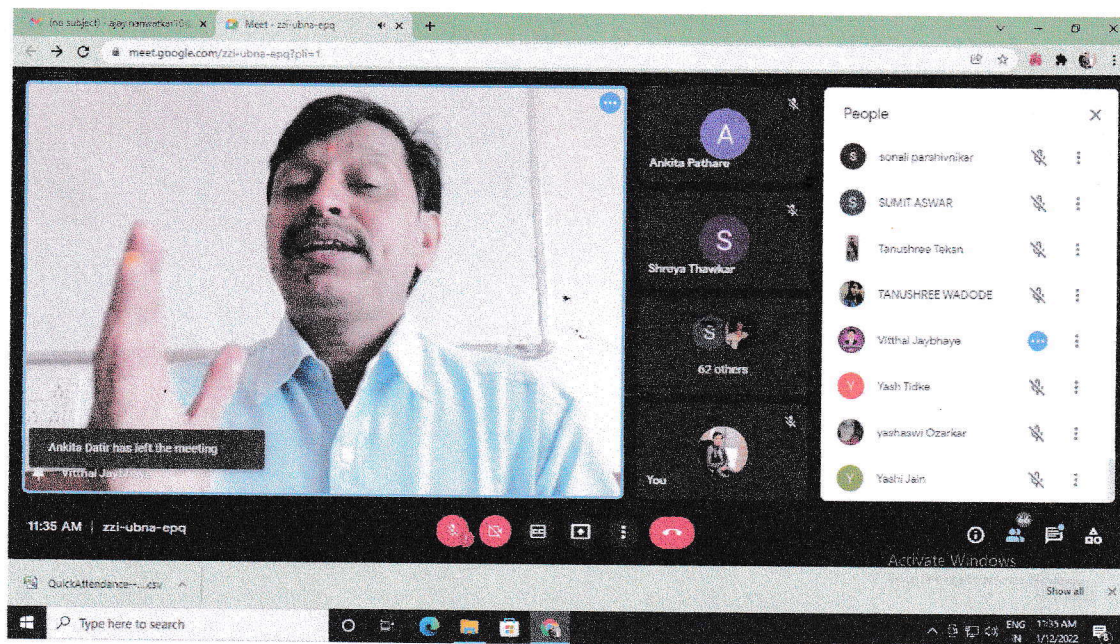
1. Students learned what yoga is and how they can use it as a tool for increasing their concentration and focus.
2. Students got to learn the history behind the evolution of Yoga and how it became the way of life.
3. The workshop provided the students a blueprint that they can follow to live and sustain a healthy life.
4. The Yoga lessons helped the students in imbibing traits like discipline and balance.
5. All in all, the students understood all the important aspects related to Yoga and they got inspired to use Yoga as a tool for enhancing their self-esteem.

No. of Participants: Around 140 students.

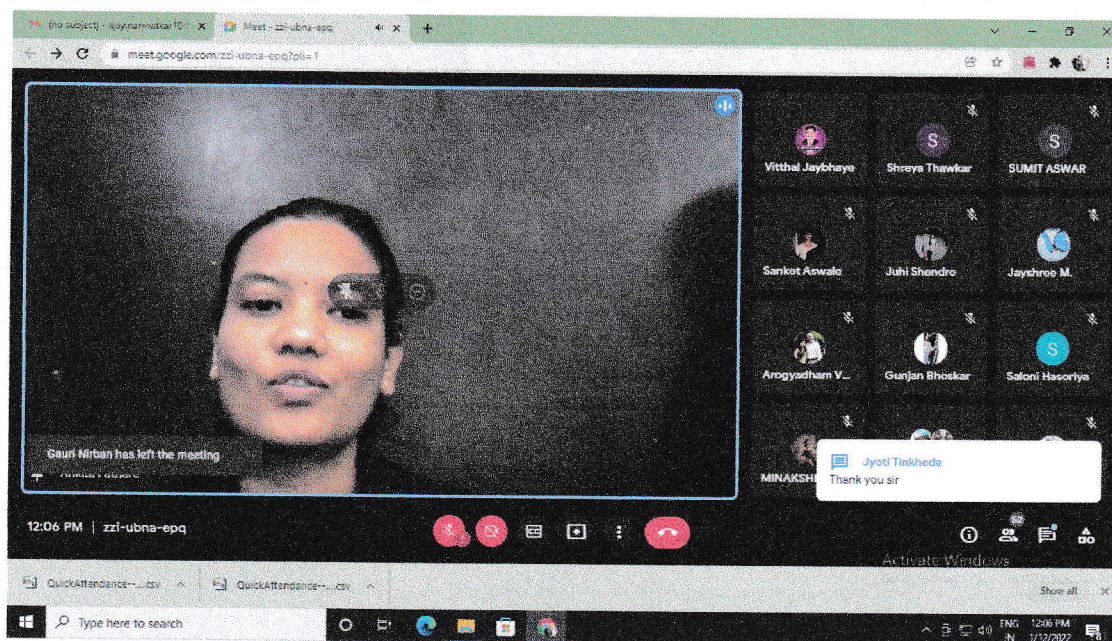
Programme Coordinator: Dr Bharti Deshmukh

Date : 12<sup>th</sup> and 13<sup>th</sup> January





Dr Vitthal Jaybhaye enlightening the students on Ashtang Yoga



Ms Priya Godbole Compering The Workshop

21/1/2022

**Incharge**  
**Yoga Center**  
 Prerna College of Commerce, Nagpur