



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)

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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,
Science and Arts

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

Date and Time: 27th March, 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 asanas in pragmatic 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 asanas 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 asanas.
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 asanas 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.



Ms. Sarika Gurve and Dr Pravin Joshi teaching Yoga to students



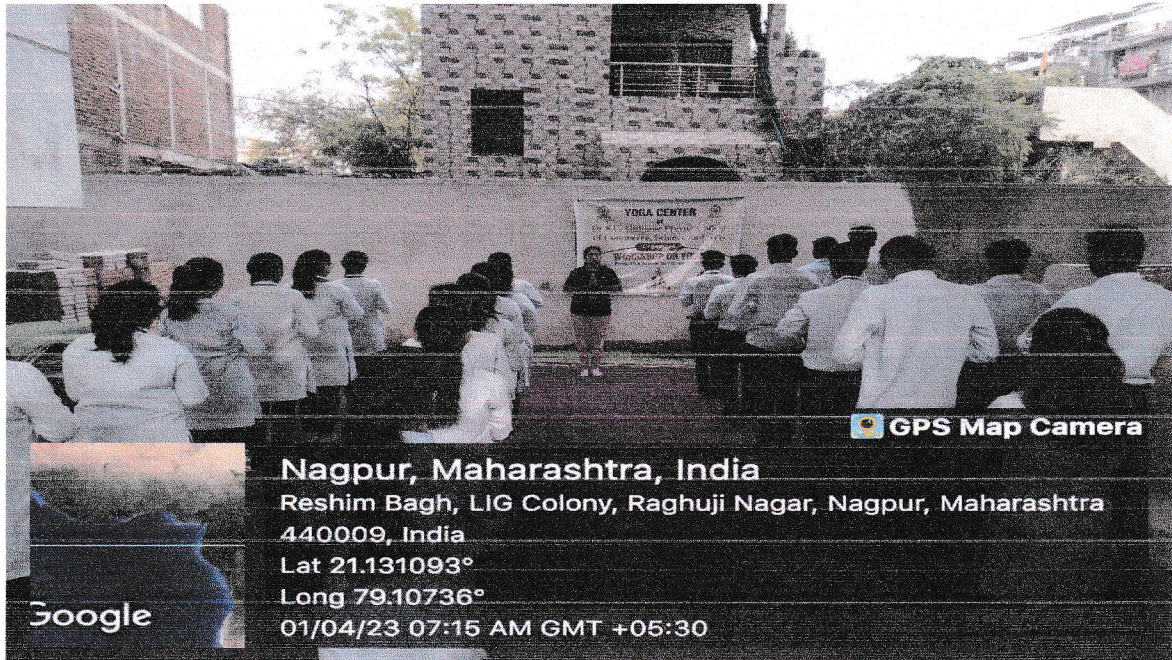
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Ms SarikaGurve performing Yoga asanas

Resh

Programme Co-ordinator
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