



AMAR SEWA MANDAL'S
GOVINDRAO WANJARI COLLEGE OF ENGINEERING & TECHNOLOGY
 (ISO 9001 : 2008 Certified Institute)

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Ref. No. : GWCET/ YMC / /2019

Date: 19/06/2019

OFFICE ORDER

YOGA & MEDITATION CELL

Yoga & Meditation Cell is constituted for leading a happier & healthier life bringing mind body awareness into a social context.

A few Goals & Objectives are:

1. To learn how meditation is effective in reducing stress and increasing organization skills.
2. To learn simple meditation & chair yoga postures that can be done at your desk.
3. To become aware of basic yoga philosophies that can help the participant to maintain a positive attitude towards their job & their colleagues.

Committee Members:

1. Prof. M. A. Deshmukh (ETC) - Incharge
2. Prof. D. P. Dongre (ETC) - Member
3. Prof. S. B. Lande (Civil)-Member
4. Prof. R. Kachore (CSE) - Member



[Signature]
PRINCIPAL
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Copy To:

1. HoD CSE, HoD ETC, HoD EE, HoD Civil, HoD ME, First Yr I/C, Polytechnic Coordinator
2. Committee Members

1. *[Signature]*
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3. *[Signature]*
4. *[Signature]*