



Amar SewaMandal's  
**GOVINDRAO WANJARI COLLEGE OF ENGINEERING & TECHNOLOGY**  
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13/07/2019

### REPORT ON YOGA & MEDITATION

<b>TITLE</b>	Two days workshop
<b>NAME OF ACTIVITY</b>	"Holistic living from home by boosting Immunity with right food & yoga"
<b>DATE</b>	12-07-2019 & 13-07-2019
<b>TIME</b>	11.00 am onwards
<b>VENUE</b>	Auditorium
<b>ORGANISED BY</b>	Yoga & Meditation Cell
<b>NAME OF EXPERT</b>	Mrs. Monali Dhakate, Mudras yoga classes & Mrs. Ashwini Deshmukh, Dietician
<b>PARTICIPATED BY</b>	Students & Faculty members
<b>NO. OF PARTICIPANTS</b>	166
<b>ACTIVITY INCHARGE</b>	Prof. Madhvi Deshmukh
<b>COURSE CONTENT</b>	A nutritious diet, healthy sleeping habits and physical activity such as Yoga, enhances our body's natural defense mechanism.
<b>OBJECTIVE</b>	The primary objective of this webinar was to keep ourselves safe and healthy from ongoing pandemic Covid-19.
<b>OUTCOME OF ACTIVITY</b>	Yoga improves strength, balance and flexibility
<b>ACTIVITY PHOTOS</b>	 Photos on two days' workshop on dated 12-07-2019 & 13-07-2019

  
**PRINCIPAL**  
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