



Amar SewaMandal's

GOVINDRAO WANJARI COLLEGE OF ENGINEERING & TECHNOLOGY
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30/01/2021

REPORT ON YOGA & MEDITATION

TITLE	2 days webinar
NAME OF ACTIVITY	"Life mantra for stress management during Covid-19 pandemic"
DATE	29.01.2021 & 30.01.2021
TIME	11:00 pm onwards
VENUE	Zoom Platform
ORGANISED BY	Yoga & Meditation Cell
NAME OF EXPERT	Mrs Monali Dhakate, Founder of Mudras Yoga, Thane .
PARTICIPATED BY	1 st & 2 nd year Students of MBA dept & Faculty members
NO. OF PARTICIPANTS	133
ACTIVITY INCHARGE	Prof. Madhvi Deshmukh
COURSE CONTENT	Teach yoga practices that enhance mental clarity and focus, aiding in academic performance.
OBJECTIVE	The primary objective of the "Yoga Session for Students: Enhancing Focus and Reducing Stress through Yoga" is to equip students with practical tools and techniques that promote mental clarity, emotional stability, and overall well-being.
OUTCOME OF ACTIVITY	The outcome of this Yoga poses may help to release physical blockages like muscle knots, helping release emotions and tension.
ACTIVITY PHOTOS	 <p>Photos on two days webinar on 29.01.2021 & 30.01.2021</p>

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 Govindrao Wanjari College
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