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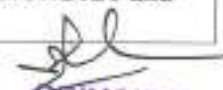
**Treasurer**  
Dr. Sneeta Wanjarri

**Principal**  
Dr Salim Chavan

10/07/2021

### REPORT ON YOGA & MEDITATION

<b>TITLE</b>	Two days Webinar
<b>NAME OF ACTIVITY</b>	"Yoga & Meditation for Immunity Enhancement & Stay Fit".
<b>DATE</b>	09/07/2021 & 10/07/2021
<b>TIME</b>	11:00 am onwards
<b>VENUE</b>	Zoom Platform
<b>ORGANISED BY</b>	Yoga & Meditation Cell
<b>NAME OF EXPERT</b>	Dr. M. Narayana
<b>PARTICIPATED BY</b>	Second, third & final year students of ETC & Faculty members
<b>NO. OF PARTICIPANTS</b>	43
<b>ACTIVITY INCHARGE</b>	Prof.Madhvi Deshmukh
<b>COURSE CONTENT</b>	Explanation of different types of postures (standing, seated, balancing, backbends, etc.)
<b>OBJECTIVE</b>	<b>Enhance Breath Control</b> <ul style="list-style-type: none"><li>• Teach various pranayama techniques to help participants control their breath and improve respiratory function.</li><li>• Highlight the connection between breath and movement, emphasizing the importance of breath in yoga practice.</li></ul>
<b>OUTCOME OF ACTIVITY</b>	These outcome activities are designed to ensure participants not only learn various meditation techniques but also integrate them into their daily lives, leading to lasting benefits in mental clarity, emotional regulation, and overall well-being.
<b>ACTIVITY PHOTO</b>	 <p>Photos on two days webinar on "Yoga &amp; Meditation for Immunity Enhancement &amp; Stay Fit" on dated 09/07/2021 and 10/07/2021</p>

  
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