



Amar SewaMandal's
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22/07/2022

Report on two days workshop on UNITE MIND, BODY AND SPIRIT

TITLE	Two days Workshop
NAME OF ACTIVITY	UNITE MIND, BODY, SPIRIT
DATE	21/07/2022 & 22/07/2022
TIME	11:00 am onwards
VENUE	Auditorium
ORGANISED BY	Yoga & Meditation Cell
NAME OF EXPERT	Ms.Sunanda Wankhede
PARTICIPATED BY	2 nd & 3 rd year students of Mechanical department.
NO. OF PARTICIPANTS	124
ACTIVITY INCHARGE	Prof. Priti Sangode
COURSE CONTENT	Benefits of Yoga <ul style="list-style-type: none">• Physical benefits• Mental benefits• Spiritual benefits
OBJECTIVE	Create a Personalized Yoga Practice <ul style="list-style-type: none">• Guide participants in setting personal intentions and goals for their yoga practice
OUTCOME OF ACTIVITY	An interactive workshop on the chakra system, including exercises and meditations to balance and align the chakras.
Activity photo	 <p>Photos on UNITE MIND ,BODY,SPIRIT ON 21/7/22 & 22/07/2022</p>

PRINCIPAL
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