



Amar SewaMandal's
GOVINDRAO WANJARI COLLEGE OF ENGINEERING & TECHNOLOGY
148/149, SalaiGodhani, Near Chikna Village, Hudkeshwar Road, Nagpur – 441204
Ph - +91-7276388553, 7276388554, 7276388555





Email – gwcet@rediffmail.com Website: www.gwcet.ac.in

President Dr. (Smt) Suhasinl Wanjari
Secretary Adv. Abhijit G. Wanjari
Treasurer Dr. Smeeta Wanjari
Principal Dr Salim Chavan

DATE: 30/06/2023

Report on two days workshop on **YOGA TO REDUCE MENTAL CLUTTER**

TITLE	2 days workshop
NAME OF ACTIVITY	YOGA TO REDUCE MENTAL CLUTTER
DATE	29/06/2023 & 30/06/2023
TIME	11:00 am Onwards
VENUE	AUDITORIUM (2 nd FLOOR)
ORGANISED BY	Yoga & Meditation Cell
NAME OF EXPERT	Ms. Shruti Shirbate
PARTICIPATED BY	3 rd Year & 4 th Year Students
NO. OF PARTICIPANTS	72 Students
ACTIVITY INCHARGE	Prof. Priti Bhangre
COURSE CONTENT	Breath work & Relaxation
OBJECTIVE	Mental Clarity <ul style="list-style-type: none">• Enhance Focus: Improve concentration and cognitive function.• Reduce Mental Clutter: Clear the mind of distractions and intrusive thoughts.
OUTCOME OF ACTIVITY	Physical Health Outcomes <ul style="list-style-type: none">• Improved Flexibility: Enhanced range of motion in muscles and joints.• Increased Strength: Greater muscle strength and endurance.
ACTIVITY PHOTO	 <p>Activity photos on YOGA TO REDUCE MENTAL CLUTTER conducted on dated 29/06/2023 & 30/06/2023</p>


PRINCIPAL
Govindrao Wanjari College
of Engineering & Technology
Salai Godhani, Hudkeshwar Rd
Nagpur-441204