



Shri Narayanrao Babasaheb Education Society's

**SHRI VENKATESH MAHAVIDYALAYA, ICHALKARANJI**

**EVENT REPORT-2022-23**

Name of the Event	Yoga Training center (2-9-2022)
Objectives of the Event	1. To give the training maintain the physical and mental health of college students
Organising Committee/ Department/Association	Girls Forum
Collaborating Organization( if any)	
Day and Date	2-9-2022
Time:	10.30 a.m.
Teacher in Charge	Dr.S.H.Ambawade
Name of the Invitee	Miss S.S.Patil

**Detail Report:**

**A) Yoga Training Center (2-9-2022)**

Inauguration programme of yoga training center organized on 2-9-2022 for girls. This training center opened under the department of lifelong and learning and extension center of Shivaji University. Total 99 students were attended the programme. Dr S.H.Ambawade expressed the objectives of opening the yoga center. She said that College life is an important step stone in the life of any student. It incorporates meditation, breathing exercises, and stretches to allow stress reduction, relaxation. Yoga is useful to maintain the physical and mental health of college students. By Yoga, student can be healthy in body and mind and, consequently, excel in their academics. Mrs S.S.Patil the Yoga teacher explained the benefit of the yoga that Yoga is an ancient Indian practice that permits the mind and body to be in conjunction with each other There are several benefits of Yoga for college students. Yoga is useful for Improvement of Physical and Mental Health, Effective Brain Development. By doing yoga one can Enhanced Memory, Better Concentration, Reduced Stress, Reduced Eye Strain and Headache, Increased Motivation and Productivity. Yoga is useful for Better Sleep Quality. By doing yoga students can improve their Academic Performance. Principal expressed the presidential remark that yoga helps us in staying fit and healthy. It brings positive change in the mental health of the students. Sir appealed that maximum students should take the admission to the course. Dr.S.R.Thakar proposed the vote of thanks.

Photographs



Guidance S.S.Patil the Yoga teacher



Students Participation

Sign of Teacher in Charge:  
Dr.S. H.Ambawade