

Name of the programme : **Report of One day workshop on Yoga Training programme for Physical and Mental Health.**

Organizer : I.Q.A.C & S.M.B.S.T College, Sangamner

Chief Guest : MR. Bajrang Jedgule (Yoga In-structurer)

Chairperson : Dr. Dinanath Patil (Principal)

Day and Date : Monday -29/11/21 Time : 9.00 a.m to 11.00 a.m.

About the programme

Yoga is essentially a spiritual discipline based on extremely subtle sciences which focus on bringing harmony between mind & body. It is an art and science of healthy living. Yoga leads to the union of individual's consciousness with that of universal consciousness indicating the perfect harmony between the mind and body.

To aware the college students about importance of yoga. The yoga committee decides to organize complete full session of yoga which includes theory as well as practical regarding the yoga. Mr. Bajrang Jedgule is a yoga teacher with ' Nanjiven Yoga academy, Sangamner who organizes yoga programme for youth and children's. He has 10 years' experience with yoga teacher. Mr. Bajrang Jedgule explains the importance of yoga with his good PowerPoint presentation & live demonstrations. He says that yoga works on the level of body, mind, emotions and energy. This has given rise to four broad classifications of yoga –kamayoga , Bhaktiyoga , Gyanayoga & kriyayoga.

During the yoga programme different yogasana postures like like Suryanamaskar Padmasana, Tadasana, Vrikshasana, Chakrasana , Shirshasana, Gomukhasana, Dhanurasana, Bujangasana, Sarvangasana, Rajkapotasana, Mayurasana are demonstrated. He also with his yoga team demonstrates musical and rhythmic yoga.

In this programme about 180 students and 35 teaching and non-teaching staff was actively participated. The committee is thankful to principal Dr. D.D. Patil sir for giving this opportunity. We also thankful to our Vice Principal and all teaching and non-teaching staff for their active participation and Timely help.

Thanking you.

Dr. B. D. Wagh

Dr. B. D. Wagh
Principal
Sahakar Maharshi Bhausaheb Santuji Thorat
College of Art's, Science, Commers &
Computer Science College.
Sangamner- 422605



Dr. P. B. Khaire

Dr. P. B. Khaire
Director of Physical Education
S. M. B. S. Thorat College of
Art's, Science, Commers &
Computer Science College.
Sangamner- 422605

Yoga Training program for Physical and Mental Health

Date 29/11/2021



Sangamner, Maharashtra, India

H6M3+CJX, Suyog Colony, Sangamner, Maharashtra 422605, India

Lat 19.58354°

Long 74.204115°

29/11/21 10:33 AM

Google

GPS Map Camera



Sangamner, Maharashtra, India

H6M3+CJX, Suyog Colony, Sangamner, Maharashtra 422605, India

Lat 19.583634°


Long 74.204234°

29/11/21 10:30 AM


Google

NG Rd

GPS Map Camera

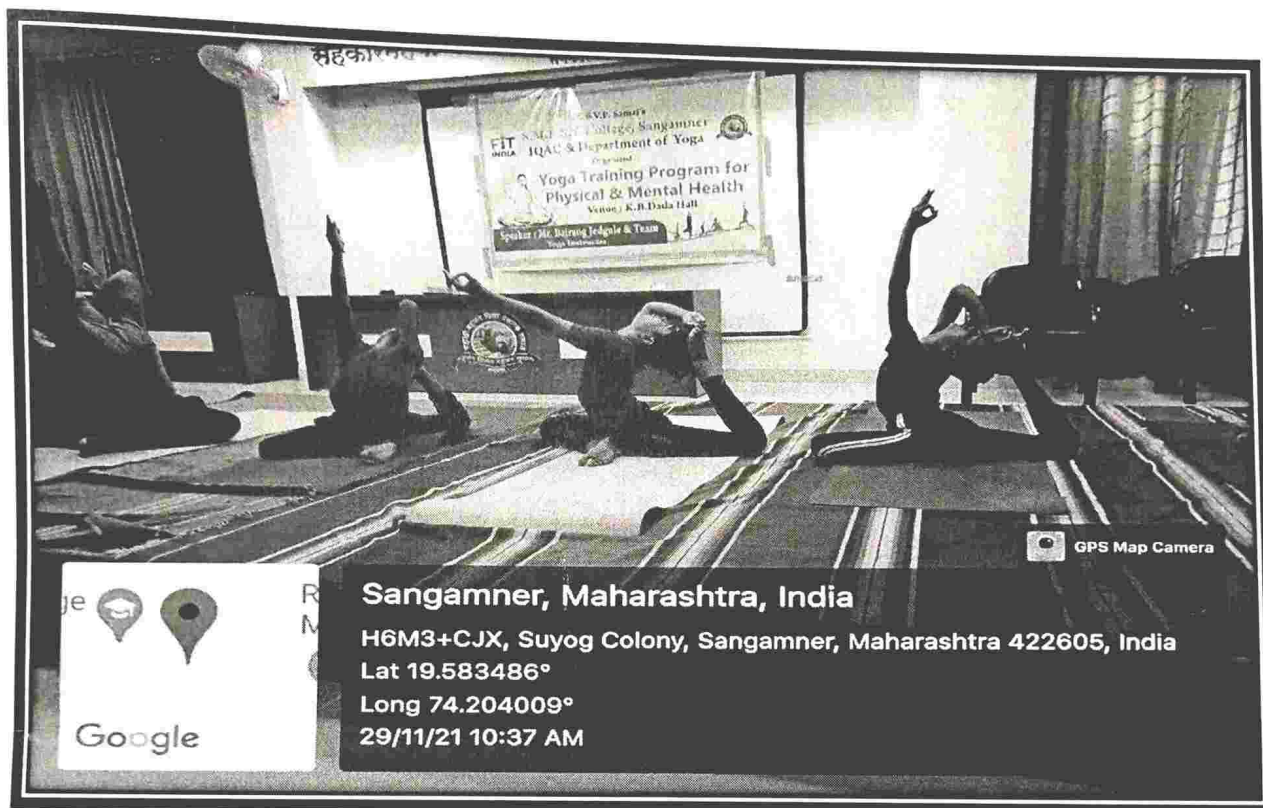

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(One Day workshop on Yoga training Programme for Physical & Mental Health. Chief Guest Mr. Bajrang Jedgule, Yoga Instructor, Dr. D. D. Patil, Principal, S. M. B. S. T. College, Sangamner, Mr. Satish Kadlag chairman, Yoga Committee, Dr. P. B. Khaire, Director of Physical Education, Prof. Dr. K. R Dhakane, member, Yoga Committee)


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