

**Event Report**

**One Day State-Level Interactive Workshop on Yoga and Health**

Day and Date	Monday, 21 <sup>th</sup> June 2021
Organized by	IQAC and NSS unit of the college
Beneficiaries	UG and PG students, research scholars and academicians (about 97)
Inaugurator	Hon'ble Dr. Pankajkumar Nanaware, Director, Students Development and NSS, KBCNMU, Jalgaon
Resource Person	Hon'ble Mrs. Paridnya B. Puri ( <a href="#">Biodata</a> ) Founder Director, Poliglot Language Solutions, Pune Writer, Motivator, Ambassador and Propogator of Sanatana Culture
Speech highlights	<ol style="list-style-type: none"><li>1. Hon'ble Dr. Nanaware in his inaugural speech introduced the Yoga as an ancient practice focusing on breathing, flexibility and strength.</li><li>2. Mrs. Paridnya Puri with her students demonstrated online performance of some of the Yoga Asanas like stretching of arms, slowly inhaling and exhaling, loosening exercises and Surya Namaskar.</li></ol>
Outcome	The workshop participants got acquainted with the importance of Yog Sadhana and Pranayama for physical and psychological health.
Webinar documentation	<ol style="list-style-type: none"><li>1. <a href="#">Workshop brochure</a></li><li>2. <a href="#">Programme Schedule</a></li><li>3. <a href="#">Registration form</a></li><li>4. <a href="#">Feedback form</a></li><li>5. <a href="#">List of participants with their feedback</a></li></ol>

## Workshop Photo Gallery



  
**Principal**  
Sarvajanik Arts & Commerces College  
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