



SVB'S SARASWATHI COLLEGE OF EDUCATION & RESEARCH, DOMBIVLI (E)



Yoga Workshop Report

The workshop aimed to promote the holistic benefits of yoga, create awareness about its practices, and encourage individuals to embrace a healthy and balanced lifestyle through regular yoga practice.

The Yoga Workshop took place on 22nd June, 2023 in conjunction with the global celebration of International Yoga Day. The venue selected for the workshop was a spacious common hall, accommodating a large number of participants.

Objectives of the workshop were as follows:

- Promote the physical, mental, and spiritual benefits of yoga.
- Provide practical guidance and instruction on various yoga techniques.
- Create awareness about the significance of International Yoga Day.
- Encourage participants to incorporate yoga into their daily routines.

On 22nd June 2023 from 11.00 am – 01.00 pm Workshop started with inaugural speech conveyed by Dr.Mary Devakumar, Principal. Followed by inaugural speech Resource Persons JAYSHRI PARANJPE and MS PRACHI KALE - Yoga Instructor, Blossom Yoga Studio was introduced by Asst.Prof.Rosy James.

JAYSHRI PARANJPE and PRACHI KALE very well demonstrated and explained each and every Yoga Asanas (Postures), Pranayama (Breathing Exercises), Yoga Philosophy and Lifestyle with its health benefit.

The Yoga Workshop organized in celebration of International Yoga Day proved to be a resounding success. Participants were provided with a comprehensive understanding of yoga's physical and mental benefits, and they were inspired to incorporate yoga into their daily routines. The event served as a platform for fostering a sense of community and promoting the practice of yoga as a means to achieve a balanced and healthy lifestyle. By bringing people together and spreading awareness about the transformative power of yoga, the workshop contributed to the overall well-being of the participants and reinforced the significance of International Yoga Day.

Workshop concluded with vote of thanks by workshop coordinator Asst. Prof.Savita Upasani.

Savita Upasani
(Cultural In-charge)

Dr Mary Devakumar
(I/C Principal)

