


SHRIMATI BINZANI MAHILA MAHAVIDYALAYA MAHAL NAGPUR.
DEPARTMENT OF SPORTS & PHYSICAL EDUCATION

**A Reports of : Three Day Yoga Workshop 2023-24
Yogic Life Style And Stress Management.**

- **Date / Duration** : 6 July 2023 to 8 July 2023 Three Day
- **Place** : Abhivyakti Hall Shrimati Binzani Mahila Mahavidyalay Mahal
Nagpur.
- **Coordinator** : Mr.Palash Joshi
- **Objective** : to aware Students About the Role And Importance of Yoga
Asanas and Pranayam in their Life.
- **Number of students Participated** : 38
- **Resource Person** : Mr.Ghyanshyam Katore ,Mrs.Smita Panhurkar
- **Chief Guest** : Dr.Ujwal Lanjewar
- **Remark**: the three day Yoga workshop was Very informative and students
were highly benefited.


Mr.Palash Joshi
Department of Sports And Physical Education
Shrimati Binzani Mahila Mahavidyalay Nagpur.