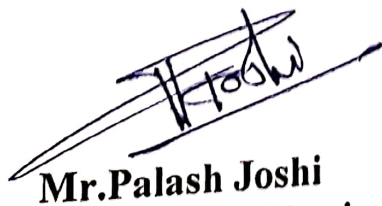


SHRIMATI BINZANI MAHILA MAHAVIDYALAYA MAHAL
NAGPUR,
DEPARTMENT OF SPORTS AND PHYSICAL EDUCATION.

A Reports of : Four Day National Workshop on Yoga Mindfulness &
Meditation.

- Date/ Duration : 9 September 2023 to 12 September 2023 Four Day
- Venue/Place : S.B.City College Nagpur.
- Time: Morning 7.30am to 8.30am
- Jointly Organize: Shrimati Binzani Mahila Mahavidyalaya Mahal Nagpur.
S.B.City College Nagpur M.B.Patel Mahavidyalaya sakoli Pryadrashani
mahila Mahavidyalaya wardha.
- Resource Persons : Meena Mishra,Saurav Nilesh
- Topic : Asana & Omkar,Paranayam & Breathing techniques
- Chief Guest : Dr.C.J.Khune Dr.Ujwal Lanjewar,Dr.Priyaraj Meheshkar
Dr.Sujit Mehtre
- Organizing Secretary : Dr.Sanjay Choudhary ,Dr.Amit Tembhurne Dr.Sonali
shirbhate Mr.Palash Joshi
- Objective : to aware students about yoga and Proper way of Performing
omkar and breathing techniques its benefits'
- to aware students about mediation its Proper way of Performing and its
benefits
- Number of students Participated : 22
- Remark: the Four day Workshops was enriching for all the Participants.



Mr.Palash Joshi
Department of Sports and Physical Education
Shrimati Binzani Mahila Mahavidyalaya Mahal Nagpur.