

Rayat Shikshan Sansthas,
Shripatrao Kadam Mahavidyalaya, Shirwal

Year 2016-17

Lead college committee

Report

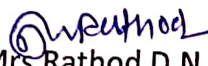
Workshop on Yoga Meditation

The Lead college committee has organized **08 Days workshop** on Yoga and Meditation from **7/12/2017 to 14/12/2017**. Total 64 students and 10 faculty attended the workshop


The Workshop was based on the following content:-

- 1) Yoga
- 2) Meditation
- 3) Suryanamskar
- 4) Diet and Health
- 5) Pranayam

Prin.Dr.N.S.Gaikwad inaugurated and addressed the programme . Mrs.Rathod D.N.introduced the programme. Resource Person was Mrs.Sunita Dagade and Raju Bhilare conducted above Programme. Vote thanks delivered by Mrs.Bagul K.D.The workshop was fruitful for the faculty and students.


Mrs.Rathod D.N.
Lead College Committee
Co-ordinator




Principal
Shripatrao Kadam Mahavidyalaya
Chirwal, Dist. Satara