



# Tulsiramji Gaikwad-Patil College of Engineering and Technology

Wardha Road, Nagpur-441 108

NAAC Accredited

## Women Grievance Redressal Cell

Session 2018-19

Women Grievance Redressal Cell Report

<b>Activity:</b>	Celebration of Yoga Day for Women		
<b>Activity Type:</b>	Social	<b>Planned/Unplanned:</b>	Planned
<b>Activity Date:</b>	21 <sup>st</sup> June 2019	<b>Target Audience:</b>	All Ladies staff and Girl Students
<b>Branch:</b>	All Branch	<b>Semester:</b>	All
<b>Organizing Department:</b>	Women Grievance Redressal Cell		
<b>Faculty Convener:</b>	Ms. Rashmi Bhat		
<b>No. of Participants:</b>	45		

### BRIEF REPORT/SUMMARY OF ACTIVITY:-

Women Grievance Redressal Cell has conducted a program on “**Celebration of Yoga Day for Women**”. The program was inaugurated with light lampening ceremony by the hands of dignitaries.

The aim of the program was “Harmonizing Body, Soul & Mind” for faculty and students of the institution as the secret of healthy body and mind lies in Yoga. Er. Sanjay Khonde, Senior Sectional Officer, Water Resource Department, Nagpur was the chief guest of the program.

During the sessions, Mr. Khonde briefed various kriyas to be performed before Yoga. He demonstrated various Yoga asanas including tadasana, Vajrasana, Matsyendrasana, Vrikshasana to name a few. While demonstrating, he said that Yoga has a set of techniques to give mental peace and health. He added that *asanas together with pranayam* are the visible aspects of the Yoga but it has invisible aspects, too, which make us realize that we are not the doers but we are instrumental of spiritual guidance. He opined that combination of these aspects is necessary for good health of students.

### Outcome of Event:-

Created awareness about importance of Yoga among students and faculties.

### Mapping with PO's:-

- 1) Ethics
- 2) Lifelong Learning





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Glimpses of Event :-



**Co-ordinator**

**Assistant Professor**

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