

Event/Activity Report

Name of the Department	Sandip Institute of Pharmaceutical Sciences
Title of the event	Session on Yoga & Meditation
Date of event organized	18/07/2019
Name of the coordinator of event	Dr.Rajendra Mogal
No. of Participants	74
Name of the expert/ Chief Guest of the event	Prof. G. E. Chavan, Shivanjali Yadav
Objective of the event	<ul style="list-style-type: none"> The objective was to ensure that students get to know about the importance of Yoga and meditation in leading a healthy life. Various "Pranayams" like "Kapal Bhati", "Bharamari", "Anulom Vilom" were demonstrated.
Outcome of the event	<ul style="list-style-type: none"> The students gained lots of information, Participated actively & thoroughly enjoyed the session.

Event/Activity Report

A Practice session on "Yoga and Meditation" has been organized as a part of "Foundation Course 2019-20 Batch" at Sandip University, Nasik Campus. The session was conducted by Prof. G. E. Chavan. The objective was to ensure that students get to know about the importance of Yoga and meditation in leading a healthy life. Various "Pranayams" like "Kapal Bhati", "Bharamari", "Anulom Vilom" were demonstrated. Later the students practiced the same. Various "Asanas" like Tadasan, Vrikshasan, Trikonasan, Vakrasan, Charkasan, Sarvangasan etc were practiced by students under expert supervision. A Practice session on "Yoga and Meditation" has been organized as a part of "Foundation Course 2019-20 Batch" at Sandip University, Nasik Campus. The session was conducted by Prof. G. E. Chavan. The students gained lots of information, Participated actively & thoroughly enjoyed the session.

Event/Activity Photographs:



Signature (Principal):