



**Dhanlaxmi Shikshan Sanstha's**

## **SSK COLLEGE OF PHARMACY**

SSK Campus, Wadzire, Tal: Sinnar, Dist: Nashik, Maharashtra 422102

(Approved by PCI, New Delhi, DTE Maharashtra, Affiliated by MSBTE)

PCI Code: 5808 DTE Code: 5502 MSBTE Code: 62355

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### **REPORT ON YOGA WORKSHOP**

**Title of Activity** : Personality Development

**Topic** : Health Awareness Program

**Coordinators** : Prof. Tejal Khalkar, Sonali Sanap, Pankaj Gunjal

**Date** : 22 Sep 2023

**Time** : 9:45 am to 10:15 am

**Objective of Activity** : To spread health related awareness in today's generation

Imposition of nation-wide lockdown left us all stranded in our homes, resulting majority of economic activities shut-down, including gymnasiums. However, with kick-start of unlock process situations seem to have eased up a bit, but fear of infection still hampers people to commute. Coming up with a solution PDU Sports Committee organised a Yoga-fitness session to fill the vacuum, and to encourage students to commit towards maintaining their physical and mental health.

The session was easy to understand and follow. The analogies provided to us helped us relate to what was being explained. Everyone realised the significance of balanced fitness and will try to apply everything that was taught in our daily life.



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Everyone had enjoyed doing yoga in the past and in the quarantine. The sessions were very informative and gave a chance to students and teachers blow off some steam after a hectic weekend. The instructor was very watchful and made sure that our posture is always good. He also taught us about the importance of food and nutrition in maintaining our health. The variety of poses kept interest and got excited to get up early on Sunday. The Yoga Program was very fruitful and students would love to attend more such sessions.

Acharya jii is a very knowledgeable person and taught us a lot about sports and different activities that we didn't know. His enthusiasm was infectious and he made the session a lot of fun.

The Yoga Workshop by acharya jii was a great was to stay productive on the weekends and do something for our own selves. Along with teaching us aasanas, he also gave us a lot of useful tips to stay healthy and focused. This was a great initiative by the SSK COLLEGE OF PHARMACY.

He is a professional yoga trainer , we had yoga sessions with him and he made our students this morning's so productive. He taught us different types of yoga asanas for improving body posture and concentration levels. We also learnt some exercises to make our body fit and did meditation which sharpens the memory. Thus , practising yoga in our daily life protects us from any injury , improves respiration and maintains the body weight.

Yoga sessions were amazing and were so relaxing. Meditation is one of Best part in Yoga. Students generally didn't know about Meditation but I wished to know about it. I really appreciate the students support and intrest for this Amazing Healthy session. We can't wait Next session for my Body relaxation and Muscles comfort.



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**Conclusion :** - Moving towards the end, on the last of yoga session coordinator addressed students bidding them a good-bye and motivated them to develop a positive attitude towards fitness and take their mental and physical health seriously. He also encouraged students to include yogic kriyas in their daily fitness regimes.



  
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