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Yoga reports

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EVENT: International Yoga Day

DATE: 21 June, 2018 (Thursday)

DURATION: 10:00 a.m. to 12:00 p.m. (2 HOURS)

VENUE: SAMVAD, FR.CRCE, BANDSTAND, BANDRA (W)

NUMBER OF PARTICIPANTS: 60 (including our Principal, Heads of Department, professors and the students)

The International Yoga Day was celebrated in our college, Fr. Conceicao Rodrigues College of Engineering on 21 June, 2018 (Thursday) as an attempt to test the physical and mental abilities and to bring peace through the mind and soul of the students.

The session was conducted by:

- **Mrs. Samruddhi Tandel.**

Qualification:

- ✓ Yoga teacher training diploma (2009)
- ✓ Yoga therapy teacher training diploma (2010)
- ✓ Power yoga training (2012)
- **Mrs. Swati Bhoir (Assistant instructor)**
- **Harsha Nikam (Assistant instructor)**

The event began with the Public Relations Head, Miss. Sanjana Mahadik giving a brief introduction about Yoga and introducing the Yoga instructor Mrs.SamruddhiTandel and the assistants, followed by welcoming them with a bouquet of flowers. This was followed by a small and interactive talk by Mrs. Samruddhi Tandel, who gave us valuable information about how Yoga benefits us in our daily lives.

After the talk Mrs. SamruddhiTandel demonstrated a few simple Asanas. The staff and the students followed her demonstrations and had a peaceful Yoga session, the highlight being the Chair Yoga session. The audience showed great interest and participated in the various asanas with full cooperation. The following asanas were taught to the participants:

- Kati sanchaalan
- Ghutnasanchalan
- Thadasan
- Vrukshasan
- Padh-hasthasan
- Ardhchakrasan
- Thrikonasan

- Bhadrasan
- Vajrasan
- Ardhushtasan
- Uthaanpadhasan
- Ardh-halasan
- Pavanmukthasan
- shavasan
- Kapalbhaati
- Shithathnipranayam
- Bhramripranayam
- Dhyaan

The event was concluded with the Dr. Sapna Prabhu (Dean of academics) presenting Mrs. SamruddhiTandel and the assistants with a small memento.



**FR.CONCEICAO RODRIGUES COLLEGE OF ENGINEERING
BANDRA, MUMBAI**

21 JUNE 2017

The International Yoga Day was celebrated on 21st June at Fr. Conceicao Rodrigues college of engineering as an attempt to bring peace, harmony, happiness and success. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. The event was attended by 30 participants including our Principal, professors and the students. The duration of the event was two hours, from 10:00 am to 12:00 pm. The event was conducted in the school auditorium of Fr. Agnel School, Bandstand, Bandra (west).

The event began with the Cultural Secretary Ms.Suparna Shetty giving a brief introduction about yoga and introducing the yoga instructor Mrs. Charu Doshi. The students' council then welcomed her with a bouquet of flowers. All the people present got the chance to know how yoga embodies unity of mind and body. Different yoga postures were explained and demonstrated by Mrs. Charu Joshi like:-

- Vrikshasana,
- Uttanaasana,
- Trikonasana,
- Bhadrasana,
- Shashankasana,
- Bhujangasana,
- Pawanmuktasana,
- Finally ended with Pranayama and meditation

Prayers were recited before and after the programme. The staff and the students had a peaceful session. The audience showed great interest and participated in various asanas with full cooperation.

The event was concluded with the council presenting Mrs. Charu Doshi with a small memento and a small talk by the Principal.

