

**V. K. KRISHNA MENON COLLEGE OF COMMERCE AND ECONOMICS AND SHARAD SHANKAR DIGHE COLLEGE OF SCIENCE AND P. A. MENON COLLEGE OF MANAGEMENT**

**Bhandup - (East), Mumbai-42**

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**Details of activities conducted by the Committee for Academic Year 2022-23**

**Name of the Committee: -** Yoga and Health club

**Name of the Committee Convener -** Dr. Ruchi Tandon

**Activities at College Level**

| Sr. No. | Date/s of Event<br>DD/MM/YYYY |           | Title / Theme of Event | Brief Detail of a activity   | No. of Beneficiaries |
|---------|-------------------------------|-----------|------------------------|--|----------------------|
|         | From                          | To        |                        |  |                      |
| 1       | 21.6.2022                     | 21.6.2022 | Yoga day celebration   | Centre of Gandhian Studies and Action in association with IQAC, WDC, NSS<br>Resource person: Ambika Yog Kutir and IDF, Maashree, As a part of celebrating International Yoga Day”, we have organized a workshop on “Introduction to Yoga and Meditation.” on 21st June 2022, The program was conducted by instructors from MAASHREE Utharann. 45 students from the college participated in the workshop. The workshop helped in understanding the basic philosophy of Yoga and Meditation and how these techniques can be used in increasing concentration for students. | 45                   |

|   |           |           |             |   |   |
|---|-----------|-----------|-------------|---|---|
| 2 | 14.9.2022 | 1.10.2022 | Yoga Course | <p>Centre of Gandhian Studies and Action in association, Yoga and health Club in Collaboration with Ambika yog Kutir. This Course was designed 1.to improve health of students 2.to improve concentration of students in studies 3.Under pandemic this course will help in reducing stress. The sessions on Brain yoga Meditation, breathing exercices were conducted by yoga teachers of Abika Yog Kutir Bhandup Branch. Students were highly benefitted with this course and every student who completed course sucessfully recieved Certificate.</p> | <p>Total registered 110<br/>Total participants completed course: 41</p> |
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