

**AKHIL BHARTIYA MARATHA SHIKSHAN PARISHAD'S**  
**ANANTRAO PAWAR COLLEGE OF ENGINEERING & RESEARCH**

PARVATI, PUNE -09

**NIRBHAY KANYA ABHIYAN**

**YOGA TRAINING**

“YOGA” workshop was organized by ANANTRAO PAWAR COLLEGE OF ENGINEERING & RESEARCH in association with Savitribai phule Pune University. The program was conducted on 6 January 2018 in campus of APCOER, Pune.

The guest for the program was Ms. Mayuri Chavan and Prof Vaishali Bhimte. With presence of these eminent personality, Prof. Ganesh Kondhalkar, Student welfare officer (APCOER, PUNE) inaugurated the program on 10.30 A.M. Welcome speech given by Prof. Rajshri Nikam. Total 103 students from ANANTRAO PAWAR COLLEGE OF ENGINEERING & RESEARCH attended this program. Session was started at 11.15 A. M. The entire yoga program was based on to increased flexibility and improved respiration, energy and vitality.

Prof. Mayuri Chavan conducted session from 11.15 A.M. to 1.30 P.M. During this session she taught different aasans of yoga. Girl's students were performed yoga with lot of enthusiasm. Students also asked different question about yoga. At the end of session they said that consisting of activities such as relaxation, meditation, socialization, and exercise, yoga has been proven helpful in reducing your anxiety and depression. Yoga is able to accomplish this by helping regulate a person's stress response system. With its ability to regulate blood pressure and heart rate as well as improve respiration, yoga resolves anxiety and depression without resorting to expensive medications.

All the students and guest were provided snaks on 1.30 P.M.

In the second session, valedictory function was organized.

Valedictory speech given by Prof. Snehal Veer, she extended heartfelt gratitude and thanks to all guest, our students and supporting faculty members. Photographs taken during this program are attached with this report.

The program was well structured and conducted in live and interactive session. The program was coordinated by Prof. Snehal Veer under the guidance of Prof. Ganesh Kondhalkar. (Student welfare officer, APCOER PUNE)