

YOGA AND MEDITATION 2020-2021



Shri Shivaji Education Society, Amravati's
Shri Shivaji Science and Arts College Chikhli,
Dist. Buldana (M. S.)
Accredited by NAAC 'B++' Grade CGPA 2.82



'Yoga Practices and Meditation Center'

Date : 18 / 11 / 2021

Organized By

Department of Physical Education and Sports



Patron



Hon'ble Shri Harshvardhan P. Deshmukh
President
Shri Shivaji Education Society, Amravati

Organizer



Dr. O. S. Deshmukh
Principal
Shri Shivaji Science & Arts College, Chikhli



Resource Person
Dr. N. Parihar
M. D. Homeopathy, Chikhli
Coordinator, Heartfulness Meditation



Prof. S. J. Kokode
Head, Department of Physical Education
Convener



GPS Map Camera



Chikhli, Maharashtra, India

9728+592, Gandhi Nagar, Chikhli, Maharashtra 443201, India

Lat 20.350272°

Long 76.265427°

18/11/21 06:46 AM



'YOGA PRACTICES AND MEDITATION CENTER'

Date : 18/ 11/ 2021

SCHEDULE



Time	Program / Topic	Resource Persons
06:00 Am	Welcome Address	Prof. S. Kokode Director of Physical Education & Sports
06:10 AM	Principal Address	Dr. O. S. Deshmukh Principal Shri Shivaji Science & Art College, Chikhli
06:20 AM	Resource Person Lecture	Dr. N. Parihar M. D. Homeopathy, Chikhli Coordinator, Heartfulness Meditation Dist. Buldana
07:00 AM	Vote of Thanks	Dr. V. U. Pochhi IQAC Coordinator



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Long 76.265417°

18/11/21 06:46 AM



O.S. Deshmukh
Principal
Shri Shivaji Sci. & Arts
College, Chikhli, Dist. Buldana



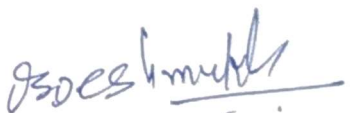
**Shri Shivaji Education Society Amravati's
Shri Shivaji Science and Arts College, Chikhli**

Yoga and Meditation

Yoga and Meditation Report 2020-21

Practicing Yoga is known to improve flexibility, balance, endurance and physical strength while Yoga Practices and Meditation helps to keep the mind sharp and clear relieves stress and improves overall well being. College promotes health benefits among the faculty and students through Yoga and Meditation. The Yoga and Meditation camp enthusiastically conducted under the guidance of Dr. Omraj Deshmukh, The Principal of the Shri Shivaji Science And Arts College, Chikhli. This wellness platform hugely contributes in creating stress free positive environment and healthy way of thinking and living. Every year center conduct program related to Yoga and Meditation both for the faculty and students. College celebrates International Yoga day since its inception. Techniques of Meditation and various postures (Asanas) are performed to lead a healthy and stress free life. Department of Physical Education regularly conducts yoga classes for the students.




PRINCIPAL
Shri Shivaji Science & Arts
College, Chikhli, Dist. Buldana