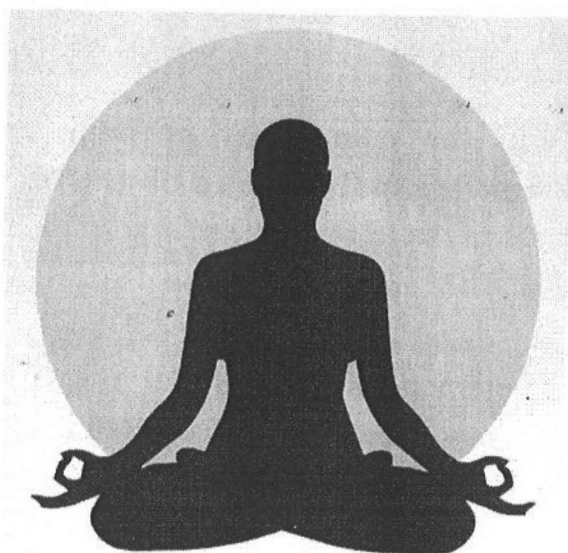


58
SHRIMAN BHAUSAHEB ZADBUKE

MAHAVIDYALAYA, BARSHI.



**YOGA AND MEDITATION
WORKSHOP**

Organized By

Department of Physical Education

2021-22

Shriman Bhausaheb Zadbuke Mahavidyalaya, Barshi.
Department of Physical Education

Yoga and Meditation Workshop

In the present time, due to the spread of (Covid-19) Corona virus crisis has seriously affected the lives of people all over the world. From school children to working people, Corona has affected everyone's life. The corona virus has completely changed the work culture around the world

Yoga and meditation is a wise utilization of time for good health. This is the time when everyone needs stronger immunity to fight against coronavirus. The enhanced activeness through bending and twisting and immunity through exhaling-inhaling can be achieved through daily practice of yoga and meditation.

To help individuals and the community in their endeavour of self - realisation, the Programme has multi-faceted objectives. It aims to:

- Create awareness about the importance of yoga
- Assist in learning different relaxation techniques for a holistic development
- Give hands - on experience in the practice of Yoga
- Discuss the role of Yoga in detoxifying and cleansing the body system
- Facilitate physical, mental and emotional well - being

THEMES

- Different aspects of Yogasana practices.
- Mantra Chanting, Relaxation and Meditation.
- Pranayama Practices

Resource Person: Prof. Zadbuke S. P. (S. B. Z. M., Barshi. Dept. of Phy. Edu.)	Workshop Coordinator Dr. Ajari R. V. (S. B. Z. M. Barshi. Dept. of Phy. Edu.)
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Venue: Shriman Bhausaheb Zadbuke Mahavidyalaya, Barshi.

Date: 21/06/2022

Time: 7:30 am

Estd. 1969

Fax No. (02184) 221396

॥सा विद्या विमुक्तो॥

Off : No. (02184) 222566

E-Mail : principalsbzmb@rediffmail.com Resi No. (02184) 224246

BarshiShikshanPrasarak Mandal's

ShrimanBhausahbZadbuke Mahavidyalaya, Barshi

Zadbuke Marg, Latur Road, Barshi – 413 401 Dist. Solapur (Maharashtra State)

Approved by Govt. of Maharashtra/Deptt. of Education & Social welfare/Gen.Aff. 15734 dt. 1/11/1969

Dr. M.B. Gadekar

(M.A.,SET,B.Ed.,M.Phil.,Ph.D.,PGDCA)

I/C Principal

Outward No. SBZMB/2021-22/

Date : 13/06/2022

Date: 13/06/2022

To,

The Principal,

Shriman Bhausahb Zadbuke Mahavidyalaya, Barshi.


Subject: Permission to Conduct Yoga and Meditation Workshop

Respected sir,

With reference to above cited subject, department of Physical Education seek your kind approval to Conduct Yoga and Meditation Workshop on 21/06/2022 for students from academic year 2021-22.

I hope you will grant us permission to conducting said workshop.

Thanking You,


I/c Principal
Shriman Bhausahb Zadbuke
Mahavidyalaya, Barshi


Dr. Ajari R. V.

Department of Physical Education

Copy to:

1. **Coordinator**, IQAC, ShrimanBhausahbZadbake Mahavidyalaya, Barshi. Dist.: Solapur.

Enclosure Details of certificate course and syllabus
Department of Physical Education

Estd. 1969

Fax No. (02184) 221396

॥ सा विद्या विमुक्ते ॥

E-Mail : principalsbzmb@rediffmail.com

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Shriman Bhausaheb Zadbuke Mahavidyalaya, Barshi

Zadbuke Marg, Latur Road, Barshi – 413 401 Dist. Solapur (Maharashtra State)

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Dr. M.B. Gadekar

(M.A.,SET,B.Ed.,M.Phil.,Ph.D.,PGDCA)

I/C Principal

Outward No. SBZMB/2021-22/

Date : 15/06/2022

Date: 15/06/2022

To,

Prof. Zadbuke S. P.,

Department of Physical Education

Shriman Bhausaheb Zadbuke Mahavidyalaya, Barshi.


Subject: Invitation for Conducting a Yoga and Meditation
Workshop


Respected sir,

With reference to above cited subject, department of Physical Education you are inviting for Conducting a Yoga and Meditation Workshop on 21/06/2022 for students from academic year 2021-22.

I hope you will accept our invitation for conducting said workshop.

Thanking You,


I/c Principal
Shriman Bhausaheb Zadbuke
Mahavidyalaya, Barshi


Dr. Ajari R. V.
Department of Physical Education

Estd. 1969 ॥ सा विद्या विमुक्ते ॥ Off : No. (02184) 222566
 Fax No. (02184) 221396 E-Mail : principalsbzmb@rediffmail.com Resi No. (02184) 224246

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Shriman Bhausaheb Zadbuke Mahavidyalaya, Barshi

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Dr. M.B. Gadekar
 (M.A.,SET,B.Ed.,M.Phil.,Ph.D.,PGDCA)
 I/C Principal

Outward No. SBZMB/2021-22/
 Date : 16/06/2022

Date: 16/06/2022

Notice

All B.A. I, II & III year students are hereby informed that
Department of Physical Education is conducting **Yoga and
 Meditation Workshop** on **Tuesday 21/06/2022 Time 07:30 am.**

Workshop Coordinator

Dr. Ajari R. V.
 Department of
 Physical Education (HOD)

I/c Principal
Shriman Bhausaheb Zadbuke
Mahavidyalaya, Barshi, Dist. Solapur

Sriman Bhausaheb Zadbuke Mahavidyalaya, Barshi.
Yoga And Meditation Workshop 2021-22
ATTENDANCE

Sr. No.	Student Name	Class	Sign.
1)	Rawat Akash	BA-I	Akash p.
2)	Kadam Prashant	BA-I	(P) Kadam.
3)	Nanavre Alita	BA-II	Nanavre
4)	Gat Aniket	BA-II	Aniket.
5)	Khole Arpita	B.A. II	Khole
6)	Maske Rohan	BA-II	Maske
7)	Manjare Pankaj	B.A. II	Manjare
8)	Chaudhari Mahadev	BA-II	Mahadev.
9)	Kadam Sushant	B.A. II	Kadam
10)	Somwade Tejas	BA-II	Tejas.
11)	Solapure Divya	BA-II	divya
12)	Muke Suchin	B.A. II	muke
13)	Bhosale Sunny	BA-I	Sunny B.
14)	Bajoom Soheil	BA-II	Soheil.
15)	Deshmukh Swapnil	B.A. II	Deshmukh
16)	Gaikwad Prashant	BA-I	Prashant G.
17)	Narkhedkar Swarni	B.A. II	Swarni
18)	Maske Rohan	B.A. II	Rohan.
19)	Mastud Vaishnavi	BA-I	Mastud V.
20)	Deshmukh Aishwarya	BA-II	A. Deshmukh
21)	Kale Saurabh Mahadev	BA-I	Kale
22)	Shinde Ankita	B.A. III	Shinde
23)	Tambe Dhanraj	B.A. I	Tambe
24)	Shiketod Shubham	BA-I	Shiketod
25)	Jadhav Trupti	B.A. I	Jadhav Trupti
26)	Waghmare Umesh	BA-II	Waghmare

SHRIMAN BHAUSAHEB ZADBUKE MAHAVIDYALAYA, BARSHI.
DEPARTMENT OF PHYSICAL EDUCATION
YOGA AND MEDITATION WORKSHOP 2021-22
FEEDBACK FORM

Date 21 / 06 / 2022

1) How do you rate this program

- i) Very good ii) good iii) average iv) poor

2) Are you satisfied with the subject content?

- i) Yes ii) No

3) The instructor explained program material clearly?

- i) Almost always ii) frequently iii) rarely iv) almost never

4) The speaker was well prepared for class?

- i) Almost yes ii) frequently iii) average

5) Would you recommend this course to other students?

- i) Definitely yes ii) yes iii) no

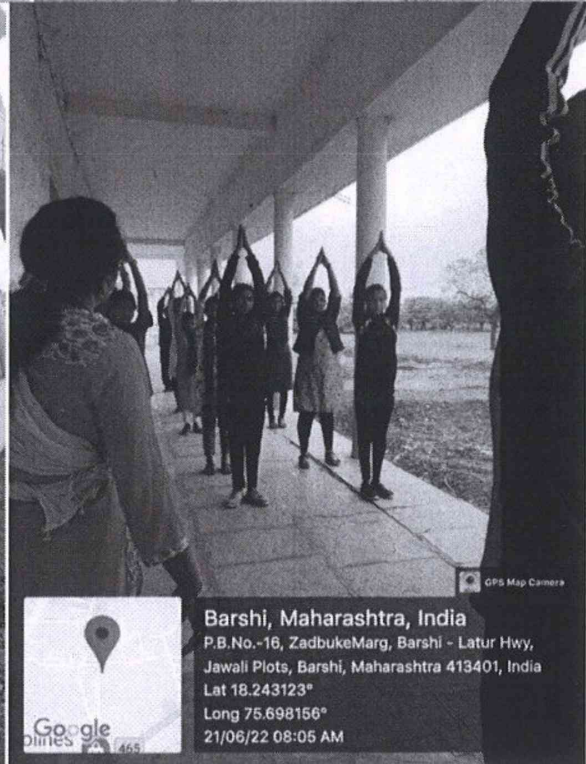
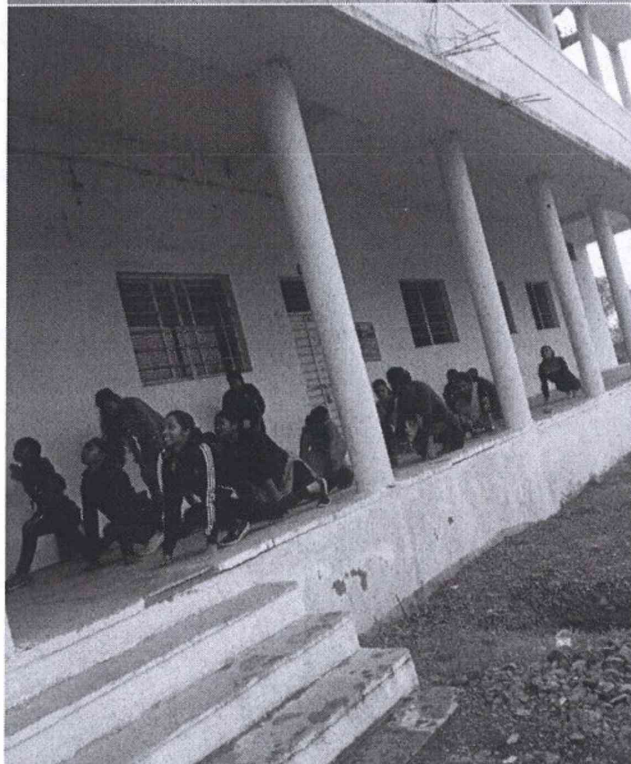
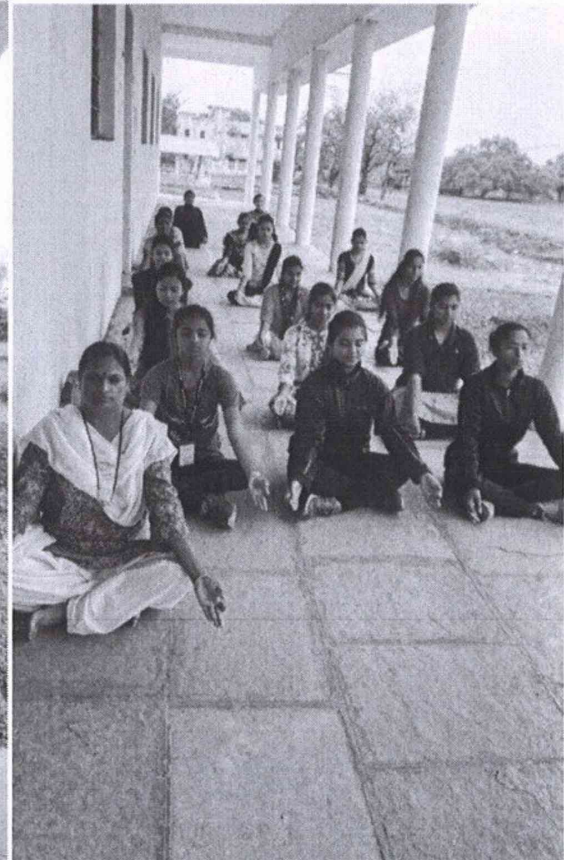
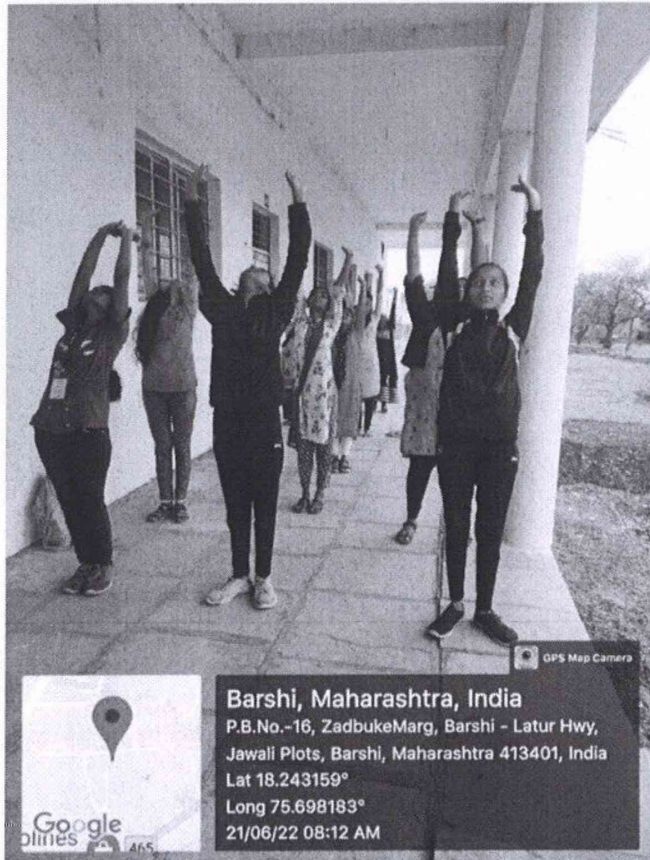
Students name: - Tambe Bhanraj

Class: - B.A. I

Signature: - Tambe



Yoga And Meditation Workshop
DATE: 21/06/2022



Yoga And Meditation Workshop
 DATE: 21/06/2022