



Lokmanya Tilak Jankalyan Shikshan Sanstha's
PRIYADARSHINI BHAGWATI COLLEGE OF ENGINEERING
Harpur Nagar, Umred Road (Near Bada Tajbagh), Nagpur-24
(Approved by AICTE, New Delhi, Govt. of Maharashtra
and affiliated to Rashtrasant Tukdoji Maharaj Nagpur University)
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NAAC Accredited

Department of Computer Science and Engineering
Academic session 2023-24(ODD SEM)

Report of Activity on Yoga and Meditation Techniques

1. Event Title : Workshop On Yoga And Meditation
2. Event Date : 16 September 2023 (Saturday)
3. Event Conduction Duration : 11:00 AM To 12:30 PM
4. Event Venue : Sports Room 3rd Floor, PBCOE
5. Event Resource Person : Ms. Chhakuli Selokar, Mr. Harshal Chute (Yoga Trainers)
6. Name of Event Coordinator : Ms. Rashmi Dagde, Ms. Sonam Meshram
7. Sem/Branch : V Sem, B. Tech CSE (68 Students)
8. Objective : To provide the awareness about basic Asanas Of Yoga and Meditation.
9. Outcome : A) Student have been demonstrated basic Asanas and Breathing Exercises.
B) Student Get Feel Of Meditation.

