

Board of Students' Welfare
Academic Year 2018-19

Event 5 -. Yoga and Nisarg Upchar

Day and Date: Friday, 8th February 2019

Name of Activity: Yoga and Nisarg Upchar by Hema Silot

Concept: Healty Food and Yoga

Venue: College Campus – seminar hall

Time: 10:00 am to 11:30 am

Participation: In this activity of Nirbhaya Kanya Abhiyan, in view of physical development of girls students institute organized session on Yoga and Nisarg Upchar.

No. of girls students – 85

No. of teaching and non teaching staff –9

Details: Hema Silot is Yoga teacher working in Ahmednagar city for last 25 years. Hema madam underlines the importance of hygiene food and every fruits in day today life. She also emphasizes to work on yoga for at least one hour daily for physical and mental fitness.

