



Lokmanya Tilak Jankalyan Shikshan Sanstha's
Lokmanya Tilak College of Engineering
Sector-4, Vikas Nagar, Koparkhairane, Navi Mumbai



Empowered by women. Empowering women

EVENT NO: 02

EVENT NAME: YOGA SESSION

EVENT LOCATION: C-7TH FLOOR

**COLLEGE NAME: LOKMANYA TILAK COLLEGE OF
ENGINEERING, NAVI MUMBAI**

EVENT DATE: 09/03/2023

EVENT TIME: 11:00 AM – 1:30 PM

TEAM MEMBERS:

- 1) SAYALI VIRKAR
- 2) SHWETA TIWARI
- 3) SWEKSHA SHARMA
- 4) SHEETAL KANOJIA
- 5) RICHA SINGH
- 6) HIMALI CHAUDHARI

(Prof. Sonal Bankar) (Prof. Kahkashan Siddavatm) (Dr.Subhash Shinde) (Dr. Vivek Sunnapawar)
(Prof. Pranjali Gurnule)

HOD COMMITTEE COORDINATORS VICE-PRINCIPAL PRINCIPAL

VENUE : LTCOE (COMPUTER DEPARTMENT)



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YOGA SESSION

09th March 2023

Lokmanya Tilak College of Engineering

On 9th March 2023, a yoga session was conducted at Lokmanya Tilak College of Engineering in C Building on the 7th floor from 11:00 am to 1:30 pm by the “YUTI” team. The event was coordinated by three professors from the college, Prof. Sonal Bankar Ma'am, Prof. Kahkashan Siddavtam, and Prof. Pranjali Gurnule Ma'am. The session was led by two experienced instructors, Shobha Lolge Ma'am, and Sanjivani Deokar Ma'am, also professors in the college. The event was attended by our Principal Prof. Vivek Sunnapawar and Vice-Principal Dr. Subhash Shinde Sir, adding to its significance. The yoga session started with a brief introduction to yoga and its benefits for physical and mental well-being. The instructors then led the participants especially the women students through a series of yoga asanas or postures, each with its own specific benefits. The participants were instructed to breathe deeply and focus on the present moment, which helped them to relax and reduce stress. The yoga session was a fun and engaging experience for everyone involved. The coordinators ensured the event was well-organized, and the instructors provided clear instructions and modified the poses according to each participant's needs. The event was also interactive, with participants asking questions and seeking guidance. The presence of the Principal and Vice-Principal added to the event's significance, showing their support for promoting a healthy lifestyle among the students and staff. The session ended with a few minutes of relaxation and meditation, leaving everyone feeling refreshed and energized.

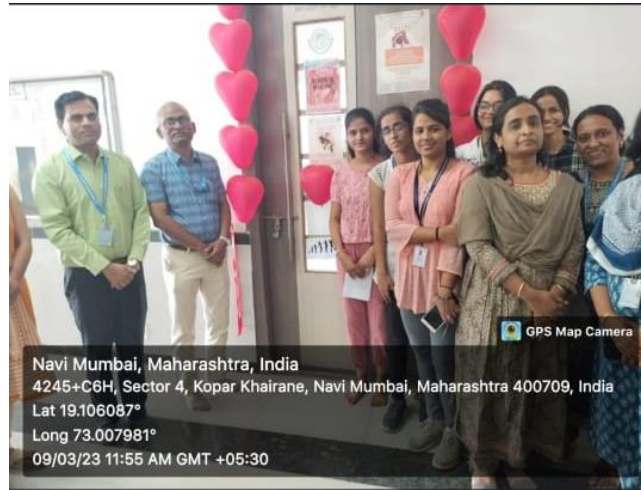
Overall, the yoga session was a great success, and the participants left with a greater understanding of yoga and its benefits for their physical and mental health. The event was a testament to the college's commitment to promoting holistic education and well-being among its students and staff. The coordinators and instructors did an excellent job, of making the event a fun and enjoyable experience for everyone involved.

By Reporter

- SHEETAL KANOJIA
- RICHA SINGH



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