

A
Report on

“YOGA AND HEALTH WORKSHOP”

Organized By

Electrical Engineering Department



**SARVAJANIK COLLEGE OF ENGINEERING
AND
TECHNOLOGY**

DR. R.K. DESAI MARG, OPP. MISSION HOSPITAL

ATHWALINES, SURAT, GUJARAT - 395001

Date: 11/2/2019

Time: 8:30 am to 10:30 am

Venue: Tifac Hall, SCET

Speaker: Ghanshyam Lukhi, Managing Director, Tapi Fruit Processing Pvt Ltd

Audience: ME-I and BE- I, EL Students and Faculties

As we all know directly or indirectly, in today's stressful life Yoga and meditation is unavoidable requirement. Taking this into consideration, GTU has included a subject name **"Stress Management by Yoga"** in ME-I.

An Expert Session (Practical) was organized by the department faculties, **Prof. Urvi Jariwala, Prof. Dimple Bhanabhagvanwala and Prof. Krishna Vakharia**. The session was conducted by Mr. Ghanshyam Lukhi, Managing Director, Tapi Fruit Processing Pvt Ltd.

Around 50 students (ME-I El and BE- I, EL) and 5 faculty members participated enthusiastically in the Yoga session. It started with the prayer "Astomaa sad gamay" followed by omkarnaad. The sequence of Yoga activities were as follows.

- Aerobics with different Movements of Hands and legs like Palm movement, Wrist rotation, Shoulder rotation, Hands rotation etc.
- Sukshma Vyayama
- Different Asana and meditation
- Pransadhana
- Relaxation by suggestions

All the participants performed and enjoyed all the yoga activities whole heartedly. The participants raised their desire that such activities should be organized regularly at our institute.







