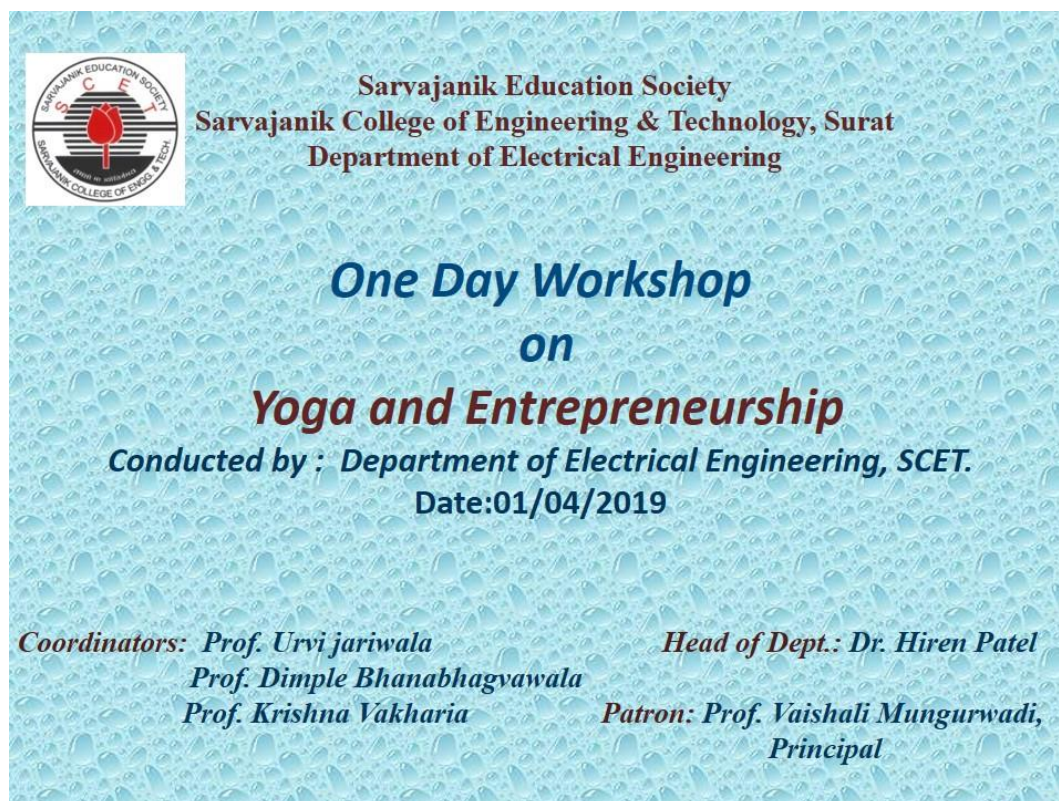


Sarvajanik Education Society
Sarvajanik College of Engineering & Technology
Dr. R.K.Desai Marg,Opp.Mission Hospital,Athwalines,Surat-395001

FACULTY OF ELECTRICAL ENGINEERING

Report of workshop on **“YOGA AND ENTREPRENEURSHIP”**

For STUDENTS of EED
Academic Year: 2018-19



Date: 01/04/2019

Venue: Tifac Seminar Hall

Guests invited:

- (1) **Mr. Ghanshyam Lukhi**, Managing Director, Tapi foods Products, Surat.
- (2) **Mr. Ajay Patel**, Electrical Service Engineer, Elegrow Technology, Surat
- (3) **Mr. Nandkishore Joshi**, Assistant Professor, Instrumentation Dept., SCET.

***One Day workshop on
“Yoga and Entrepreneurship”***

(1/4/2019)

Schedule

| Time | Topic |
|----------------------|----------------------------------------------------------------------------------|
| 9:00 am – 10:30 am | Practical Yoga Session (Mr. Ajay Patel Prof. Nandkishore Joshi) |
| 10:30 am to 11:00 am | Tea and breakfast |
| 11:00 to 12:00 | Motivational session (Prof. Dimple Bhanabhagvanwala Prof. Krishna Vakhaia) |
| 12:00 noon to 1:00pm | Lunch Break |
| 1:00 pm to 2:30 pm | Talk on “Entrepreneurship” (Mr. Ghanshyam Lukhi (Tapi Food Products)) |

Note:

- All the participants are required to come in attire suitable to perform yoga.
- All are requested to bring Yoga mates.
- Please be present sharp at 8:45 am at Tifac Seminar Hall.

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Entrepreneurship allows people to do what they want – to follow their passion. Entrepreneurship is not only important for the business itself. It plays a major role in the economy of a country. First of all, it creates new job opportunities. Besides that, entrepreneurship cause economic growth.

In view of this, Electrical Engineering Department has organised a Workshop on “**YOGA AND ENTREPRENEUESHIP**” The main aim of workshop was to provide the knowledge to the students in both fields

In the beginning, **Prof. Nandkishore Joshi** explained basics of YOGA in brief. He demonstrated *JALNETI* and *JALDHOTI*, powerful body cleansing techniques of yoga. Latter in the session, students enjoyed practical Yoga session conducted by **Mr. Ajay Patel**, which included light workout and basic Asanas like Paschimottanasana, Bhujangasana, Vakrasana, naukasana etc. In second session students watched the motivational video by Gaur Gopal Das. The last session was on Entrepreneurship which was engaged by **Mr. Ghanshyam Lukhi**. Being a successful entrepreneur, he threw light on key points of the topic.



