



A Report on
4 Days Workshop on
Weight loss and Stress Management

(14th-17th December, 2016 with Pre-Session on 9th December, 2016)



Organized by
Yoga Club

Coordinated by
Prof. Nandkishor Joshi
Sarvajani College of Engineering and Technology

ABOUT THE TOPIC & COURSE CONTENTS

In today's era of globalization where there is a lot of competition, innovation and change, persons in all organizations cannot avoid tension, stress and anxiety in their day-to-day work. They are exposed to stress and tension for long periods which may manifest in the form of many ailments like hypertension, high/low blood pressure, insomnia, depression, backaches, migraine, spondylitis, etc. This in turn results in overall decrease in the person's efficiency and productivity. Yoga is the answer for healing stress among working men and women. It serves as a reviver of mind, body and soul. The techniques of yoga comprise of physical postures (asanas), breath expansion and enhancement (pranayama), relaxation and meditation techniques (dhyana), coupled with philosophy of simple and natural lifestyle management. It enhances energy of the person and develops a positive attitude. It has been attested by many as a complete all-in-one holistic formula for stress and weight management.

This four days workshop (14th-17th December, 2016) along with pre-session on

9th December, 2016 is being organized to give an exposure to the participants to be acquainted with Yoga and meditation in their daily routines and to have a healthy diet for a healthy life style. The Yoga and Meditations were taught by Prof. Nandkishor Joshi, Assistant Professor, I/C Department. The Weight Management and Diet Concepts were shared by Prof. Chintan Shinde from Humanities Department. 40 Enthusiastic Faculties and staff members actively participated in this successful workshop. The workshop was conducted at TIFAC CORE Seminar Hall. Before workshop, there was a pre-session conducted to make participants understand the theory concepts about the workshop.

In four days workshop with one day pre session, Prof. Nandkishor Joshi covered the theory and practical on the following topics:

- ¬ Visualisation technique
- ¬ Human body system and weight loss-Why and how
- ¬ Asanas and pranayama for weight loss
- ¬ Asanas and breathing technique for stress management
- ¬ 1st, 2nd and 3rd body meditation for stress relieving and peace of mind
- ¬ Soul meditation

The Contents covered by Prof. Chintan Shinde on Health Diet:

KITO DIET

- Who can use it.
- Advantages.
- Drawbacks.
- Precaution.
- Time duration of consuming diet.
- Result discussion after the diet.

POWER FOOD

- Introduction of Power food.
- Eating pattern style of Power food.
- Consumption proportion.
- Health benefit of Power food.

SNAPS OF THE WORKSHOP



Prof. Nandkishor Joshi teaching Asanas



Enthusiastic Participants



The Meditation



Prof. Chintan Shinde sharing knowledge about healthy Diet



Prof. Pariza Kamboj-Teaching Bhastrika Pranayama

ACKNOWLEDGEMENTS

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We also thank , Dr. Mayank Dalal, Dean SAWC and Honorable Principal madam Dr. Vaishali Mungurwadi and SES management for granting permission for the said event & extending all the supports required.

Lastly, we thank all the resource persons and participants without whom the workshop could not have been planned or executed.