

Event Details

Yoga and Meditation Workshop | Extracurricular

At Sharadchandra Pawar College of Engineering (SPCOE), a meditation and yoga program has been introduced on 9th October 2023, providing students and faculty with opportunities to learn and practice various forms of yoga while also engaging in meditation for achieving peace of mind. This program aims to promote holistic well-being among the college community by incorporating yoga, a discipline known for its physical, mental, and spiritual benefits. Participants explore different types of yoga, including asanas (poses), pranayama (breathing exercises), and relaxation techniques. These sessions are designed not only to enhance physical flexibility and strength but also to cultivate mental clarity and emotional balance. In addition to yoga practice, the program emphasizes meditation as a means to achieve inner peace and tranquility. Students and faculty are guided through mindfulness practices aimed at reducing stress, improving concentration, and fostering a deeper connection with oneself.

Event Date : 9th Oct, 2023 | Address :
Sharadchandra Pawar College of Engineering,Dumbarwadi(Otur)

Event Schedule

Date	Subject	Time Slot	Event Venue	Event Mode
9th Oct, 2023	Yoga and Meditation	12:00 PM to 05:30...	Seminar Hall, SPCOE(Du...	Offline

Event Co-ordinator

Sr. No.	Name	Department	Role
1.	Puja Gholap	Computer Engineering	Teaching

Event Images



[Signature]
PRINCIPAL
Sharadchandra Pawar College of Engineering
Dumbarwadi(Otur), Tal-Junnar, Dist-Pune



Shree Gajanan Maharaj Shikshan Prasarak Mandal's Sharadchandra Pawar College of Engineering, Dumbarwadi

Participant List for Yoga and Meditation

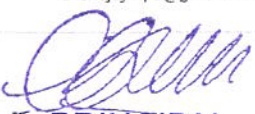
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