



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education and Sports



Jointly organized One Day Workshop on

Yoga and Meditation

Date: 23rd Nov. 2022

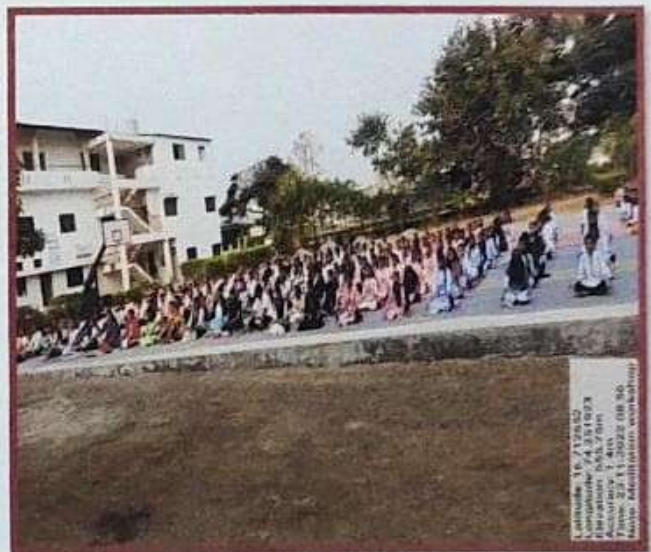
Department of Physical Education and Sports jointly organized one day workshop on 'Yoga and Meditation' on 23rd Nov. 2022 at 8.15 am. Mr. G. M. Lawangare, Head, Department of Physical Education gave introductory speech. Hon. Mr. Naresh Choithani and Smt. Divya Choithani, representatives of OM Mandali, Shiv-shakti Avatar Seva Sansthan Raipur, Chhatisgad were resource persons of the workshop. Mr. Naresh Choithani explained the benefits and need of meditation in daily stressful life. Further they demonstrated Omkar chanting and conduct the practical session of Omkar Chanting and meditation. Hon. Dr. L. D. Kadam chaired the session and guided participants about importance of meditation and stress free life. Dr. V. P. Nangare, Director of Physical Education expressed vote of thanks.

Outcomes

- Participants learnt how to meditate properly.
- Participants experienced peace and feeling of happiness.
- Participants encouraged practicing meditation and Omkar chanting in their daily schedule.

Beneficiaries

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Lawangare
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.

Kadam

Principal,
Rajarshi Chh. Shahu College
Kolhapur.