

**GOA UNIVERSITY
SCHOOL OF CHEMICAL SCIENCES**

REPORT

Yoga Workshop on Basic Asanas and Pranayama at Goa University on 21st June 2023

A workshop on Basic Asanas and Pranayama was organized by SCS on 21st June 2023 at 3.00 pm on the occasion of International Yoga Day 2023. The resource person for the workshop was Mr. Ajay Prajapati who is a qualified yoga and taekwondo trainer from Porvorim, Goa. Having done his MA in Yoga and a diploma in Health and Nutrition, he has been working in this field for last 10 years.

The aim of this workshop was to acquaint the participants with some simple asanas that would help them for physical and mental wellbeing. The session began with some basic breathing techniques like Sitali-sitkali, Bhramari, Anulom-vilom, and warming up stretching exercises. The resource person then demonstrated the Suryanamaskar and other important asanas like Trikonasana, Veerbhadrāsana, Vrikshāsana, Tadasana, Shalabhasana, Bhujangāsana, Paschimuttāsana, Sarvangāsana, Marjariāsana, and Shavasana which were followed by the student volunteers. The speaker explained the importance of each of these asana for human body and also emphasized on the correct postures and breathing during performing these asanas.

Altogether 11 faculty members and 32 students were present for this event. Students enthusiastically performed all of these asana. The workshop benefitted the participants with practice of asanas that they could perform regularly. The event ended with vote of thanks by Dr. Prachi Torney and refreshments to all the participants.

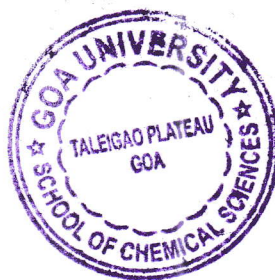
Notice, attendance and photos of this activity are enclosed.

Reported By,



Dr. Prachi Torney,

Convenor, Extramural Committee, SCS, GU



Dean,

SCS, GU



School of Chemical Sciences, Goa University

celebrates

International Yoga Day



21st June 2023

at 3 pm

in LH-1, SCS

Organisers:

Prof. V M S Verenkar, Dean, SCS

Dr. P. S. Torney, Co-ordinator

Dr. S. T. Bugde, Dr. K. B. Deshpande,

Dr. P. V. Volvoikar, Dr. K. T. Dhavskar,

Mr. V. Chari, Dr. D. G. Naik.



Resource Person:

Mr. Ajay Prajapati

MA Yoga, Diploma in Health and Nutrition, Taekwondo 2 dan black belt.

Workshop on

Basic Asanas and Pranayama

Suryanamaskar, Vrikshasana, Virabhadrasana, Parvatasana, Bhujangasana, Salabhasana, SetuBandhasana, Sarvangasana, selected breathing exercises.





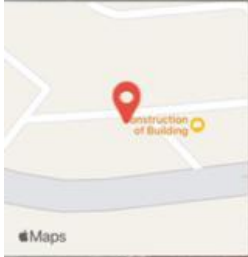
GPS Map Camera



Panaji, GA, India
Dr E Borges Road, Taleigao, Panaji, 403003, GA,
India
Lat 15.458703, Long 73.827378
06/21/2023 04:29 PM GMT+05:30



GPS Map Camera



Panaji, GA, India

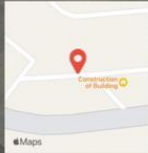
Dr E Borges Road, Taleigao, Panaji, 403003, GA, India

Lat 15.458598, Long 73.827411

06/21/2023 04:28 PM GMT+05:30



GPS Map Camera



Panaji, GA, India

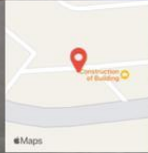
Dr E Borges Road, Taleigao, Panaji, 403003, GA, India

Lat 15.458665, Long 73.827382

06/21/2023 04:02 PM GMT+05:30



GPS Map Camera



Panaji, GA, India

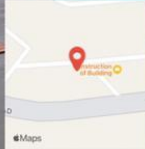
Dr E Borges Road, Taleigao, Panaji, 403003, GA, India

Lat 15.458607, Long 73.827376

06/21/2023 03:58 PM GMT+05:30



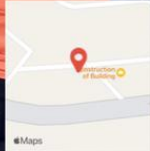




Panaji, GA, India
Dr E Borges Road, Taleigao, Panaji, 403003, GA,
India
Lat 15.458573, Long 73.827426
06/21/2023 03:41 PM GMT+05:30



Panaji, GA, India
Dr E Borges Road, Taleigao, Panaji, 403003, GA,
India
Lat 15.458719, Long 73.827363
06/21/2023 03:40 PM GMT+05:30



Panaji, GA, India
Dr E Borges Road, Taleigao, Panaji, 403003, GA, India
Lat 15.458587, Long 73.827413
06/21/2023 03:26 PM GMT+05:30

GPS Map Camera



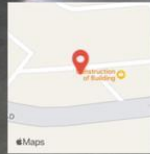
Panaji, GA, India
Taleigao, Panaji, 403003, GA, India
Lat 15.458766, Long 73.827346
06/21/2023 03:24 PM GMT+05:30

GPS Map Camera





GPS Map Camera



Panaji, GA, India

Dr E Borges Road, Taleigao, Panaji, 403003, GA,
India

Lat 15.458590, Long 73.827428
06/21/2023 04:20 PM GMT+05:30

Apple Maps

Yoga Day Attendance sheet-

21-07-23

<u>S.N</u>	<u>Name</u>	<u>SIGN</u>
1.	Shrikant R. Naik	
2.	Dr. Kiran Shankar	
3.	Siddhi Naik	
4.	Santoshi Turyekar	
5.	Shital V. Pallkar	
6.	Dr. Delicia A. Barretto	
7.	Dr. Samata Shetgaonkar	
8.	Dr. Savita A. Kundai Kal	
9.	Vanita S. Kunkalkar	
10.	Dr. Deepika Karmalkar	
11.	Saurav Sattarker	
12.	Dr. Kanhanmala Deshpande	
13.	Poojadeep Palyekar	
14.	Saike. T. Naik	
15.	Shirvoikar V Ankita (organic)	
16.	Shannon. Mascarenhas (organic)	
17.	Nidhi. M. Naik (organic)	
18.	Sweta Amare (organic)	
19.	Shubhechsha V. Naik (organic)	
20.	Aksha S. Chari (organic)	
21.	Lakisha T. Gaonkar (organic)	
22.	Rusva M. Kondekar	
23.	Chandrakant S. Raut	
24.	Asmita B. Phadte	
25.	Shivani Desai	
26.	Anushka fulari	
27.	Tanvi Mhavalankar	
28.	Sejal Parrikar	
29.	Gagnesh Gaonkar	
30.		

31. Santoshi Naik
32. Parag Naik
33. Rutika R. Velip
- 34) Dweta D. Matondkar
- 35) Rutuja Grewar
- 36) Trisha Matondkar
- 37) Fredal Fernandes
- 38) Sujay Garde
- 39) Rudraksh Naik
- 40) Abhishek Rasnikar
- 41) TERENCE GOODING
- 42) Sarvanand Velip
- 43) Rupesh A. Kunkallekar

- SnaiK
- Maig
- Ruelip
- Dabondkar
- Bewar
- Matondkar
- Falle
- Sgarde
- RNaik
- Abhishek
-
- Velip
- Rupesh