

## Report for Yoga session at SCS on 17-06 -22

Yoga is a magnificent exercise which brings mind and body together. It gives peacefulness to our mind and body. Yoga comprises of physical poses, breathing exercises, meditation and relaxation. Considering these points, School of Chemical Sciences has conducted a Yoga session on 17-06-22 for enhancing life skills of the students. Mr. Ajay Prajapati (M.A Yogic science, Uttarakhand Sanskrit University) was resource person for this yoga session. Through demonstration of Yoga exercises and practical yoga session by students, efforts were made to enhance the cognitive, physiological, psychological and social skills of students.

The session started with a presentation by invited speaker on importance and types of Yoga: Pranayama, asanas and mediation. Brief warm up yogic/ breathing exercises were demonstrated by speaker and performed by audience (chair Yoga). In the later part resource person selected few student volunteers from the audience and demonstrated important asanas like Surya namaskar, Sarvangasana, Trikonasana, Naukasana, etc.

Speaker also enlightened the audience about the role of nutritive food in daily diet. The session ended with question answer session where overwhelming response was observed from the students.

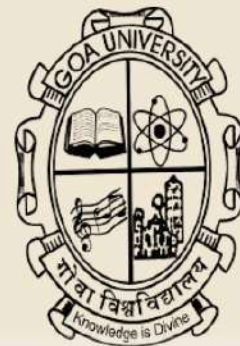
The details of the function are attached with this report.



Dean  
SCS, Goa University



Dr. Kanchanmala Deshpande  
Assistant Professor, SCS  
Convener (Yoga Workshop)



School of Chemical Sciences, Goa University

Organizes

# WORKSHOP ON YOGA FOR WORKPLACE

Resource person: Mr. Ajay Prajapati (M.A Yogic science)

HEADLINERS :

17 JUNE 2022

- Mental well-being and productivity through *Pranayam*.

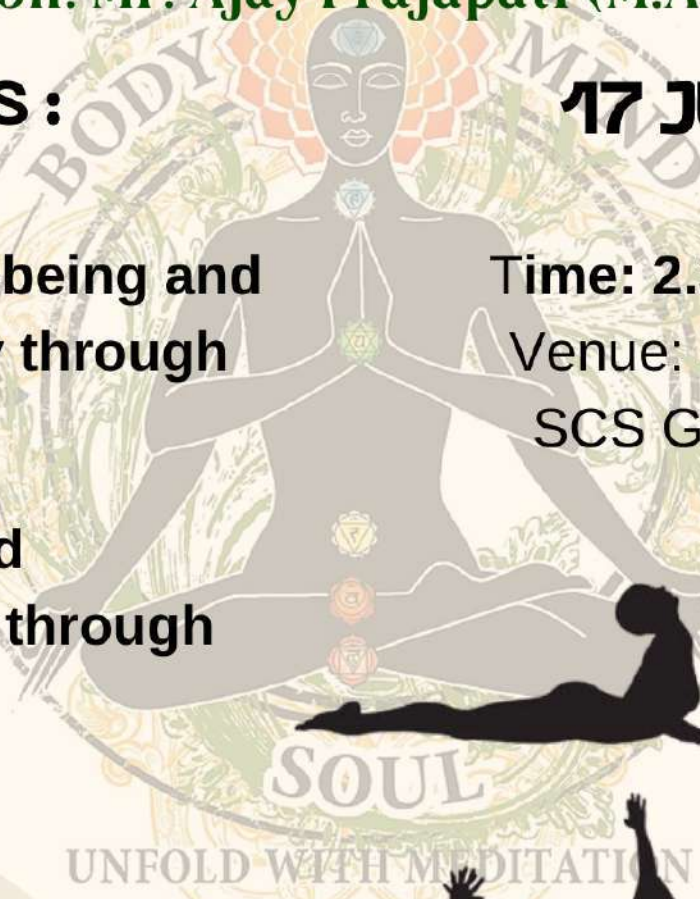
Time: 2.30 to 4:30 pm.

Venue: Seminar Hall,  
SCS Goa University

- Relaxing and destressing through *Yoga*.

## Organisers

Dr. Kanchanmala Deshpande,  
Dr. Prachi Torney,  
Dr. Amrita Kharangate,  
Dr. Sandesh Bugde,  
Mr. Vishnu Chari  
Dr. Prajesh Volvoikar



# Workshop on Yoga for workplace

For teaching and non-teaching staff School of Chemical Sciences Goa University

Resource person: Mr. Ajay Prajapati (M.A Yogic science)

Date: 17-06-22

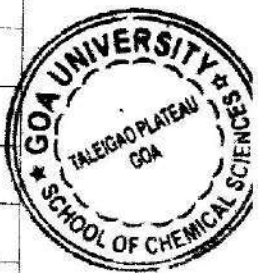
Time: 2.30 to 4.30

Venue: SCS Auditorium Goa University

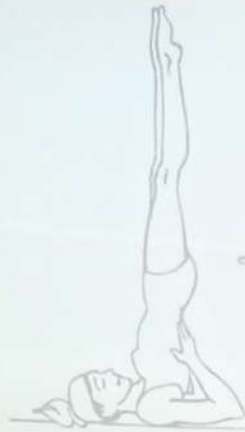
S.N	Name	Designation	Signature
01	R. N. Shirval	Prof.	
02	Rupesh Patre	Associate Prof.	
03	Bidhan A. Shinkre	Associate Prof.	
04	Digambar A. Parab	Associate Prof.	
05	Gaurav Kuntekar	M.T.S.	
06	Harish Mungrookar	M.T.S.	
07	Kiran Dabhale	L.O.C	
08	Prajot Chari	Lab. tech	
09	Jaydev U.S. Shirvalkar	L.O.C	
10	Raji Torgal	M.T.S.	
11	Kedar U. Navrekar	Assistant Professor	
12	Shital V. Palkar	M.T.S.	
13	Saurav V. Adkonkar	M.T.S.	
14	Vandit V. Mardolkar	Student	
15	Suyash S. Sangaonkar	Student	
16	Shankar R. Pawar	Student	
17	Mohit Mainkar	Student	
18	Taruja Kholkar	Student	
19	Sanjali Navelkar	Ph.D student	
20	Sonam Kumari	Ph.D student	
21	Virendra Phadke	M.T.S.	
22	Sandeep R. Naik	M.T.S.	



23	AKSHAY O. BORKAR	Student	<u>Ashay</u>
24	NAVIN M. MANDREKAR	STUDENT	<u>Mandrkay</u>
25	Apurva Karapurkar	student	<u>Karapurkar</u>
26	Shruti Barve	student	<u>Shruti</u>
27	Navanki N. Naik	Student	<u>Navanki</u>
29	Pranay Moryekar	Faculty	<u>Pranay</u>
30	Rupesh A. Karpalkar	Faculty	<u>Rupesh</u>
31	Shrikant R. Naik	Faculty	<u>Shrikant</u>
32	Diptesh G. Naik	Faculty	<u>Diptesh</u>
33	Vinod Mandrekar	"	<u>Vinod</u>
34	Prayesh Vorvoika	Faculty	<u>Prayesh</u>
35	Savitri A. Kundaiker	Faculty	<u>Savitri</u>
36	Hari K. Kadane	Faculty	<u>Hari</u>
37	Sondesh Byde	Faculty	<u>Sondesh</u>
38	Dr Kiran Pharkar	Faculty	<u>Kiran</u>
39	Dr. Anvita Kharangate	Faculty	<u>Anvita</u>
40	Kanchanmala Deshpande	Faculty	<u>Kanchanmala</u>
41	Dr. Prachi Torney	Faculty	<u>Prachi</u>



## SARVANGASAN (the shoulderstand pose)



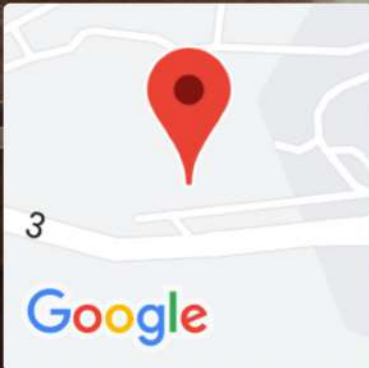
sarvangasana

### BENEFITS:

- Stimulates thyroid glands and improves circulatory, digestive, reproductive, nervous and glandular systems.
- Rich supply of blood to brain, improves sleep disorders.
- Relieves asthma, bronchitis and elephantitis
- Eliminates body fat.



GPS Map Camera



**Panaji, Goa, India**


Goa University Auditorium, FR5H+M64, Panaji, Goa  
403206, India

Lat 15.459005°

Long 73.827754°

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 GPS Map Camera



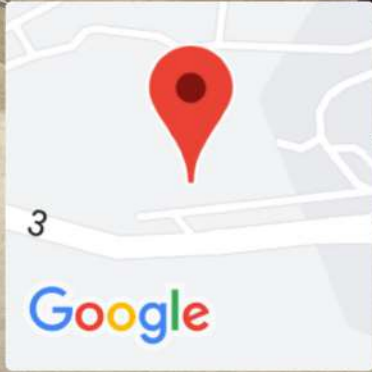
# Panaji, Goa, India

Goa University Auditorium, FR5H+M64, Panaji, Goa  
403206, India

Lat 15.459005°

Long 73.827754°

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**Panaji, Goa, India**

Goa University Auditorium, FR5H+M64, Panaji, Goa  
403206, India

Lat 15.459005°

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