

Report on Guest/Expert Lecture

Organized by Department of Electronics & Telecommunication

1. **Program type:** Guest/Expert Lecture on Yoga Session
2. **Date & Time:** 28/10/2023 & 4:00 pm
3. **Venue:** Ground Floor, Academic Block
4. **No. of students registered/appeared:** 50
5. **Target students:** ENTC
6. **Fee Details:** NIL
7. **Instructor details:** Mrs. Pratibha Sandip Patil

Yoga Instructor
prativibha@gmail.com
9673990144

8. Objectives of the Guest Lecture (minimum 3):

- 1) To promote physical and mental well-being among women through yoga.
- 2) To educate participants on yoga techniques beneficial for women's health, including stress relief, hormonal balance, and flexibility.
- 3) To encourage a holistic approach to self-care through mindfulness, breathing exercises, and relaxation techniques.
- 4) To enhance body awareness and posture to prevent lifestyle-related health issues.
- 5) To foster a supportive community where women can share wellness experiences and inspire each other.

9. Outcome of the Guest lecture (minimum 3):

- 1) Participants will gain practical knowledge of yoga postures that improve women's health.
- 2) Improved stress management and emotional well-being through guided breathing and relaxation techniques.
- 3) Enhanced body flexibility, strength, and balance leading to overall fitness.
- 4) Increased awareness of self-care practices that contribute to long-term well-being.

Activity Description:

The Guest Lecture on Yoga was conducted on October 28, 2023, at 4:00 PM in the Ground Floor, Academic Block, exclusively for ENTC students, with 50 participants in attendance. The session was led by Mrs. Pratibha Sandip Patil, an experienced Yoga Instructor, who guided participants through various yoga techniques aimed at promoting physical and mental well-being among women. The session focused on stress relief, hormonal balance, flexibility, and mindfulness through breathing exercises and relaxation techniques. Participants gained practical knowledge of yoga postures, improved stress management skills, and enhanced body flexibility and awareness, fostering a holistic approach to health and wellness.

Photo gallery:

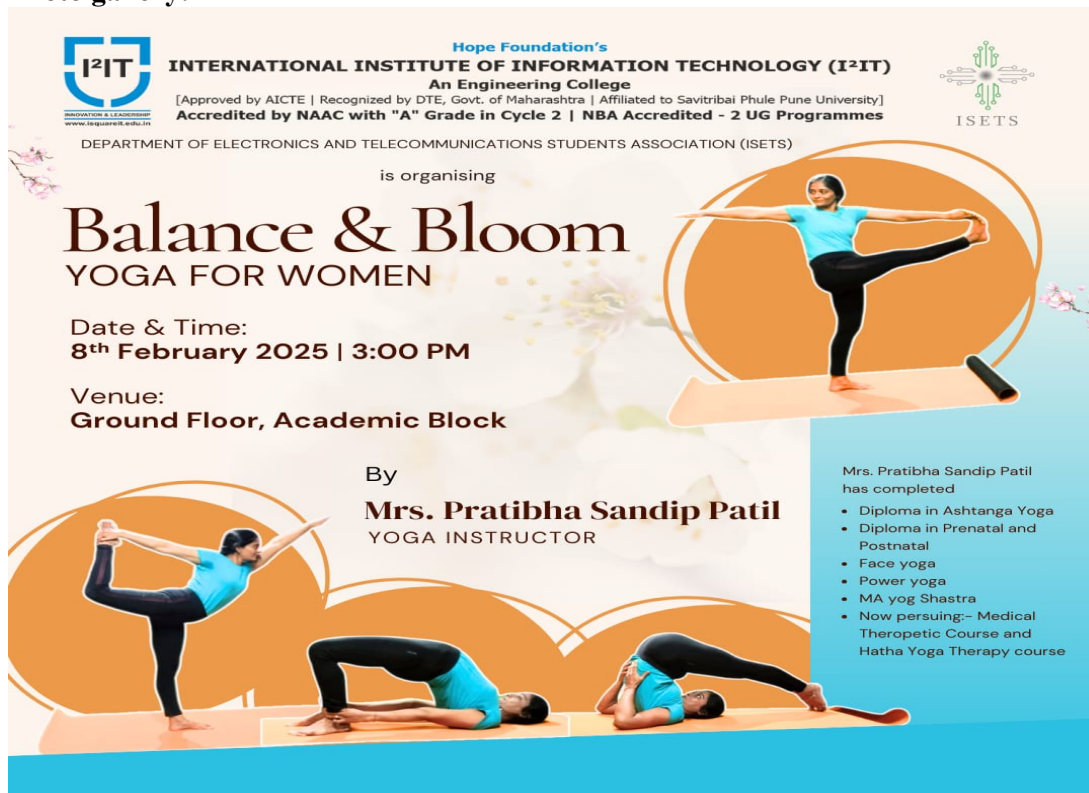


Image 1: Poster for Event



Image 2: Yoga photo with student



Image 3: Yoga session

Prof. Bhagyashri Thorat
Event Coordinator

Dr. S M M Naidu

Head of Department