

Women Development cell organised a seminar on the topic 'From wrong knowledge to self knowledge: Yoga practices for better living.' on Oct. 26, 2016 at 3.30 p.m. in room no. 114. The resource person was Prof. Gauri Kesavan, adjunct Faculty at the University of Mumbai, visiting faculty and consultant at TISS, Deonar, YCMOU Nashik.

Prof. Kshitija welcomed all and introduced about the program.



Women Development committee members greeted Prof. Gauri Kesavan, the guest speaker, Dr. P.H. Sawant, Principal SPCE and DR. M. M. Murudi Vice Principal by presenting a Tulsi sapling.

Prof. Dr. Rane offered tulsi sapling to Principal Dr. P. H. Sawant.



Prof. Reshma Raskar offered tulsi sapling to Vice Principal Dr. M. M. Murudi.



Prof. Mrs. V. P. Joshi offered tulsi sapling to guest Prof. Gauri Kesavan.

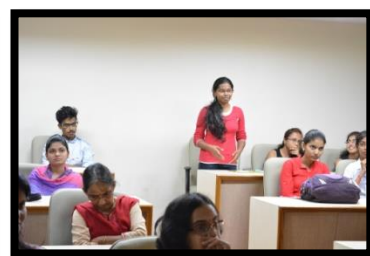
After welcoming, Prof. Kshitija, member WDC committee introduced the profile of the guest Prof. Gauri Kesavan.

Principal Dr. P. H. Sawant explained the importance of self knowledge and yoga.

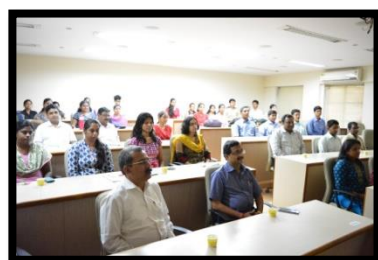


Vice Principal Dr. M. M. Murudi mentioned about the importance of Women Development Cell activities and the availability of funds for the development of women with respect to TEQIP.

Prof. Gauri Kesavan began her session by explaining the title of the seminar. Along with simple examples in day to day life she explained about the wrong knowledge. Then elaborated interacting with audience about self knowledge and the role of yoga.



Prof. Gauri said that mentioning about yoga without practice is of no use. She explained and all performed the basic breathing exercises.



Prof. Gauri was offered a token of gratitude by Prof. Rema Devi C.





The event was concluded by vote of thanks by Prof. Prajakta Joshi. She thanked Principal, Vice principal sir for their support. She thanked all faculty members and students present for the session. She also mentioned that this is possible due to support of students team namely Prasad for photographs, Ankita and Shraddhaa for their active support and Shubhams for banner, poster work.



