



Vidya Prasarak Mandal, Mulund (E) R Z Shah College of Arts, Science and Commerce

Established in 2003 - Affiliated to University of Mumbai

Mithagar Road, Mulund East, Mumbai - 81 | www.vpmrzshahcollege.edu.in

Report on “Yoga Workshop for Non-Teaching Staff”

A workshop on “Yoga” was organized for Non-Teaching staff on 5th November 2022 at 08.30 a.m. in the College Auditorium by our I/C Principal Dr. Kavita Sharma and Program in charge Mr. Jagdish Takkelar.

VPM's R.Z. Shah College of Arts,
Science and Commerce
Affiliated to University of Mumbai
Accredited by NAAC with grade A

Yoga is a light, which once lit will never dim.
The better your practice, the brighter your flame.

Refresh your mind and body with this
yoga workshop for supporting staff
by
Aditi Shah
Yoga Trainer

Date : 5th November 2022
Time : 8:30 AM
Venue : College Auditorium

Mr. Jagdish Takkelar
Program Incharge

Dr. Kavita Sharma
I/C Principal

Vidya Prasarak Mandal's R. Z. Shah College organized a Workshop on “**YOGA for Non-Teaching Staff**” on 5th November, 2022 at 08. 30 a.m. The workshop was organized under the guidance of the I/C Principal of the College **Dr. Kavita Sharma** in the College Auditorium along with the program in charge Mr. Jagdish Takkelar.

Mr. Jagdish Takkelar welcomed our Speaker Mrs. Aditi Shah by introducing her to the participants.

Under the direction of the Speaker, Mrs. Aditi Shah, the session got underway with a lot of energy, enthusiasm, and dedication to yoga vidya. She gave the office employees instructions on different breathing exercises. She added that the frustration that results from office staff members' daily interactions with parents and students has an impact on their regular work. Therefore, everyone should practice yoga and meditation daily in order to maintain the balance of their minds.





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Mrs. Shah explained in brief about Yoga. She stated that YOGA is about our inner health and its management with the outside environment. During covid times, the virus directly affected our lungs which created breathlessness, and to cope-up, with this situation many people started practicing YOGA on daily basis.

Mrs. Aditi Shah trained all the participants in various types of pranayama: Anulom-Vilom, Bhramari, Kapalbhati, and Ujjayi. Post Breathing exercises, the importance of the final stage of Yoga - Meditation (Dhyan) was preached and practiced. Later on, Mrs. Shah asked everyone to perform *Savasana* to relax their body physically and mentally. The session ended with the *Gayatri Mantra*.

I/C Principal along with 16 Non-teaching staff and the 10 trainers participated in this workshop and made this session a great success.




Dr. Kavita Sharma
I/C Principal