

**Dr. Patangrao Kadam Mahavidyalaya, Sangli**

**Yoga And Pranayama**

**2012-13**

The college has established the centre for yoga and pranayama to develop the physical and mental development of students. Several programs are run that work towards good health, flexible body, increasing power of imagination, mentally strong etc. To develop competency in yoga and pranayama and to enhance basic yogic skills of the students various activities are conducted like yoga lecture, lecture of dietitian, etc.

The activities conducted are proved to be beneficiary to the students from all the faculties. Lectures are also conducted regularly to make students customer with various communication process, yogic skills, types of pranayama and various terms regarding personality development viz. self-image, self-confidence, good health, patience, creativity, physically strong and so on.

**Activities conducted by 'Yoga and Pranayama'**

1. Visit to other yoga class.
2. Visit to Gym show campus to exchange thoughts about personality development with students.
3. Visit to various personality development centers.
4. Visit to dietitian workshops.
5. Taking lectures of different yogic personalities to understand various personalities.
6. Suryanmaskar Competition.
7. Presenting types pranayama.
8. To arrange yoga teacher meet along with students.
9. To arrange yoga class.
10. To arrange lectures of doctor, dietitian.

Number of students benefited: 70



**(Miss. S.S. Tambade)**



**(Dr. D.G. Kanase)**  
Principal,  
Bharati Vidyapeeth's  
Dr. Patangrao Kadam Mahavidyalaya  
Sangli.

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**Yoga And Pranayama**

**2013-14**

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**Yoga And Pranayama**

**2014-15**

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Number of students benefited: **68**

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**2015-16**

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Number of students benefited: 73



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**Yoga And Pranayama**

**2016-17**

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Number of students benefited: **62**

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