Report on the Session "Yoga for Wellbeing" by Ms. Padmini Jog





As part of the First-Year Induction Programme **Prarambh 25**, a rejuvenating session on Yoga was conducted by **Dr. Padmini Jog**. The session was attended by around 140 students and faculty members, who actively participated and experienced the benefits of yoga practices for physical and mental wellbeing.

Dr. Jog began the session by highlighting the importance of yoga as a holistic practice that nurtures body, mind, and spirit. She demonstrated simple yet effective Asanas, breathing techniques, and relaxation methods suitable for students to incorporate into their daily routine. The session emphasized how regular yoga practice can help students manage stress, improve concentration, and maintain a healthy lifestyle, which is essential for excelling in academics and personal life. The atmosphere was filled with positivity and energy as participants engaged wholeheartedly in the activities.

On this occasion**, Dr. Padmini Jog** was felicitated by Dean First Year, **Dr. Manjusha Aware**, as a token of appreciation for her valuable guidance.

We extend our sincere gratitude to Director **Dr. Vivek Kapur** for his inspiring leadership and constant encouragement in creating opportunities for holistic student development. We also acknowledge the dedicated efforts of the student volunteer team, whose support ensured smooth coordination of the session.