

**Patron :**

Hon'ble Dr. Patangraoji Kadam  
 Founder, Bharati Vidyapeeth  
 Hon'ble Dr. Vishwajit Kadam  
 Secretary, Bharati Vidyapeeth

**Convener :**

Prof. Dr. H. V. Vankudre  
 Principal, BVCOEW, Pune

**Coordinator :**

Prof. Dr. D. A. Godse,  
 HOD, IT, BVCOEW, Pune.  
 Email: dipagodse@gmail.com  
 Mobile: 9371444481

**Resource Persons :**

**Maria F. Partapurwala**  
 (Maria's Yoga and  
 Pranayama Center, Pune)

**Anjali Ratnaparkhe**  
 (Ramamani Iyengar Memorial  
 Yoga Institute, Pune)

**Dr. Amol M. Patil**  
 (BVDU College of Ayurved, Pune)

**Shilpa Padmanabhan**  
 (Sanyuja Wellness Center, Pune)

**Dr. Gauri Patil**  
 (BV's College of Engineering  
 Lavale, Pune)

**Registration Form**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address for correspondence: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Contact: \_\_\_\_\_

E-mail : \_\_\_\_\_

Department: \_\_\_\_\_

College: \_\_\_\_\_  
 \_\_\_\_\_University : \_\_\_\_\_  
 \_\_\_\_\_

Signature : \_\_\_\_\_

**Registration Contact :**

Prof. K. V. Patil  
 Mob.9970747147



**Bharati Vidyapeeth's  
 College of Engineering  
 for Women, Pune - 411043**

**Department of Information  
 Technology**

in association with  
 Savitribai Phule Pune University

Organizes

**National Level Workshop  
 on**

**"Stress Management  
 and Fitness through Yoga"**

Under Quality Improvement Programme

16<sup>th</sup> & 17<sup>th</sup> January, 2018**ABOUT BHARATI VIDYAPEETH**

The parent organization, Bharati Vidyapeeth was established in May 1964 by Hon. Dr. Patangraoji Kadam with the objective of bringing about intellectual awakening and all round development of people of our country through education. Bharati Vidyapeeth is now leading educational institution in the country, which has created history by establishing within a span of fifty years and beyond. Today, Bharati Vidyapeeth holds more than 180 educational units, right from pre-primary schools to postgraduate institutions and University of its own. Bharati Vidyapeeth was founded with the vision, "To be a world class University for Social Transformation through Dynamic Education."

**ABOUT BVCOEW**

**Vision:** "Women Empowerment through Technical Education."  
**Mission:** Develop women students to rise to their full potential.  
 Impart knowledge and prepare competent engineers.  
 Bharati Vidyapeeth has its own well defined ideology orientation and commitments. Social transformation in desired direction is one of its cherished dreams. As women play key roles in social transformation, Bharati Vidyapeeth's College of Engineering for Women was established in June 2000. The institute was started exclusively for women and despite challenges of admissions in the engineering institutes, it is running with 100% women students. As stated by vision statement, the institute is empowering women by providing higher education in the fields of Electronics and Telecommunication (E&TC) Engineering, Computer Engineering and Information Technology.

**PURPOSE & AUDIENCE**

The workshop offers Yoga Techniques to improve overall health in physiological, emotional and psychological well-being. The potential health benefits of yoga include:

- Stress reduction: A number of studies have shown that yoga may help reduce stress and anxiety: It can also enhance your mood and overall sense of well-being.
- Improved fitness: Practicing yoga may lead to improved balance, flexibility, range of motion and strength.
- Management of chronic conditions: Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia. The workshop will encourage students to adopt a healthy lifestyle and enhance their quality of life by regularly practicing yoga.

**ABOUT IT DEPARTMENT**

Department of Information Technology was established in year 2000 with the vision to produce globally competent women engineers through excellence in IT education. The department has an intake of 60 students and has experienced and enthusiastic faculty members expertise in various fields. Many technical symposiums, industrial visits, seminars, workshops and other activities are conducted in the department to make the students self-sustaining in the competitive world.

**SCHEDULE****Day-1:**

Session I: Suryanamaskar with demonstration  
 Session II: Ashtanga Yoga  
 Session III: Meditation

**Day-2:**

Session I: Importance of Pranayama in day-to-day life with demonstration  
 Session II: Viniyoga (practice and philosophy), chanting benefits  
 Session III: Iyengar yoga with props and demonstration  
 Session IV: Importance of Yoga in modern lifestyle



**Last Date for Registration:**  
 13<sup>th</sup> January, 2018  
 Send mail to:  
 kambpatil@gmail.com