



Lokmanya Tilak Jankalyan Shikshan Sanstha's
PRIYADARSHINI BHAGWATI COLLEGE OF ENGINEERING
Harpur Nagar, Umred Road (Near Bada Tajbagh), Nagpur-24
(Approved by AICTE, New Delhi, Govt. of Maharashtra
and affiliated to Rashtrasant Tukdoji Maharaj Nagpur University)
Email: principalpbcoe@gmail.com, Website: www.pbcoe.edu.in



Faculty Development Program **Academic session 2022-23**

Report on Expert Lecture on "Yoga And Meditation"

1. Event Title : Workshop On Yoga And Meditation
2. Event Date : 16/09/2023 (Saturday)
3. Event Conduction Duration : 10:30 AM To 12:30 PM
4. Event Venue : Sports Room 3rd Floor, PBCOE
5. Event Resource Person : Ms. Khushyali Singh (Yoga Instructor)
6. Name of Event Coordinator : Ms.Archana A Nikose
7. Sem/Branch : 30
8. Objective : To provide the awareness about basic Asanas Of Yoga and Meditation .
9. Outcome : Faculty have been demonstrated basic Asanas and Breathing Exercises.



Amikose

Signature of I/C Faculty Development Cell
(Ms.A.A.Nikose)

Dr N. K. Choudhari

Dr N. K. Choudhari
Principal