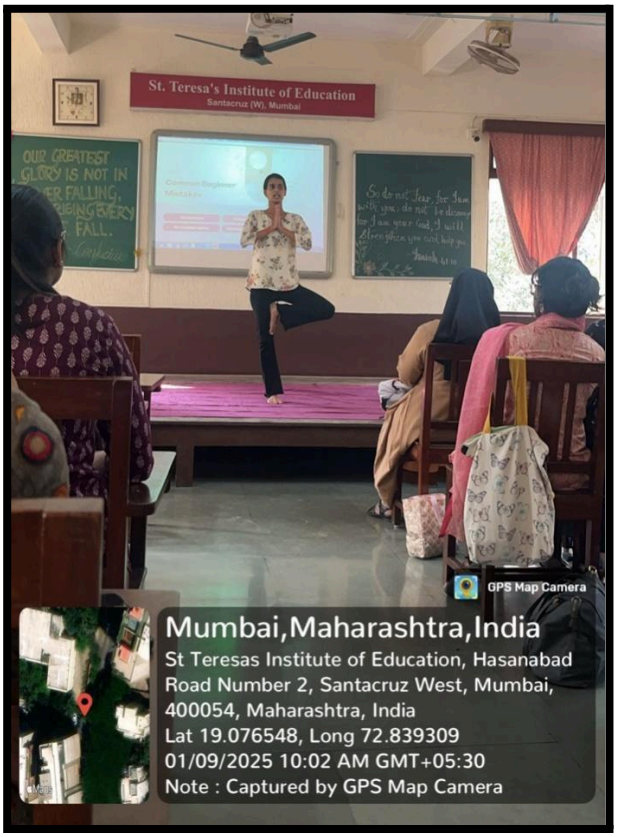
Alumni Mentoring on Significance of Yoga: 09.01.2025



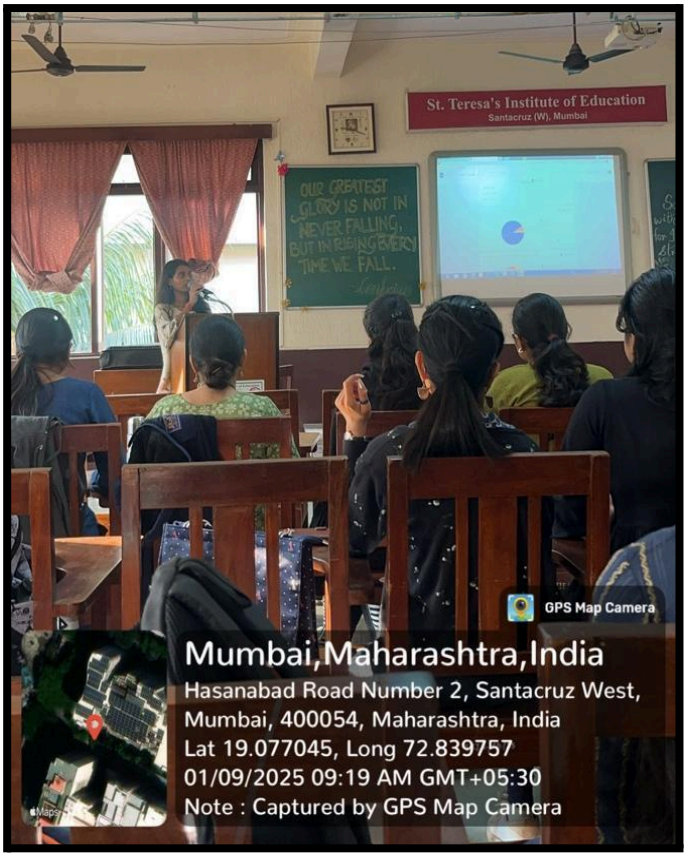
I Basic Details

Date	**Faculty**	**Department/Committee**	**Co-ordinator name & Phone Number**
09.01.2025			Dr. Reshma Rodrigues
Time	**Venue**	**Activity for Class/Group with Total Number of Attendees**	**Nature: Indoor/Outdoor**
9:00 am to 10:00 am	Multipurpose hall	50 F.Y. B.ED students and 2 Teaching staff Member.	Indoor
Name & details of Resource Person		**Names of Staff Members who supported**	**Names of Students who Supported**
Aishwarya Bambarkar		Prof. Dr. GiselleD'souza Dr. Cinderella D'Mello Sr.Sheryl Gladis Dr. CerenaDcunha	Ms. Ann Maria Philip Ms. Calancee Pereira

II Brief Information about the Activity

Topic/Subject of the Activity	Alumni Mentoring on Significance of Yoga
Objectives for conducting Activity	● To enhance Physical health ● To create holistic benefits of yoga ● To promote Mental well being ● To cultivate discipline and consistency ● To support mind body connection
Methodology	● Miss Aishwarya Bhandarkar conducted a pre yoga assessment to understand the mentee's specific needs, such as stress levels, fitness, lifestyle habits ● She provided & guided yoga sessions, focusing on different aspects such as asanas (postures), pranayama (breathing exercises), and meditation. ● She suggests simple and practical ways to include yoga in daily life, such as morning stretches, short meditation sessions, or mindful breathing during work.
Outcome	● The outcome that resulted from successful completion of s significance of Yoga session were that it encouraged to see yoga not just as an exercise, but a lifestyle that includes healthy eating, positive thinking, and self-care.

III Proofs attached:



Giselle D'souza

Prof. Dr. Giselle D'souza
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