



Lokmanya Tilak Jankalyan Shikshan Sansthan's Priyadarshini College of Engineering



Health and Happiness Cell

Event: Weekly Session on Yoga and Meditation

Date: Every Thursday (since 29/09/2022)

Venue: Health and Happiness Room
Wing-F, Fourth Floor (Aero. Building)

Participants: Staff (Teaching and Non-teaching) and Students of PCE, Nagpur.

Time: 04:30 pm to 05:30 pm

Resource Person: Mr. Ashish Futane,
AOL Faculty and Director,
AF Designs, Nagpur.

Event Coordinators: Prof. N. R. Hatwar and Team Health and Happiness.

Purpose/ Objective: 1) To motivate the staff and students to practice Yoga and Meditation for maintaining good physical and mental health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness. All these objectives could be dealt with in an integrated manner.



Remark: Event is being successfully conducted every Thursday. The Teaching, Non-teaching Staff and students of PCE enthusiastically participate for Yoga and Meditation sessions.