



**Lokmanya Tilak Jankalyan Shikshan Sansthan's
Priyadarshini College of Engineering
Health and Happiness Cell**



Event : Workshop on 'Yoga and Spiritual Brainstorming'

Date : 21/06/25

Participated by : Teaching, non-teaching staff and students of all departments (70+).

Venue : Knowledge Centre (First Year Building)

Time : 11:00 am to 12:00pm

Event Co-ordinator: Dr. Dora Thompson Convenor Literary Club and Dr. (Mrs.) N. R. Hatwar
Incharge Health and Happiness Cell

Resource Person: Mr. Amit Agrawal, Faculty , Art of Living.

Purpose / Objective:

1. Celebration of 'International Yoga Day'
2. To bring general awareness about health, hygiene and happiness among teaching, non-teaching staff and students of all departments of PCE.
3. Performing Yogasans under expert observation



Remarks/ Conclusion:

- 1.Teaching and non-teaching faculties and students participated with enthusiasm in the celebration of International Yoga Day.
2. Mr. Amit Agrawal explained the importance of Yoga and performed Yogasanas with teaching faculties, non-teaching faculties and students.

Incharge

**Dr. (Mrs.). N. R. Hatwar
Health and Happiness Cell**