



**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 Yogasanas 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**