

Government Engineering College, Sector-28, Gandhinagar

Women Development cell

Report of the event

A Webinar on “YOGA-The Process of Self Discovery”

Date: 8/3/2021

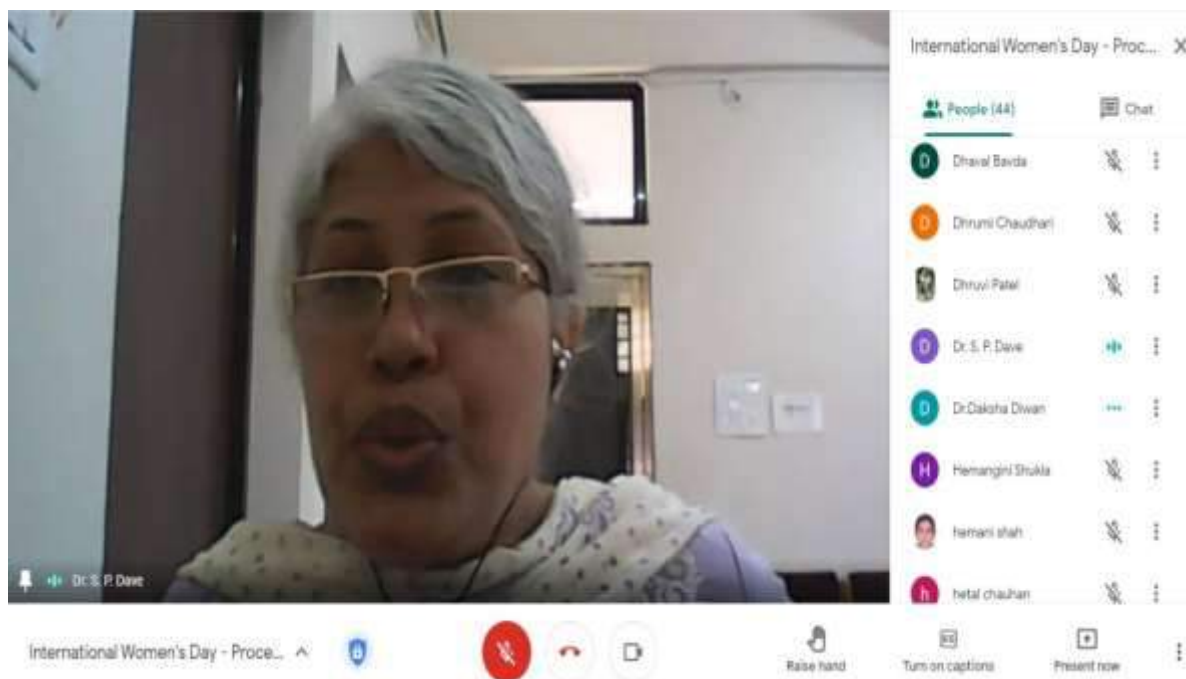
The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind. It also helps in increasing flexibility, muscle strength and body tone.

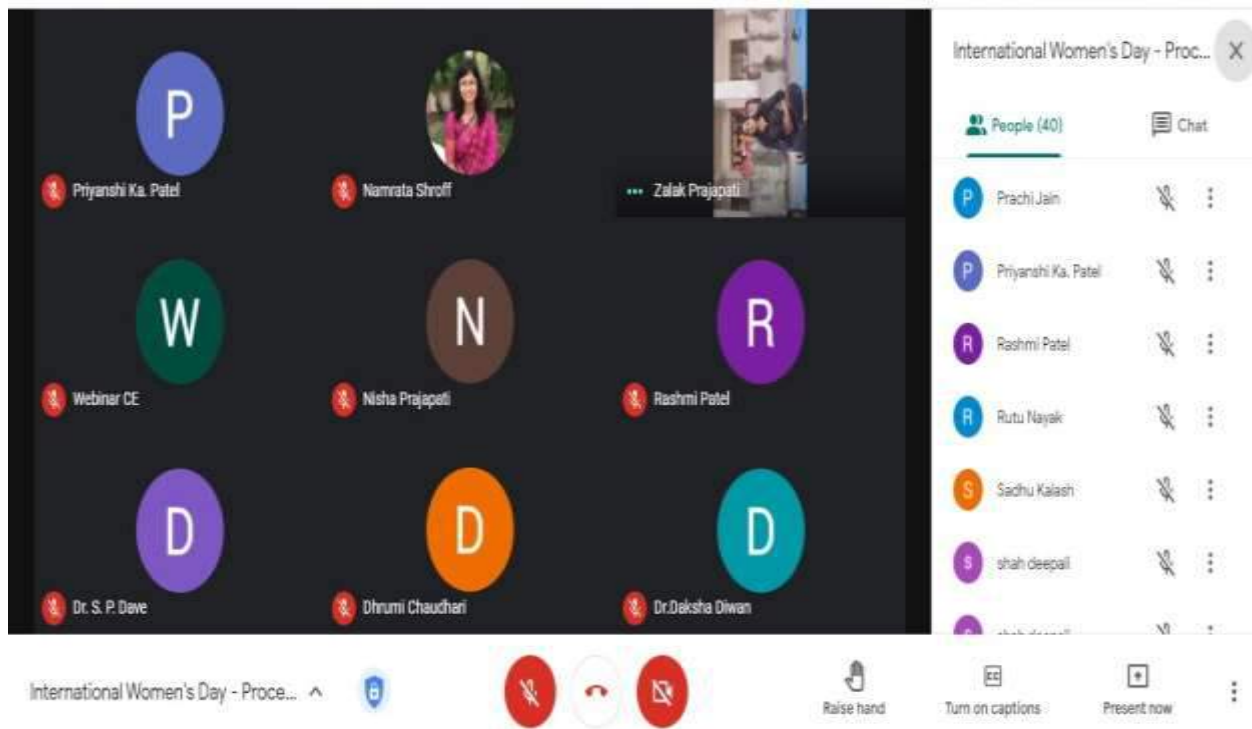
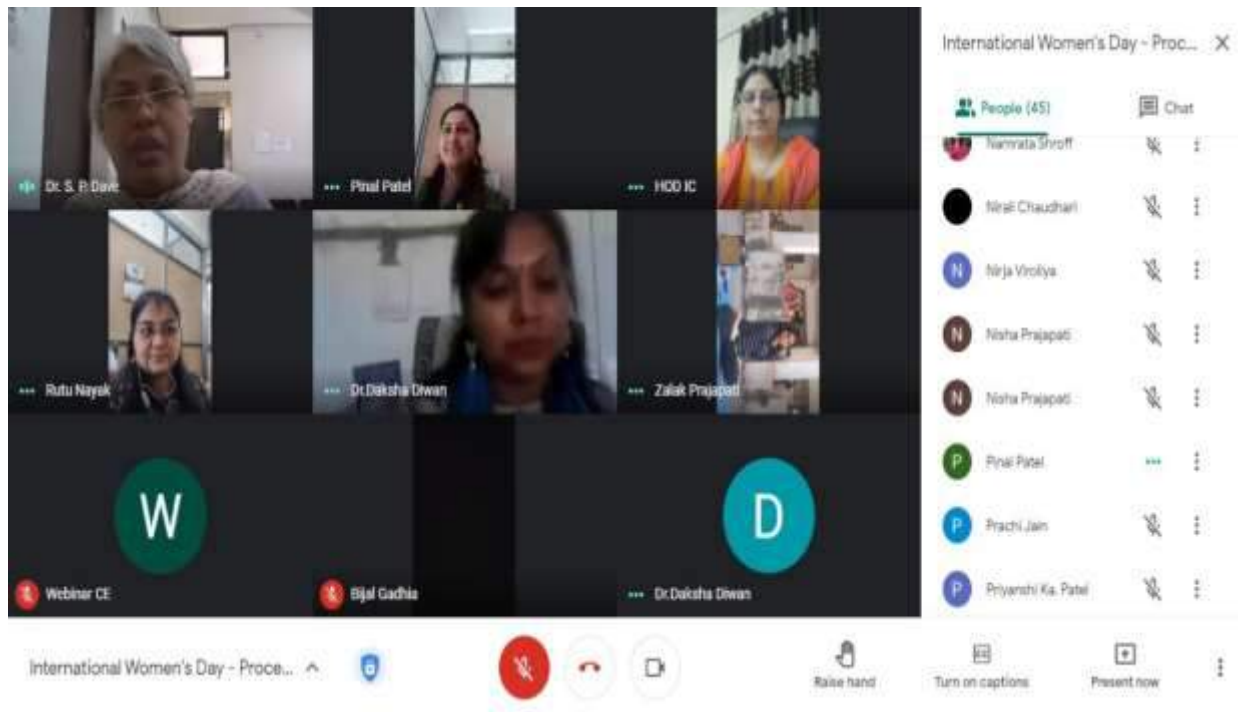
For the purpose of imparting knowledge of yoga to the faculty and students of engineering institute, Women Development Cell, Government Engineering College, Sector-28, Gandhinagar has organized a webinar on “YOGA-The Process of Self Discovery” on Monday, March 8 (Women’s International Day), 2021 at Google meet during 11:00 am to 12:00 pm. Dr. Nehal I. Joshi, Assistant Professor, Mechanical Department from SVBIT, Gandhinagar was a speaker for this session.

The session commenced with a prayer by Dr. Daksha Diwan, Co-ordinator- Women Development Cell, Gandhinagar. After that Dr. Sweta P. Dave (Principal-GEC, Gandhinagar) gave welcome speech and explained the objectives and importance of the Webinar. Dr. Shalini Rankavat (Activity Head, Women Development Cell) gave motivation

by reciting a beautiful lines. In the session, Mrs. Nehal Joshi gave a noble understanding of how to do various yoga and the benefits of those yoga. She has further stated that the word yoga has two meanings and both are important. The first is Jod and the second is Samadhi. It is difficult to reach Samadhi unless we connect with ourselves. Yoga is a special type of method by which a person's emotional, physical, cognitive or social life develops.

Attachment:Photographs of the event:





Convener,
Women cell, GECC

Activity Head,
Women cell, GECC