

Department of Yoga

Date- 04/08/2023

To,
The Principal,
Tuljaram Chaturchand College, Baramati.

Subject: Regarding permission for program "**Wellness Program for the Everyone**".

Respected Sir,

The Yoga Department of Tuljaram Chaturchand College is planning to conduct the programme on "Art of Living Wellness Program for Everyone" at the renowned Temple of Knowledge in Satara from 10th to 13th August 2023. This programme will cover Special Sessions conducted on Yoga for Mental Wellness and Women's Health. I am writing to formally request permission to conduct program for the same. I kindly request your approval for this program.

Thanking You



Prof. Pranit Wabale

Wellness Program Teacher,
Tuljaram Chaturchand College
Baramati



16/08/2023

Report on the Wellness Program for the Everyone

Organized by the Yoga Department, Tuljaram Chaturchand College, Baramati

Venue: Temple of Knowledge, Satara

Dates: 10th to 13th August 2023

The Yoga Department of Tuljaram Chaturchand College, Baramati, successfully organized a **“Art of Living Wellness Program for Everyone”** at the renowned Temple of Knowledge in Satara from 10th to 13th August 2023. The program aimed to promote physical, mental, and emotional well-being among individuals by incorporating holistic practices of yoga and wellness education.

Highlights of the Program: The workshop witnessed enthusiastic participation from Satara. Prof. Pranit Wabale conducted morning and evening sessions, covering:

- Basic yoga asanas, Pranayama, meditations for beginners.
- Strengthen Immunity Through Food, Exercise, Restful sleep
- Stress-Free State-of-mind
- Robust Plan to Prevent Chronic illness

Special Sessions conducted on **"Yoga for Mental Wellness"** and **"Women's Health and Yoga"** focused on practices tailored for women's physical and emotional well-being. To make the program engaging, cultural performances and yoga demonstrations by students of Sanskrit department of Tuljaram Chaturchand College were presented. Participants also enjoyed recreational activities emphasizing teamwork and mindfulness. The program concluded on 13th August with a valedictory function. Participants shared their experiences, expressing gratitude for the initiative.

Outcomes of the Program:

- Over **52 participants** from diverse age groups attended the program.
- Many attendees reported improved flexibility, reduced stress, and increased awareness about personal health.
- The program strengthened the community's connection to the principles of yoga and holistic living.

Conclusion:



The Wellness Program organized by the Yoga Department of Tuljaram Chaturchand College was a commendable effort to enhance the well-being of the common man. The program successfully combined traditional yoga practices with modern wellness education, leaving a positive impact on the participants. The Yoga Department looks forward to organizing similar events in the future to continue its mission of spreading health and happiness through yoga.



Pranit Wabale

Prof. Pranit Wabale

Yoga Department, Tuljaram Chaturchand College

Baramati

Wellness Program

Date: 10/08/23

ATTENDANCE

Sr.No.	Name of participants	Signature
1)	Kishori Satav	<u>Kishori</u>
2)	Supriya Naraware	<u>Supriya</u>
3)	Shitakumoe Gradhewe	<u>Shitat</u>
4)	Shanta Balgude	<u>Shanta</u>
5)	Nimal Date	<u>Nimal Date</u>
6)	Chandekar date	<u>chandekar</u>
7)	राशमी वाबले	<u>राशमी</u>
8)	Rashmi Wable.	<u>Rashmi W</u>
9)	Jatyaba Khose	<u>T. Khose</u>
10)	Yogita Bhapkar	<u>योगिता</u>
11)	Hanumant Gawade .	<u>Hanumant</u>
12)	Pradip Walenkar	<u>Pradip W.</u>
13)	Ajinkya Bankar	<u>A. Bankar</u>





Prof. Dr. Avinash S. Jagtap
M.Sc. Ph.D.
PRINCIPAL

E-mail : principal.tccollege@gmail.com

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Anekant Education Society's

TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati - 413102.

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Religious Minority Institute

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NAAC-SSR

Cycle IV

2019 - 2024

Wellness Program



Wellness Program 10/08/2023 to 13/08/2023



Wellness Program 10/08/2023 to 13/08/2023



जगताप
Principal
Tuljaram Chaturchand College
Baramati

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