



Dr. Babasaheb Ambedkar Marathwada University.
Department of Commerce



Report on Yoga and Physical Fitness Program

▪ **Date:** June 21, 2023

▪ **Objective:**

The primary objective of the Yoga and Physical Fitness Program organized by the Department of Commerce was to cultivate a culture of holistic well-being, integrating physical fitness and mental health practices. This initiative aimed to enhance the overall health and productivity of both students and faculty members.

▪ **Participants:**

A total of 45 students actively participated in the program, accompanied by Prof. Veena Humbe and Prof. Vilas Epper, who played key roles in fostering engagement and participation.

▪ **Program Schedule:**

1. **Opening Address (8:30 AM - 9:00 AM):**

- Prof. Veena Humbe welcomed participants and outlined the objectives of the program.
- Emphasis was placed on the importance of balancing physical fitness and mental well-being in the academic environment.

2. **Yoga Session (9:00 AM - 10:30 AM):**

- Led by certified yoga instructors, the session commenced with a series of warm-up exercises followed by a variety of yoga asanas.
- Special attention was given to postures targeting stress relief, flexibility, and improved concentration.

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3. Tea Break and Networking (10:30 AM - 11:00 AM):

- Participants had the opportunity to socialize and discuss the benefits of the morning session.

4. Physical Fitness Training (11:00 AM - 12:30 PM):

- Fitness trainers guided students through cardiovascular exercises, strength training, and group activities.
- Prof. Vilas Epper actively participated, inspiring students with his commitment to physical fitness.

5. Lunch Break (12:30 PM - 1:30 PM):

- A nutritious lunch was provided, promoting the importance of a balanced diet alongside physical activity.

6. Mindfulness Meditation (1:30 PM - 3:00 PM):

- Prof. Veena Humbe and Prof. Vilas Epper led a mindfulness meditation session focusing on relaxation and mental clarity.
- Participants were introduced to mindfulness techniques that can be integrated into their daily routines.

▪ **Observations and Engagements:**

- Active participation and enthusiasm were observed throughout the program.
- Prof. Veena Humbe and Prof. Vilas Epper set a positive example by fully engaging in all activities, fostering a sense of unity among participants.

▪ **Feedback:**

- Participants expressed gratitude for the opportunity to focus on both physical and mental well-being.
- The majority reported feeling more energized, focused, and relaxed after the sessions.

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▪ **Conclusion:**

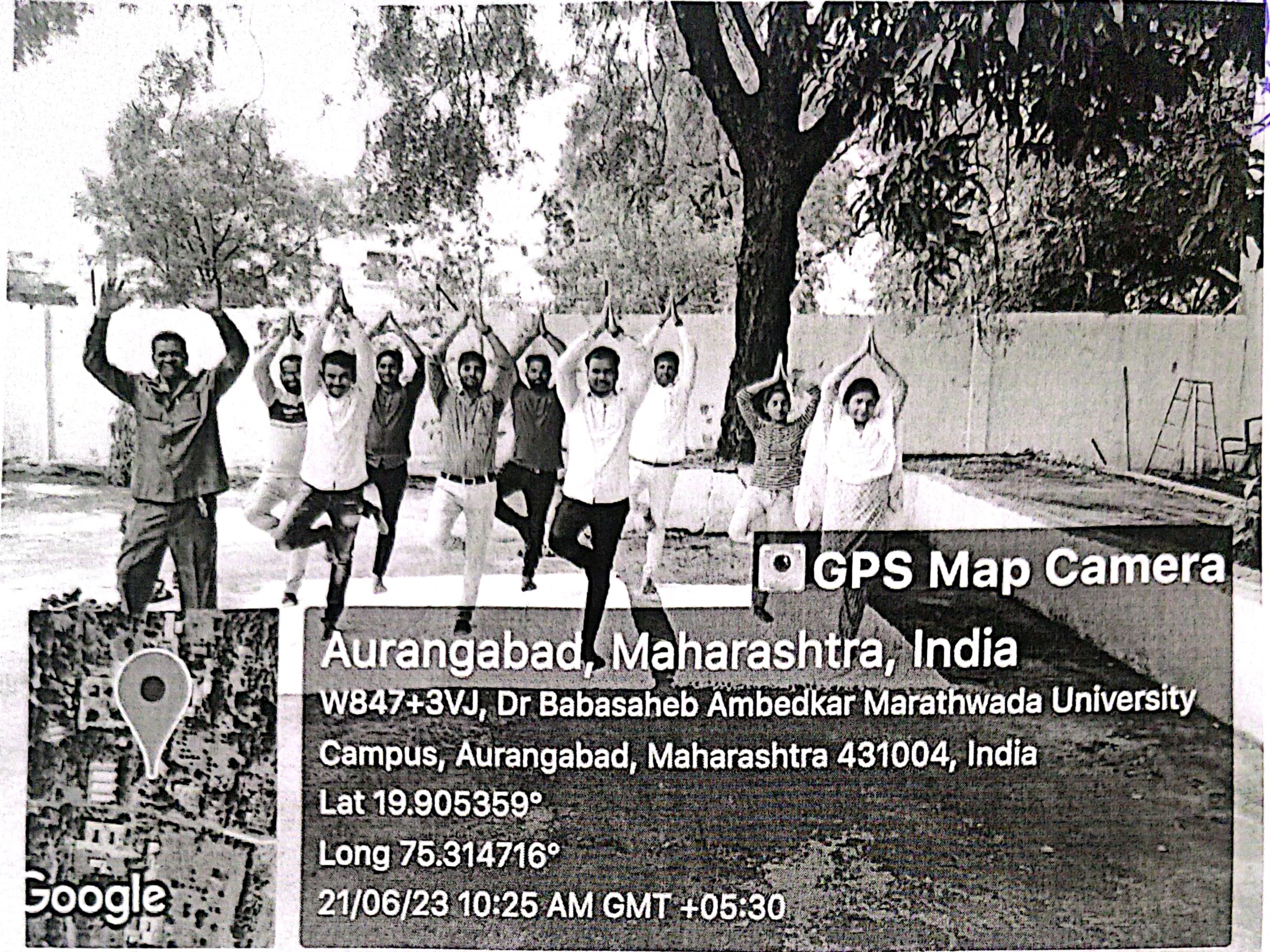
The Yoga and Physical Fitness Program on June 21, 2023, successfully achieved its goals of promoting a healthy lifestyle and fostering overall well-being within the Department of Commerce. The positive feedback and high level of participation indicate the program's impact on the physical and mental health of the department's members.

▪ **Recommendations:**

Considering the success of this program, it is recommended to incorporate regular wellness activities into the department's curriculum. These activities can contribute to maintaining a healthy and balanced academic environment, ultimately enhancing the overall student and faculty experience.

A handwritten signature in blue ink, consisting of a stylized 'H' followed by a flourish.

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 **GPS Map Camera**

Aurangabad, Maharashtra, India

W847+3VJ, Dr Babasaheb Ambedkar Marathwada University

Campus, Aurangabad, Maharashtra 431004, India

Lat 19.905359°

Long 75.314716°

21/06/23 10:25 AM GMT +05:30

