

MAHTMA FULE ARTS, COMMERCE & SITARAMJI CHAUDHARI

SCIENCE MAHAVIDYALAYA, WARUD . DIST: AMRAVATI

DEPARTMENT OF YOGA

ANNUAL REPORT 2013 - 2014

Yogshastra is one of the optional subjects in the faculty of Arts. Students wishing to join military and paramilitary forces especially opt for Yogshastra.

In the current year 2013 - 2014 students' strength is as above.

1] B.A.I - 31 2] B.A.II - 11 3] B.A.III - 01

The department has a sufficient number of Yoga instruments and books required. Presently there are 25 books in central library.

The following equipments were bought in the session.

1] Jalneti – 25 No. 2] Sutraneti – 25 No.
3] Rabarneti – 25 No.

The department organized “*Yognisargopchar prashikshan va upchar shibir*” from 13/2/2014 to 17/2/2014. Students, staff members and senior citizens of the locality took advantage of it.

Regular yogasana and pranayama classes were also conducted in the programmes of “Art of Living”.

Principal Dr. D. V. Atkare, being the trained teacher of Yoga, conducted classes and delivered speeches on yoga. Prof. Nandkishor Kaware from Anjangoan Surji also worked as a trained coach and conducted sessions for the students.