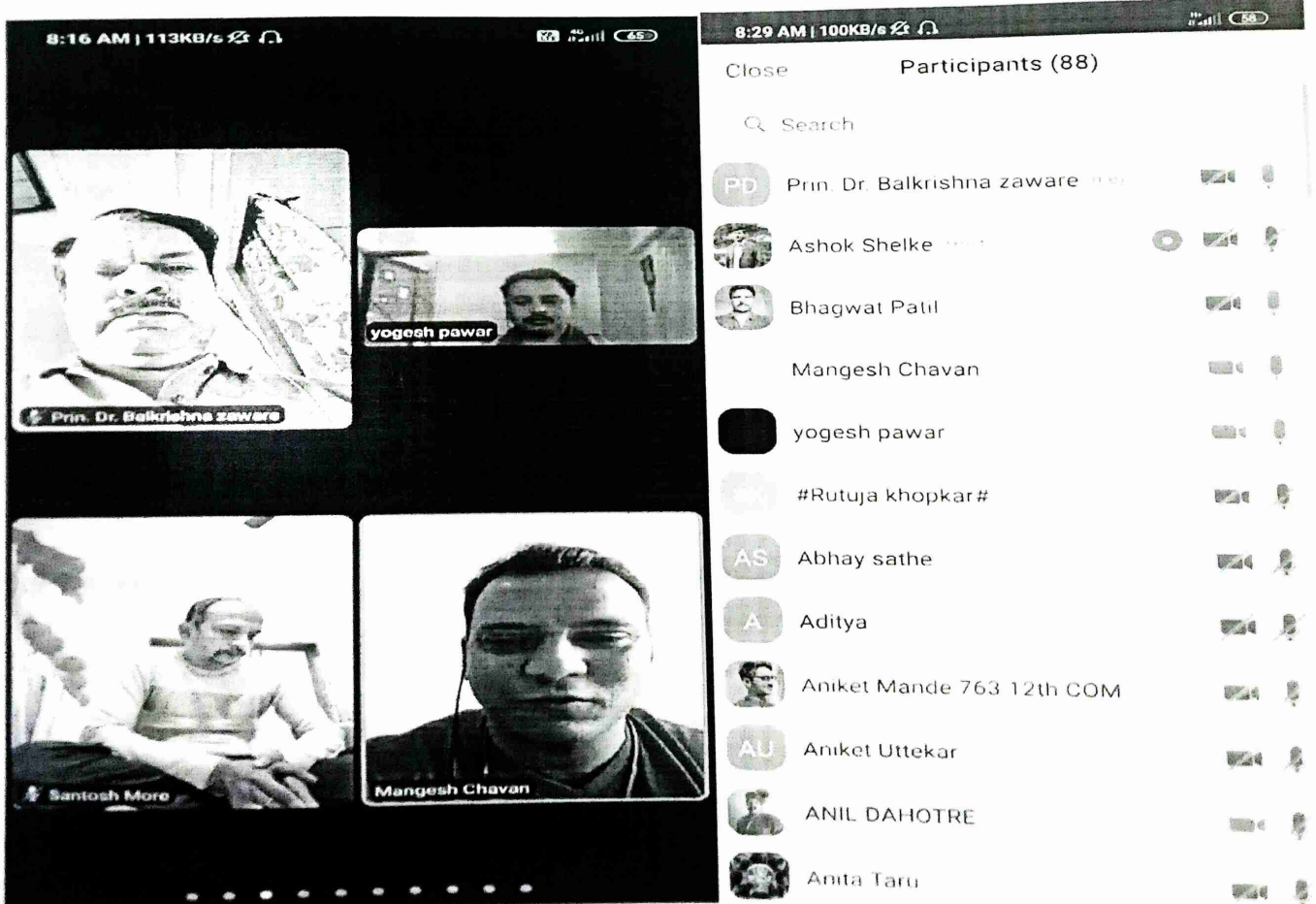


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Yogasana and Mental Health Lecture Report

On the birth anniversary of late Baburaoji Gholap and late Mamasaheb Mohol gymkhana department had organized Lecture and practical session on Yogasana and mental health on 5th February 2021. Prof. Rupesh Thopate from Babasaheb Ambedkar College pune Delivered lecture on this topic. Principal Dr. Balkrishna Zaware was present as a chief guest for the programme.

Prof. Thopate mentioned importance of Yogasana for mental health. He appealed students and staff to do yogasana regularly. Dr. Zaware Sir welcomed prof. Thopate. 89 Participants was present for this online activity. Dr. Yogesh Pawar- Director of Physical Education gave introductory speech and Shri. Anil Dahotre Junior College Sports Teacher gave vote of thanks. College teaching, administrative and support staff as well as students took part in this.



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