

Workshop on Yoga for wellness

Report 05th April 2025

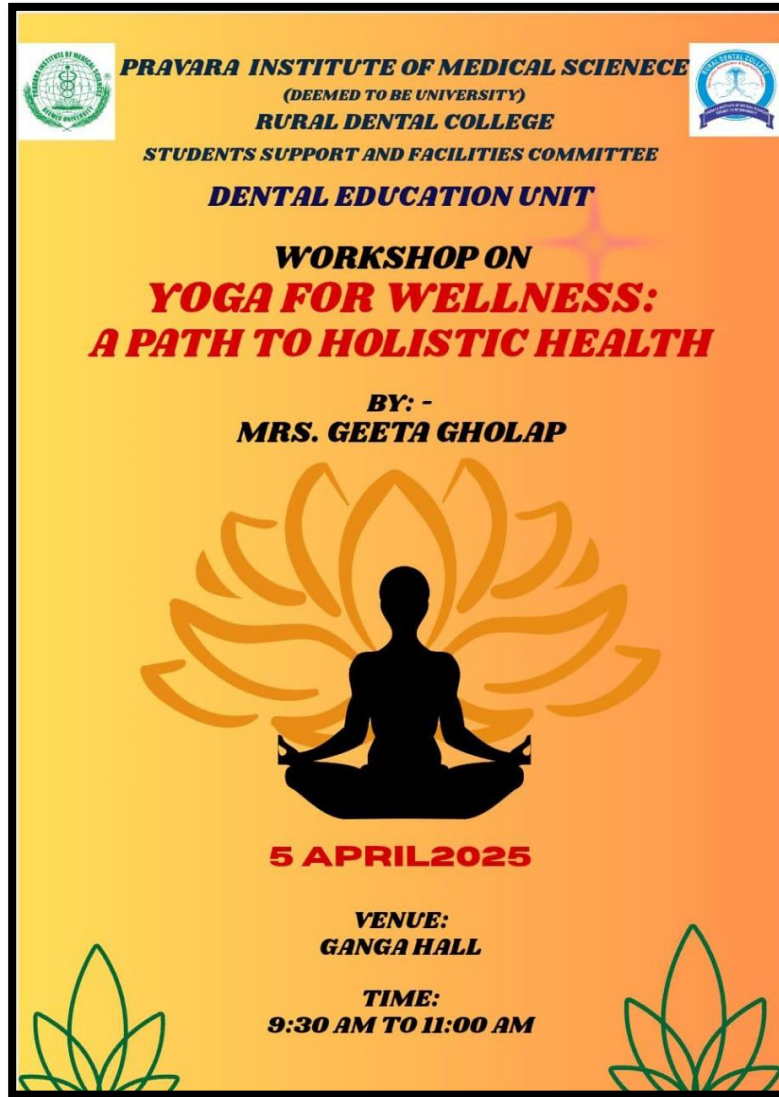
Organized by: - Student support and facilities committee & Dental Education Unit,
Rural Dental College, Loni
Pravara Institute of Medical Sciences (DU)

Goals: -

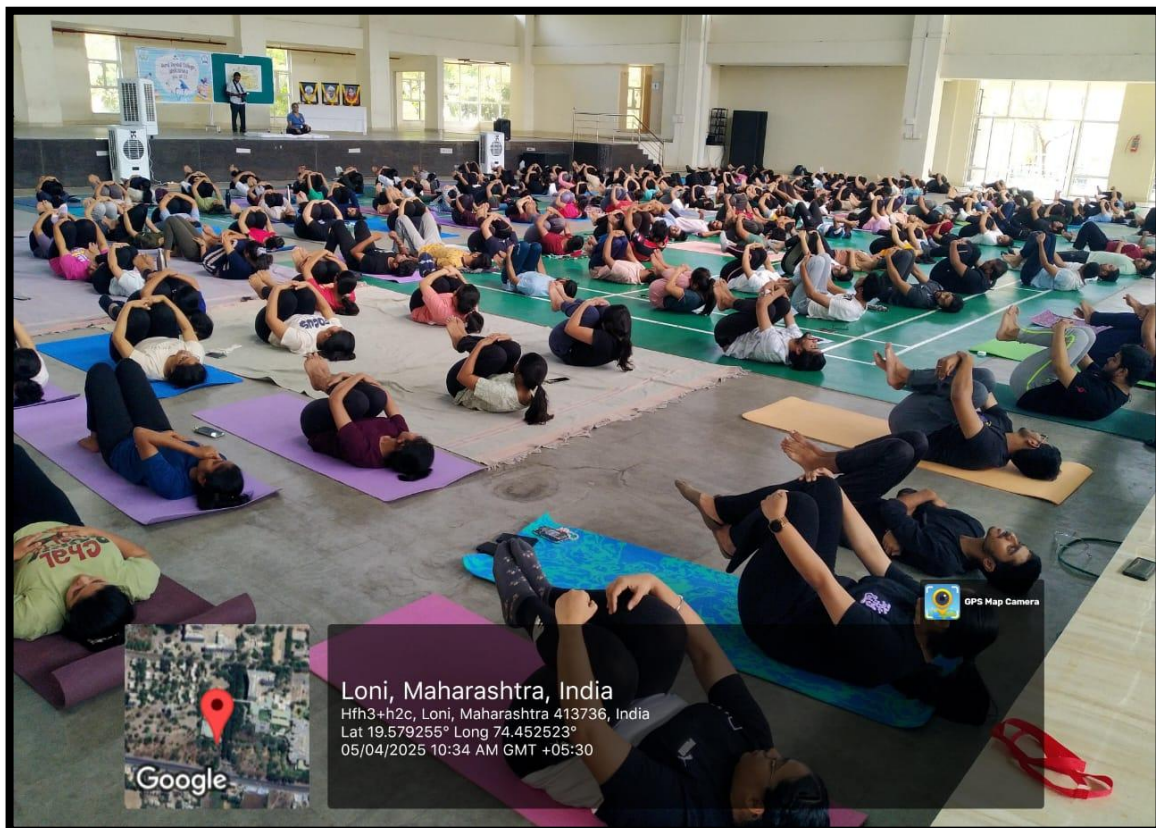
To promote holistic health through yoga by enhancing physical fitness, mental clarity, emotional balance, and stress management. It aims to empower participants with practical yogic tools for daily wellness, preventive healthcare, and mindful living, fostering a balanced and healthier lifestyle.

Organizer	Student support and facilities committee & Dental Education Unit, Rural Dental College, PIMS-DU, Loni
Venue	Ganga hall, lecture complex, Loni
Dates	05 th April 2025
Participating group	1 st , 2 nd , 3 rd & 4 th BDS students of Rural dental college.
Program Summary	This workshop included foundational asanas (postures), pranayama (breathing techniques), meditation, and yogic philosophy. Expert provided insights into how yoga influences the nervous, endocrine, and immune systems, contributing to overall wellness. Special attention was given to its role in preventive health care, emotional balance, and mindful living. Additionally, group discussions and Q & A segments were allowed participants to explore how yoga can be personalized according to age, health conditions, and daily routines. Whether beginners or seasoned practitioners, attendees were leave with a renewed perspective on holistic health and sustainable self-care practices.

WEBLINK: <https://www.instagram.com/reel/DJdrusjIXGo/?igsh=c25oZTliNzVuanM2>











List of Participants:

S. No.	Name of students	S. No.	Name of students
1.	Anushka Vaibhav Bhalerao	1.	Abad Mahi Anshul
2.	Arnav Anupam Salvi	2.	Aditi Mungase
3.	Arnav Ashish Kathale	3.	Agashe Nikhil Vikram
4.	Ayush Deepak Soni	4.	Alagh Anshika Pankaj
5.	Bhabyaa Mohanty	5.	Ariba Shahid Ali Khan
6.	Bhise Pooja Dhanaji	6.	Babalsure Juthika Deepak
7.	Borole Bhargavi Chandrakant	7.	Baheti Samruddhi Gopal
8.	Bushra Gazal Mohammed Ajajullah Shaikh	8.	Bhujbal Shreya Rajneesh
9.	Darshan Deven Patil	9.	Baig Asad Gaffar
10.	Deshmukh Vaishnavi Udayrao	10.	Barote Akanksha Raosaheb
11.	Disha Pramod Narkhede	11.	Bhakkad Saanvi Purshottam
12.	Gajbhare Aakanksha Baba	12.	Bodhale Pranshu Prasad
13.	Gaware Anjali Aabasaheb	13.	Chaudhari Deepashri Ramnarayan
14.	Gayatri Nitin Nisal	14.	Chaudhari Sujata Pradeep
15.	Ghevrikar Mugdha Umesh	15.	Chavan Samruddhi Tushar
16.	Ghodekar Aishwarya Popat	16.	Chavanke Pratik Ravasaheb
17.	Gholap Ashlesha Bapusaheb	17.	Chhanndika Sahu

18.	Ghule Vasudha Sudhakar	18.	Chug Harshishsingh Satmeetsingh
19.	Greeshma Ajay Mangulkar	19.	Damkondwar Radhika Ravindra
20.	Grisha Sachin Deora	20.	Deore Aishwarya Kishorchandra
21.	Hardiki Girish Yeotekar	21.	Deshmukh Diksha Sunil
22.	Harshita Pradeep Malpani	22.	Deshmukh Varad Bhagwanrao
23.	Ingle Rutuja Raghunath	23.	Deshpande Gauri Devendra
24.	Isha Sudhir Patil	24.	Dia Dighe
25.	Ishika P Bhotmagey	25.	Gajbi Krishna Anand
26.	Jadhav Aasavari Dharmaveer	26.	Gattani Yogesh Sharad
27.	Kale Amey Anil	27.	Himali Rakesh Kolhe
28.	Kale Dnyaneshwari Dipak	28.	Awanti Uday Deshpande
29.	Kamble Jayesh Sanjeev	29.	Jagdale Anushka Santosh
30.	Kashish Bhati	30.	Jagtap Harshika Sanjay
31.	Khushbu Mahendrakumar Chhajed	31.	Jasoriya Mitali Yogesh
32.	Kolase Siddhi Kiran	32.	Kadam Aditya Nilesh
33.	Krrish Sharma	33.	Kamalkar Khushi Nilesh
34.	Krushna Kailas More	34.	Kapare Sujata Dattatraya
35.	Kulkarni Mrunal Dipak	35.	Kasat Sakhi jitendra
36.	Madhulika Alok Sharma	36.	Kazi sadain tabish nihal
37.	Maithiii Nitin Dandnaik	37.	Khadye Arya Prasanna
38.	Mansi Rajaram Jadhav	38.	Khairnar Ruchika Sanjay
39.	Moien Irphan Shaikh	39.	Khan Namra Irfan
40.	Nandini Ajay Kalantri	40.	Kucheriya Prathamesh Chandan
41.	Nia Laxman Mohan	41.	Kulkarni Tejal Shekhar
42.	Nidhi Atul Bora	42.	Kunde Sakshi Umesh
43.	Niharika Prawn Renapurkar	43.	Labade Akanksha Anil
44.	Niraja Bobhate	44.	Malekar Manjiri Vijay
45.	Nisha Niraj Laddha	45.	Megha Asnani
46.	Nupur Rahul Jangda	46.	More Khushi Deepak
47.	Om	47.	Nathe Shruti Bhausaheb
48.	Om Prashant Sonawane	48.	Nehate Avishka Vilas

49.	Padwal Vasudha Vikas	49.	Ner Shravani Nitin
50.	Pathare Kiran Kailas	50.	Nevarkar Sneha Sudhakar
51.	Ananya Anand Lathi	51.	Pachaghare Pooja Pramod
52.	Ananya Sanjay Patil	52.	Pandhare Shivam Laxman
53.	Bamb Sumit Rahul	53.	Pardeshi Kalpesh Kiran
54.	Bankar Vaishnavi Sandeep	54.	Patel Deepakshi Prahalad
55.	Bawiskar Astha Vijay	55.	Pathan Mohin Sameer
56.	Bhandari Ojas Prakash	56.	Patil Tejas Rajendra
57.	Bhawar Siddhi Balasaheb	57.	Patole Krushna Santosh
58.	Bhirad Gauri Santosh	58.	Pawar Nishigandha Rajendra
59.	Bhortakay Sai Sachin	59.	Rindhe Srushti Prashant
60.	Binnar Sakshi Bhausahab	60.	Sakhare Sakshi Shivling
61.	Biradar Anjali Dayanand	61.	Sathe Gargi Nilesh
62.	Bonde Vedant Pravin	62.	Anupam Deshmukh
63.	Bora Keyur Abhay	63.	Awari Atharva Ajit
64.	Bora Sanket Pramod	64.	Bajaj Sejal Rajesh
65.	Borhade Neha Lalchand	65.	Bhosale Snehal Anil
66.	Brahmne Srushti Suresh	66.	Chavan Divya Jivan
67.	Budhani Archita Vimal	67.	Desmukh Anjali kiran
68.	Buktare Aditi Sambhaji	68.	Desmukh Mansi Jayant
69.	Chaudhari Yuktika Rajendra	69.	Dhotre Jaykishan Ramchandra
70.	Chaudhary Vedashri Namdeo	70.	Gethe Sharvari Sunil
71.	Chaure Saniya Rambhau	71.	Golpani Mahek Raju
72.	Dale Kunal Sunil	72.	Gorhe Samruddhi Balasaheb
73.	Deokar Rishi Sandip	73.	Ilma Firdos Fayyaz Ahmad
74.	Deshmukh Shreya Shrikrishna	74.	Iratkar Divya Rahul
75.	Dhanarale Vaidehi Kapil	75.	Iyer Lavanya kumar
76.	Dhebe Sejal Sanjay	76.	Joshi Dyanada Balaji
77.	Kazi Md Ammaruddin Md Aleemuddin	77.	Joshi Siddhant Shashikant
78.	Dumbre surbhi Vishal	78.	Kadam Ashlesha Vijaykumar
79.	Garje Pranav Navnath	79.	Kajale Sakshi Santosh

80.	Gawale Diksha Vijay	80.	Kale Sanika Atul
81.	Ghade Saumya Yogesh	81.	Kanade Mansi Ravindra
82.	Ghare Shreya Sandeepan	82.	Kapuskari Khushi Mahendra
83.	Ghogare Sai vasant	83.	Kardile Yashashri Bhagwan
84.	Gund Vaishnavi Vitthal	84.	Katariya Prajwal Kamlesh
85.	Gunwani Anjali Sunil	85.	Khaladkar Shruti Pandurang
86.	Hande Vikrant Sushant	86.	Korde Gargi Makarand
87.	Hekde Shravani Shrikant	87.	Kotecha Samrudhi Sandeep
88.	Ingale Samruddhi Chandrashekhar	88.	Kothavale Aditi Sunil
89.	Jariwala Nihar Kirit	89.	Kothawade Sakshi Nandkishor
90.	Jarudkar Anushri Rajendra	90.	Kulkarni Aditi Hrishikesh
91.	Kadlag Ishwari Ravindra	91.	Lalwani Samyak Yogesh
92.	Kaka Nidhi Kiran	92.	Muchal Rasleen Kaur
93.	Kale Saurabh Balasaheb	93.	Munot Khushi Atul
94.	Kalhatkar Vedant Vinod	94.	Nagada Kunal Mahendra
95.	Kashikar Archit Yogesh	95.	Nannor Sushant Balasaheb
96.	Khadilkar Veda Vishwesh	96.	Pansare Prathmesh Sagar
97.	Khose Sakshi Subhash	97.	Patel Manthan Abhijit
98.	Kulkarni Tanvi Prashant	98.	Patil Sakshi Madhukar
99.	Lalgunkar Ayush Rahul	99.	Raje Jui Rahul
100.	Lodha Sweety Mukesh	100.	Rane Simran Swapnil
101.	Lolage Gauri Milind	101.	Sabade Disha Shashikant
102.	Lunawat prasanna Pravin	102.	Shaikh Juned Babasaheb
103.	Mahajan Arnav Yashwant	103.	Shelke Vaibhavi Rajendra
104.	Mahajan Atharva Prashant	104.	Sonar Rutuja Mangesh
105.	Manasi Devendra Sonawane	105.	Suryawanshi Siddhi Dinesh
106.	Manasi Kishor Chaudhari	106.	Vikhe Kashish Sunil
107.	Mehta Krisha Pragmesh	107.	Wable Nayan Anil
108.	Mhatre Mukta Rajesh	108.	Walke Sejal Bhaskar
109.	Mohata Niraj Tejsing	109.	Yenge Khushi Nitin
110.	Moholkar Shraddha Shrikant	110.	Kunkulol P.Kaustubh

111.	Patil Bhoomi Amit	111.	Gautami Madhukar Patekar
112.	Patil Janhavi	112.	Sakshi Rakesh Soni
113.	Pote Sanika Rajendra	113.	Tambe Sandeep Rushikesh
114.	Pragati Dnyaneshwar Thorat	114.	Nikita Gupta
115.	Priti Damjibhai Devaliya	115.	Gore Nehali Bapusaheb
116.	Priyal Nitin Agrawal	116.	Shedage Sravani Shridhar
117.	Pushkar Rajeshkumar Gattani	117.	Anvita Rajesh Rokade
118.	Rutuja Babasaheb Kadam	118.	Riya Rajmohammad Shaikh
119.	Sakhare Trupti Pandurang	119.	Anshita Singh
120.	Sarth Rajesh Deshmane	120.	Murkya Sakshi Shyamsundar
121.	Surve Dia Sautish	121.	