
	ZEAL EDUCATION SOCIETY'S ZEAL COLLEGE OF ENGINEERING AND RESEARCH NARHE PUNE -41 INDIA	
Record No.: ZCOER-ACAD/R/059	Revision: 00	Date: 01/04/2021

Department: AI & DS Semester: II Academic Year: 2021-2022
Class: All Girl Students and Ladies Faculties Date: 9/03/2022

Report of celebration of International Women's Day
Workshop on
"Women Empowerment and Healthy Lifestyle"

On the Occasion of International Women's day Artificial Intelligence and Data science department and Internal Complaint Committee had organized workshop of Women Empowerment and Healthy lifestyle with Sai Siddha Founadation pune, to encourage all women's through Yoga and meditation in Zeal college of engineering and research Pune.

Details of the Chief Guest Speaker are as follows:

Name of Expert:	Yog Guru Dhananjay Jagtap	Mrs.Bhagyashree Vaidya	Topic Name
Designation:	DMYT(Naturopathy and Yogic Science), DNYS(Diploma in Medical Yoga),Yoga Teacher And Trainer,Meditation Expert	MSc Microbiology Yoga Teacher,Nutritionist and Meditator Pre and Post Natal Yoga Expert	Women Empowerment and Healthy Lifestyle
Organization:	Founder and President of Saisiddha Yoga Foundation, World Yoga organization Affiliated to International Yoga School	Divine Yoga Academy	

Experience:	15 Yrs(2000 students Trained as Yoga Trainer)	3 Yrs	
Date:	8 th March 2022		

At the beginning of the session Dr. S.A.Ubale ,Prof. Shradhha Adewar, Prof. Seema Vanjire welcomed all Guests, Faculties and Students. Then Chief guests Yog Guru Dhananjay Jagtap gave a brief introduction about benefits and his experience in the field of Yoga and mediation in day to day lifestyle. Following the same, another Chief guest Mrs. Bhagyashree Vaidya pointed on Women health issues like Stress, PCOD, depression, other Gynecological Health issues and recovery though Yoga and mediation . She has given demonstration with her team to all ladies staff and students.

At the end session was enclosed with peaceful meditation and refreshing Hasya Yoga by Yog Guru Dhananjay Jagtap and his team.



Saraswati Pujan and Lamp Lightning



Honorable Guests on Desk



Speech By Dr.S.A.Ubale



Yoga Demonstration By Guest Mrs. Bhagyashree Vaidya with Team



Peaceful Meditation By Yog Guru Dhananjay Jagtap



Audience in auditorium

The session was very much informative and engaging for all ladies staff and students. After successful completion of the Women Empowerment and healthy lifestyle workshop , Prof. Anuja Garande expressed her gratitude and concluded the event by giving vote of thanks to Honorable Chief Guests On Behalf of Zeal College of Engineering and Research Pune. For this well organized session Total student 200 staff and students were present.

Faculty Co-Ordinator

Head of Department