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ZEAL COLLEGE OF ENGINEERING & RESEARCH, PUNE - 41

Artificial Intelligence and Data science
department and Internal Complaint Committee

in Association with

Saisiddha Yoga Foundation, World Yoga organization



Celebrates
International Women's Day

Workshop on



“Women Empowerment & Healthy Lifestyle”

Venue – Shri Chatrapati Shivaji Maharaj Auditorium

Date : 08 March 2022



**ZEAL EDUCATION SOCIETY'S
ZEAL COLLEGE OF ENGINEERING AND RESEARCH
NARHE | PUNE -41 | INDIA**



Record No. : ZCOER-ACAD/R

Revision: 00

Date: 01/04/2021

Department: AI & DS

Semester: II

Academic Year: 2021-22

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 on "Women Empowerment and Healthy lifestyle" with Sai Siddha Foundation, 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 Sai Siddha Yoga Foundation, World Yoga organization Affiliated to International Yoga School	Divine Yoga Academy	
Experience:	15 Yes (2000 students Trained as Yoga Trainer)	3 Yes	
Date:	8 th March 2022		

At the beginning of the session Dr. S.A.Uhale, Prof. Shreshtha Adewar, Prof. Sooma 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 meditation 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 through Yoga and meditation. She has given demonstration with her team to all ladies staff and students.



At the end session was concluded with peaceful meditation and refreshing Shava Yoga by Yog Gurus (Shammy Jagtap and his team).



Inaugural Puja and Lamp Lighting



Panelists Guests on Desk





Speech by Dr. S.A. Dabhi



Yoga Demonstration by Guest Mrs. Bhagyashree Vaidya with Team





Practical Session By Top Gears Chemists, India



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 Gaurade expressed her gratitude and concluded the event by giving vote of thanks to Honorable Chief Guest On Behalf of Zeal College of Engineering and Research Pune. For this well organized session Total 200 staff and students were present.

Anuja Gaurade
Faculty Co-Ordinator



Anuja Gaurade
HOD
Head of Department
Data Science & Analytics
Zeal College of Engineering
and Research



ZEAL COLLEGE OF ENGINEERING AND RESEARCH

Autonomous Institute of Engineering and Technology, Warananagar, Pune | Affiliated to Savitribai Phule Pune University | ISO 9001:2015 Certified

One Day Workshop on

WOMEN EMPOWERMENT AND HEALTHY LIFESTYLE

In association with : **S** Sai Siddha Yoga Foundation with World Yoga Organization



On the Occasion of International Women's Day
(8th March 2022)

