

National Webinar On “Yoga: A Healthy Way of Living”


The Internal Quality Assurance Cell, Department of Physical Education and Sports and Department of Information Technology of Ponda Education Society's Rajaram and Tarabai Bandekar College of Pharmacy, Farmagudi, Ponda - Goa organized first National Webinar on "Yoga: A Healthy Way of Living" on 24th October 2020 using google meet platform.

Dr. Manmath Gharote, Director of Lonavala Yoga Institute, Lonavala was the distinguished speaker who guided the participants on how yoga can help to have a healthy living.

Shri. Ritesh R. Naik, Secretary, Ponda Education Society was the Chief Patron for the webinar. Dr. S.N. Mamle Desai, Principal of Ponda Education Society's Rajaram and Tarabai Bandekar College of Pharmacy was the programme advisor. Miss. Suwarna Bobde, Assistant Professor, Department of Pharmaceutics, Mr. Swapnil Bhaip, Director of Physical Education and Sports and Ms. Sarika S. S. Kerkar, Information Technology Officer were the programme committee members.

Around 140 participants attended the webinar.

The e-certificate was given to all participants.



Ponda Education Society's
Rajaram and Tarabai Bandekar College of Pharmacy
Farmagudi, Ponda - Goa

National Webinar


YOGA

A HEALTHY WAY OF LIVING

On 24th October 2020
Time: 10AM to 11.30 AM

Organized By
Physical Education Department and IQAC

RESOURCE PERSON



Dr. MANMATH GHAROTE
DIRECTOR, LONAVALA YOGA INSTITUTE,
LONAVALA, INDIA

Programme Committee

Patron
Shri. Ritesh R. Naik

Programme Advisor
Dr.S.N.Mamle Desai
Principal

Programme Coordinator
Mr.Swapnil S. Bhaip
Director of Physical
Education and Sports

Ms. Suwarna Bobde
IQAC Coordinator

Ms Sarika Kerkar
IT Officer

E-Certificates will be given to
all participants

