



1000-190-1

**CSIBER TRUST'S
COLLEGE OF NON-
CONVENTIONAL VOCATIONAL
COURSES FOR WOMEN,
KOLHAPUR**



NATIONAL SERVICE SCHEME



A REPORT ON

**"WORKSHOP ON
THE COVID CARE PROGRAMME
ORGANIZED BY
ART OF LIVING FOUNDATION"**

FROM

19TH TO 21ST JULY 2021

Mekales
PRINCIPAL,
College of Non-Conventional
Vocational Courses For Women
Kolhapur

109-110

Date: 22-07-2021

CSIBER Trust's CNCVCW and Art of Living Foundation organized a collaborative workshop on 'The Covid Care Program' for the faculty members of the CSIBER Trust's institute from 19th July to 22nd July 2021, from 07.00 pm to 08.00 pm in online (Google Meet) mode. Art of Living sessions were conducted in a series of three protocols consisting of asanas, meditations, and breathing exercises or pranayamas to improve people's immunity, boost their mental resilience, and provide peace of mind. Yoga, breathing exercises, and meditation significantly reduce fear and anxiety thereby maintaining good physical and mental health. The 30 minutes protocols of Asanas, Pranayama & Meditation were delivered in three categories:

1. For a healthy population in order to help them build overall immunity and lung capacity.
2. Supportive intervention of effective breathing exercises and stretches for patients with mild symptoms either at home or in hospitals.
3. Supporting rehabilitation and recovery during Post Covid.

As per the above protocol, a 3-day program of immunity enhancement was conducted for faculty by Mrs. Leena Pandit and Ms. Tanuja Sardesai. These sessions helped participants to achieve a relaxed state of mind that enables healing and regeneration. This event was coordinated by Ms. Tejaswini Chile (Asst. Prof. of Communication Skills and NSS Coordinator).



PRINCIPAL,
College of Non-Conventional
Vocational Courses For Women
Kolhapur

A list of the attendees attached herewith:

**Workshop Attendance
The Covid Care Programme
Organized by Art of Living Foundation
From 19th to 21st July 2021**

Sr. No.	Staff Name
1.	Dr. A.R. Kulkarni
2.	Mrs. Jyoti R. Hiremath
3.	Mr. Adarsh Prabhakar Chavan
4.	Mrs. Pradnya Prashant Kapdi
5.	Mrs. Archana Ramesh Patil
6.	Mrs. Ashwini S. Raibagkar
7.	Mrs. Shweta A. Patil
8.	Mrs. Neelam R. Jirage
9.	Ms. Yogita Mirajkar
10.	Ms. Tejaswini Rajendra Chile

By,



NSS Coordinator,
Asst. Prof. Ms. Tejaswini R. Chile.
Programme Officer
National Service Scheme
College of Non-Conventional
Vocational Courses For Women
Kolhapur



PRINCIPAL,
College of Non-Conventional
Vocational Courses For Women
Kolhapur