



PDEA COLLEGE OF ARCHITECTURE, AKURDI, PUNE

Sector No 28 pradhikaran nigdi



Report on

“SURYA NAMASKAR”

DAY AND DATE: 14-12 -2022

TIME: 11:00 AM onwards

CONDUCTED BY: PDE's COA

ATTENDED BY: Students and faculties of PDEACO and College of Architecture

OBJECTIVE: For the betterment of student's overall skill development.

NO OF STUDENTS PARTICIPATED: PDEA college of Architecture, Akurdi organized “ART & CRAFT WORKSHOP” About 35 Students present.

BRIEF: PDEA college of Architecture, Akurdi organized “Surya Namaskar” Our 2nd Year Students Participated Surya Namaskar. Yoga has become a feature of regular everyday practice. It is important for everybody whether you're a child or grown-up adult, you need to perform Yoga practices daily for getting benefits such as feelings of serenity, keep up vitality levels, improve adaptability, and discover motivation to channelize your energies correctly. Learning Yoga at an early age can have good and enormous advantages on the general wellbeing as well as the prosperity of the students.

