



Shri Shivaji Maratha Society's Pune 2
Adhyapak Mahavidyalaya, Aranyeshwar, Pune 9

Report: Yoga & Meditation Lecture at Adhyapak Mahavidyalaya
Aranyeshwar, Pune 9

Date: February 20, 2018

Venue: Adhyapak Mahavidyalaya Aranyeshwar, Pune

Lecture Delivered By: Dr. Shubhangi Kurhade

Introduction: On February 20, 2018, Adhyapak Mahavidyalaya Aranyeshwar in Pune had the privilege of hosting a captivating lecture on the topics of Yoga and Meditation. The lecture was delivered by the esteemed Dr. Shubhangi Kurhade, a well-known expert in the field of holistic wellness and spirituality. The event aimed to provide students and faculty members with insights into the profound benefits of incorporating yoga and meditation into their daily lives.

Lecture Overview: The lecture commenced at 10:00 AM in the college auditorium and was attended by a diverse audience, including students, professors, and staff members. Dr. Shubhangi Kurhade, known for her extensive knowledge and experience in yoga and meditation, began by introducing the significance of these practices in modern-day life.

Key Points Discussed:

1. **Understanding Yoga:** Dr. Kurhade delved into the origins of yoga, tracing its roots back to ancient India. She emphasized that yoga is not just a physical exercise but a holistic approach to wellness, encompassing mental, emotional, and spiritual



dimensions. Different types of yoga, such as Hatha, Vinyasa, and Kundalini, were discussed to provide attendees with a comprehensive view.

2. **Benefits of Yoga:** The lecture highlighted the multifaceted benefits of yoga, which include stress reduction, increased flexibility, enhanced posture, and improved mental clarity. Dr. Kurhade presented scientific studies that substantiated the positive impacts of yoga on various aspects of health and well-being.
3. **Introduction to Meditation:** Moving on to meditation, Dr. Kurhade elucidated the art of turning inward for self-discovery and inner peace. She explained the diverse forms of meditation, including mindfulness, mantra, and loving-kindness meditation. The audience was encouraged to explore different techniques to find what resonated with them.
4. **Mind-Body Connection:** The interconnection between the mind and body was a central theme throughout the lecture. Dr. Kurhade emphasized how yoga and meditation facilitate a harmonious relationship between these aspects, leading to improved mental health and overall well-being.
5. **Practical Demonstration:** The lecture also included a practical session where attendees were guided through simple yoga postures and a brief meditation exercise. This hands-on experience allowed participants to feel the immediate effects of these practices and encouraged them to incorporate them into their daily routines.

Conclusion: The Yoga and Meditation lecture delivered by Dr. Shubhangi Kurhade at Adhyapak Mahavidyalaya Aranyeshwar, Pune, on February 20, 2018, was a resounding success. It provided attendees with a deeper understanding of the holistic benefits of yoga and meditation, as well as practical insights into their incorporation. The event left a positive impact on the participants, inspiring them to explore these ancient practices for their physical, mental, and spiritual growth.




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