

“SELF-DEFENSE & BALANCING WELLNESS WORKSHOP”

Date: 20th Oct 2023

Venue: IPS Auditorium

Time: 02:15 pm to 03:30 pm

Guest Speakers:

1. Rahul Pawar – Coach of Golden Dragen Martial Arts
2. Priti Agarwal – Founder & Trainer Trisha Yoga and Fitness Trainer.

Introduction: ASM’s IPS successfully hosted an engaging and invigorating “Self-defence & Balancing Wellness” event on Martial Arts and Yoga on 20th Oct 2023. This event was organized to promote physical fitness, mental well-being, and self-discipline among students. Featuring expert instructors and enthusiastic participants, the event provided a platform for students to explore and appreciate the benefits of martial arts and yoga. The activities were designed to enhance flexibility, strength, focus, and mindfulness, fostering a holistic approach to health and wellness within our college community.

Objective:

- 1 To encourage regular physical activity to improve cardiovascular health, strength, flexibility, and overall fitness.
- 2 To teach students the importance of maintaining a healthy lifestyle through disciplined practices like yoga and martial arts.
- 3 To provide techniques to manage stress, anxiety, and enhance mental clarity and focus.
- 4 To promote mindfulness and meditation practices that help in achieving a balanced state of mind.
- 5 To build self-confidence and self-esteem by setting and achieving personal goals in these disciplines.

Report: The event commenced with the traditional lighting of the lamp by Dr. Sudhakar Bokehode (Director of IPS), Dr. D.D. Balsaraf (Member of Task force committee) Principal of CSIT Dr. Lalit

Kanore along with other dignitaries. Anchoring of this event was done by Dr. Anjana K. (Asst. Professor IPS)

The event featured experienced self-defense instructors and certified yoga teacher Mrs. Preeti Agrawal, Yoga & Fitness Trainer provided expert guidance and instruction. Participants had the opportunity to actively participate in the workshops and ask questions, making the event engaging and informative. Live demonstrations of self-defense techniques given by Mr. Rahul Pawar, Coach of Golden Dragen Martial Arts helped participants understand and apply the concepts taught. The combination of self-defense and yoga offered a holistic approach to personal well-being, focusing on both physical and mental health. Participants expressed a greater sense of confidence and empowerment after learning self-defense techniques. Many appreciated the relaxing and rejuvenating effects of the yoga sessions. Some participants mentioned that they felt more prepared to handle potentially dangerous situations after attending the event.

The "Empowerment through Self-Defense and Yoga" event was a resounding success, providing students with valuable skills and knowledge to enhance their personal safety and well-being. The event underscored the importance of self-protection and self-care, leaving a lasting impact on all participants.

To conclude the program Asst. prof. Monika Jogdand gave the vote of thanks for all of the chief gust, teachers and students for their contribution for the program.

Photos:



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**Institute of Professional Studies
organizes Workshop On
"Self Defense and Balancing Wellness"**

Guest Speakers


Rahul Pawar
Coach of Golden Dragen Martial Arts


Priti Agrawal
Founder & Trainer,
Trisha Yoga & Fitness Studio

Date- Friday, 20/10/2023 Time- 2:15pm to 3:30pm Venue-ASM's Auditorium





JQJX+WPX, Service Rd, MIDC, Pimpri Colony, Pimpri-Chinchwad, Maharashtra 411019, India

Latitude
18.6322754°

Longitude
73.7993109°

Local 03:01:26 PM
GMT 09:31:26 AM

Altitude 570 meters
Friday, 20.10.2023



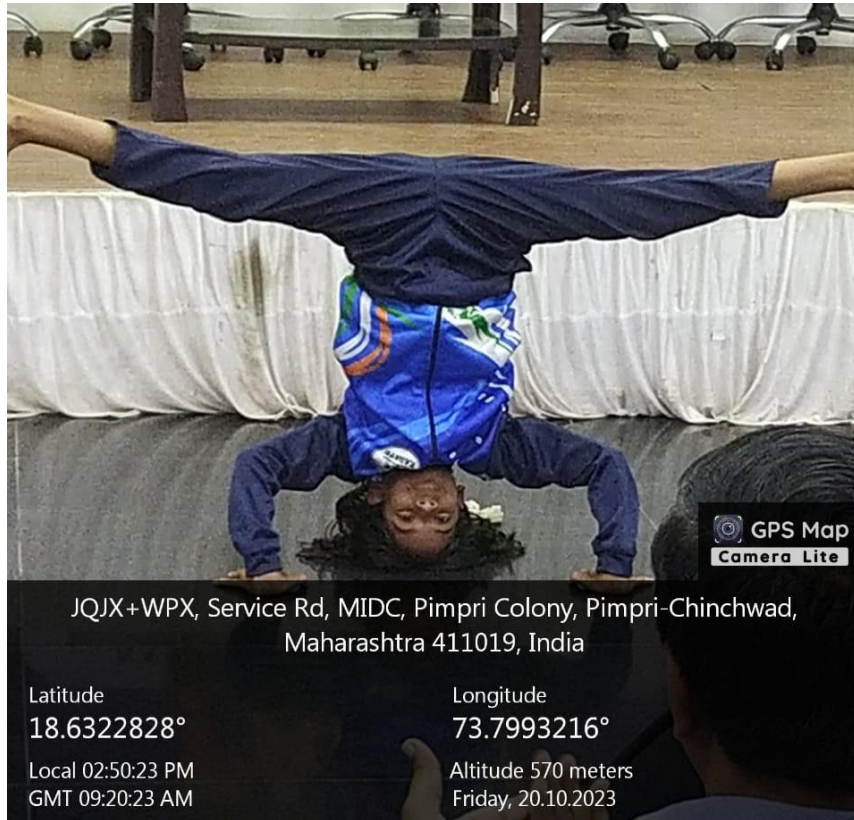
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Latitude
18.6322807°

Longitude
73.7993249°

Local 02:44:49 PM
GMT 09:14:49 AM

Altitude 570 meters
Friday, 20.10.2023





Outcomes:

1. Improved Physical Fitness: Students experience enhanced strength, flexibility, endurance, and overall physical health.
- 2 Increased Discipline and Self-Control: Martial arts, in particular, instills a sense of discipline and self-regulation.
- 3 Boosted Self-Esteem and Confidence: Mastering new skills and techniques can increase self-confidence and self-esteem.
- 4 Improved Concentration and Focus: Students learn techniques to enhance their concentration and mental clarity.