

Workshop Name: - *One Week Workshop on "Aarogyam Dhan Sampada"*

Date : - 20/1/2025 to 25/1/2025

Workshop Time: - 3.00 to 5.00

Venue : - Activity Hall, IMRD Shirpur

Resource Person: -

Dr. Shrikant P. Wadile (Acting President and Founder Member of Yog Vidya Dham Shirpur)

Workshop Details: - Institute's Staff Welfare Committee successfully organized One week workshop on "*Aarogyam Dhan Sampada*" for all faculty members and Administrative staff, with the goal of promoting holistic wellness through Yoga, Meditation and healthy lifestyle practices. Dr. Shrikant Wadile, an esteemed Yoga expert and Acting President of Yog Vidya Dham Shirpur, was invited as the resource person for this workshop.

The workshop began with a felicitation of the resource person by Institute Director Dr. Vaishali Patil. In her inaugural address, Madam highlighted the importance of Yoga, Pranayama and Meditation in fostering strength, awareness and harmony between the mind and body.

On the first day, the focus was on meditation and its techniques. Dr. Shrikant Wadile began by explaining the benefits of meditation, emphasizing its ability to connect the mind and body. He introduced participants to '*Ashtanga Yoga*' and explained the significance of "*Om*" in meditation. The session concluded with meditation practice.

On the second day, Dr. Shrikant Wadile along with Mr. Dipak Borse as a co-instructor demonstrated several key Yogasanas including Vajarasana, Kamalasana, Pawanmuktasana, Bhujangasana and Makarasana. Participants practiced these Yogasana and learned about their role in improving flexibility, maintaining good health and enhancing overall physical well-being.

On the third day, Participants began with warm-up exercises, followed by postures such as Shashankasana, Pawanmuktasana, Makarasana and Bhujangasana. The session focused on stress reduction, body relaxation and promotes physical and mental balance.

On the fourth day, the workshop moved into advanced Yogasanas and Mudras. Dr. Shrikant Wadile introduced postures like Naukasana, Viparita Karani and Ekapadasana. Along with these Yogasana, he taught various Mudras such as Singhmudra, Marjaramudra, and

Chaitanyamudra. The mudras were emphasized for their ability to improve balance, promote mental clarity and enhance the body's energy flow.

On the fifth day, the workshop continued with pranayama (breathing exercises). Dr. Shrikant Wadile led the participants through postures like Bhujangasana, Shalabhasana, Dhanurasana, Pushtasana, Virasana, and Brahmari Pranayama. These practices aimed to improve circulation, lung capacity and overall mental health.

The final day of the workshop began with a session on Surya Namaskar, followed by a yoga practice that incorporated pranayama and postures like Dhanurasana and Shalabhasana. Dr. Shrikant Wadile emphasized how these practices enhance circulation and promote mental clarity. He also shared valuable insights on diet and nutrition, explaining the best eating practices for maintaining a healthy and balanced lifestyle. Dr. Shrikant Wadile stressed the importance of mindful eating and choosing foods that support both physical and mental health. Tulsi Detox Kahwa, made by Organic India with organic ingredients, was provided daily to all faculty members and administrative staff to support digestion and detoxification. This refreshing beverage was offered to each participant for health benefits. Additionally, Director Dr. Vaishali Patil felicitated Mr. Dipak Borse IMRD staff member for his completion of Yoga Shastra and active support to the workshop.

The successful execution of this workshop was made possible through the efforts of Dr. Laxmikant M. Sharma, the Staff Welfare Committee Coordinator, along with Committee Members Mr. Sachin Surana, Mrs. Rohini Patil, Ms. Dipali Nhalde, Mrs. Kritika Behere, Mrs. Jyostana Mali and Ms. Mrunal Bidkar.



Director Dr. Vaishali Patil while felicitating to resource person Dr. Shrikant Wadile



Director Dr. Vaishali B. Patil while delivering an inaugural address



Active Participation of all faculty members and Administrative staff



All faculty members and Administrative staff during Workshop



All faculty members and Administrative staff during yoga practice



Dr. Shrikant Wadile along with Mr. Dipak Borse while demonstrated several key Yogasans



Faculty member during Feedback session

Verified By
 Dr. Manoj Patel.