



Maharashtra Arogya Mandal's
SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA,

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REPORT OF YOGA PROTOCOL FOR FIVE MINUTES

Programme : - Yoga Protocol for Five Minutes

Venue : - MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune

Date : - 14.09.2021

"Yoga Protocol for Five Minutes" was organized in our college by Swasthavritta Department on 14.09.2021. College staff was trained and motivated to do yoga for five minutes daily. This training was given by Mrs. Archana Phadnis. 15 employees participated in this session.



(Dr. Nilesh M. Phule)

Principal

Principal

**M. A. M's, Sumatibhai Shah
Ayurved Mahavidyalaya,
Hadapsar, Pune- 411 028.**

Yoga session for Employees



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