

Report of the Five Day Workshop on “Yoga for Women Empowerment” on the theme “Yoga for Self and Society” in connection with the celebration of International Day of Yoga 21st June to 25th June 2024 at the College of Food Technology, Lamphelpat sponsored by the Inter-University Centre for Yogic Sciences (IUC-YS), Bangalore

The College of Food Technology, Lamphelpat concluded the Five Day Workshop on “Yoga for Women Empowerment” on the theme “Yoga for Self and Society” in connection with the celebration of International Day of Yoga from 21st June to 25th June 2024 at the College Campus, sponsored by the Inter-University Centre for Yogic Sciences (IUC-YS), Bangalore. The five days workshop was marked by practicing Yoga at 7am in the morning under the guidance of professional Yoga Instructor at the College Food Museum which was attended by the College students and faculties. Dr. W. Merina who is a Yoga & Nature Cure Physician, AYUSH, Lamphelpat served as the Chief Guest at the Inaugural and the Valedictory Session of the workshop. She was also the Yoga Instructor at the five days workshop.

The valedictory function was held at the College Auditorium on the 25th June 2024 at 10:00 am. Students who attended the workshop shared their personal experiences on the various good effects of practicing Yoga and how it affect their mental, physical and spiritual well being. Dr.W. Merina encouraged to continue practicing Yoga for self help and also spoke on how the College of Food Technology can create awareness about good food habits and help the society as good food and Yoga goes hand in hand. In his valedictory speech, Dr.Ng.Iboyaima, Dean, COFT appreciates the Chief Guest and her motivation for the students wellbeing to practice Yoga in their daily life for longer shelf life.





