



LALA LAJPATRAI COLLEGE OF COMMERCE & ECONOMICS (AUTONOMOUS)

AFFILIATED TO UNIVERSITY OF MUMBAI
NAAC ACCREDITED - 'A' GRADE (CGPA-3.20)

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Yoga For Everyone

Name of Event: Yoga For Everyone

Date: 10th November to 20th November, 2025

Venue: Auditorium Foyer

Organized By: IKS Center

Name of the Resource Person: Ms. Meena Suryawanshi

47 People Attended the Certificate Course.

Objective:

The Objective of “Yoga For Everyone” was to Promote physical, mental & emotional well-being by making yoga accessible to people of all ages & increase fitness at all levels.

Brief Report:

Yoga for Everyone is an initiative aimed at promoting health, fitness, & well-being through the practice of yoga. Yoga as part of their daily routine.

Photo:



Outcome:

Students learnt Pranayam & Yoga Asanas.

Dr. Mohana

Dr. Mohana Bandkar
Additional Vice Principal & Convener