

**Shri Ramdeobaba College of Engineering and  
Management, Nagpur (Session 2022-2023)  
In association with  
Women Empowerment Cell  
Present  
Yoga session for Menstruation**

**Date: 09/11/2022**

**No. of participants: 30**

**Objective: Yoga session for Menstruation**

**Project Director: Rtr. Simran Kedia**

**Venue: Girl's Hostel RCOEM**

**Report:**

The Yoga session for girls was planned in order to foster more about Menstruation cramps by Dr. Sunita Dhote Ma'am. She explained to us about the benefits of Yoga and breathing exercises in our day to day life. She educated us on the benefits of a healthy lifestyle for better growth and development as a human being. She explained us that while modern media and advertising may have us think that yoga is all about physical poses, the entirety of yoga includes a wide range of contemplative and self-disciplinary practices, such as meditation, chanting, mantra, prayer,

breath work, ritual, and even selfless action. She told us “Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration”. The session was very interesting and crucial. Dr. Sunita Dhote Mam concluded the session by giving a vote of thanks.

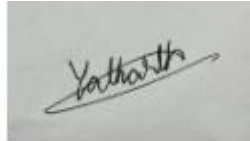
Dr Sunita Dhote

Teacher InCharge, Rotaract club,

Chairperson Women Empowerment Cell

Yatharth Jain

Rotaract club, RCOEM President

A rectangular box containing a handwritten signature in black ink. The signature is written in a cursive style and appears to read "Yatharth".





