

Capacity Building and Skill Enhancement Programme



YOGA- A practice for better and healthy living.



The coach, **Mrs. Meghana Patil** from Shiva Foundation Yoga Academy, Pune is a fitness and wellness coach and specializes in individual coaching and transformation for people through yoga and meditation with vast experience of 8 years.

She has experience of conducting sessions for various age-groups and address diverse challenges such as work-life balance, reducing stress and anxiety, treating insomnia, improving focus, concentration and productivity. With an aim to make yoga education accessible and affordable to spread the teaching of yoga among the young generation she has designed various online and offline courses.

Mrs. Meghana Patil

(Founder at Shiva Yoga foundation Academy , Pune)

Day : Saturday Time : 8 am-9 am

Venue : Terrace Area.

DEC 2022

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Ar. Smita Patil

Lecture Series Co-ordinator

Dr. Ujjwala Palsuley

Principal, MMCOA



MARATHWADA MITRA MANDAL'S COLLEGE OF ARCHITECTURE

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