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ಗೋಗಟೆ ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ

The Karnatak Law Society's

GOGTE COLLEGE OF COMMERCE



Affiliated To Rani Channamma University, Belagavi
Re-accredited at 'A' by NAAC ● RCUB Recognized Research Centre in Commerce

B.Com/BBA/BCA/M.Com/Ph.D Programmes

EVENT REPORT 2025-26

Department	Bachelor of Commerce (B.Com)
Event Name	A session on "Yoga for smart living" 2025-26
Date of Event	13/04/2026
Event Coordinator	Ms. Namrata Antalmarad and Mr. Girish More
Duration	1 hour
No. of Participants	50
Resource Person / Company Name	Ms. Jyotsana R Ambewadkar, Yoga faculty at central University of Karnataka and Academic counselor at Indira Gandhi National open University.

OBJECTIVE OF THE EVENT

Integrating mindfulness into daily routine and modern stress management

OUTCOME OF THE EVENT

Participant leave with practical behavior changes that allow them to maintain composure and health during the rapid pace of modern life.

EVENT PHOTOS

