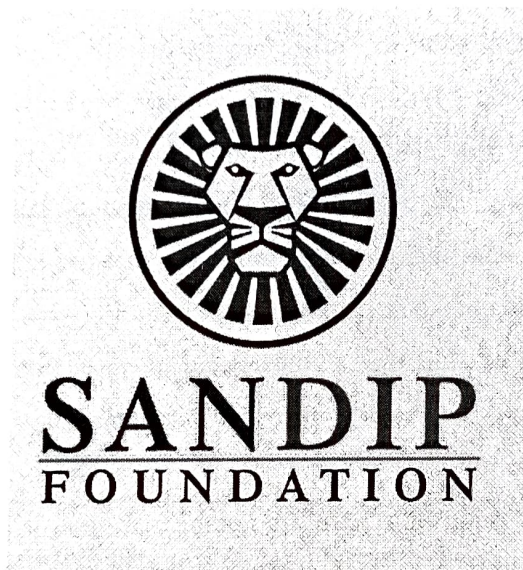


## **Activity Report**

Of

"Celebration of 7th International Yoga Day and Online Quiz"



**Organized by ,**

Institution of Engineers (India) (IEI),

Institution of Electronics and Telecommunication Engineers (IETE)

Sandip Foundation's

Sandip Institute of Technology and Research Centre, Nashik

**Date:** 20<sup>th</sup> - 21<sup>st</sup> June 2021

**Aim:** To celebrate 7<sup>th</sup> International Yoga Day -2021

**Objective:**

1. Celebration of 7<sup>th</sup> International Yoga Day -2021
2. **Name of the Program:** "Celebration of 7<sup>th</sup> International Yoga Day" and "Online Quiz on 7<sup>th</sup> International Yoga Day -2020"

**Venue:** Online

**Conducted By:** Women's Grievance committee and Members of WIE

**Name of the resource Person:** Nil

**Audience:** Students.

**Outcomes:**

A certain day for yoga was introduced to raise awareness worldwide about the importance and impact of yoga on the health of people. The term 'yoga' is derived from Sanskrit word "Yuja" which means to unite representing the unification of body and consciousness. It is an ancient form of physical, mental and spiritual exercise which helps achieve mental and physical fitness. The practice of yoga originated in India and dates back to pre-vedic times.

Mr. Rajendra Bhandari, from hasya yoga club, Nashik and Mrs. Mimansha Romel from life Style Academy was invited as a guest for Yoga Day celebration and to conduct the session of hasya yoga and chair yoga for working professionals. Session started at 7:30 am with some meditation music. Mr. Rajendra Bhandari explained that the yoga is performed without any humorous reason to laugh. Laughter yoga sessions started with gentle warm-up techniques which include stretching, chanting, clapping, eye contact and body movement, to help break down inhibitions and encourage a sense of playfulness. Breathing exercises are used to prepare the lungs for laughter, followed by a series of 'laughter exercises' that combine the method of acting and visualization techniques with playfulness.



Hasya yoga can relieve stress, boost immunity, fight depression, and eventually make people more positive thinkers. Hasya yoga helps to change your mood within minutes. It is like an exercise which brings more oxygen to the body and brain thereby making one feel more energetic and relaxed. Laughter is a positive energy which helps people to connect with other people quickly and improves relationships. If you laugh more, you will attract many friends.

Mrs. Mimansa Rome explained few yoga that can be performed on chair, which can be helpful for working people. She taught few breathing exercises and explained that focusing on your movement, your breathing, and how your body is reacting to the exercise creates a kind of moving meditation that promotes relaxation, reduces stress, and improves mental clarity. More than 30 students and staff participated in this online activity. The session ended with a happy note and national anthem.

Women's Grievance Committee Institution of Engineers (India) (IEI), Institution of Electronics and Telecommunication Engineers (IETE) in association with the Department of Electronics and Telecommunication Engineering has organized a Quiz competition for students. More than 50 students and staff participated in this online activity.



**SANDIP INSTITUTE OF TECHNOLOGY & RESEARCH CENTRE, NASHIK**

**CELEBRATION OF 7<sup>TH</sup> INTERNATIONAL YOGA DAY**

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**KEY-HIGHLIGHTS OF THE EVENT**

- LAUGHTER YOGA
- CHAIR YOGA FOR WORKING PROFESSIONALS
- MEDITATION



**MR RAJENDRA C. BHANDARI**  
Certified Laughter Yoga Trainer

**RESOURCE PERSONS**



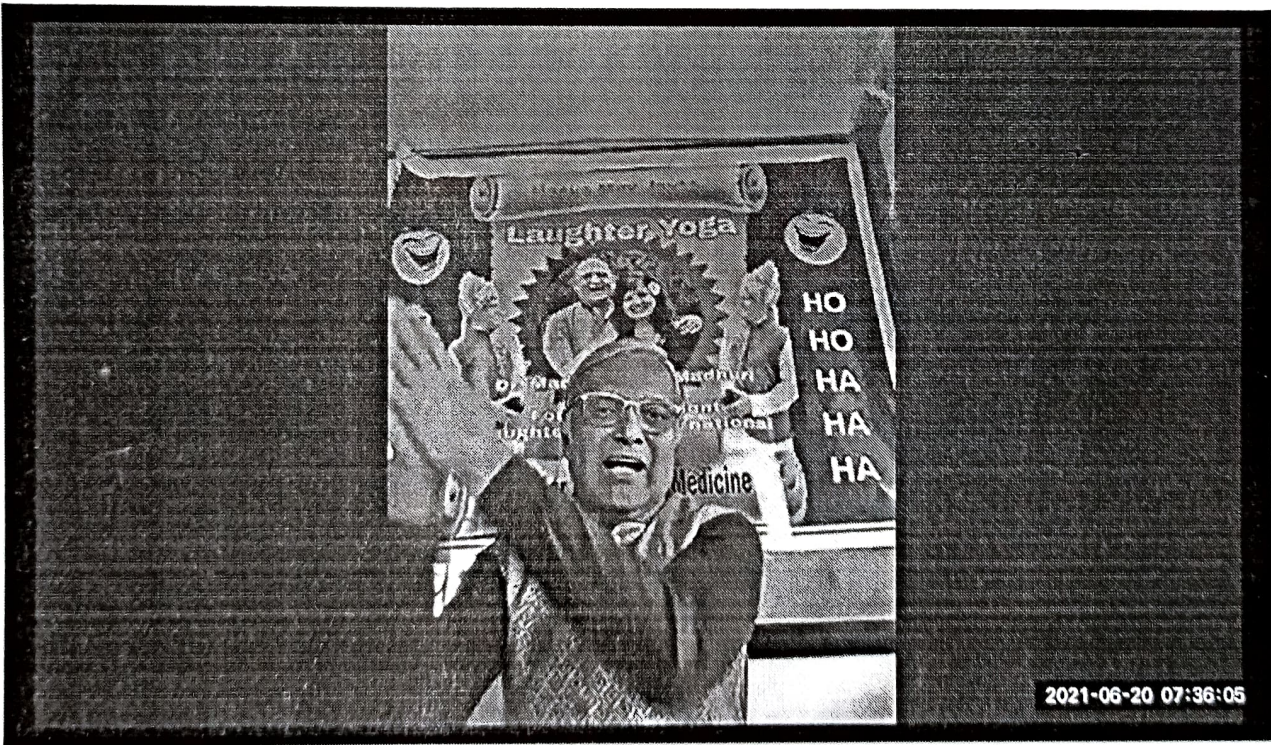
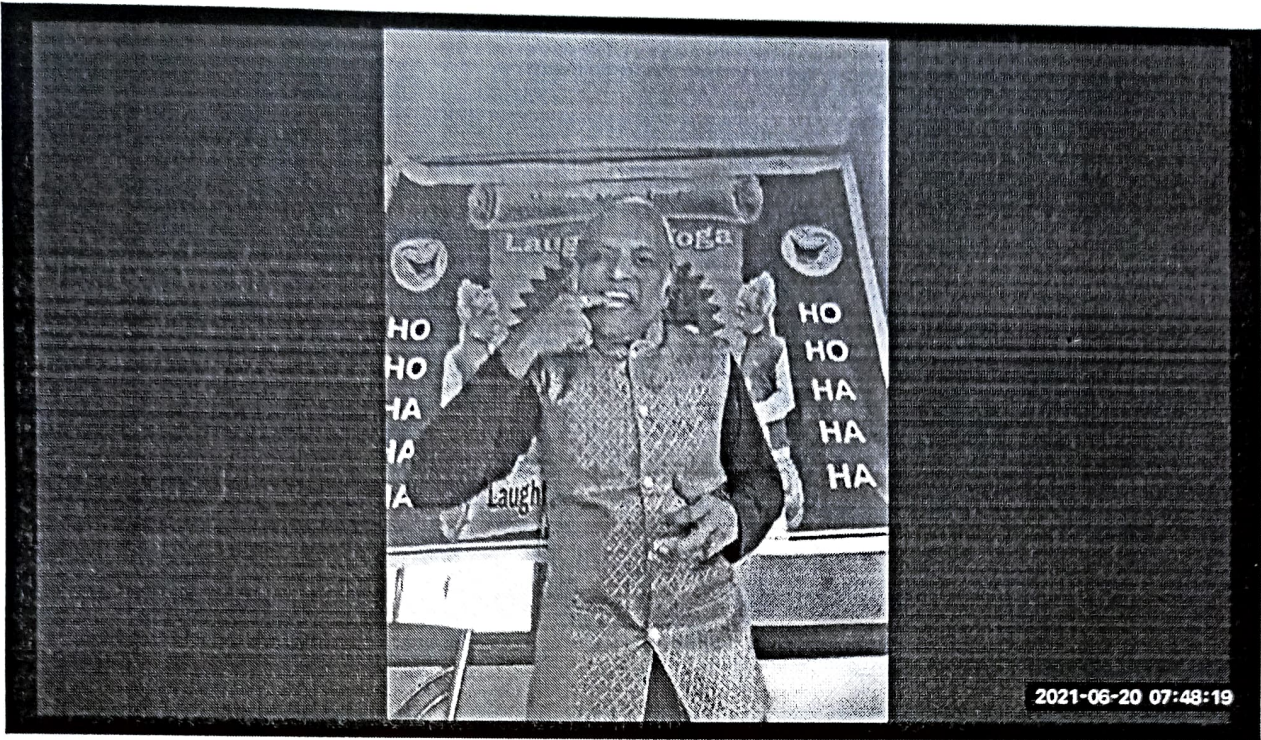
**MRS MIMANSHA ROMEL**  
Transformer, Leader, Healer

ONLINE PLATFORM



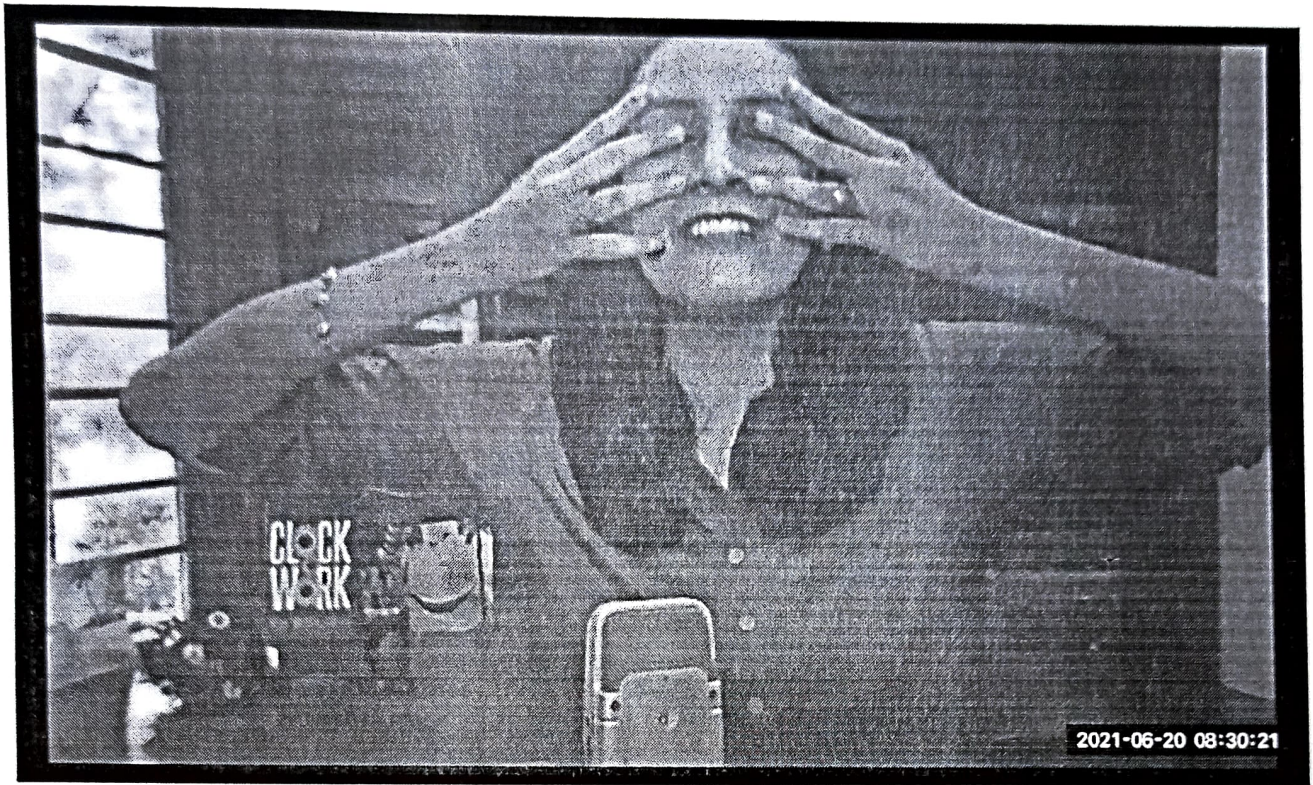
 **20<sup>TH</sup> JUNE 2021**  
 **AT 7.30 AM**





Hasya Yoga





Chair yoga and breathing exercise





**Sandip Foundation's  
Sandip Institute of Technology & Research Centre**

**CERTIFICATE OF PARTICIPATION**

This is to certify that

**Lisa Simpson**

has attended the 'Online Yoga Session' organized on the occasion of 7th 'International Yoga Day' conducted by Sandip Institute of Technology & Research Centre, Nashik on 20th June 2021.

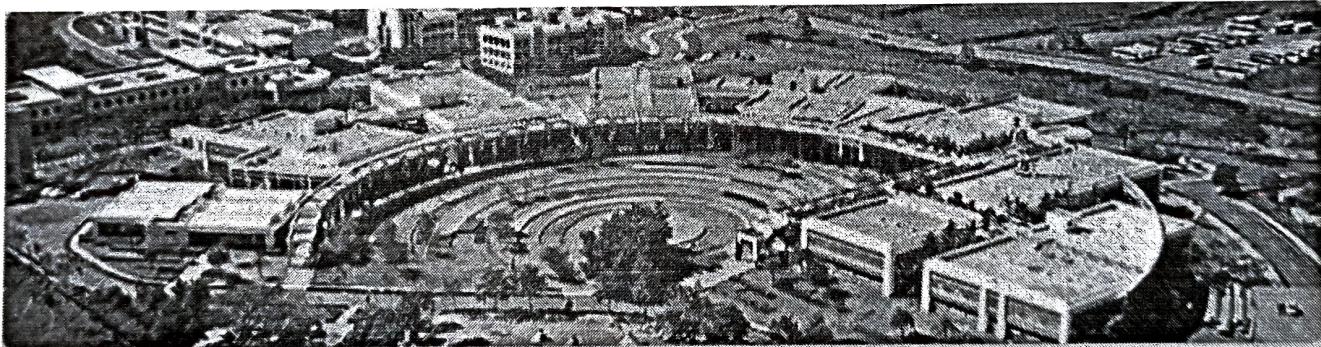
**Prof. Vivek B. Ugale**  
Event Coordinator

**Prof. Swati S. Pawar**  
Event Coordinator

**Dr. Gayatri M. Phade**  
Head, Dept. of E&TC Engg.

**Dr. Sanjay T. Gandhi**  
Principal, SITRC

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**Online Quiz on "7th International Yoga Day - 2021"**

Organized By Department of Electronics and Telecommunication Engineering, Sandip Institute of Technology & Research Centre, Sandip Foundation, Nashik.

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SANDIP  
FOUNDATION

NEA

LyaShik Academy

Sandip Foundation's

Sandip Institute of Technology & Research Centre

**CERTIFICATE OF PARTICIPATION**

This is to certify that

**Lisa Simpson**

has attended the 'Online Quiz on International Yoga Day - 2021' organized on the occasion of 7th 'International Yoga Day' conducted by Sandip Institute of Technology & Research Centre, Nashik on 21th June 2021.

Prof. V. D. Ugale  
Event Coordinator

Prof. Swati S. Pawar  
Event Coordinator

Dr. Gayatri M. Phade  
Head, Dept. of EATC Engg.

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