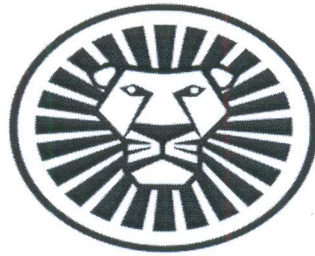


Activity Report  
Of

"Women's Day Celebration-2020"



**SANDIP**  
**FOUNDATION**

Organized by ,  
Sandip Foundation's  
Sandip Institute of Technology and Research Center  
Womens' Grivance Committee

**Date:** 10<sup>th</sup> March 2020

**Aim:** Women's Day Celebration

**Objective:**

1. Celebration of Women's Day

**Name of the Program:** "Women's Day Celebration"

**Venue:** Computer Seminar Hall, SITRC, Nashik

**Conducted By:** Members of Womens' Grivance Committee

**Name of the resource Person:**

1. Mr. Rajendra Bhandari, Hasya Yoga Club, Nashik
2. Dr. Mrs. G. M. Phade

**Audience:** Sandip Foundation's Ladies Staff and Students.

**Outcomes:**

Mr. Rajendra Bhandari, from hasya yoga club, nashik was invited as a guest for womens day celebration and to conduct the session of hasya yoga. He 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 relieves stress, boosts immunity, fights depression, and eventually makes people into 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.

Event Photos



Felicitation of Mr. Rajendra Bhandari, Hasya Club, Nashik



Staff Performing Hasya Yoga



Audiance Performing Hasya Yoga



Group Photo of Womens Day 2020

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