

Activity Report

Of

" Celebration of World Yoga Day - 2022"



SANDIP
FOUNDATION

Organized by ,

Departement of Electronics & Telecommunication Engineering

Sandip Foundation's

Sandip Institute of Technology and Research Centre, Nashik

Date: 21st June 2022

Aim: To Celebrate World Yoga Day - 2022

Objective:

To create an awareness among Students & Staff towards yoga for better physical & mental health.

Venue: Conference Room

Conducted By: Department of Electronics & Telecommunication Engineering, Sandip Foundation's, Sandip Institute of Technology and Research Centre, Nashik.

Audience: Faculties of Sandip Institute of Technology and Research Centre, Nashik.


Outcomes:

Faculties actively participated in the awareness program towards mental & physical health through yoga. Celebrated this day with some steps of yoga positions with all faculties of department & committed towards balance between carrier & personal health.




Prof. Sushant J. Pawar

Event Coordinator


Dr. Gayatri M. Phade
HOD
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