Activity Report

Of

"Celebration of 9th International Yoga Day"

On
June 21 2023

Name of the Programme: "Celebration of 9th International Yoga Day"

Date: 21ˢᵗ June 2023

Event Coordinator: Prof.Pallavi A Chaudhari

Resource Person: Prof. Dr. Gayatri M. Phade

Participants: Students and Faculty members of Computer Engineering Department

Venue: Computer Engineering Department(C Building)

Aim: Celebration of 9ᵗʰ International Yoga Day -2023

Objective: The main aim is to raise awareness about the numerous physical and mental health benefits of yoga and provide an opportunity for individuals of all ages and backgrounds to experience its transformative effects firsthand.

Outcomes:
1. Improved flexibility and range of motion
2. Increased strength muscle tone.
3. Reduced stress and anxiety
4. Improved sleep quality.
5. Reduced risk of energy Improved cardiovascular health
6. Increased energy and vitality Enhanced immune health

Summary Report of 9th International Yoga Day

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.

Dr. Gayatri M. Phade was invited as a guest for Yoga Day celebration and to conduct the session of chair yoga for working professionals. Session started at 4pm with some meditation music. She explained that the yoga is performed without any humorous reason to laugh. The yoga sessions started with "Pranayama" followed by body exercise which include stretching, neck exercise, 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,

Body Stretching relieves stress, boosts immunity, fights depression, and eventually makes people into more positive thinkers. Prof. Dr. Ankita V. Karale (Head of Computer Engineering Department) explained few yoga that can be performed on chair, which can be helpful for working people. She taught few breathings exercise and explain 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 this Session ended with happy note and national anthem.

Prof. Pallavi A Chaudhari   **Prof. (Dr.) Ankita Karale**

   Co-ordinator   **(HOD, Comp Dept.)**

Photographs