

Activity Report
Of
"Celebration of 9th International Yoga Day"



SANDIP
FOUNDATION

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: 21st June 2023

Aim: To celebrate 9th International Yoga Day -2023

Objective:

1. Celebration of 9th International Yoga Day -2023
2. Name of the Program: "Celebration of 9th International Yoga Day"

Venue: MBA Seminar Hall

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

Name of the resource Person: Prof. Dr. Gayatri M. Phade

Audience: Faculty members and 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.

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 exercises 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. It is like an exercise which brings more oxygen to the body and brain thereby making one feel more energetic and relaxed.

Prof. Dr. Gayatri M. Phade 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. Sarika Patil make this event successful by organizing and executing in well manner.



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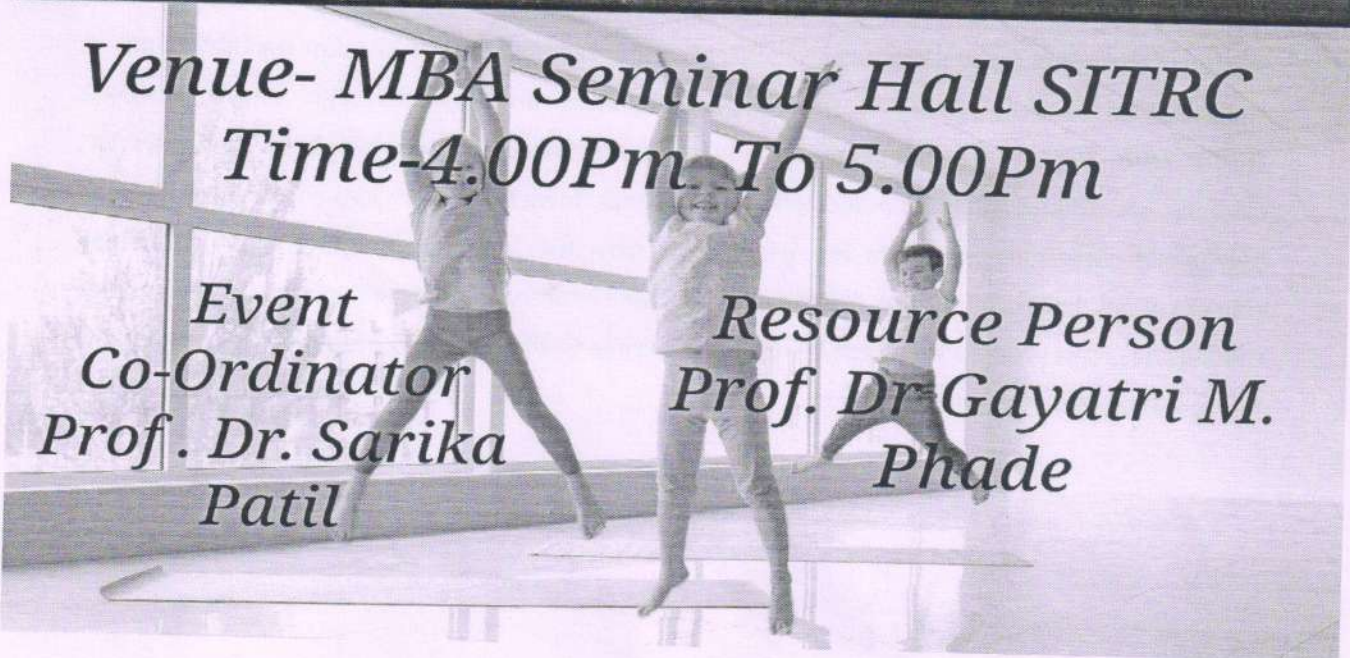
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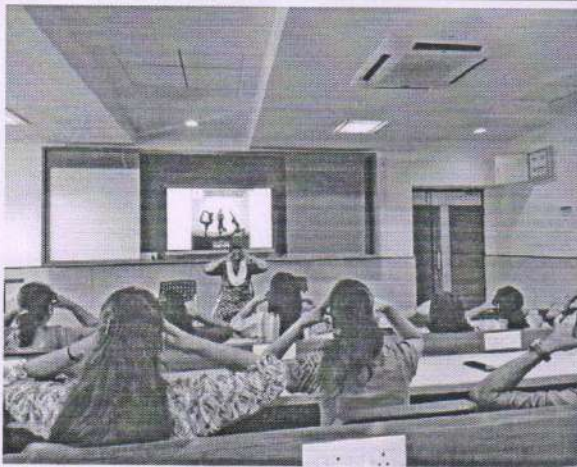
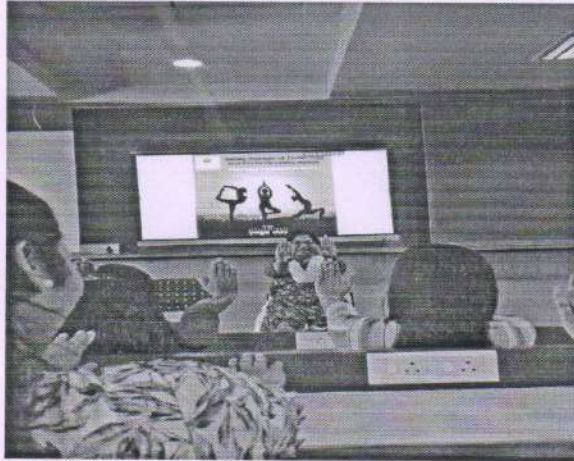
*Celebration of 9th
International Yoga Day on 21st
June 2023*

*Venue- MBA Seminar Hall SITRC
Time-4.00Pm. To 5.00Pm*

*Event
Co-Ordinator
Prof. Dr. Sarika
Patil*

*Resource Person
Prof. Dr. Gayatri M.
Phade*





Participants practicing chair yoga and breathing exercise.

Sarika Patil

Event Co-ordinator

Prof. Dr. Sarika Patil

Gayatri M. Phade
WGC Head

Dr. Gayatri M. Phade