

**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

Institute of Electrical and Electronics Engineers (IEEE)  
Sandip Institute of Technology and Research Centre, Nashik

**Date:** 21<sup>st</sup> June 2023

**Aim:** To celebrate 9<sup>th</sup> International Yoga Day -2023

**Objective:**

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



# **SANDIP FOUNDATION'S**

SANDIP INSTITUTE OF TECHNOLOGY AND  
RESEARCH CENTRE, NASHIK

*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

**Event Co-ordinator**

Prof. Dr. Sarika Patil

**WGC Head**

Dr. Gayatri M. Phade