

Sandip Institute of Technology and Research Centre

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(Approved by-AICTE, New Delhi, & Govt. of Maharashtra and Permanently Affiliated to Savitribai Phule Pune University (Formerly Pune University), Pune.

Accredited with “A” grade by NAAC With CGPA Score of 3.11

NBA Accredited for Computer & Mechanical Engineering(UG Course)

w.e.f. 2023-24 to 2025-26



SANDIP
FOUNDATION



Activity Report of Yoga-Day-2024

(9th March 2024)

Organized by
Department of AI & DS Engineering
Sandip Institute of Technology and Research
Centre

Event Activity Report- Yoga Day

Event Title: Yoga Day

Event Date: 9 March 2024

Time: 10.30 AM to 11:30 AM

Mode of conduction: offline

Level of Program: Sandip Foundation Campus Level

Event Resource Person Details: Ms. Siddhi Borse

Name of Event Coordinator with contact details: Dr. Paresh Rege (9860816726)

Number of participants attended: 103

Event Outline, Objective and Outcome of the event:

Outline of Program: Department of physical Education & Sports has organized Yoga Day at green campus of Sandip Foundation, Nashik. Students, faculty and staff of Sandip Foundation from various Colleges were present for the event. The event was organized under the guidance of Hon'ble Vice Chancellor Dr. Rajendra Sinha, SITRC Principal Dr. Amol Potgantwar, SIEM Principal Dr. Dipak Patil, SIPS Principal Dr. Laxmikant Borse, SP Principal Pankaj Dharmadhikari, and SGS Principal Prof. Arif Mansuri.

Objective of Program:

- 1) Help with weight loss
- 2) Strengthens muscles and joints
- 3) Improved Complexion

- 4) Ensure a better functioning digestive system
- 5) Helps combat insomnia
- 6) Useful in treatment of frozen shoulders
- 7) Spinal cord and abdominal muscles are stretched
- 8) Internal organs are massaged
- 9) Improves body flexibility
- 10) Reduces stress
- 11) Improves balance in the nervous system
- 12) Reduced blood sugar levels
- 13) Tones the entire body
- 14) Eliminate stomach ailments
- 15) Improves Digestion and reduces constipation

Outcome: In the inauguration function of 10th International Yoga Day lamp lighting done by Respected Principal Dr. Amol Potgantwar, Dr. Dipak Patil, Dr. Laxmikant Borse, Dr. Dipak Patil delivered his valuable words regarding benefits of yoga, meditation and need of Physical fitness in today's scenario. SUN Director Sports, Dr. Paresh Rege played a major role as chief coordinator for event as he participated in event and motivate faculty and students to take part in event. Registrar Dr. Prasad Baviskar, All Deans, HOD were present and perform activity along with faculty and students. Ms. Siddhi Borse who is also certified Yoga teacher from Ayush Bharat demonstrate various yoga position along with benefits. Mr. Rahul Narwade welcome all guests.



Yoga celebration by students



Yoga perform by students



Demonstration by Expert



Demonstration by students



Demonstration by students

Prof(Dr). Amit Gadekar
HOD

Prof(Dr). Amol D Potgantwar
Principal

