



Sandip Foundation's
Sandip Institute of Engineering and Management,
Department of Engineering Sciences & Humanities
Academic Year 2021-22

- 1.Event Title : Yoga Session**
- 2.Event Date : 24/12/2021**
- 3.Duration : 1 Hour**
- 4)No.Of participants : 190**
- 5)Venue : Online (Google meet)**
- 6)Event Co-ordinator : Prof.Rashmi J. Nayak**
- 7)Event Objectives : To enable the student to have good health. To practice mental hygiene. To possess emotional stability. To integrate moral values. To attain higher level of consciousness.**



