

**Sandip Foundation's
Sandip Institute of Engineering & Management**

Mahiravani, Nashik

National Service Scheme (NSS)

National Yoga Day Conducted Report

Name of Event: - YOGA Practical Session

Date: - 21st June, 2022;

Time: - 09:30pm to 11:30am

Venue: - Near Admin Area at SIEM.

Name of Coordinator: - Prof. S.M. Mahajan & Mr. Rahul Narwade

Beneficiary: - 130 + participants (Teaching and Non-Teaching Employee of SIEM and Students.)

The Yoga awareness and practical session was organized under the National Service Scheme (NSS) of Sandip Institute of Engineering and Management on 21st June, 2022 on the occasion of national yoga day in collaboration with Sandip University . Prof. S. M. Mahajan welcome to all participants and deliver the thoughts on Yoga, Pranayama and important of these things in human life. The practical session was conducted with performing various Yoga Assan and Pranayama all together with Mr. Rahul Narwade and Mr. Paresh Rege. This activity was conducted under the guidance of **Dr. D. P. Patil**, Principal, SIEM. All the Deans, HOD's and faculty members of SIEM were present for the session.





