



**Sandip Foundation's**  
**Sandip Institute of Engineering and Management,**  
**Physical Education and Sports**  
**Academic Year 2018-19**

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**Event Activity Report- 4th International Yoga Day**

College Name: **Sandip Institute of Engineering and Management** ,Nashik

**Event Title:** 4th International Yoga Day

Event Date: 21 June 2018

Time: 8.30 AM to 9:30 AM

Duration in days: One Day

Mode of conduction: offline

Level of Program: Institute Level

**Event Resource Person Details:**Mr. Prashant Tuli (YogVidyamandir, Nashik )

**Name of Event Coordinator with contact details: 1 )Dr. PareshRege**  
**(8208608937)**

**Number of participants attended: 150**

**Event Outline, Objective and Outcome of the event:**

**Outline of Program:** Department of physical Education & Sports has organized 4th International Yoga Day at green campus of Sandip Foundation, Nashik. Students, faculty and staff of SIEM College from various department were present for the event.

The event was organized under the guidance of Respected PrincipalDr.R.V. KSHIRSAGAR.

**Objective of Program:**

- 1) Yoga brings physical harmony and mental balance.

- 2) It is the combination of physical asanas, meditation, and breathing techniques to strengthen the muscles and relieve from stress.
- 3) The main purpose of Yoga is to provide a sound body and a sound mind.

**Outcome: Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, flexibility and body composition.** Identify the major muscle groups and their application to yoga. Improve personal fitness through participation in yoga, muscular, strength, and muscular endurance activities.

In the inauguration function of 4th International Yoga Day lamp lighting done by Respected Principal Dr. .R.V. KSHIRSAGAR , he delivered his valuable words regarding benefits of yoga, meditation and need of Physical fitness in today's scenario. SIEM Director of 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. All HOD, Teaching & Non Teaching staff were present and perform activity along with faculty and students. Mr. Prashant Tuli (Yogvidyamandir, Nashik )who is also certified Yoga teacher demonstrate various yoga position along with benefits.





