



Sandip Foundation's
Sandip Institute of Engineering and Management,
Physical Education and Sports
Academic Year 2019-20

Event Activity Report- 5th International Yoga Day

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

Event Title:5th International Yoga Day

Event Date: 21 June 2019

Time: 9.30AM to 10.30AM

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: Dr. PareshRege

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 Principal Dr. DEEPAK PATIL.

Objective of Program:

- Let people know the amazing and natural benefits of yoga.
- Connect people to the nature by practicing yoga.
- Make people get used of meditation through yoga.
- Draw attention of people worldwide towards the holistic benefits of yoga.
- Reduce the rate of health challenging diseases all over the world.
- Bring communities much close together to spend a day for health from busy schedule.
- Enhance growth, development and spread peace all through the world.

Outcome:Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with

the speech of our Hon'blePrincipal Dr. DEEPAK PATIL. He encouraged students to practice regular yoga to remain fit and improve concentration. TheHon'blePrincipal Dr. DEEPAK PATIL addressed the participants on the importance of yoga practice in our life.. Mr. Prashant Tuli (Yogvidyamandir, Nashik)who is also certified Yoga teacher demonstrate various yoga position along with benefits. All Faculties, Staff and students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.SIEM Director of Sports, Dr. PareshRegeplayed a major role as chief coordinator for event as he participated in event and motivate faculty and students to take part in event





