



Sandip Foundation's
Sandip Institute of Engineering and Management,
Physical Education and Sports
Academic Year 2022-23

Event Activity Report- 9 th International Yoga Day

Academic Year 2022-2023

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

Event Title: 9 th International Yoga Day

Event Date: 21 June 2023

Time: 10.30 AM to 11:30 AM

Duration in days: One Day

Mode of conduction: offline

Level of Program: Institute Level

Event Resource Person Details: Prof.CMASuvarnaKute

**Name of Event Coordinator with contact details: 1)Dr. PareshRege
2) Prof. Rahul B. Narwade**

Number of participants attended: 200

Event Outline, Objective and Outcome of the event:

Outline of Program: Department of physical Education & Sports has organized 9th 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:

1. Help with weight loss
- 2) Strengthens muscle's 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 9th International Yoga Day lamp lighting done by Respected Principal Dr. DEEPAK PATIL, he delivered his valuable words regarding benefits of yoga, meditation and need of Physical fitness in today's scenario. SIEM Director of Sports, Prof. Rahul Narwade played a major role as chief coordinator for the event as he participated in the event and motivated faculty and students to take part in it. All HOD, Teaching & Non Teaching staff were present and performed activities along with faculty and students. Prof. CMA Suvarna Kute, who is also a certified Yoga teacher from Ayush Bharat, demonstrated various yoga positions along with their benefits.

Felicitation Of Guests





Demonstration By Prof. CMA SuvarnaKute.



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