

**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, 2021;

Time: - 11:00pm to 01:00pm

Venue: - Near Admin Area at SIEM.

Name of Coordinator: - Prof. S.M. Mahajan & Prof. A.P. Borhade

Beneficiary: - 30+Teaching and Non-Teaching Employee of SIEM.

The Yoga awareness and practical session was organized under the National Service Scheme (NSS) of Sandip Institute of Engineering and Management on 21st June, 2021 on the occasion of national yoga day. Prof. A. P. Borhade welcome to all participants and deliver their 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 Prof. S. M. Mahajan. 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.



Thoughts Delivering





Few moments of Activity