

**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, 2020;

Time: - 10:00pm to 11:30am

Mode: - Online Mode (Google Meet)

Name of Coordinator: - Prof. Rashmi Nayak

Beneficiary: - 100+Teaching and Non-Teaching Employee and students.

Event Objectives: - To enable the student to have good health. To practice mental hygiene. To possess emotional stability. To integrate moral values. To attain higher level of consciousness

The Yoga awareness and practical online session on google meet was organized under the National Service Scheme (NSS) of Sandip Institute of Engineering and Management on 21st June, 2020 on the occasion of national yoga day.



