



Event Activity Report- 10 th International Yoga Day

Academic Year 2024-2025

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

Event Title: 10 th International Yoga Day

Event Date: 21 June 2024

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**

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 departments were present for the event.

The event was organized under the guidance of Respected Principal Dr.Dipak 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. Dipak 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 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. Prof. CMA Suvarna Kute who is also certified Yoga teacher from Ayush Bharat demonstrate various yoga position along with benefits.


Felicitation Of Guests



Participants of the Event

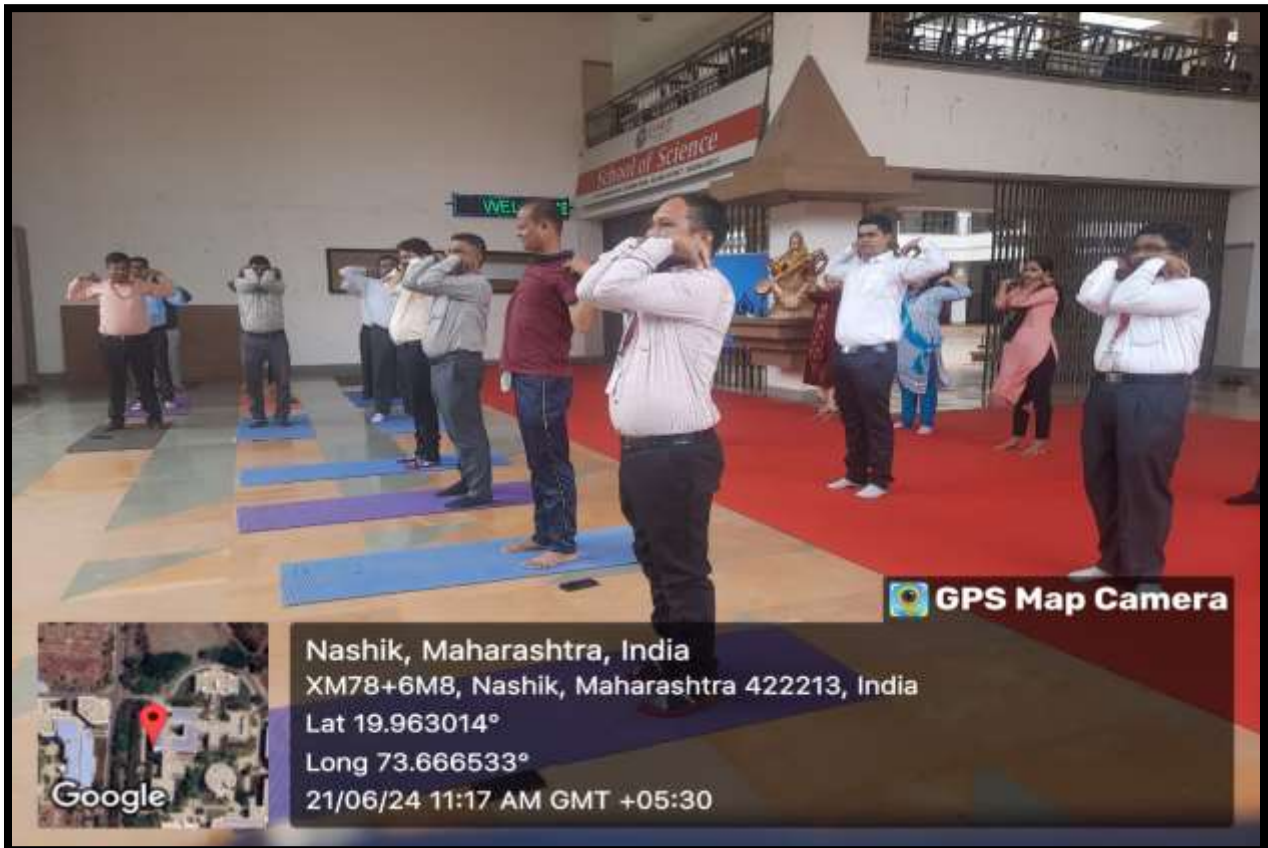





 **GPS Map Camera**



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Lat 19.963063°
Long 73.666543°
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 **GPS Map Camera**



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