

YOGA DAY CELEBRATION

DEPARTMENT: E&TC/MECH/CIVIL/COMP

TITLE/TOPIC: “ YOGA DAY”

DATE: 14/09/2024

DURATION OF EVENT: 2 Hrs

STUDENT/ STAFF PRESENT: 150

GUEST: Prof Ahirrao.M.K

CO-ORDINATOR: Prof.Nanaware S.K. Prof. Ranjane A.R.

OBJECTIVE: Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.

DESCRIPTION: As per the guideline of AICTE, DTE & MSBTE, The Rajgad Dnyanpeeth's Technical Campus Polytechnic, Dhangawadi Celebrated “ **Yoga Day**” on 14/09/2024 at Seminar Hall. The notice of the Yoga day Celebration is issued by the Principal Prof.Khopade D.K. on 14/09/2024. Prof. Nanaware S.K. Prof. Ranjane.A.R.is appointed as an Event Coordinator for the same she also hosts the event and shares the benefit of Yoga in our day to day life. One day Practice Session was organized before the actual event. Practice session and actual event is supervised by Yoga expert Prof Ahirrao.M.K Asst.Professor Computer Department, from A.T College Bhore. Both students and staff eagerly participated in the event, attendance and notice of the same is attached to this report.

Following are the Asanas performed by the participants:

- Suryanamaskar
- Tadasana
- Sarvang Asana
- Tadasana
- Dhanurasana
- Vajrasana
- Pranayama

CONCLUSION: It helped Students to improve their physical body along with maintaining their inner peace and relaxing their mind. Thus, there is nothing that yoga will not help.

PHOTO'S DURING SESSION:



Prof Ahirrao.M.K Lamp Lighting during yoga day celebration



Students during Meditation



Students during yoga day celebration



Students during Meditation