



Shri. Shamrao Patil (Yadavkar) Educational & Charitable Trust's
Sharad Institute of Technology College of Engineering, Yadrav (Ichalkaranji)
(Approved by AICTE, New Delhi, Recognized by Govt. of Maharashtra &
Affiliated to DBATU, Lonere)
An Autonomous Institute, Accredited by NAAC 'A' Grade
NBA Accredited Programs, ISO 9001:2015 Certified

Activity Report

Name of Activity: Yoga Activity on the occasion of "International Yoga Day"

Date of Activity: 21st June 2022

Venue: Office Premises

Number of Participants: 60 Students, 5 Faculty Members

Summary:

Yoga is an ancient ascetic practice originated in India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. There are numerous benefits of practicing yoga regularly.

International Day of Yoga is celebrated worldwide on 21st June since 2015 following declaration of 21st June as International Yoga Day by United Nations General Assembly in December, 2014. The idea of International Day of Yoga was first proposed by Indian Prime Minister Shri Narendra Modi during his speech at United Nations General Assembly (UNGA) on 27th September 2014.

On the occasion of International Yoga Day, NSS Unit and Major Dhyanchand Sports Club of Sharad Institute of Technology, College of Engineering organized Yoga Activity in college premises for students and faculty members on 21st June 2022. Dr. A. M. Takale delivered talk on Benefits of Asanas and he taught various asanas (Sukhasana, Naukasana, Dhanurasana, Vakrasana, Bhujangasana, Halasana, Sarvangasana, Gomukhasana) to students and faculty members. 60 students and 5 Faculty Members attended the same.



Glimpses



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