



PRERNA COLLEGE OF COMMERCE

(Run by PRERNA SEWA MANDAL, Regd. No. Sr Act 1860-370/83, BPT Act - 1950. F/3826)
Reshimbag Square, Nagpur - 24

Govt. Recognised & Affiliated to Rashtrasant Tukadoji Maharaj, Nagpur University
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA - 2.32)
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Committee- NSS Unit and National/International Day Celebration Committee

Event: International Yoga Day Celebration

Hon'ble Chief Guest: Dr Pravin Joshi

Date and Time: Monday, 21st June, 2021 from 8.00am

Anchoring By- Ms. Pooja Gadve

Vote of thanks proposed by: Ms. Monali Ramteke

Objectives: -

- To improve posture, increase the intake of oxygen and enhance the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems etc.
- To enhance muscle strength, coordination, flexibility, agility and range of motion.
- To create awareness of pragmatic yoga in the students and faculty.
- To make the students understand the various types of asanas in pragmatic yoga
- To create the awareness of physical and mental diseases and its solutions through practicing yoga among students and faculty.

Highlights: -

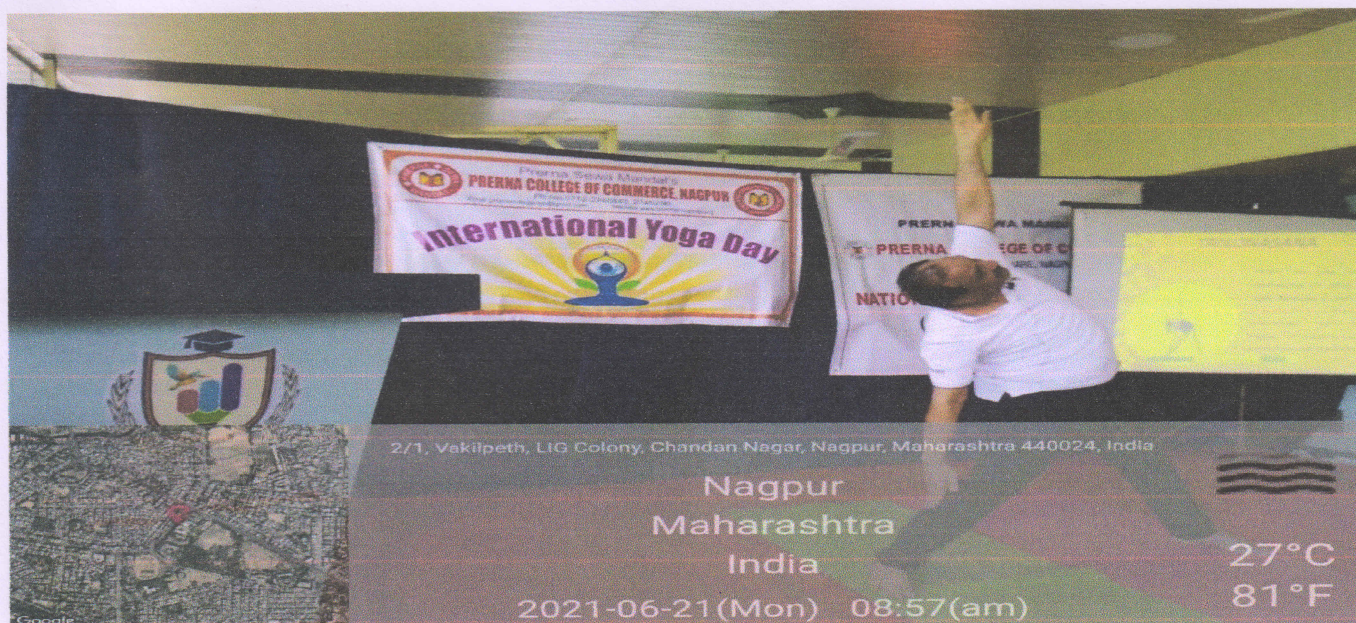
- Ms. Pooja Godbole welcomed and introduced Dr Pravin Joshi, Speaker of the program.
- Dr Pravin Joshi explained importance of yoga in our routine life.
- Students and faculty understood various types of asanas of pragmatic yoga and also learnt how to do it through demonstration.
- Students understood that how yoga control our physical and mental diseases.

Outcome: - The students learnt

- The importance of yoga in our life.
- Different asanas of pragmatic yoga and how to do it on regular basis.
- The ability to perform yoga movements in various combination and forms

No. of Participants: -

Total 212 students attended this program.



> Students understand that how yoga control our physical and mental diseases

Outcome: - The students learnt

- > The importance of yoga in our life.
- > Different asana of pranayama yoga and how to do it.
- > The ability to perform yoga movements in various condition.

Reena Uskande
Programme Co-ordinator
Prerna College of Commerce