



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)
Ph.: 2745296, 2746840 E-mail : premacollegengp@gmail.com
Website: www.premacollegeofcommerce.com



Committee- Yoga Centre, NSS Unit and National/International Day Celebration Committee

Event: International Yoga Day Celebration

**Date and Time: Tuesday, 21st June, 2022 from 8.00am
onwards**

Anchoring By- Ms Neha Samundre

Vote of thanks proposed by: Ms Dipawali Randive

Objectives: -

- To develop the habit of meditation among the staff so that they can enjoy more peace of mind and self-awareness.
- To create the awareness of physical and mental diseases and its solutions through practicing yoga among students and faculty.
- 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 staff.

Highlights: -

- Ms Neha Samundre welcomed all the staff members and explained the importance of yoga in our routine life.
- Firstly, Sports teacher Mr Rahul Shriwas took some warm-up exercises.
- All staff members performed various types of asanas like tadasan, vrikshasan, trikonasana etc.
- All staff members also performed pranayama like bhastrika, anulomvilom, bhramari etc.

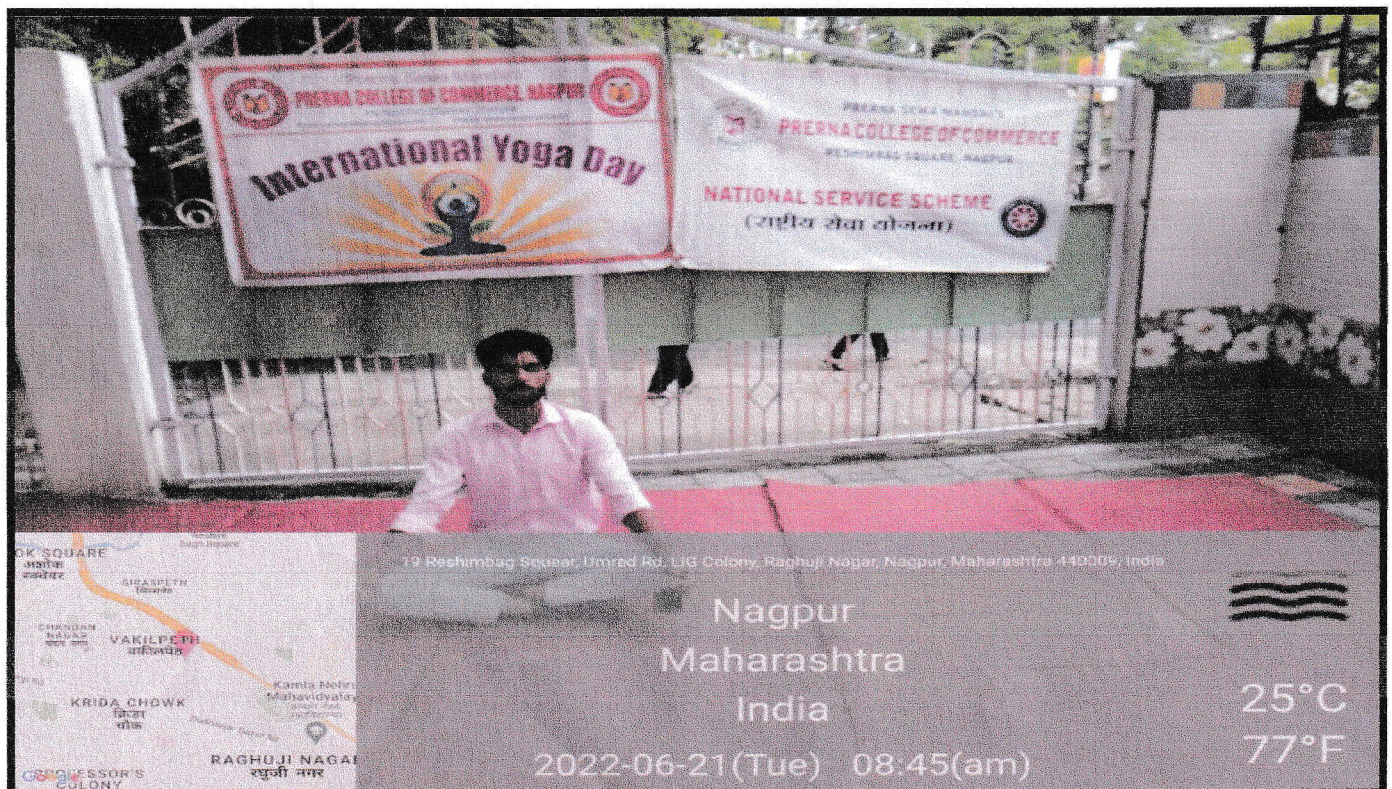
- The session was ended with recitation of shlokas and omkar.
- The vote of thanks was proposed by Ms Deepawali Randive.

Outcome: - The staff learnt

- The importance of International Yoga Day which is celebrated all over the world.
- Also the benefits of yoga and asana in their daily life.
- The ability to perform yoga movements in various combination and forms.

No. of Participants: -

Total 22 staff members attended this program.



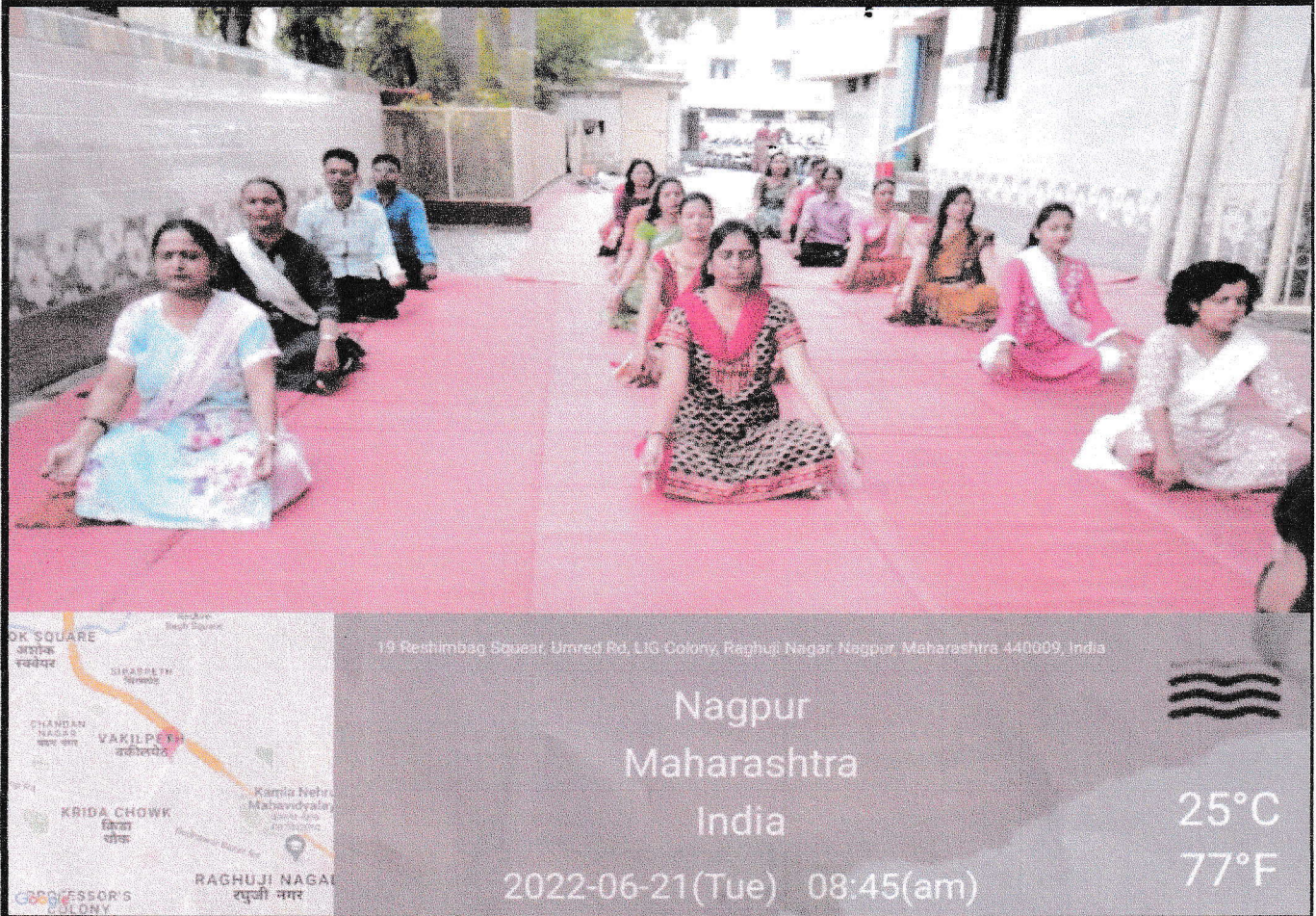
Sports teacher Mr Rahul Shriwas performing Bhastrika



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)
Ph.: 2745296, 2746840 E-mail : prernacollegengp@gmail.com
Website: www.pernacollegeofcommerce.com



Staff members performing Pranayam

Program Coordinators

Dr Bharti Deshmukh
(Yoga Centre)

Dr Manjiri Pathak
NSS Officer

Ms Neha Samundre
National/ International Days
Celebration Committee

Programme Co-ordinator
Prerna College of Commerce