



Dr. S.C. Gulhane Prerna College of Commerce, Science and Arts

Run by Prerna Sewa Mandal
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

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Report on

Event: - International Yoga Day

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

Date & Time: - Wednesday, 21st June, 2023

Time: - 7:00 am to 8:30 am

Objectives: -

1. To bring certain amount of self-discipline in the operations of the Yoga Institutions
2. To enhance muscle strength, coordination, flexibility, agility and range of motion.
3. To enable the student to have good health.
4. To practice mental hygiene.
5. To possess emotional stability.
6. To integrate moral values.
7. To attain higher level of consciousness.

Highlights: -

1. 21st June is celebrated as Yoga Day across the world Dr. S.C. Gulhane Prerna College of Commerce, Science & Arts celebrated Yoga Day with great enthusiasm and gaiety.
2. All the staff members participated in the event and performed important yogasana's that help relaxation of mind & body. Dr. Pravin Joshi the Director of the college guided the staff about the significance of yoga in life.
3. He also spoke on the eight organs of yoga as external discipline, internal discipline, physical postures breath control, withdrawal, concentration, meditation & absorption.
4. He also laid the participants to performing various postures required for teachers to keep themselves physically fit & mentally alert.
5. Earlier Dr. Bharti Deshmukh made introductory remarks about the significance of 21st June for the whole world.
6. Ms. Neha Samundre proposed a vote of thanks.
7. Dr Manjiri Pathak, Dr Ashish Gupta, Priya Godbole, Ms Poorva Wagh and Mr Swapnil Deogade Worked hard for the success of the program.

Outcomes:-

1. The session has brought about awareness among students and faculty about how to perform yoga.
2. They have realized the significance of yoga in day-to-day life.
3. They have come to know about various organs of yoga and how to perform them.
4. They have also learnt how to manifest good health and balanced life.
5. They have learnt the proper technique to do various Yogaaasana's.

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Glimpses:



The faculty members doing the yoga on the occasion of International Yoga Day



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(Signature)
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