

# 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)

Ph.: 2745296, 2746840

E-mail: [prernacollegengp@gmail.com](mailto:prernacollegengp@gmail.com)



## Report

- **Event:** - International Yoga Day
- **Committee:** - Yoga Centre, NSS Unit and National/International Days Celebration Committee
- **Day & Date:** - Friday, 21st June, 2024
- **Time:** - 7:00 am to 8:00 am

### Objectives: -

- To let the faculty members know the amazing health benefits of yoga.
- To acquaint the faculty members that regular practice of yoga and meditation increases concentration and self-control.
- To encourage faculty members to embark on a journey towards spiritual enlightenment.
- To make the faculty members aware that regular practice of yoga and meditation brings equilibrium and harmony in life to attain inner peace.
- To inform faculty members that yoga aids in maintaining flexibility, increasing strength, and improving overall physical fitness.
- To draw attention of the faculty members about the benefits of yoga for improving physical and mental health.
- To illuminate the knowledge that yoga reduces the risk of diseases through consistent practice.
- To make the faculty members aware of how yoga is helpful to reduces health problems.

### 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 excitement.
2. All the staff members participated in the event and performed important Yog asanas that help relaxation of mind & body.
3. Mrs. Sarika Gurve the Yoga Trainer of the college guided the staff members about the significance of yoga in life.
4. She also spoke on the eight asanas of yoga like six Surya Namaskar, Tad Aasan and Triangle Aasan.
5. She explained about discipline, internal value, concentration, & meditation.
6. She also described various asanas required for teachers to keep themselves physically & mentally fit.
7. Ms Neha Samundre, Coordinator, National/International Days celebration committee compered the program whereas Dr Manjiri Pathak, Coordinator, NSS Officer proposed a vote of thanks.

## **Outcomes: -**

1. The session has brought awareness about the benefits of yoga among faculty members and how yoga is performed in life.
2. All faculty members realized the significance of yoga in day-to-day life.
3. They have also learnt how to manifest good health and balanced life.
4. They have learnt various asanas of yoga and the proper technique to do it.
5. The faculty members understood how yoga helps to regain the ability to get things done efficiently without getting distracted.

## **Glimpses of Yoga Day Celebration :-**

