



PRERNA COLLEGE OF COMMERCE

Reshimbag, Nagpur

(Run By Prerna Sewa Mandal)

NAAC Accredited with "B Grade"



Yoga Centre, NSS and National/International Day Celebration Committee

Jointly Organize

International Yoga Day

Yoga is considered to be an ancient practice that originated 5,000 years ago in India. Yoga was developed as a way to interconnect the mind, body and soul to step closer into enlightenment. It became popularized as an exercise and relaxation method, with claims to help the body's general well-being, alleviate physical injuries and chronic pain.

The idea of International Yoga Day was first proposed by Prime Minister Narendra Modi on September 27, 2014, during his speech at the UN General Assembly, where a resolution to establish June 21 as International Yoga Day was introduced by India's Ambassador, Asoke Kumar Mukerji.

Yoga Centre, NSS and National International Days Celebration Committee of Prerna College of Commerce celebrate International Yoga Day that yoga has brought to the world stage of the physical and spiritual prowess. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind and soul in a way that has existed for centuries.

Monday

21st June 2021

Time: 8:00 am to 9:00 am

Google Meet Link:

<https://meet.google.com/dok-pnff-pbp>

Registration Link:

<https://forms.gle/89h1ftBPhcJYbicMA>

Hon'ble Chief Guest



Dr Pravin Joshi

Director

Prerna College of Commerce, Nagpur

Patrons

Prof. R. C. Gulhane

President, Prerna Sewa Mandal, Nagpur.

Dr S. C. Gulhane

Secretary, Prerna Sewa Mandal, Nagpur.

Dr Pravin Joshi

Director, Prerna College of Commerce, Nagpur.

Convener

Dr Bharti Deshmukh

Head, Department of Computer Science & Computer Application, Prerna College of Commerce, Nagpur.

Program Co-Ordinators

Dr Manjiri Pathak

Assistant Professor

Prerna College of Commerce, Nagpur.

Ms Reena Urkande

Assistant Professor

Prerna College of Commerce, Nagpur.



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: -

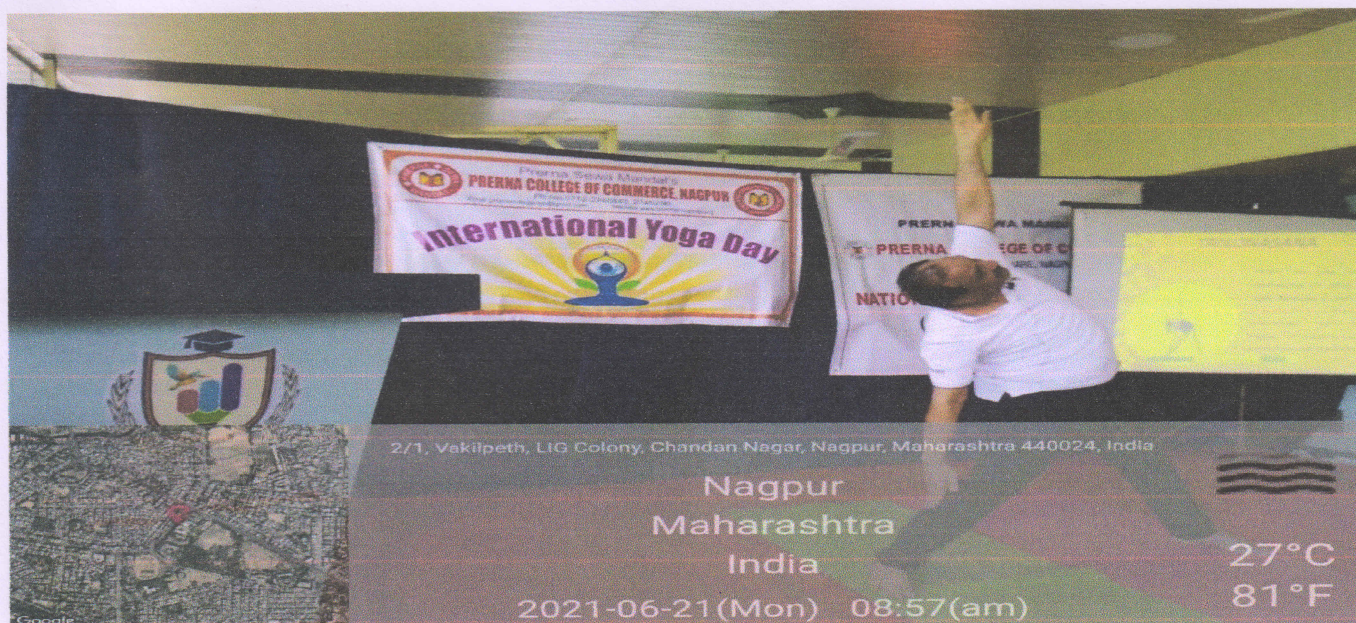
- Ms. Pooja Godbole welcomed and introduced Dr Pravin Joshi, Speaker of the program.
- Dr Pravin Joshi explained importance of yoga in our routine life.
- Students and faculty understood various types of asanas of pragmatic yoga and also learnt how to do it through demonstration.
- Students understood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

> The ability to perform yoga movements in various con

Reena Uskande
Programme Co-ordinator
Prerna College of Commerce