



## **Event Activity Report- 8 th International Yoga Day**

### **Academic Year 2021-2022**

School/Department Name: Department of Physical Education & Sports

**Event Title:** 8 th International Yoga Day

Event Date: 21 June 2022

Time: 10.30 AM to 11:30 AM

Duration in days: One Day

Mode of conduction: offline

Level of Program: University Level

**Event Resource Person Details: Prof.CMA Suvarna Kute**

**Name of Event Coordinator with contact details: Dr. Paresh Rege (7276791039)**

**Number of participants attended: 200**

### **Event Outline, Objective and Outcome of the event:**

**Outline of Program:** Department of physical Education & Sports has organized 8 th International Yoga Day at green campus of Sandip University, Nashik. Students, faculty and staff of Sandip University from various Colleges were present for the event.

The event was organized under the guidance of Hon'ble Vice Chancellor Dr. Rajendra Sinha.

### **Objective of Program:**

- 1) Help with weight loss
- 2) Strengthens muscle's and joints
- 3) Improved Complexion
- 4) Ensure a better functioning digestive system
- 5) Helps combat insomnia
- 6) Useful in treatment of frozen shoulders
- 7) Spinal cord and abdominal muscles are stretched
- 8) Internal organs are massaged

- 9) Improves body flexibility
- 10) Reduces stress
- 11) Improves balance in the nervous system
- 12) Reduced blood sugar levels
- 13) Tones the entire body
- 14) Eliminate stomach ailments
- 15) Improves Digestion and reduces constipation

**Outcome:** In the inauguration function of 8<sup>th</sup> International Yoga Day lamp lighting done by Hon. Vice Chancellor Dr. Rajendra Sinha, he also delivered his valuable words regarding benefits of yoga, meditation and need of Physical fitness in today's scenario. Dean SOET, Dr. Anil Maheshwari played a major role as chief coordinator for event as he participated in event and motivate faculty and students to take part in event. Registrar Dr. Chetan Choudhari, DSW Prof. Arif Mansoori were present and perform activity along with faculty and students. Prof. CMA Suvarna Kute who is also certified Yoga teacher from Ayush Bharat demonstrate various yoga position along with benefits.





Demonstration By Prof. CMA Suvarna Kute.







Participants during the event