

Report of International Yoga Day-21st June 2021

1. **Event Details:** On the occasion of International Yoga Day a yoga session was organised for the college staff and students
2. **Date/Duration:** 21st June 2021/ 01:15 hrs
3. **Time:** 3.30 PM to 4.45 PM
4. **Participant's:** TCET faculty, staff and Students
5. **Aim of Programme:** International Yoga Day aims to develop the habit of meditation amongst youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
6. **Objective of Programme:** To create awareness amongst attendees about Yoga practices as it helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Maintains good health and vital parameters.
7. **Schedule:**

Sr. No.	Date/Day	Session Details	Name of the Speaker
1	21 st June 2021/ Monday	Considering the COVID-19 Pandemic Situation across the country, this event was conducted on zoom i.e., online mode. Miss. Urvi Sharma started the programme by giving introduction of the event. Poorva Waingankar ma'am welcomed participants. Then Information about Yoga and International Yoga Day was given. The importance of Yoga Practice and meditation was explained. There were 280+ participants including 76 faculty members + nonteaching staff and 100+ students. The main event started with Poorva Waingankar ma'am mentioning the benefits of Yoga and simple techniques for wellbeing. The demonstrations were shown live by faculty members Mrs. Anvita Birje, Mrs. Vidhyadhari singh and Mrs. Kalawati Patil. Many Asanas like Tadasana, Trikonasana, Padahastasan, Vrikshasan, Vajrasana, Pranayama etc were demonstrated live by faculty members. There were 3 college body involved (NSS, RCTCET and TSDW) along with student volunteers (Miss Priya Wani,	Mrs.Poorva Waingankar

		Miss.Janhavi Shetty, Mr. Kunal Miskin, Miss Janhavi Mishra, Miss Urvi Sharma) who supported this programme to make it successful. Programme ended with Vote of Thanks given by Rtr. Janhavi Mishra.	
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8. Session Highlights:

Sr. No.	Name of the Speaker/Presenter	Details of Session
1.	Mrs. Poorva Waingankar	Mrs. Poorva Waingankar explained the demonstration of the Yoga Asanas, she explained various asanas like Tadasana, Trikonasana, Padahastasan, Vrikshasan, Vajrasana, Pranayama and the following were demonstrated by faculty members.
2.	Mrs. Anvita Birje	Mrs. Anvita Birje demonstrated sitting positions for example, Vajrasana and also performed it stepwise and explained its benefits.
3.	Mrs. Vidhyadhari Singh	Mrs. Vidhyadhari Singh demonstrated asanas that can be done using chair for lower body parts. She included side leg stretching, Front leg stretching, foot rotation and stretching etc.
4.	Mrs. Kalawati Patil	Mrs. Kalawati Patil demonstrated steps and mentioned benefits of Pranayam, Anulom-Vilom, Kapal Bhati, Bhramari Pranayama etc.

9. Attendance Analysis & Remarks:

No. Of attendees: 280

Through Zoom 280

Through You Tube 299

10. Feedback Analysis & Remarks:

The feedback received was positive and everyone enjoyed as well as followed the simple exercises, pranayama & meditation sessions. Many faculty members appreciated the efforts and thanked the team for conducting the session.

11. Learning:

- ✓ Basics of YOGA
- ✓ Basics of Meditation
- ✓ Simple exercises in various postures

12. SWOT Analysis:

Strength	Weakness	Opportunity	Threat
Many students were able to join at one venue through online mode.	Doing yoga in online mode is difficult and getting it done from participants is challenging task, but students and faculty were able to perform yoga successfully.	Session can also be conducted in hybrid mode.	Monitoring student through zoom was not easy and correcting their postures was not possible.

13. Conclusion:

International Yoga Day session was conducted successfully through online mode and importance of the yoga in this new normal was imparted to college staff and students

Prepared By



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Glimpses of IYD

