



**SINHGAD TECHNICAL EDUCATION SOCIETY'S
NBN SINHGAD TECHNICAL INSTITUTES CAMPUS,
AMBEGAON, PUNE-41
NATIONAL SERVICE SCHEME (NSS)**



NOTICE

Date: 18/06/2021

This is to inform all the students of NBN Sinhgad School of Engineering that NSS-NBNSTIC has organized "International Yoga day". The program is scheduled on **Monday, 21th June, 2021** at **11:00 AM** onwards.

Student Coordinators:

1. Ritika Rawat, IT Department (7875931355)
2. Viraj Dendge, Mechanical Department (9158562000)

Venue: Microsoft Teams.

Prof. Sumit U. Mali
NSS Program Officer



Programme Officer
National Service Scheme (NSS)
NBN Sinhgad Technical Institutes
Campus, Ambegaon(Bk.), Pune-41.



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EVENT REPORT

Date: 21/06/2021

NAME OF EVENT:- International Yoga Day Celebration

STAFF COORDINATOR :- Prof. Sumit U. Mali, Prof. Rajkumar V. Patil

STUDENT COORDINATOR :- Miss. Ritika Rawat, Mr. Viraj Dendge

International Yoga Day Celebration event was organized for the students of NBN Sinhgad School of Engineering, Pune on Monday, 21st June 2021 under National Service Scheme.

The event was organized on the occasion of International Yoga Day on 21st June 2021 at 11am through Microsoft Teams Meeting. NSS volunteer Ms. Ritika Rawat started the session with Introduction and anchored the event. There was in total 130 attendees in the meeting. Principal Dr. S. P. Patil guided students regarding importance of yoga in daily life.

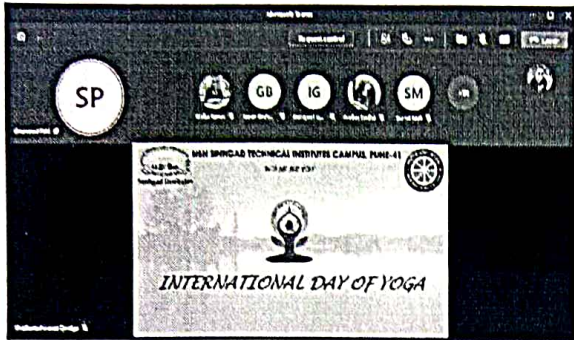
The yoga session was conducted by Ms. Safalta Singh, a Certified yoga trainer and Instructor at Yogatreya School, New Delhi. Importance and demonstration of proper Sitting postures, standing postures, and Breathing was conveyed by the guest to the students. Along with the guest speaker, students also practiced yoga postures. A meditation session was conducted by the speaker for the benefit of students.

Later, a video consisting of NSS Volunteers performing yoga practices was also displayed and the speaker gave her suggestions regarding correct postures of yoga practices. This helped NSS Volunteers understand the importance of doing yoga in correct manner. She demonstrated various yoga positions like Urdhva Mukha Shvanasana and Bhujangasana and explained the difference between the both.

After the main session Doubt session was held for the students and volunteers. The session ended with vote of thanks.



International Yoga Day Celebration



Principal Sir addressing audience



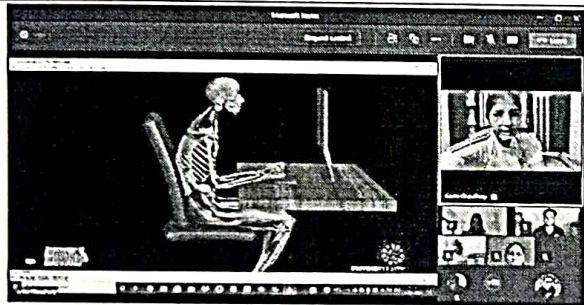
Interaction Session



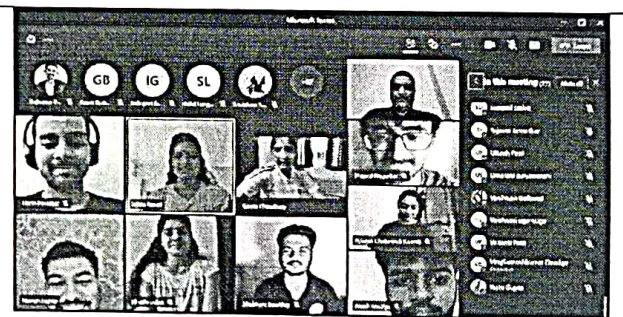
Live Yoga Session



Live Yoga Session



Event Highlights



Doubt Session

Prof. Sumit U. Mali
NSS Programme Officer

Dr. Shivprasad P. Patil
Director, NBNSTIC

Programme Officer
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