



Shri. Shamrao Patil (Yadravkar) Educational & Charitable Trust's
Sharad Institute of Technology College of Engineering, Yadrav (Ichalkaranji)
(Approved by AICTE, New Delhi, Recognized by Govt. of Maharashtra &
Affiliated to DBATU, Lonere)
An Autonomous Institute, Accredited by NAAC 'A' Grade
NBA Accredited Programs, ISO 9001:2015 Certified

Activity Report

Name of Activity: Yoga at Home on the Occasion of "International Yoga Day"

Date of Activity: 21st June 2021

Venue: At home of Participant

Number of Participants: 12 Students and 3 Faculty members

Summary:

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

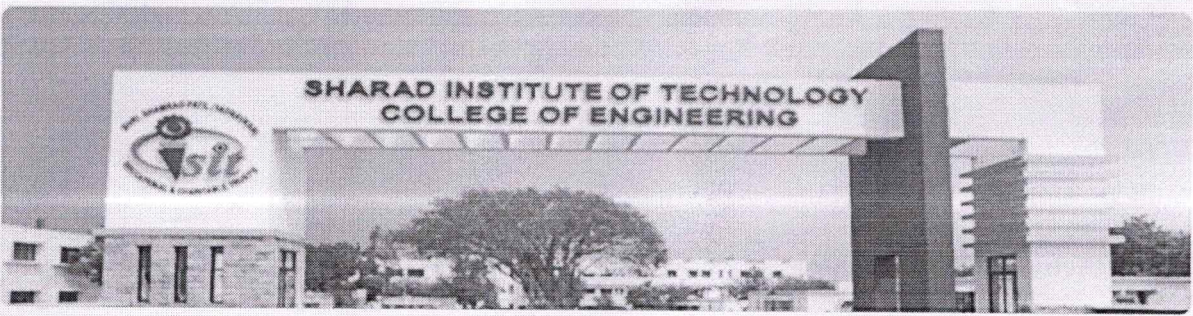
The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

The resolution notes "the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health." In this regard, the World Health Organization has also urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes.

On the Occasion of International Yoga Day, "Yoga At Home" activity was conducted in which 12 students and 3 faculty members participated. Certificate of participation is provided to all the participants.



Google form used to collect plantation details.



SHARAD INSTITUTE OF TECHNOLOGY
COLLEGE OF ENGINEERING

International Yoga Day - 21st June 2021

Form description

Email *

Valid email

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International Yoga Day - 21st June 2021

* Required

1. Email *

2. Name of Student / Faculty *

3. Department *

Mark only one oval.

- ☐ Civil
- ☐ Mechanical
- ☐ Electrical
- ☐ Electronics & Telecommunication
- ☐ Computer Science & Engineering
- ☐ Mechatronics
- ☐ Artificial Intelligence & Data Science
- ☐ Basic Science & Humanities

4. Name of Asana- 1 *



4. Name of Asana- 1 *

5. Upload Image of Asana-1 *

Take photograph in Landscape Mode

Files submitted:

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1/2

12/11/21, 10:02 AM

International Yoga Day - 21st June 2021

6. Name of Asana- 2 *

7. Upload Image of Asana-2 *

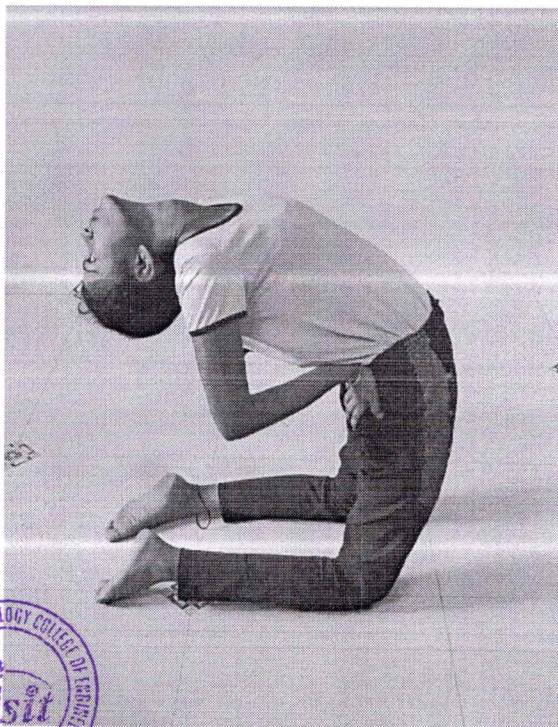
Take Photograph in Landscape Mode

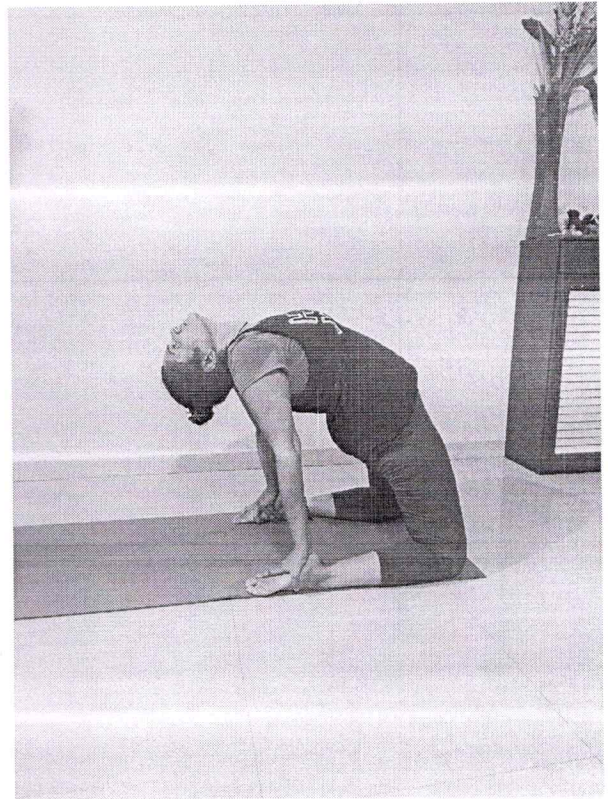
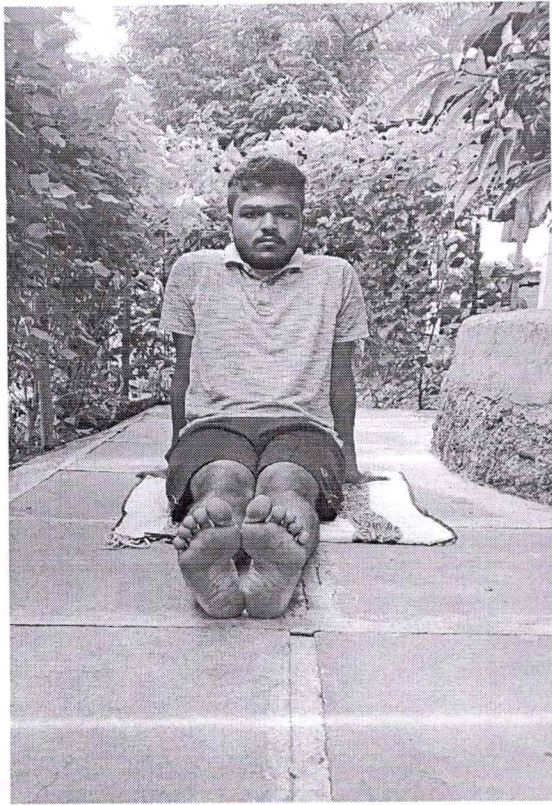
Files submitted:

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Google Forms

Glimpses:






Sample Certificate:



Shree Shamrao Patil (Yadavkar) Educational and Charitable Trust's
**Sharad Institute of Technology, College of Engineering,
 Yadrav (Ichalkaranji).**





CERTIFICATE


This is to certify that


Sudhanshu Vijay Pise


Has participated in the event 'Yoga at Home' to live a healthy life on the occasion of International Yoga Day, 21ST June 2021.


 NSS Officer


 Sports Head


 Physical Director


 Principal


 Executive Director




 Programme Officer
 National Service Scheme
SITCOE Yadrav

STICOF Kshaya
National Service Scheme
Gramme Or

