



**Pravara Rural Education Society's**  
**PRAVARA RURAL ENGINEERING COLLEGE, LONI**  
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**Date:** 21/06/2015

**REPORT ON**  
**1<sup>st</sup> INTERNATIONAL YOGA DAY CELEBRATION**  
**“Yoga for Harmony and Peace”**

**Date:** 21<sup>st</sup> June 2015

**Venue:** Multipurpose Hall (South Campus)

**Organized by:** Pravara Rural Engineering College, Loni

**Primary Objective of the Event:**

1. To let people, know the amazing and natural benefits of yoga.
2. To connect people to the nature by practicing yoga.
3. To make people get used of meditation through yoga.
4. To reduce the rate of health challenging diseases all over the world.
5. To bring communities much close together to spend a day for health from busy schedule.
6. To enhance growth, development and spread peace all through the world.
7. To help people in their bad situations themselves by getting relief from stress through yoga.
8. To make people aware of physical and mental diseases and its solutions through practicing yoga.
9. To let people, know their rights of good health and healthy life style to completely enjoy the highest standard of physical and mental health.

**Yoga Trainer:**

1. Prof Sachin Nimbalkar, P.R.E.C, Loni

**Details of the Event:**

To celebrate the International Yoga Day, yoga camp was organized in the institute on 21st June 2016. The camp was attended by the 50 students, 30 faculty members and staff members of PREC, Loni. The event started at 7: 00 AM in the morning. The session was inaugurated with Pooja of Portrait Padmashri Vitthalrao Vikhe Patil in the Presence of Dr R.S.Jahagirdar Principal PREC Loni and Yoga Trainer, Prof S.R.Nimbalkar

There was a warming up session (neck rotation, shoulder rotation, hip and kneerotation etc.) which was followed by the session on Asanas. Various asanas were performed as per the guidelines given by the Ministry. These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position (Bhadarsan, Shashankasan etc.), Sleeping position on stomach (Bhujanhgasan, Makrasan etc), Sleeping position (Sarvangasan, The Yoga and pranayaam techniques for improvement of physical health, mental concentration and mind and body harmony. Prof.R.P.Amale and Prof R.B.The NSS Coordinator has taken efforts to make the program successful.