



**Pravara Rural Education Society's**  
**PRAVARA RURAL ENGINEERING COLLEGE, LONI**  
A/P. LONI - 413 736, Tal. Rahata, Dist. Ahmednagar (MS)  
☎ (O) 273539, 273459, 273203, (P) 273204, (R) 273463,  
Fax 273537, STD Code - 02422, Gram – ENGCOL  
E-mail - [principal@pravaraengg.org.in](mailto:principal@pravaraengg.org.in), Web: [www.pravaraengg.org.in](http://www.pravaraengg.org.in)



**Date:** 21/06/2016

**REPORT ON**  
**2<sup>nd</sup> INTERNATIONAL YOGA DAY CELEBRATION**  
**“Connect the Youth”**

**Date:** 21<sup>st</sup> June 2016

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

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

**Primary Objective of the Event:**

- 1) Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
- 2) Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Proper oxygen and blood supply to all the vital organs helps to diminish the occurrence of major diseases related to the heart, lungs, kidneys and other vital organs.
- 3) Yoga Day aims to educate people about the various means of overcoming stress naturally without resorting to any artificial medicine.
- 4) Practicing yoga would lead to stronger bonds between people from different background, irrespective of caste, religion or language barriers. It would help to promote the feeling of communal harmony and create a conjugal atmosphere for global peace.

**Yoga Trainers:**

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 40 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 Sanjay Cholke, Prof S.R. Nimbalkar

There was a warming up session (neck rotation, shoulder rotation, hip and knee rotation 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 (Bhujanghasan, Makrasan etc), Sleeping position (Sarvangasan, The Yoga and pranayam techniques for improvement of physical health, mental concentration and mind and body harmony. Prof. R.B. Thete and Prof R.L. Nibe NSS Coordinator has taken efforts to make the program successful.