



Pravara Rural Education Society's
PRAVARA RURAL ENGINEERING COLLEGE, LONI
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Date:21/06/2017

REPORT ON 3rd INTERNATIONAL YOGA DAY CELEBRATION

Date: 21st June 2017

Venue: Multipurpose Hall (South Campus)

Organized by: Pravara Rural Engineering College, Loni

Primary Objective of the Event:

- 1) Excellent breathing technique to calm and center the mind, works therapeutically for most Circulatory and respiratory problems, Releases accumulated stress, Helps harmonize the left and right hemispheres of the brain, Helps purify and balance the nadis, the subtle energy channels, Maintains body temperature.
- 2) Instant way to relieve tension, anger and anxiety, gives relief if you're feeling hot or have a slight headache, Helps mitigate migraines, improves concentration and memory, builds confidence, Helps in reducing blood pressure.
- 3) Cures stomach disorders like acidity, indigestion and constipation, Strengthens the abdominal organs, Strengthens the back and hip and thigh muscles, Helpful for those suffering from gas problems, acidity, arthritis pain, heart problems and waist pain, cures back pain, Helps to reduce tone the stomach muscles, Helpful for losing weight, Good for diabetes patients, Improve the function of digestive systems, Remove gases from the intestine.

Yoga Trainers:

1. Mr Sanjay Cholake Pravara High School Nandur.
2. 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 2017. The camp was attended by the 50 students, 40 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 and Padmabhushan Balasaheb Vikhe patil. In the Presence of Dr. Y.R Kharde 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.