

Date: 21/06/2025

To,  
The Principal,  
PES's College of Engineering,  
Phaltan.

**Sub: Report of International Yoga Day Celebration organized by NSS Unit Of PES's  
College of Engineering Phaltan (6766)**

**International Yoga Day Celebration Details:**

**Place of Event:** PES's College of Engineering Campus (Phaltan)

**Date of Event:** 21/06/2025

**Faculty Members:** All Staff of PES's College of Engineering (Diploma and Degree)

**No. of Participants:** 55 (Staff and NSS Students)

**Organized By:** PES's College of Engineering Phaltan

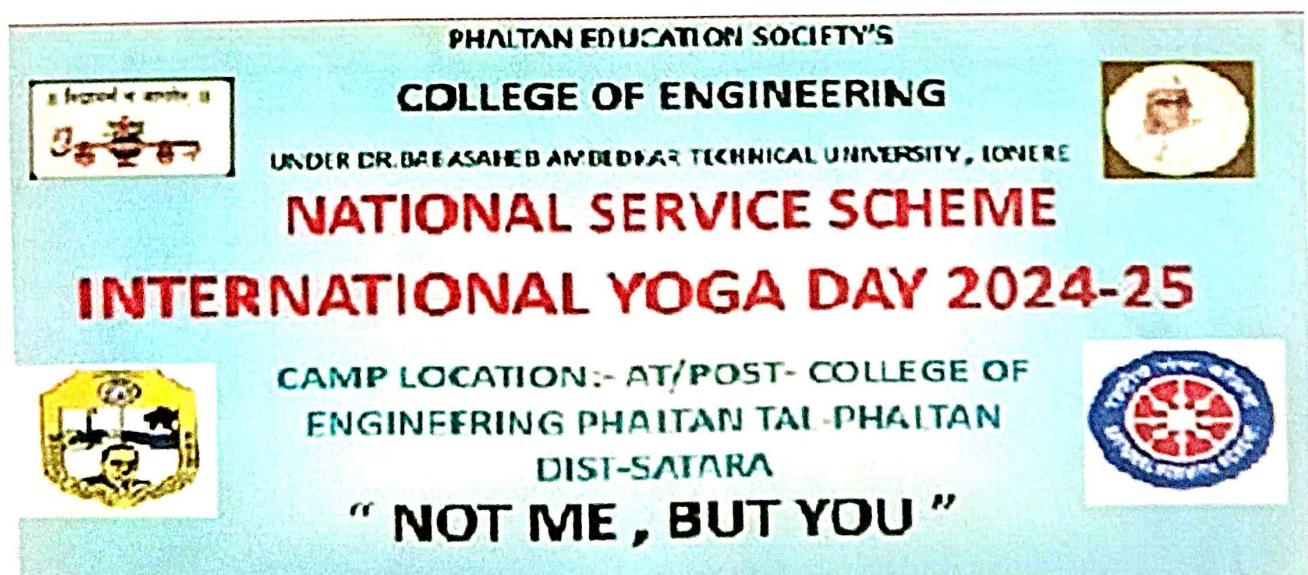
**Guest And Yoga Guidance by :** Yoga- sport Teacher Tayappa Shendage

**Activities:**

1. Performing various Yoga Asanas
2. Meditation sessions

**Objectives:**

- To promote awareness about the importance of yoga in daily life.
- To engage students and staff in physical and mental wellness activities.
- To educate participants about the benefits of yoga and meditation for overall well-being.



## **Summary of Event:**

On 21/06/2025, PES's College of Engineering, Phaltan, successfully celebrated International Yoga Day on the college campus. The event aimed to highlight the significance of yoga in maintaining physical and mental health. The celebration saw enthusiastic participation from all faculty members of both diploma and degree courses, along with students.

The event began at 9.30 a.m. with a welcome address by Hon. Principal Prof. Mrs. D.S.Bhoite, who emphasized the importance of yoga in modern life. Following this, professional yoga instructors Guest and Yoga Teacher Yoga- sport Teacher Tayappa Shendage sir guided the participants through various yoga asanas, including:

- Surya Namaskar (Sun Salutation)
- Tadasana (Mountain Pose)
- Vrikshasana (Tree Pose)
- Bhujangasana (Cobra Pose)
- Dhanurasana (Bow Pose)
- Shavasana (Corpse Pose)

In addition to the yoga asanas, a special meditation session was conducted to teach participants the techniques of mindfulness and stress management. The session highlighted how regular meditation can significantly improve concentration, reduce anxiety, and enhance emotional health.

## **Importance of Yoga and Meditation in Human Life:**

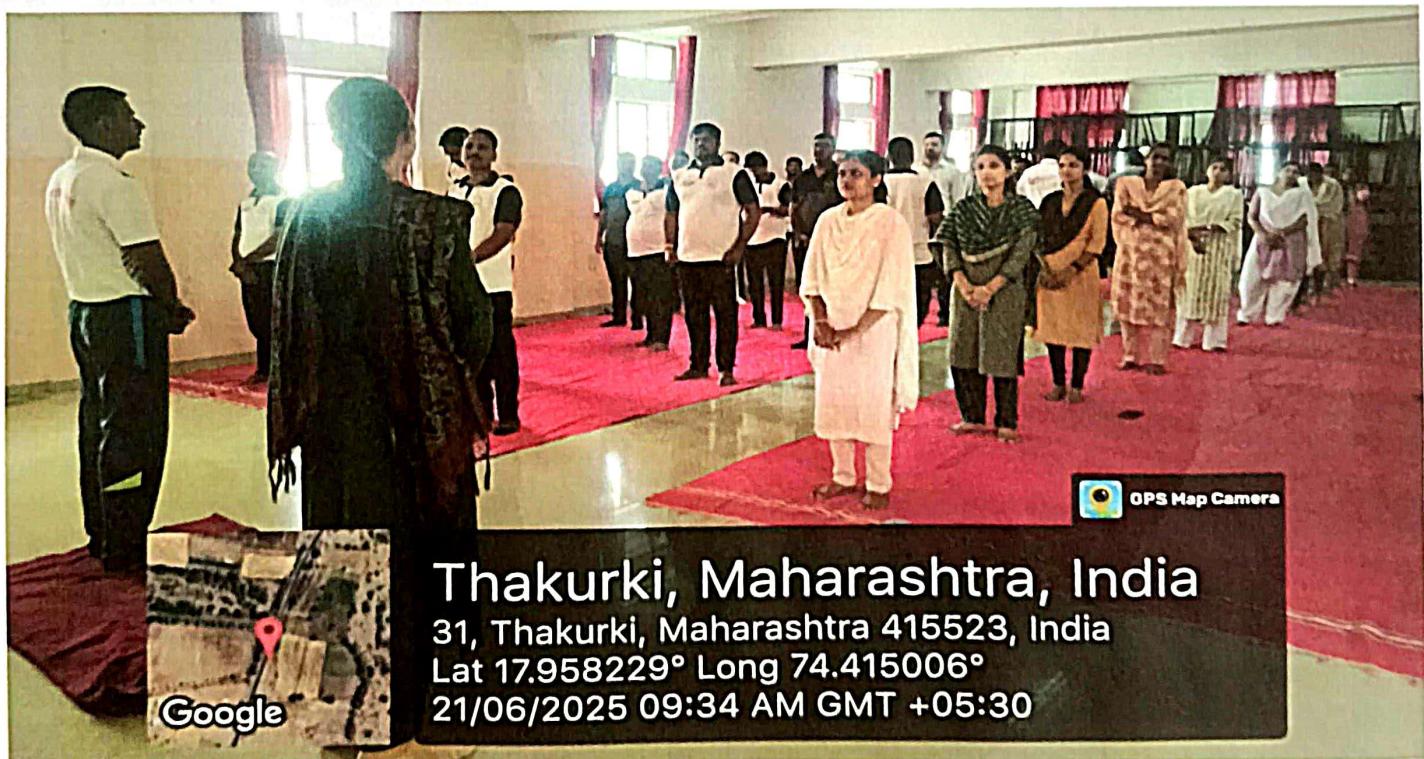
Yoga and meditation play a crucial role in promoting holistic health. They not only help in improving physical strength and flexibility but also contribute to mental clarity and emotional stability. Some key benefits include:

- **Stress Reduction:** Regular practice of yoga and meditation reduces the levels of cortisol, the stress hormone, thereby promoting relaxation.
- **Improved Concentration:** Meditation enhances focus and cognitive functions, leading to better academic and professional performance.
- **Enhanced Physical Health:** Yoga improves cardiovascular health, boosts the immune system, and enhances overall body fitness.
- **Emotional Well-being:** It helps in managing depression, anxiety, and other mental health conditions, fostering a positive outlook on life.

Here are some glimpses of the event:



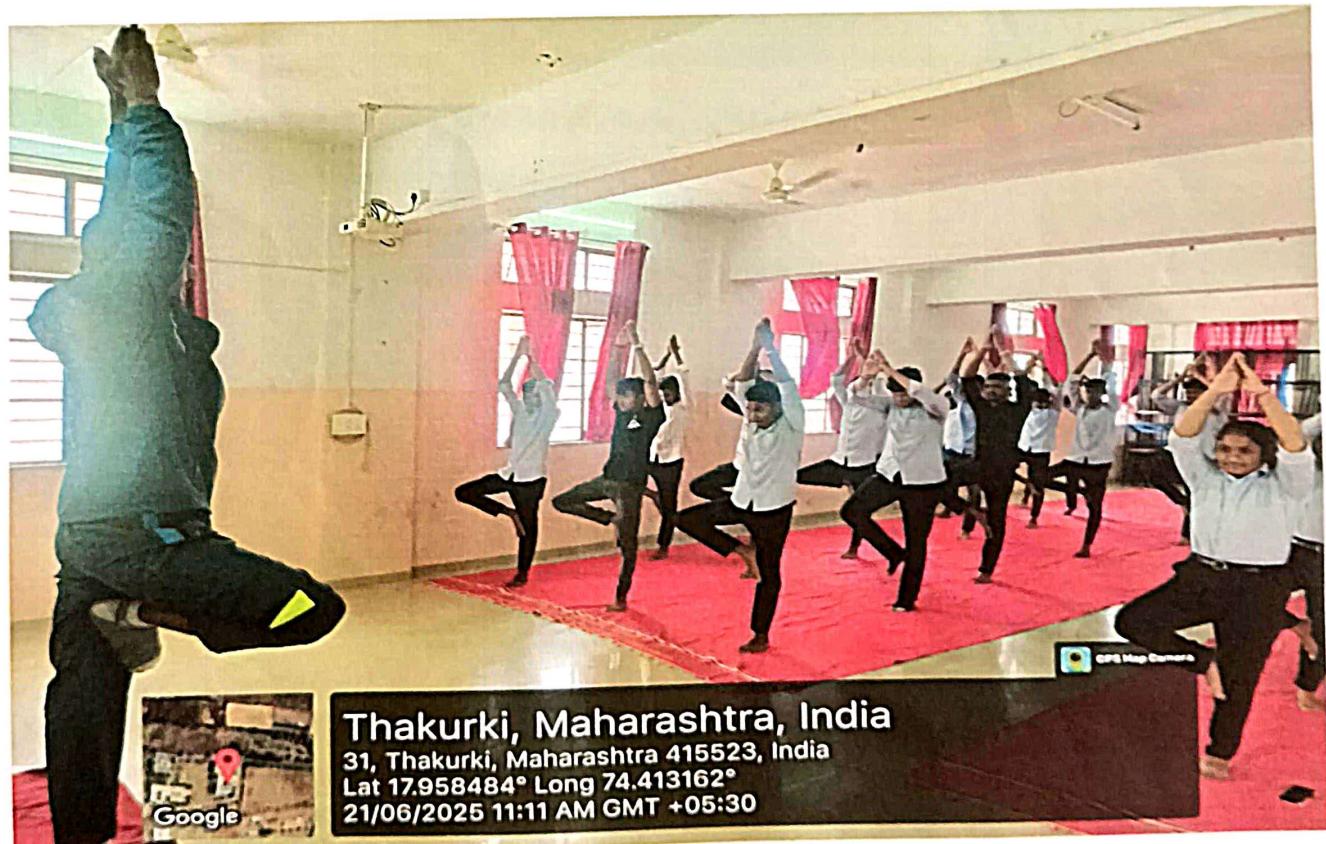
Fig.1) Staff performing Meditation



• Fig.2) discussion session on meditation by Guest and Yoga- sport Teacher Tayappa Shendage sir and Hon. Principal Prof. Mrs. D.S.Bhoite



• Fig.3) Yoga instructor guiding Students



• Fig.4) Participants performing Tadasana

### **Conclusion:**

The celebration of International Yoga Day at PES's College of Engineering, Phaltan, was a resounding success. It was a wonderful experience for all participants, who expressed their appreciation for the event. The session not only rejuvenated the participants but also inspired them to incorporate yoga and meditation into their daily routines for better health and well-being.

### **Thanking You!**

**Yours Faithfully,**



Mr. S.D. Patole  
NSS Program Officer  
PES College Of Engineering  
Phaltan (6766)



Prof. Mrs. D.S. Bhoite  
Principal  
PES, College of Engineering,  
Phaltan (6766)