



Dr. D. Y. Patil
Founder, Dr. D. Y. Patil Group

Dr. Sushant Patil
President, DYPEF

Dr. Suresh Mali
Principal, DYPCOEI

Report on Yoga Day

“Yoga and meditation session on occasion of international yoga day by Sahaj Yoga Meditation Trust.”

(A.Y. 2022-23)

Day & Date: 21st June 2023, Wednesday

Time: 9.30 am onwards

Students Attended: 100

Type of Activity: International Yoga Day Celebration and Yoga Session.

Objectives:

1. The main purpose of the session is to raise awareness of yoga and meditation among the students. We propose a path to a stress-free and peaceful life so that our students can calm down, relax and rest from any tension.
2. The ultimate goal of both practices is to be in a state of peace, relaxation, self-awareness, and connection with the universe.
3. The goal is to teach students how yoga can help them find balance calmness, focus and relaxation as they experience the ups and downs of life.

Summary of the Activity/Event:

The department of first year engineering and NSS conducted Yoga session on occasion of International Yoga Day on 21st June 2023 at 9:30 am. The event began with a brief introduction on Yoga Day by Prof. V. Dange and by welcoming the guest of honor Mr. Ganesh Mali and their team, from Sahaj Yoga Meditation Trust.

The speakers began the seminar by addressing the questions "what is yog?" The speaker explained significance of yog in student's live. The team present the students the subtle system of human also explains about various energy centre or chakaras in our body like "kundalini".

The speaker also relates our thinking system with ida and pingala nadi explains how our thinking system will work. Speaker also highlights importance of meditation in student's life. With the instructor, all of the students engaged in seated meditation exercises. These activities are beneficial for daily mental stability.

However, the session ended by performing dhyan with meditation song. The Speaker ends the session by interacting with students and question answer session.

This guest session was organized under the guidance of Head, Department of first year engineering, Prof. Dipannita Mondal, and all first-year department faculties were present.

Anuradha



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EDUCATIONAL FEDERATION
VARALE CAMPUS

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Outcomes of the event:

1. Students understand importance for yoga and meditation in their life.
2. Students learned some meditation techniques which are helpful for them in future.

Glimpses:



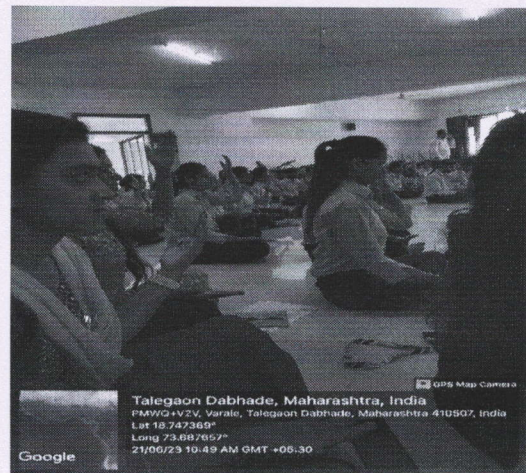
Prof. V. Dange Sir were welcoming and wishing on yoga day to Guest and students.



Prof. Dipannita Mondal Ma'am felicitated to Mr. Ganesh Mali and their team.



First Year Engineering Students Attending Session



Students and faculties performed meditation techniques with Mr. Ganesh Mali and their team.

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Dr. D. Y. Patil College of Engineering & Innovation
FE Department

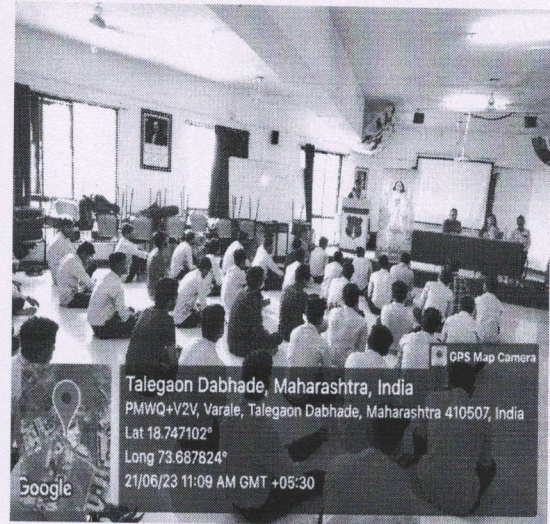
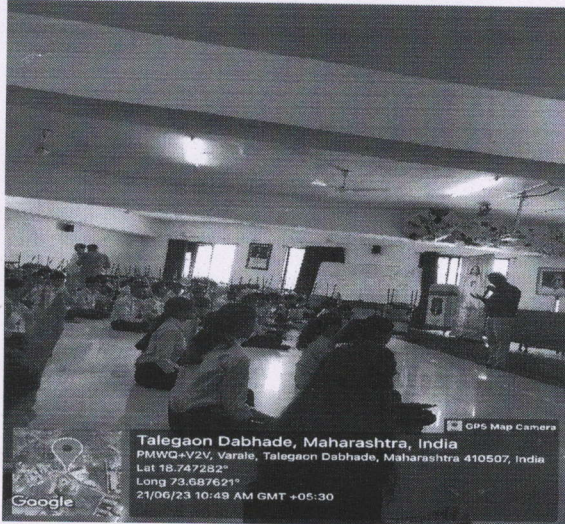


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Students and faculties performed meditation techniques with Mr. Ganesh Mali and their team.

Prof. Sherin Kurian Ma'am giving thanks for such a wonderful session to yoga team.



Group photo of Yoga instructor team, Students and faculties.

Group photo of Yoga instructor team and faculties.

Prof. Diksha Pawar
 Guest Lecture Coordinator

Prof. Dipannita Mondal
 Head, First Year Engineering Dept.

Dr. Suresh Mali
 Principal, DYPCOEI

