



Smt. Kashibai Navale College of Engineering, Pune-41
National Service Scheme (NSS) 2019-2020

INTERNATIONAL YOGA DAY

NSS SKNCOE conducted YOGA SESSION on the occasion of INTERNATIONAL YOGA DAY on 21st June 2019. The activity venue was Smt. Kashibai Navale College of Engineering, E&TC Dept. 1st Floor at 9:00 a.m. NSS volunteers along with teachers, professor's and local civilians actively participated in this activity. The student count was 25 and staff count was 34 which lead the foundation start for the activity to begin.

The activity started with the felicitation of the Yoga Instructor Miss. Purva Sahane, who is a certified trainer of Yoga. The felicitation was done by the dignitaries of SKNCOE i.e. Vice-Principal, HOD's and other staffs. After the felicitation, the yoga begins with warm-up exercises, followed by the yoga asanas. Various asanas like Trikonasana(Triangle pose), Kursiasana(Chair pose), Bhujangasana(Cobra pose), Paschimottanasana, Sukhasna, Bhramari and many more were conducted. All these asanas were followed by Surya Namaskar which was taken 3 times. The whole activity last for around 1-2 hours.

At last, the meditation of 10 minutes was taken by the instructor which was very relaxing. The staff and students shared their experience about the session at the end.



Various moments captured during the Yoga Session