

J.S.P.M.'s
Jayawantrao Sawant College of Engineering, Hadapsar, Pune-28
Department of Electronics and Telecommunication Engineering
Academic year (2020-21) Semester-I

Report for Event Conducted Under Girls Club
"Yoga Day Celebration"

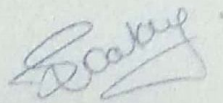
Date: 21/06/2020

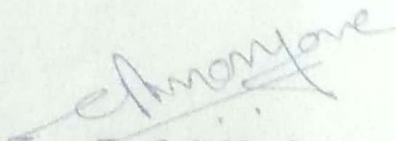
The Department of Electronics and Telecommunication Engineering organized a programme under "Girls Club" for E&TC students. The program was scheduled on 21/06/2020. The main objective of Yoga day Celebration is to enable the student to have good health, possess emotional stability, integrate moral values & attain higher level of consciousness.

During the competition, all teaching staff, SE, TE and BE students (approx. 45) were actively participated. Before competition, all class coordinators were encouraged to all participants by giving the guidelines of Yoga & importance of Yoga in day to day life. Overall co-ordination was done by Ms. Pranali Phule under the guidance of Prof. T. S. Zende & Prof. S. A. Wakure.

Outcome of the Activity:

1. Yoga in Daily Life teaches how to achieve good health, inner peace and harmony.
2. Meditation and spiritual development.
3. Self discipline and self-control.
4. Concentration and higher level of consciousness.


Prof. S. A. Wakure
Coordinator


Dr. C. A. Manjare
HOD [E&TC]