



Sinhgad Technical Education Society's

RMD SINHGAD TECHNICAL INSTITUTES CAMPUS

Approved by AICTE, New Delhi, Recognized by Government of Maharashtra, affiliated to S.P. Pune University

Off. S. No. 111/1, Warje, Pune - 411058 Tel: 020 - 25218400 Telefax: 25218401 E-mail: principal.offices@sinhgad.edu

Regd. Off.: 27E, Society, 15/15, Sandesh, Shivajinagar, Pune - 411005 Tel: 020 - 25218400 Telefax: 020 - 25218401 Web: www.rmd.edu

Department of First Year Engineering

Notice

All F E students are hereby informed to attend the guest lecture on 21st June 2023

The Details are given below

Title: International Yoga Day Celebration

Resource Person: Dr. E.V. Swaminathan

Date: 21st June

Time: 08:30 am To 09:30am.

Venue: Activity Hall Ground Floor

Mayr.

Prof. Mayuri S. Patil

Guest Lecture Coordinator



Shikha

Dr. Shikha Saxena

F E HOD

HEAD

Dept. of First Year Engineering
RMD Sinhgad School of Engineering
Warje, Pune - 411 058.



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Sinhgad Institutes

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Regd. Off.: RTE Society, 1815, Brantwar, Sind. Khosla Marg, Ch. Karve Road, Pune - 411004 Telefax: +91-20-25404701 Web: www.sinhgad.edu

ACTIVITY REPORT A.Y.2022-223

Report on Guest Lecture

Sr.No	EVENT DETAILS	
1	Name of Event	A Guest lecture by Dr. E.V. Swaminathan
2	Institute Name	Rasiklal M. Dhariwal Sinhgad Technical Institutes Campus, Warje, Pune.
3	Date, time and Venue of Event	1 hour sessions conducted on 21 st June Time: 08:30 am To 09:30am. Activity hall ground floor
4	Participants	All FE Students
5	Purpose	It helps student to focuses on body's abilities at the present moment.
6	Programme Coordinator	Prof. Mayuri Patil
7	Program Committee Members:	All the faculties of FE department





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RMD SINHGAD SCHOOL OF ENGINEERING

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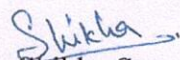
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AGENDA OF YOGA DAY PROGRAM

A.Y. 2022-23(21st June 2023)

Venue: Activity Hall (Room No. 005)

Date	Time	Activity
21 st June 2023	8.30 am to 8.35 am	Welcome Address
	8.35 am to 8.40 am	Lamp Lighting and Saraswati Puja
	8.40 am to 08.45 am	Felicitation of Chief Guest
	8.45am to 08.50 am	Introduction of Chief Guest
	8.50 am to 9.40 am	Yoga Session
	9.40 am to 9.45am	Vote of Thanks


Dr. Shikha Saxena
(HOD-FE)



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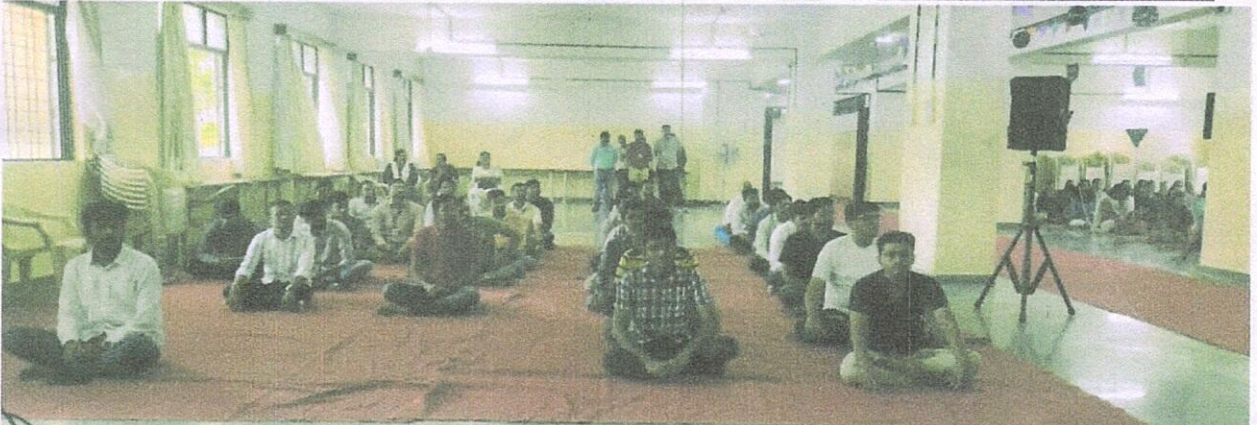
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Glimpses of Event: **Dr. E.V. Swaminathan** was explaining student and all



Students , all teaching and non-teaching staff following the instructions given by guest of lecture.





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Programme Outcomes:

Session was very interactive and enthusiastic. Many Students asked their queries related to Soft Skills. Overall, the session was proven to be very Motivational and educational for students.

Mayuri

Prof. Mayuri Patil
FE Coordinator

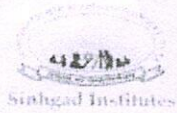
Shikha

Dr. Shikha Saxena
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BRIEF REPORT OF THE ACTIVITY:

The **International Yoga Day** was successfully conducted in RMD STIC for first year Engineering (F.E.) students, all the teaching and non teaching staff. Around 300 students of First -Year Engineering of the RMD STIC had participated in the yoga session. The event was also attended by Principal Dr. V.V. Dixit sir, Academic Dean Dr. Sharad Mulik sir, all the Head of Departments and all faculty members.

The chief guest of the session is Dr. E.V.Swaminathan . sir is engineering and management faculty in integrated science with spirituality. At present he is the research guide for MBA and PHD students. Sir has unique distinction of conducting training for army at the highest battle of world at SBS – Siachin Battle School at the India, Pakistan and China boarder. Sir explained in his session that Yoga believes that in addition to the physical body, humans have a subtle body made up of energy channels and energy centers. The yoga gains awareness that Absolute Truth can be felt through this energy system. The growth of awareness then happens effortlessly, creating mental, emotional and physical balance. The competition is all about the enhancement of the students.

The main objective of the session is to overcome students from Stress and Anxiety. It also helps stay calm and Non-reactive.

