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**REPORT ON ACTIVITIES CONDUCTED UNDER YOGA CLUB**

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Yoga Club at COEP Technological University is a sports club that aims at good health of students. This Club annually celebrates Yoga Day and organizes activities for the students and faculties. For the academic year 2023-2024, the yoga club started its events with **the 101 Surya-namaskar Competition** on 20th June 2023. The students gave a good response to this competition. This competition had almost 30 participants including faculties. The competition was judged by Dr.A.N.Deshpande, the Physical Director of Gymkhana and winners were felicitated on Yoga Day. Vice-President of Gymkhana Ms.N.R.Kolhare, Physical Director of Gymkhana Dr.A.N.Deshpande and Faculty Advisor of Yoga Club Dr.P.P.Shingare graced the event by their presence. The competition was over by 8:00 pm in the evening and the participants enjoyed the 101 Surya-namaskar Competition.

The next event the Yoga Club conducted was the **9th International Yoga Day** on 21st June 2023. It started at 7am in the morning. This event was sponsored by the Malabar Gold and Diamond – celebrate the beauty of life. On behalf of their company Mrs. Nilam, Mr. Hari, Mr. Aslam and Mr. Harish attended the event. The event started with the morning yoga session, which was conducted by Manoj Patwardhan Sir, who has 25 years of experience in the field of Yoga. Director Board of Students Development Dr.M.P.Khond, the Vice-President of Gymkhana Ms.N.R.Kolhare, the Physical Director Dr.A.N.Deshpande and Faculty Advisor of Yoga Club Dr..P.P.Shingare with other faculties graced the event. The event got a good response from the students, and they enjoyed the session. The Yoga session was further continued with the felicitation of the prize winners of Surya-namaskar Competition which was sponsored by the Malabar Gold and Diamonds. After the event refreshments were arranged and the event ended successfully.

On 11th January 2024 during the annual sports fest Zest’24 the yoga Club conducted two inter College level competitions. These were the **Suryanamaskar Competition** and the **Yoga Competition**. Students from COEP Tech and the other college students participated in both competitions. It was judged by Mr. Sagar Deokar who is a Yoga Trainer. The winners were felicitated at the Valedictory Ceremony on 14th January 2024.

The Yoga Club introduced Vipassana, a new technique to the students of COEP Technological University that would help in increasing the focus and concentration of the students. **Vipassana Session** was organized on 3rd April 2024. Mr. Vikas Sawarkar from the Vipassana Centre at Pune guided through the session and explained how vipassana can benefit through practical demonstration. Director Board of Students Development Dr.M.P.Khond, the Vice-President of Gymkhana Ms.N.R.Kolhare, the Physical Director Dr.A.N.Deshpande and Faculty Advisor of Yoga Club Dr.A.S.Petkar graced the with their presence. Students who attended the session were very happy and they felt relaxed, and the session ended successfully.

Yoga Club will continue to arrange events that will help students in their overall development through physical and mental well-being.

Janhavi Yengandul Dr.A.S.Petkar

Secretary Yoga Club Faculty Advisor Yoga Club