

K. K. WAGH EDUCATION SOCIETY'S
K. K. Wagh Institute of Engineering Education & Research, Nashik
Organized by: Sports Department

EVENT REPORT FOR UNNAT BHARAT ABHIYAN (UBA)
INTERNATIONAL DAY OF YOGA CELEBRATION

Event Name	International Day of Yoga Celebration
Date & Time	20th June 2026 07:45 AM to 09:15 AM
Organized By	Sports Department, KKWIEER, Nashik
Event Coordinator	Mr. R. R. Waghchoure
Resource Person	Shri. Milind Jajoo (Prabhari Maharashtra - Bhartiya Yog Sansthan)
Special Dignitary Present	Dr. K. N. Nandurkar (Director, KKWIEER)

1. Introduction & Objective

Yoga is an invaluable gift of India's ancient tradition, embodying unity of mind and body, thought and action, restraint and fulfillment, and harmony between humans and nature. To promote holistic health, wellness, and mental peace among the faculty and staff, the Sports Department of K. K. Wagh Institute of Engineering Education and Research (KKWIEER), Nashik, successfully organized a special yoga session on 20th June 2026 ahead of the International Day of Yoga.

2. Event Proceedings

The session began at 07:45 AM with an informative address on the lifelong physical and mental benefits of regular yoga training. The session was conducted under the direct guidance of expert resource person Shri. Milind Jajoo, Prabhari Maharashtra - Bhartiya Yog Sansthan.

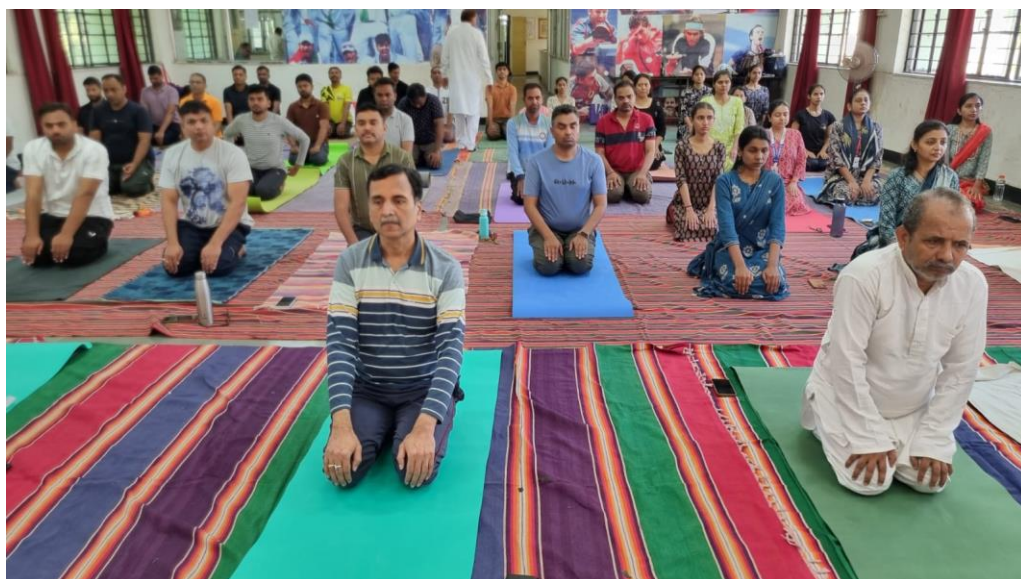
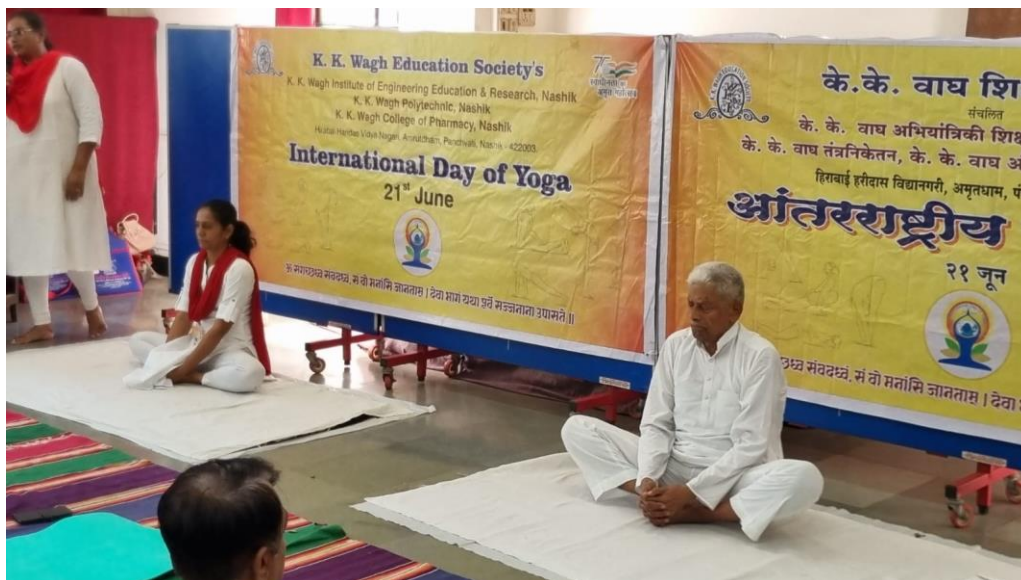
The expert resource person systematically demonstrated and guided all participants through essential routines, which included:

- • Pranayama: Breathing exercises designed to cleanse, strengthen respiratory muscles, reduce stress levels, and enhance cognitive concentration.
- • Asanas: Meditative sitting and kneeling postures (such as Vajrasana and Padmasana) aimed at building spinal stability, core strength, and natural physical agility.
- • Dhyana (Meditation): Deep meditative practice to foster internal quietness, emotional clarity, and stress relief.

3. Attendance & Dignitary Presence

The yoga demonstration saw vibrant and active involvement from the college fraternity, with more than 50 staff members performing the full sequence of regular warm-ups and yogic exercises on their mats. The event was dignified by the honorable presence and active participation of Director Dr. K. N. Nandurkar, who shared his motivating thoughts regarding incorporating health routines into competitive academic work schedules.

4. Event Photographs



5. Conclusion & Vote of Thanks

The session successfully concluded at 09:15 AM with a peaceful collective prayer and meditation. Mr. R. R. Waghchoure, the Event Coordinator, delivered the formal vote of thanks, expressing profound gratitude to the leadership, the distinguished speaker, and all staff participants for making this institutional health drive highly impactful.