



ZEAL EDUCATION SOCIETY'S
**ZEAL INSTITUTE OF MANAGEMENT AND COMPUTER
APPLICATION (ZIMCA)**
NARHE | PUNE | INDIA



PUN CODE: IMMP015570

DTE CODE: MB6195

AISHE CODE: C-50909

File No:

Revision: 01

Date: 01/06/2021

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REPORT

ON YOGA DAY

Date: 21/06/2021

Time: 11:30 am - 12:45 pm

Verified By:
Dr. Ashwini Sovani



**1. EVENT DETAILS**

Event Type	: Flash on yoga competition
Description	: Photography competition
Coordinator	: Prof.Sachin Wadekar
Venue	: Online Platform, social media, Google form
Date &Duration	: 21/06/2021, 11:30am - 12:45pm

1. CONCEPTION OF THE PROGRAMME

International Yoga Day 2021: This Activity the theme is 'FLASH ON YOGA COMPETITION' and the focus will be on practicing yoga for physical and mental well-being.

Yoga shows us the road from stress to strength and from negativity to creativity. Yoga tells us that so many problems might be out there, but we have infinite solutions within ourselves. We are the biggest source of energy in the universe.

2. OBJECTIVE

1. To promote good mental and physical health of students through yoga.
2. To let Students know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.
3. To connect students and youth to the nature by practicing yoga.
4. To reduce the rate of health challenging diseases all over the world.

4.PREPARATION OF THE EVENT

Preparation of "FLASH ON YOGA' COMPETITION "Program had started seven days before and an approval for the same was sought in advance. The invitation letter was sent to a resource person. The notice for MBA students was circular among the students. The Google form was well set as per requirement



**3. ITINERARY**

Sr. No.	Time	Programme Activity
1.	6.0am –10.35 am	Registrations for COMPETITION
2.	11.35 am - 11:40 am	Yogasana pictures Upload on Social Media
3.	11:40 am – 5.0 pm	Collect the picture of students
4.	5.0 pm - 7.0 pm	Checking the likes and share of pictures
5.	23/06/2021 9.30 am	Declared results of winning student

4. EXECUTIVE SUMMARY

All the students of Zeal Institute of Management & Computer Application and Research arrived at 10.20 am to the registration on Google form. The program began at 11:30 am where Students uploaded their pictures of Yogasana on the social media platforms like as Facebook, Instagram and Twitter. The coordinator of the program collects the pictures of students. Checking their likes and share and declared winners in the basis of likes, body position, YogaSana.

5. PARTICIPANTS

50 participants from ZES's ZIMCA were present on social media for this program.

6. ECONOMIC IMPACT

The activity was free of costs for the participating Students and faculty members.

7. CONTRIBUTION OF THE MANAGEMENT

Management was delighted to know about the conduct of such a 'FLASH ON YOGA COMPETITION'. They suggested such an activity should occur once a semester.






8.IMPACT OF THE COMPETITION

A main concept in our article is that yoga may help children and young people cope with stress and thus, contribute positively to balance in life, well-being, and mental health. ... Similarly, yoga in schools helps students improve resilience, mood, and self-regulation skills pertaining to emotions and stress.

9.PHOTOGRAPHS

**Zeal Group Of Management
Institute**
ZIBACAR / ZCOER MBA / ZIMCA



Zeal Photography Club and
zeal sport Club present
"flash on yoga competition"
On the occasion of
**"INTERNATIONAL YOGA DAY
2K21"**

Time : 10 AM **Date : 21/06/2021**

CONNECT US FOR MORE DETAILS :

Miss Devyani Pawar 8208035494	Miss Prajakta Surawade 9172869121
Prof. Sachin Wadekar (Head, Sport Club)	Prof. Daramendra singh (Head, photography Club)





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Zeal Group Of Management Institute
ZIBACAR | ZIMCA | ZCOER

ZEAL PHOTOGRAPHY CLUB & ZEAL SPORT CLUB
 Present

Flash On Yoga Competition
 ON THE OCCRSION OF

"INTERNATIONAL YOGA DAY"
21 June

● "Rules and Regulations" ●

- ▲ Register yourself before 20 th June
- ▲ Click the photo with yogasan
- ▲ Body gesture need to be perfect
- ▲ Upload a photo on Facebook, Instagram, Twitter
- ▲ Highest like and comments & share will be winner.
- ▲ Judges will also see the most perfect photo of yogasan.
- ▲ Winner will get a Certificate.

Contact us for details

Miss.Prajakta Surwade 9172869121	Miss.Devyani Pawar 7720943302
•Prof.D.Singh Head of Photography Club	• Prof.S.Wadekar Head of sport club





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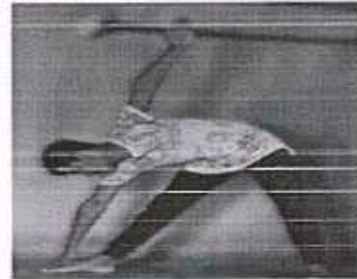
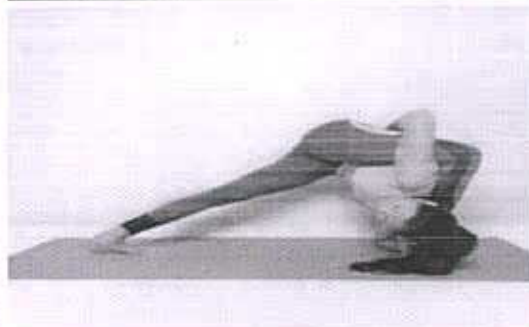
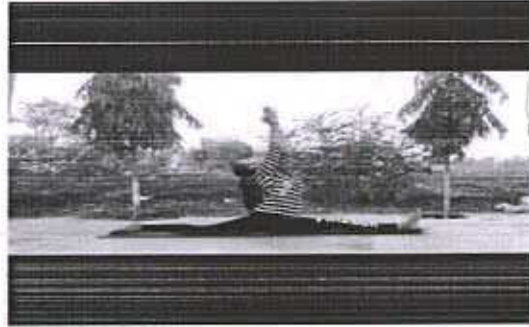
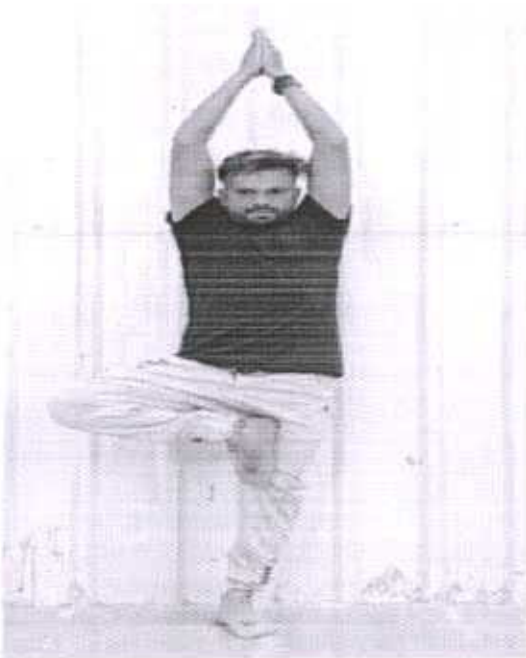
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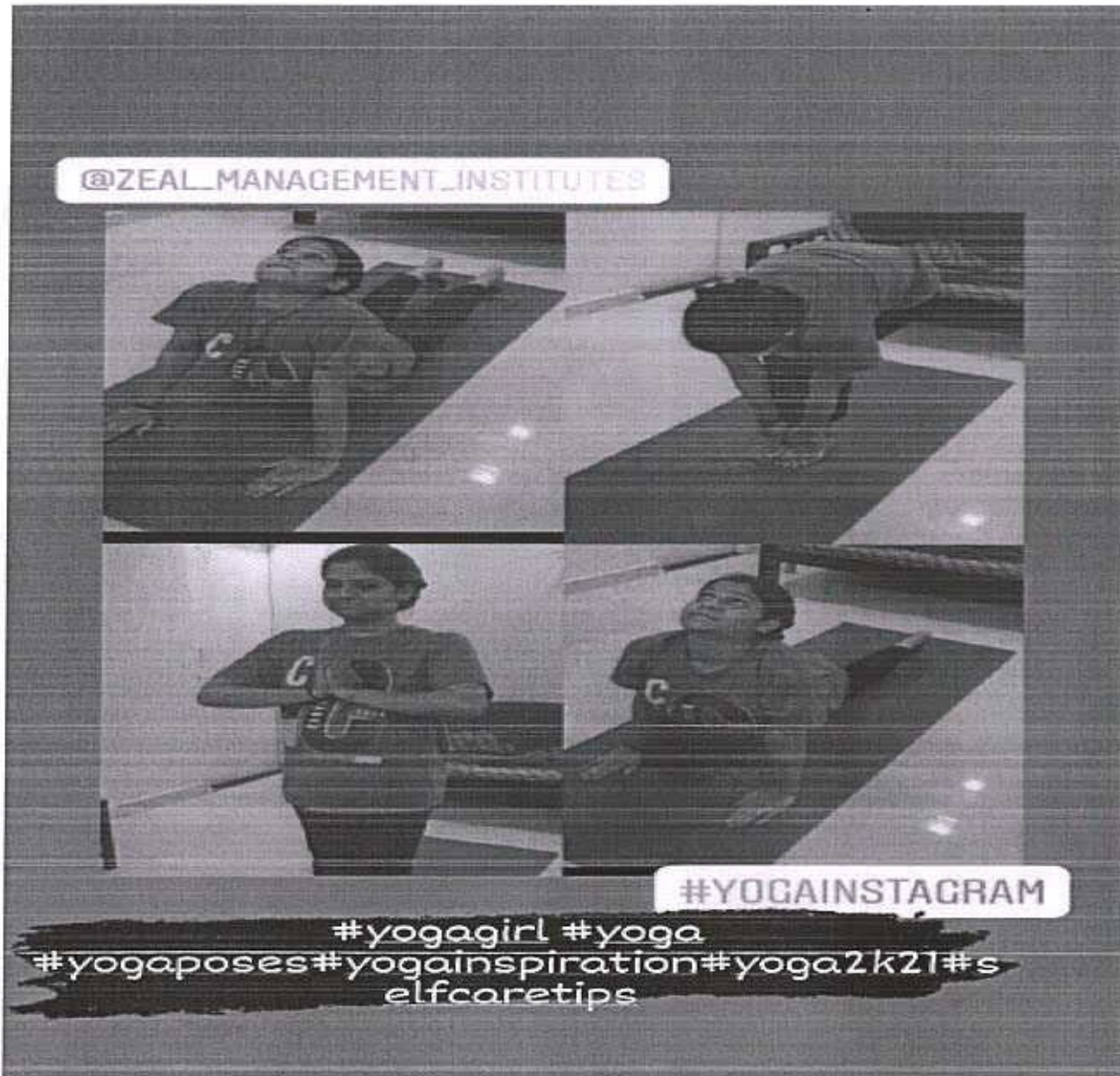
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Event Coordinator

Director



Director
Zeal Institute of Management
& Computer Application
Pune - 411 041.

