



Pragnya Educational Trust's  
**Pragnya College of Management & Computer Studies**

Schedule for "International Yoga Day Activity"

Session 2018-2019

Date: 18/06/2019

Notice

All the students of **Pragnya College of Management & Computer Studies** are hereby informed that schedule for "**International Yoga Day Activity**" has been scheduled on Yoga Day itself:

Hence all the students are advised to participate in this activity.

| Sr. No. | Activity                         | Date & Day | Stream       |
|---------|----------------------------------|------------|--------------|
| 1.      | Yoga & Physical Fitness Activity | 21/06/2019 | All Students |



Pragnya Educational Trust's  
**Pragnya College of Management & Computer Studies**

**International Yoga Day Report**

**Date: 22/06/2019**

**Minutes**

**Pragnya College of Management and Computer Studies** organized the “**International Yoga Day**” **Activity** are vital for the overall development of students and faculty members of any educational institution. In this report, we will be discussing the yoga initiatives taken by our college and their impact on the well-being of the college community.

**Yoga:**

Yoga is a holistic approach to physical and mental well-being, and our college has taken various initiatives to promote yoga among the students. Yoga sessions are conducted regularly by certified yoga instructors, and students are encouraged to participate. The yoga sessions include various asanas, pranayama, and meditation techniques that help in reducing stress, improving concentration, and promoting physical fitness. The feedback from the participants has been positive, with many reporting significant improvements in their physical and mental health.

