
	Pimpri Chinchwad Education Trust's Pimpri Chinchwad College of Engineering & Research Ravet, Pune An Autonomous Institute NBA Accredited (4 UG Programs) NAAC A++ Accredited ISO 21001:2018 Certified IQAC PCCOER	
AY: 2025–26 Term- I/II	ZUMBA AND YOGA SESSION	ACAD/R/17

Department- BBA

Date- 14/03/2026

Class- First Year & Second year.

1. Program Type: One Day Session

2. Program Title: Zumba and Yoga Session

3. Day & Date: Saturday,14/03/2026.

4. Venue: Yoga Center, PCCOER

5. Name of the Organizer / Department: BBA Department

6. Attendees (No. of students attended the program): 20

7. Objectives of the Event:

- Promote physical fitness and flexibility
- Reduce stress and improve mental well-being
- Encourage a healthy lifestyle
- Improve focus and concentration
- Create awareness about the benefits of yoga

8. Content & Schedule (Summary):

The yoga session began with a brief introduction to yoga and its benefits, followed by warm-up and stretching exercises to prepare the body. Participants practiced basic asanas to improve flexibility and strength, along with pranayama (breathing techniques) to enhance mental calmness. The session concluded with meditation and relaxation, along with simple tips for incorporating yoga into daily life.

9. Program Outcome Achieved:

- Participants experienced reduced stress and a sense of relaxation
- Improvement in flexibility, balance, and body posture
- Enhanced focus, concentration, and mental clarity
- Increased awareness about the importance of regular physical activity
- Development of positive habits for maintaining a healthy lifestyle.

10 Photos :



Group yoga practice.



Group photo with the students



Students practicing yoga under guidance



Yoga session focused on pranayam

Rashmi

Dr. Rashmi Mishra
Department Activity Coordinator

Amruta

Mrs. Amruta Dixit
IQAC Coordinator

Smriti

Dr. Smriti Pathak
HoD BBA Dept