
	<p>Pimpri Chinchwad Education Trust's Pimpri Chinchwad College of Engineering & Research Ravet, Pune - 412101</p>	
<p>Academic Year: 2025-26</p>	<p>Department of BCA</p>	<p>Date: 11/07/2025</p>

Report on: Yoga Session at PCCOER

Date: 11th July 2025

Time: 10:00 AM

Venue: PCCOER

Organized By: PCCOER college department Of BBA

A refreshing yoga session was recently held at PCCOER College, focusing on the importance of yoga and practical demonstrations. The event saw enthusiastic participation from students and faculty alike, with Dr. Vishal Gurav, Director and Founder of Vishal Sampurna Arogya Sanstha and WCC Human Welfare Foundation, gracing the occasion as the chief guest.

The day commenced with a warm-up exercise led by Diya Kumar (BBA), setting an energetic tone for the session. Following this, Netra (BCA) extended a warm welcome to Dr. Gurav with a formal introduction. To honour the esteemed guest, Dr. Rashmi Mishra Ma'am (BBA faculty) felicitated Dr. Gurav with a symbolic sapling, emphasizing the college's commitment to well-being and growth.

Dr. Gurav began his address with a brief introduction about himself and his foundational work in promoting holistic health. He then seamlessly transitioned into an interactive yoga session, guiding the participants through three to four basic yoga postures. Students and faculty actively engaged in the practice, making the session both informative and participatory.

A poignant moment followed the yoga practice, as students recited yoga prayers in unison behind Dr. Gurav, fostering a sense of peace and unity. The highlight of the event was undoubtedly the captivating yoga dance performance by two young girls. Their energetic routine and remarkable flexibility left the audience spellbound, serving as a powerful testament to the grace and agility that yoga can cultivate.

The session concluded with a heartfelt vote of thanks proposed by Joyce (BBA). The day wrapped up on a high note with a group photograph, capturing the collective spirit of guests, students, and faculty, marking a successful and memorable event.



Report by: Joyce Lot

SY BBA (activity co-ordinator)