

	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: 2026-27	Report on International Day of Yoga 2026	Term: I NSS/R/9

Date: 12/08/2026

Report on International Day of Yoga

Participants

National Service Scheme (NSS) Volunteers and Faculty
Pimpri Chinchwad College of Engineering and Research (PCCOER)

Nature of Activity

International Day of Yoga – Awareness and Yoga Session

Venue

6th Floor Auditorium,
Pimpri Chinchwad College of Engineering and Research (PCCOER)

Date

21st June 2026

Academic Year

2026–27

Introduction

The NSS Unit A-112 of Pimpri Chinchwad College of Engineering and Research (PCCOER) organized an International Day of Yoga programme on 21st June 2026 for students and faculty members. The programme was organized in accordance with the theme of the 12th International Day of Yoga, "Yoga for Healthy Ageing." The activity included an awareness session on the importance of yoga followed by a practical yoga session conducted by Renuka Pardeshi Madam, PCCOER. The programme aimed to promote physical fitness, mental well-being and the importance of incorporating yoga into daily life.

Objectives of the Activity

- To create awareness about the importance of yoga for physical and mental well-being.
- To promote the practice of yoga as part of a healthy lifestyle.
- To highlight the role of yoga in healthy ageing and overall well-being.
- To encourage students and faculty members to practise yoga regularly.
- To promote physical fitness, flexibility, concentration and stress management.
- To develop awareness about the benefits of maintaining a balanced and healthy lifestyle.
- To encourage the PCCOER community to incorporate yoga into their daily routine.

Programme Highlights

- The programme commenced with an awareness session on the importance and benefits of yoga.

- Renuka Pardeshi Madam, PCCOER, conducted the awareness and practical yoga session.
- Participants were briefed about the significance of the theme "Yoga for Healthy Ageing."
- The trainer explained the role of yoga in maintaining physical fitness, mental relaxation, flexibility and overall well-being.
- Students and faculty members actively participated in the practical yoga session.
- Participants were guided through various yoga practices and exercises under the supervision of the trainer.
- The session emphasized the importance of regular yoga practice for maintaining a healthy and balanced lifestyle.
- The programme concluded with a note of appreciation to the trainer and all students and faculty members for their active participation.

Social Impact

Created awareness among students and faculty members about the physical and mental benefits of yoga.

Encouraged participants to adopt yoga as part of their regular lifestyle.

Promoted the importance of healthy ageing and preventive well-being.

Helped participants understand the role of yoga in managing stress and improving concentration and physical fitness.

Encouraged healthy lifestyle practices among the college community.

Promoted the message of holistic health and well-being in accordance with the spirit of community service and social responsibility.

Photographs of the Event



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Dean, SDW