



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015



AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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ACTIVITY REPORT

Academic Year	2018-2019
Name of the Activity	International Yoga Day
Date of the Activity	21st June, 2018
Organized By	National Cadet Corps
Organizer	Bhiwapur Mahavidyalaya
Number of Students and Staff Participated	44
Brief Report	<p>Bhiwapur Mahavidyalaya, under the auspices of its IQAC Chapter, celebrated International Yoga Day on 21st June, 2018 at 7.00 A.M. Mrs. Sunita Shiwankar, a renowned Yoga Trainer from Nagpur, conducted the Yoga Sessions. Dr. Jobi George, the Principal of the College, welcomed Mrs. Shiwankar with a Shawl and Shrifal. Mrs. Shiwankar demonstrated different Asanas and Pranayamas. All the participants practiced different Asanas and Pranayamas to the best of their abilities. Mrs. Shiwankar in her speech spoke about the importance of Yoga in today's stressful lifestyle. In all 35 participants including the NCC Cadets, teaching and non-teaching staff members of our Institution were</p>



	<p>present for this programme.</p> <p>The programme was coordinated by CTO Asst. Prof. Dr. Vinita S. Virgandham and the formal Vote of Thanks was proposed by Asst. Prof. Someshwar Wasekar.</p>
<p>PROGRAMME OBJECTIVES</p>	<ul style="list-style-type: none"> • To spread the importance of Yoga in the daily lives of individuals. • To improve the mental and physical health of people. • To encourage the participants to practice Yoga every day. • To ensure the holistic development of our students and staff. • To remain fit by practicing Yoga and Pranayamas consistently. • To instill good culture among our students and staff.
<p>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • The participants were impressed upon the importance of Yoga in their daily lives. • Participants got knowledge about various Aasanas in Yoga. • Participants were communicated that Yoga is the only way to keep the body and mind fit. • Participants got ample of opportunities to clear their doubts about various Aasanas. • More than 30 participants were benefited. • Ensured the holistic development of our students and staff. • Resolved to remain fit by practicing Yoga and Pranayamas consistently. • Instilled good culture among our students and staff.



**PHOTO
GALLERY WITH
CAPTIONS**



**The Principal of the College welcoming the Yoga Trainer
Mrs. Sunita Shiwankar**



**The NCC Cadets posing with various Yoga Postures with the
degnitories**





The NCC Cadets and the Staff Members doing the Warm-up Session during the event



The NCC Cadets and the Staff Members practicing Yoga during the event





Mrs. Sunita Shiwankar demonstrating Asanas during the event



S. Shivankar
PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur