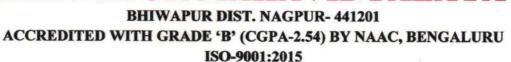
BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA





AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR E-mail: bmv_bhiwapur@yahoo.com; bgm.college1990@gmail.com, Website: https://www.bmb.ac.in Tel: 07106-232349

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	Bhiwapur Mahavidyalaya, under the auspices of its IQAC Chapter, celebrated International Yoga Day on 21 st 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



	present for this programme.
	The programme was coordinated by CTO Asst. Prof. Dr. Vinita
	S. Virgandham and the formal Vote of Thanks was proposed by
7,	Asst. Prof. Someshwar Wasekar.
PROGRAMME	To spread the importance of Yoga in the daily lives of
OBJECTIVES	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.
PROGRAMME	The participants were impressed upon the importance of
OUTCOMES	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.
-8	 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



PRINCIPAL

Bhiwapur Mahavidyalaya

Bhiwapur, Dist. Nagpur