



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

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| Academic Year | 2016-2017 |
| Name of the Activity | International Yoga Day |
| Date of the Activity | 21st June, 2016 |
| Organized By | National Cadet Corps |
| Organizer | Bhiwapur Mahavidyalaya |
| Number of NCC Cadets Participated | 44 |
| Brief Report | <p>The National Cadet Corps Unit of Bhiwapur Mahavidyalaya, under the aegis of IQAC, celebrated International Yoga Day on 21st June, 2016 at 7.00 A.M in the Indoor Stadium of the College. Mr. Prataprao Borade, renowned Yoga Trainer, conducted the Yoga Sessions. The Principal of the College Dr. Jobi George welcomed Mr. Prataprao Borade with a bouquet. Mr. Prataprao Borade demonstrated different Asanas and Pranayama to the participants. All the participants practiced all Asanas and Pranayama to the best of their ability. Before the commencement of the programme, the CTO Asst. Prof. Aditya Sarwe highlighted some important points in the Yoga protocol given by the Commanding Officer of 20 Mah Bn NCC. He</p> |



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| | <p>mentioned that 5% bonus marks in B and C Certificate Examinations will be given to all Cadets attending Yoga on 21st June, 2016. The Principal of the Institution spoke about the importance of Yoga for the Mental and Physical health of individuals. More than 30 participants including NCC Cadets, Teaching and non-teaching staff members attended the programme.</p> <p>The programme was coordinated by CTO Asst. Prof. Aditya Sarwe 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 all individuals. • To improve the mental and physical health of people. • To encourage the participants to practice Yoga every day. • To let the people lead a peaceful and healthy life. • To inculcate good culture among our students. • To ensure the holistic development of our students. • To enliven the hidden talents of students. • To teach the importance of Yoga and Meditation in achieving our desired objectives. |
| <p>Programme Outcomes</p> | <ul style="list-style-type: none"> • Spread the importance of Yoga in the daily lives of all individuals. • Improved the mental and physical health of people. • Encouraged the participants to practice Yoga every day. • Helped the people to lead a peaceful and healthy life. • To inculcate good culture among our students. • Ensured the holistic development of our students. |



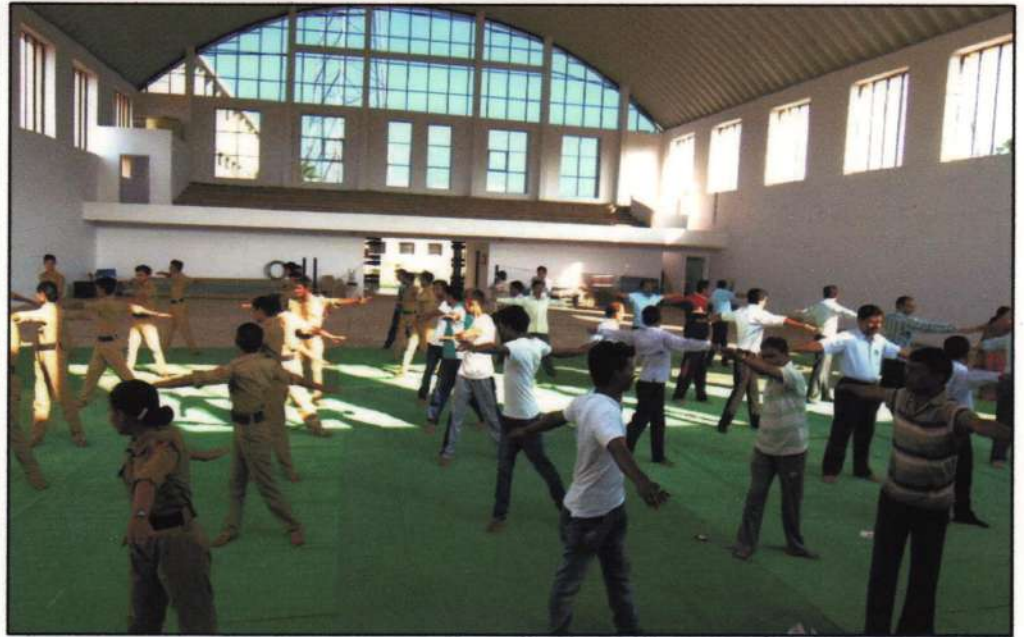
- Enlivened the hidden talents of students.
- Taught the importance of Yoga and Meditation in achieving our desired objectives.
- Impressed upon the participants about the importance of Yoga in their daily lives.
- Participants got knowledge about various Aasanas in Yoga.
- Participants were communicated that Yoga is the only way to keep the body and mind fit.
- Participants got ample opportunities to clear their doubts about various Aasanas.
- More than 44 participants were benefited.

Photo gallery with captions



Principal of the College Dr. Jobi George welcoming the Yoga Trainer Mr. Prataprao Borade



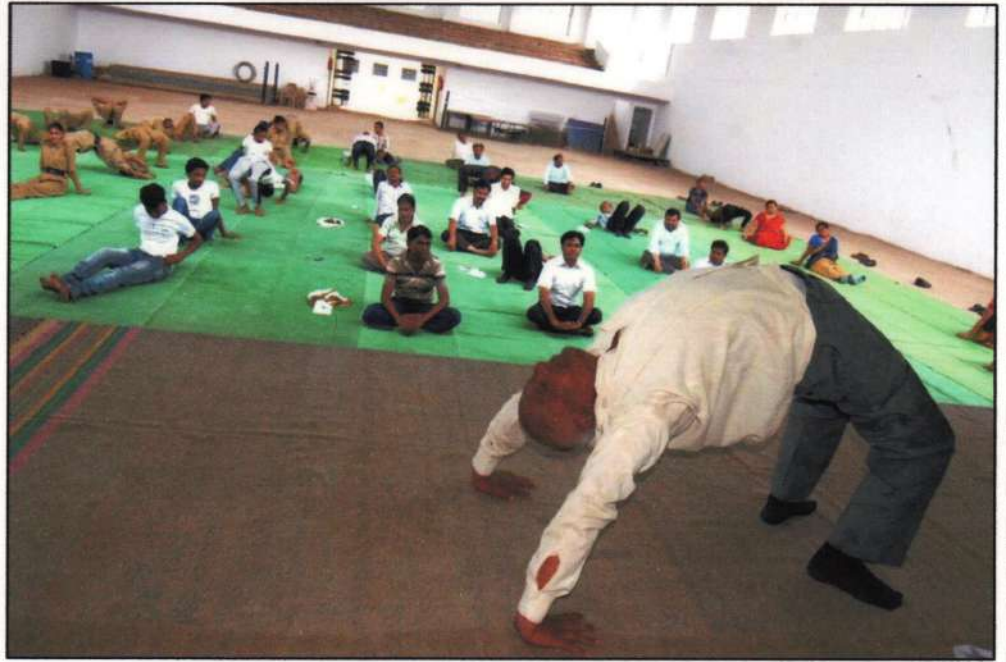


NCC Cadets and Staff Members doing warm up during the event.



NCC Cadets and Staff Members practicing Yoga during the event.






Mr. Prataprao Borade demonstrating 'Ardhachakrasana' during the event.



Asst. Prof. Someshwar Wasekar demonstrating 'Shirshasana' during the event




PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur