



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	2017-2018
Name of the Activity	International Yoga Day
Date of the Activity	21 st June, 2017
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, 2017 at 7.00 A.M. Mr. Rajendra Shendre, renowned Yoga Trainer from Nagpur, conducted the Yoga Sessions. Associate Prof. Dr. Sunil Shinde welcomed Mr. Shendre with a bouquet. Mr. Shendre demonstrated different Asanas and Pranayamas. All the participants practiced all Asanas like Tadasan, Vrukshasan, Padhastasan, Ardhchakrasan and Pranayamas likes Kapalbhati, Bhastrika, Anulomvilom and Bhramari to the best of their abilities. Mr. Shendre in his speech spoke about the importance of Yoga for mental and physical wellbeing of individuals. He also highlighted how Yoga can help us to be fit in today's stressful lifestyle.</p>



	<p>More than 30 participants including NCC Cadets, Teaching and Non-teaching staff members were present for 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 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 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 opportunities to clear their doubts about various Aasanas. • More than 30 participants were benefited. • Ensured the holistic development of 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**



Associate Prof. Dr. Sunil Shinde welcoming the Yoga Trainer Mr. Rajendra Shendre



The NCC Cadets and Staff Members of the Institution were doing warm up exercises during the event





The NCC Cadets and Staff Members practicing Yoga during the event



Mr. Shendre demonstrating Asanas during the event





Mr. Shendre demonstrating Pranayams during the event



Shendre
PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur