



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

E-mail: bmv_bhiwapur@yahoo.com; bgm.college1990@gmail.com, Website: <https://www.bmb.ac.in>

Tel: 07106-232349

ACTIVITY REPORT

ACADEMIC SESSION	2019-2020
NAME OF THE ACTIVITY	International Yoga Day Celebrations
DATE OF THE ACTIVITY	21st June, 2019
ORGANIZED BY	National Cadet Corps
ORGANIZER	Bhiwapur Mahavidyalaya
NUMBER OF STUDENTS AND STAFF PARTICIPATED	45
BRIEF REPORT	<p>Bhiwapur Mahavidyalaya, under the auspices of its IQAC Chapter, celebrated International Yoga Day on 21st June, 2019 at 7.00 A.M. Dr. Pradip Gupta, a renowned Medical Practitioner and Yoga Trainer from the city, conducted the Yoga Sessions. The Principal of the College welcomed Dr. Pradip Gupta with a bouquet. Dr. Pradip Gupta spoke about the importance of Yoga for the mental and physical well-being of individuals. He mentioned the importance of Yoga for achieving mental peace and physical fitness. In all 45</p>



	<p>participants including NCC Cadets, students, and teaching and non-teaching staff members of our Institution practiced various Asanas and Pranayamas during 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 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 45 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**



Dr. Pradip Gupta demonstrating Asanas during the event.



Students practicing Yoga during the event.





Dr. Gupta demonstrating Shirshasana.



Anhwarase
PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur