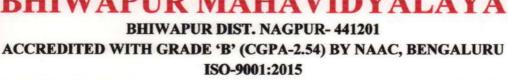
## **BACKWARD CLASS YOUTH RELIEF COMMITTEE'S**







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## **ACTIVITY REPORT**

| ACADEMIC SESSION                                   | 2019-2020   |
|--|---|
| NAME OF THE<br>ACTIVITY                            | International Yoga Day Celebrations   |
| DATE OF THE ACTIVITY                               | 21st June, 2019   |
| ORGANIZED BY                                       | National Cadet Corps  |
| ORGANIZER  | Bhiwapur Mahavidyalaya  |
| NUMBER OF<br>STUDENTS AND<br>STAFF<br>PARTICIPATED | 45  |
| BRIEF REPORT                                       | Bhiwapur Mahavidyalaya, under the auspices of its IQAC Chapter, celebrated International Yoga Day on 21 <sup>st</sup> 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 |



|                         | participants including NCC Cadets, students, and teaching                |
|-------------------------|--|
|                         | and non-teaching staff members of our Institution practiced              |
|                         | various Asanas and Pranayamas during this programme.                     |
|                         | The programme was coordinated by CTO Asst. Prof. Dr.                     |
| ¥ '                     | Vinita S. Virgandham and the formal Vote of Thanks was                   |
| 9 1                     | proposed by Asst. Prof. Someshwar Wasekar.                               |
| PROGRAMME<br>OBJECTIVES | 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.                    |
| PROGRAMME<br>OUTCOMES   | • 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.  |
|                         | <ul> <li>Instilled good culture among our students and staff.</li> </ul> |



## PHOTO GALLERY WITH CAPTIONS



Dr. Pradip Gupta demonstrating Asanas during the event.



Students practicing Yoga during the event.





Dr. Gupta demonstrating Shirshasana.



PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur