



**Backward Class Youth Relief Committee's  
Bhiwapur Mahavidyalaya, Bhiwapur Dist. Nagpur  
Affiliated to R.T.M. Nagpur University, Nagpur  
(Approved by Government of Maharashtra)**

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**Tel: 07106-232349,**

**ACTIVITY REPORT**

<b>Academic Year</b>	<b>2020-2021</b>
<b>Name of the Activity</b>	<b>Organized International Yoga Day on 21<sup>st</sup> June, 2020 at 9.00 am on Zoom platform</b>
<b>Date of the Activity</b>	<b>21<sup>st</sup> June, 2020</b>
<b>Organized By</b>	<b>National Cadet Corps , under the aegis of IQAC</b>
<b>Organizer</b>	<b>Bhiwapur Mahavidyalaya, Bhiwapur in collaboration with K.D.K. College of Engineering, Nagpur</b>
<b>Number of Students</b>	<b>300</b>
<b>Brief Report</b>	<p><b>Bhiwapur Mahavidyalaya, Bhiwapur Dist. Nagpur National Cadet Corps</b></p> <p><b>REPORT</b></p> <p>Bhiwapur Mahavidyalaya's N.C.C Unit in collaboration with K.D.K. College of Engineering, Nagpur Organized International Yoga Day on 21<sup>st</sup> June, 2020 at 9.00 am on Zoom platform under the aegis of IQAC</p>



**PRINCIPAL**  
Bhiwapur Mahavidyalaya  
Bhiwapur, Dist. Nagpur

## BRANCHURE OF INTERNATIONAL YOGA DAY

Bhiwapur Mahavidyalaya, Bhiwapur, in collaboration with K.D.K. College of Engineering, Nagpur, celebrated International Yoga Day on 21<sup>st</sup> June, 2020 at 9.00 A.M on Zoom Platform. Renowned Yoga Trainer Dr. Amrita Sethi, Art of Living Faculty, Yoga Instructor (AYUSH MINISTRY) and Swapnil Jadhav, Art of Living Faculty and Youth Trainer conducted the Yoga Sessions. The International Yoga Trainer spoke about the topics 'Yoga for Fitness', 'Meditation to De-stress' and 'Pranayama to Detox'. More than 300 participants were present for the mega event. Faculty Coordinator Asst. Prof. Dr. Dipali S. Satone introduced the Yoga Trainers. Associate Prof. Dr. G. H. Agrawal, Dean, SDC, KDKCoE and Dr. Jobi George, Principal, Bhiwapur Mahavidyalaya addressed the participants and explained the importance of Yoga in our day to day life. The vote of thanks was proposed by Asst. Prof. Dr. Yogesh More, Faculty Coordinator of Bhiwapur Mahavidyalaya. Dr. D. P. Singh, Principal of KDKCoE, Dr. A.M. Badar, Vice Principal of KDKCoE, Hon. Mr. Rajendra Mulak, Ex Minister and Secretary of BCYRC and Hon. Mr. Yashraj Mulak, Treasurer of BCYRC appreciated the efforts made by the authorities, staff and students of both the Colleges for conducting this mega event.



# BROCHURE OF INTERNATIONAL YOGA DAY



**K. D. K. College of Engineering, Nagpur**  
(NAAC & NBA accredited)  
&  
**Bhiwapur Mahavidyalaya, Bhiwapur**  
(NAAC accredited)



Celebrate

## INTERNATIONAL YOGA DAY

• Yoga for Fitness • Meditation to Distress • Pranayama to Detox

Sunday, 21 June, 2020 at 9 am on Zoom meet

**Dr. Amrita Sethi**  
Art of Living Faculty  
Yoga instructor (AYUSH MINISTRY)



**Swapnil Jadhav**  
Art of Living Faculty  
Youth Trainer

**Dr. G. H. Agrawal**  
Dean, SDC,  
KDKCoE

**Dr. A. M. Badar**  
Vice-Principal,  
KDKCoE

**Dr. Jobi George**  
Principal,  
Bhiwapur Mahavidyalaya

**Dr. D. P. Singh**  
Principal,  
KDKCoE

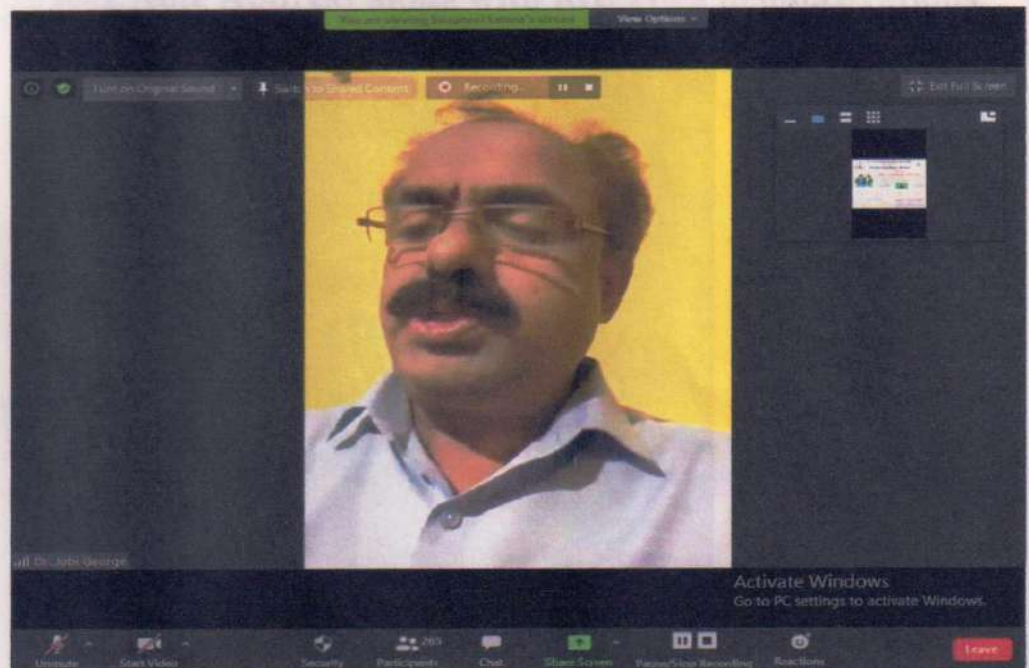
**Faculty Coordinator:**

**Dr. Dipali S. Satone**  
Assistant Professor,  
KDKCoE

**Dr. Yogesh More**  
Assistant Professor,  
Bhiwapur Mahavidyalaya

*E-Certificate will be issued to all attendees*  
*Register for Online Celebration of*  
*International Yoga Day (Click the link)*  
<https://forms.gle/83MW42BmenB4DdsM9>

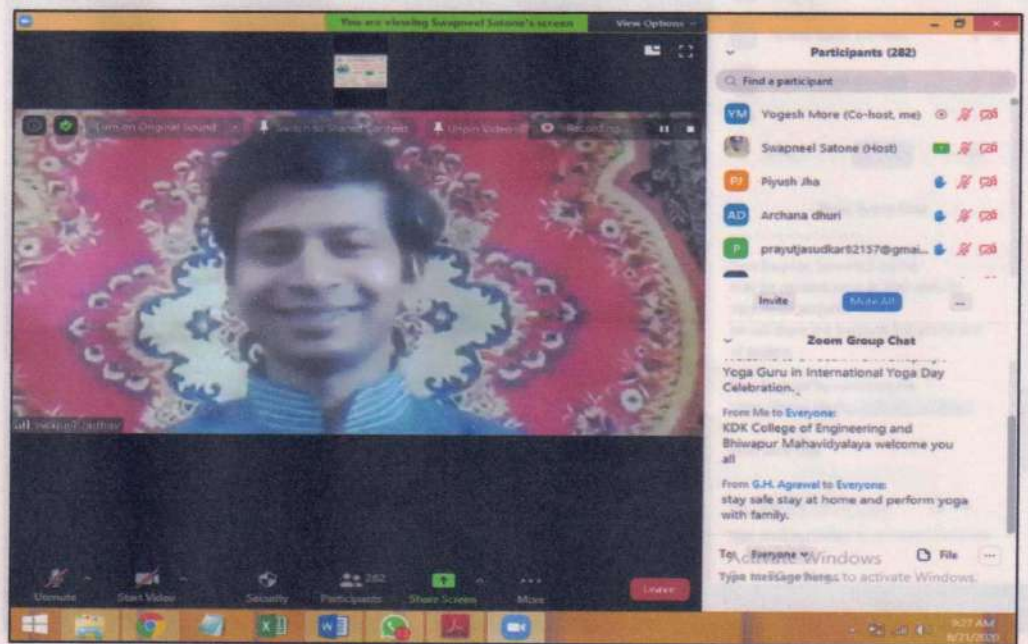
**Dr. Jobi George, the Principal of Bhiwapur Mahavidyalaya, Bhiwapur addressed the guests and participants on the occasion of the International Yoga Day Celebrations**



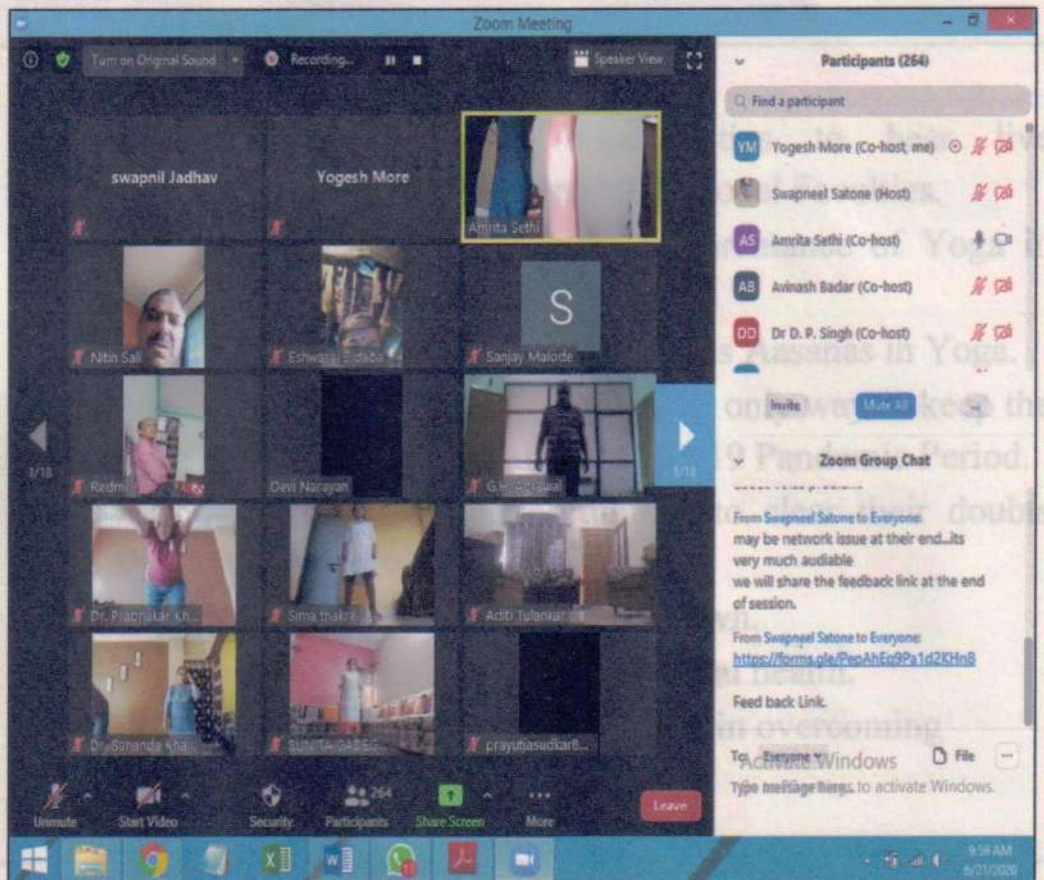
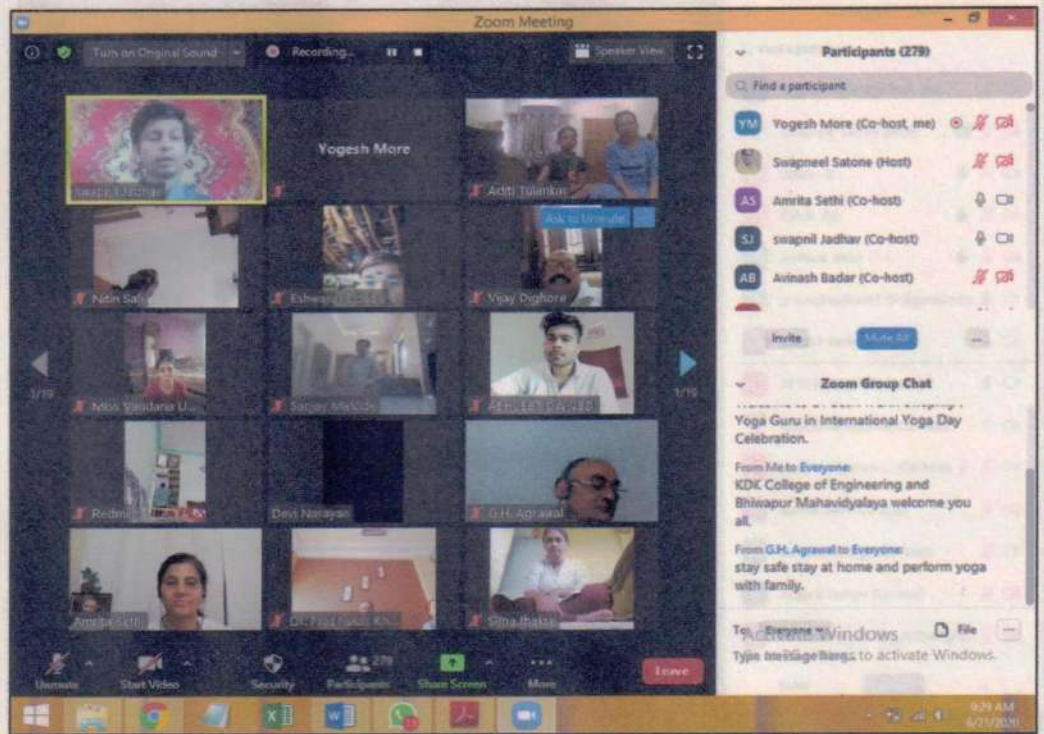
**Dr. G. H. Agrawal, Dean, SDC, KDKCoE addressed the guests and participants on the occasion of the International Yoga Day Celebrations**



**Renowned Yoga Trainer, Dr. Amrita Sethi, Art of Living Faculty, Yoga Instructor (AYUSH MINISTRY) delivered his Key Note Address along with live Yoga demonstrations.**



## Participants were performing live practices of Yoga during the International Yoga Day Celebrations



Programme  
Outcomes



Dr. Yogesh More  
Head, Department of Physics  
Biwapur Mahavidyalaya  
Bhiwapur, Distt. Nagpur

**Asst. Prof. Dr. Yogesh More, Head, Department of Physics  
proposed Vote of Thanks to the Dignitaries**



Academic  
Year  
Name of the  
Activity  
Date of the

21<sup>st</sup> June, 2020

**Programme  
Outcomes**

**Programme Outcomes**

- Participants got ample opportunities to hear live demonstrations of Yoga from International Faculties.
- They were impressed upon the importance of Yoga in their daily lives.
- Participants got the knowledge of various Asanas in Yoga.
- Participants were told that Yoga is the only way to keep the body and mind fit during the COVID-19 Pandemic Period.
- Participants got ample opportunities to clear their doubts about various Asanas.
- Now they can perform yoga of their own.
- Improvement in the mental and physical health.
- They realized the importance of yoga in overcoming Corona disease.
- 300 participants were benefited.



*[Signature]*  
**PRINCIPAL**  
Bhiwapur Mahavidyalaya  
Bhiwapur, Distt. Nagpur