



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

<b>ACADEMIC SESSION</b>	<b>2022-2023</b>
<b>ORGANIZER</b>	<b>Bhiwapur Mahavidyalaya</b>
<b>NAME OF THE ACTIVITY</b>	<b>International Yoga Day</b>
<b>AREAS COVERED</b>	<ul style="list-style-type: none"><li>• Yoga Practice</li><li>• Health and Well-being</li><li>• Community Engagement</li><li>• Spiritual and Cultural Awareness</li></ul>
<b>PROGRAMME SCHEDULE</b>	21 <sup>st</sup> June, 2022
<b>VENUE</b>	Bhausahab Mulak Memorial Indoor Sports Complex
<b>MODE OF ACTIVITY</b>	Offline
<b>ORGANIZING COMMITTEE</b>	National Cadet Corps (NCC)
<b>PROGRAMME COORDINATOR</b>	Lt. Dr. Yogesh More
<b>TARGET GROUP</b>	NCC Cadets, NSS Volunteers, students, teaching and non-teaching staff members of our Institution.
<b>NUMBER OF BENEFICIARIES</b>	Forty-five

## **BRIEF REPORT**

The National Cadet Corps (NCC) and the National Service Scheme (NSS) Unit of our College, under the aegis of IQAC, celebrated International Yoga Day on 21<sup>st</sup> June, 2022 at 7:00 A.M. The Event took place in the ‘Bhausahab Mulak Memorial Indoor Sports Complex’ of our Institution.

The Yoga Session was gracefully conducted by Mr. Suresh Panchbhai, a renowned Yoga Trainer from Bhiwapur. At the outset, Dr. Jobi George, the Principal of our College, extended a warm welcome to Mr. Suresh Panchbhai with a bouquet. Asst. Prof. Dr. Motiraj Chavhan, the NSS Programme Officer, provided a brief introduction of the Guest and acknowledged the significance of the occasion.

Mr. Suresh Panchbhai, the Yoga Expert, then proceeded to demonstrate various Asanas and Pranayama techniques to the participants. All attendees actively engaged in practicing these Asanas and Pranayama exercises, aiming to derive maximum benefits for their mental and physical well-being.

Dr. Jobi George, the Principal of our College, in his Presidential Speech, emphasized the importance of Yoga in promoting both mental and physical health among individuals, highlighting its role in achieving holistic well-being.

The Event witnessed enthusiastic participation from a total of forty-five individuals, including the NCC Cadets, NSS Volunteers, students and the teaching and non-teaching

	<p>staff members. The seamless coordination of the programme was overseen by Lt. Dr. Yogesh More, the Associate NCC Officer. Asst. Prof. Dr. Ashwini Kadu, the Assistant NSS Programme Officer, adeptly conducted the Proceedings while Lt. Dr. Yogesh More extended a formal Vote of Thanks.</p>
<p><b>PROGRAMME OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• To raise awareness about the physical and mental benefits of practicing Yoga.</li> <li>• To encourage the participants to incorporate Yoga into their daily lives.</li> <li>• To emphasize the significance of Yoga as a unifying practice that promotes harmony and unity among individuals and communities.</li> <li>• To educate the participants about the cultural and traditional roots of Yoga as an ancient Indian practice.</li> <li>• To provide an educational platform for the participants to learn various Yoga Asanas and Pranayama techniques from an experienced Yoga Trainer.</li> <li>• To develop leadership and coordination skills.</li> <li>• To encourage a healthy and balanced lifestyle among the participants by introducing them to the practice of Yoga.</li> <li>• To create an inclusive environment where individuals of all ages and backgrounds can participate and get benefits from Yoga.</li> </ul>
<p><b>PROBLEMS FACED, IF ANY</b></p>	<p><b>Safety Measures:</b> Implementing safety measures during Yoga practice to prevent any injuries or health issues was a matter of concern for the Committee.</p>

	<p><b>Participant Engagement:</b> Maintaining the engagement and enthusiasm of participants during the Yoga session, especially for the participants who were less familiar with Yoga practices, was a challenge posed before the organizers.</p> <p>Despite these potential challenges, the successful execution of the International Yoga Day reflected the dedication and effort of the organizers and participants in promoting the mental and physical well-being of people through Yoga practices.</p>
<p><b>PROGRAMME OUTCOMES</b></p>	<ul style="list-style-type: none"> <li>• Raised awareness about the physical and mental health benefits of practicing Yoga.</li> <li>• Encouraged the participants to incorporate Yoga into their daily lives.</li> <li>• Emphasized the significance of Yoga as a unifying practice that promotes harmony and unity among individuals and communities.</li> <li>• Educated the participants about the cultural and traditional roots of Yoga as an ancient Indian practice.</li> <li>• Provided an educational platform for the participants to learn various Yoga Asanas and Pranayama techniques from an experienced Yoga Trainer.</li> <li>• Developed leadership and coordination skills.</li> <li>• Encouraged a healthy and balanced lifestyle among the participants by introducing them to the practice of Yoga.</li> <li>• Created an inclusive environment where individuals of all ages and backgrounds can participate and get benefits from Yoga.</li> </ul>

**PHOTO GALLERY  
WITH CAPTIONS**



Dr. Jobi George, the Principal of our College, welcoming Mr. Suresh Panchbhai, renowned Yoga Trainer from Bhiwapur.



The participants performing warm up activities before the commencement of the Yoga Session.



Mr. Suresh Panchbhai demonstrating Vrukshasan to the participants during the Event



The participants practicing Yoga during the Event.



The participants carefully listening to the instructions given by the Trainer.

# महाविद्यालय में मनाया गया योग दिवस



भिवापुर। अंतर्राष्ट्रीय योग दिवस के अवसर पर स्थानीय महाविद्यालय में योग दिवस मनाया गया. योग शिक्षक सुरेश पंचभाई ने योग और प्राणायम का महत्व विशद करते हुए, इससे अच्छे व स्वस्थ स्वास्थ्य के लिए आसन के प्रात्यक्षिक कर अनुकरण करने की कहा. राष्ट्रिय सेवा योजना, एनसीसी के छात्र छात्राए उपस्थित रहे. सफलतार्थ प्राचार्य जॉर्ज, प्राध्या मोतिराज चव्हाण, योगेश मोरे, मंगेश कडु, अश्विनी कडु तथा महाविद्यालयीन कर्मचारियों का महत्वपूर्ण सहयोग रहा।

The Daily 'Navbharat', Dated: 22<sup>nd</sup> June, 2022

## भिवापूर महाविद्यालयात योगाभ्यास

भिवापूर, वार्ताहर. राष्ट्रीय सेवा योजना व राष्ट्रीय छात्र सेना यांच्या संयुक्त विद्यमाने योग शिक्षक सुरेश पंचभाई यांच्या अध्यक्षतेखाली महाविद्यालयाचे प्राचार्य डॉ. जोबी जॉर्ज, डॉ. मोतीराज चव्हाण, योगेश मोरे, डॉ. मंगेश कडू यांच्या उपस्थितीत योगदिन साजरा करण्यात आला. कार्यक्रमाचे संचालन रासेयोचे सह कार्यक्रम अधिकारी डॉ. अश्विनी कडू तर आभार राष्ट्रीय छात्र सेनेचे डॉ. योगेश मोरे यांनी मानले.



Daily 'Lokmat', Dated: 22<sup>nd</sup> June 2022

## भिवापूर महाविद्यालयात जागतिक योग दिन



राष्ट्रीय सेवा योजना व राष्ट्रीय छात्र सेना यांच्या संयुक्त विद्यमाने २१ जूनला आंतरराष्ट्रीय योग दिवस आयोजित करण्यात आला. मार्गदर्शक म्हणून भिवापूरचे योग शिक्षक सुरेश पंचभाई उपस्थित होते. कार्यक्रमाचे अध्यक्ष महाविद्यालयाचे प्राचार्य डॉ. जोबी जॉर्ज, रासेयोचे कार्यक्रम अधिकारी डॉ. मोतीराज चव्हाण, राष्ट्रीय छात्र सेनेचे एएनक्यू डॉ. योगेश मोरे, आरक्यूएसीचे समन्वयक डॉ. मंगेश कडू उपस्थित होते. सुरेश पंचभाई यांनी योग व प्राणायामची प्रालिप्तके करून दाखवली. प्रत्येक आसन व प्राणायामचे महत्त्व सांगितले. संचालन रासेयोचे सह कार्यक्रम अधिकारी डॉ. अश्विनी कडू यांनी केले. आभार राष्ट्रीय छात्र सेनेचे डॉ. योगेश मोरे यांनी मानले.

The Daily "Deshonnati", Dated: 22<sup>nd</sup> June, 2022