



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


DETAILED REPORT OF THE ACTIVITY

2023-2024

ACADEMIC SESSION	2023-2024
NAME OF THE ACTIVITY	INTERNATIONAL YOGA DAY
ORGANIZING INSTITUTION/COLLABORATING INSTITUTIONS	BHIWAPUR MAHAVIDYALAYA
CORE AREAS COVERED	<ul style="list-style-type: none">• Promote awareness about Yoga• Encourage healthy lifestyles• Demonstrate Yoga practices• Foster community engagement• Support personal development• Address health concerns• Enhance physical education• Promote sustainable practices
SCHEDULE	21 st June, 2023.
VENUE	Bhiwapur Mahavidyalaya, Bhiwapur
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK))	Offline
ORGANIZING COMMITTEE	Health Club and Yoga Unit
CHIEF COORDINATOR	Asstt. Prof. Dr. Aditya Kishor Sarwe
COMMITTEE MEMBERS	Asst. Prof. Dr. M.V. Chavhan Asst. Prof. Lt. Dr. Yogesh More
KEYNOTE SPEAKER/RESOURCE PERSON/PERSONS (Furnish a Brief Report on the Keynote)	1. Dr. Jobi George, Principal,

Speaker's Expertise)	Bhiwapur Mahavidyalaya, Bhiwapur
BENEFICIARIES/TARGET GROUP	Entire students along with the members of teaching and non-teaching staff of our College
NUMBER OF STUDENTS/BENEFICIARIES	65
DETAILED REPORT OF THE ACTIVITY	<p>On 27th September 2014, during the 69th Session of the United Nations General Assembly, Indian Prime Minister Shri Narendra Modi eloquently emphasized the significance of Yoga and extended an invitation to the entire world to embrace the practice of Yoga. This invitation received support from 177 nations during the United Nations General Assembly held on 11th December, 2014. Since then, every year, 21st June has been internationally observed as International Yoga Day at the global level.</p> <p>Department of Sports and Physical Education, the Units of National Cadet Corps and National Service Scheme jointly organized 9th International Yoga Day at Bhiwapur Mahavidyalaya. The Event was presided over by Dr. Jobi George, the Principal of our College. Mrs. Keerthi Nair, the Principal of KDK International School, Bhiwapur, served as the Special Guest. The Volunteers from National Cadet Corps and National Service Scheme, Teachers and Staff members of our Institution were present on this occasion.</p> <p>The Volunteers of National Cadet Corps and National Service Scheme namely Mr. Lokesh Wagh and Ms. Nisha Dhone demonstrated various types of Yoga asanas, such as Tadasana, Padmasana, Vrikshasana, Padahastasana, Trikonasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Makarasana, Padmasana, Swastikasana, Shashankasana, Yogmudra, Paschimottanasana, Sarvangasana, Halasana,</p>

	<p>Karnapidasana, Viparita Karani, Chakrasana, Setu Bandhasana, etc., highlighting the importance of Yoga for leading a healthy and disease-free life. Towards the end of the Programme, resolutions were made by one and all to practice yoga for personal development and balanced well-being.</p> <p>Dr. Jobi George, in his Presidential Address, expressed concern about the increasing prevalence of diabetes, high blood pressure, heart diseases and other blood-related disorders among the younger generation. He emphasized the importance of incorporating physical exercises, yoga therapy and pranayama into daily routines as preventive measures against these ailments.</p> <p>The coordination and organization of this Event was managed by Asst. Prof. Dr. Aditya Sarwe, Director, Department of Physical Education and Sports. Lieutenant Dr. Yogesh More, A.N.O. of National Cadet Corps, proposed the formal Vote of Thanks.</p>
<p>PROGRAMME OBJECTIVES</p>	<ul style="list-style-type: none"> • To increase awareness about the benefits of Yoga for physical, mental and spiritual well-being. • To highlight the significance of International Yoga Day and its global observance. • To emphasize the role of Yoga in combating issues like diabetes, high blood pressure and heart diseases. • To ensure the participation of students, faculty, and staff to build a sense of community and collective well-being. • To involve Volunteers from National Cadet Corps and National Service Scheme to promote leadership and community service. • To encourage eco-friendly and sustainable practices through the principles of Yoga.

<p>PROBLEMS FACED, IF ANY</p>	<p>Challenges:</p> <ul style="list-style-type: none"> • Setting up sound systems, microphones and other audio-visual equipment to ensure everyone can hear and see the demonstrations clearly. • Ensuring proper crowd management and seating arrangements.
<p>IMPACT/OUTCOME ACHIEVED</p>	<ul style="list-style-type: none"> • Increased awareness about the benefits of Yoga for physical, mental and spiritual well-being. • Highlighted the significance of International Yoga Day and its global observance. • Emphasized the role of Yoga in combating issues like diabetes, high blood pressure and heart diseases. • Encouraged the participation of students, faculty and staff to build a sense of community and collective well-being. • Involved the Volunteers of National Cadet Corps and National Service Scheme to promote leadership and community service. • Encouraged eco-friendly and sustainable practices through the principles of Yoga.
<p>GEOTAG PHOTO GALLERY WITH CAPTIONS (Only GEOTAG photos covering the entire gamut/ span of the activity will be accepted)</p>	 <p>GPS Map Camera Bhivapur, Maharashtra, India QG77+M6P, Bhivapur, Maharashtra 441201, India Lat 20.764281° Long 79.513058° 21/06/23 10:35 AM GMT +05:30</p> <p>Mr. Lokesh Wagh, Professional Yoga Trainer emphasizing the need of Yoga</p>



Participants, in action, while performing Bhujangasana



Participants, in action, while performing Ardha-Chakrasana



Participants, in action, while performing Vrukshasana



Participants, in action, while performing Shawasana

SCANNED COPY OF ATTENDANCE SHEET

BHIWAPUR MAHAVIDYALAYA, BHIWAPUR
 ATTENDANCE LIST OF STUDENTS IN
 INTERNATIONAL DAY OF YOGA
 ON 21ST JUNE 2023

S.N.	Name of Student	Class	Signature
1	Arunbika Ramu Pakkhar	B.com 1 st year	<i>[Signature]</i>
2	Prerna Ajay Kaulo	B.com 1 st year	<i>[Signature]</i>
3	Sushma B. Bhogate	B.com 1 st year	S. B. Bhogate
4	Simini M. Mungthake	B.com 1 st year	<i>[Signature]</i>
5	Tejaswini B. Talmale	B.com 1 st year	T. B. Talmale
6	Pramali V. Talwar	B.com 1 st year	<i>[Signature]</i>
7	Ankita R. Chaudhari	B.com 1 st year	<i>[Signature]</i>
8	Pinki R. Balbudhe	B.com 1 st year	P. Balbudhe
9	Khushbu S. Nikhare	B.com 1 st year	<i>[Signature]</i>
10	Pautiksha C. Jangam	B.com 1 st year	<i>[Signature]</i>
11	Vanitika R. Lingayat	B.com 1 st year	<i>[Signature]</i>
12	Suhani S. Tekam	B.com 1 st year	<i>[Signature]</i>
13	Simran N. Nharvijay	B.com 1 st year	S. N. Nharvijay
14	Ankita B. Dashmukh	B.com 1 st year	<i>[Signature]</i>
15	Rashni B. Waghmare	B.com I year	R. B. Waghmare
16	Komal D. Waghmare	B.com I year	<i>[Signature]</i>
17	Ritesh Sanjay Uke	B.com 1 st year	<i>[Signature]</i>
18	Bhushan D. Santakke	B.com 1 st year	B. Santakke
19	Rohit J. Chaudhari	B.com 1 st year	<i>[Signature]</i>
20	Pratul T. Ghulbhule	B.com 1 st year	<i>[Signature]</i>
21	Jenishna C. Bhulekar	B.com 2 nd year	<i>[Signature]</i>
22	Pragati G. Malade	B.com 2 nd year	<i>[Signature]</i>
23	Renuka N. Gangal	B.com 2 nd year	<i>[Signature]</i>
24	Achal T. Balbudhe	B.com 2 nd year	<i>[Signature]</i>
25	Riyanka V. Chaudhari	B.com 2 nd year	<i>[Signature]</i>
26	Kalyani S. Bhayal	B.com 2 nd year	<i>[Signature]</i>
27	Jisha K. Genucinde	B.com 2 nd year	<i>[Signature]</i>
28	Tejaswini S. Pimpalkar	-11-	<i>[Signature]</i>
29	Pooja S. Pimpalkar	-11-	<i>[Signature]</i>
30	Sani P. Yede	-11-	<i>[Signature]</i>
31	Pranshu T. Vaidya	-11-	<i>[Signature]</i>
32	Ashwini D. Dighane	-11-	<i>[Signature]</i>

BHIWAPUR MAHAVIDYALAYA, BHIWAPUR

ATTENDANCE LIST OF STUDENTS IN

INTERNATIONAL DAY OF YOGA

ON 21ST JUNE 2023

S.N.	Name of Student	Class	Signature
32	Sujal P. Mahajan	BAL 1 st Year	Sujal
33	Megha D. Nagarkar	BAL 1 st year	Megha
34	Kastik H. Hatwate	1 st year B.Sc	Kastik
35	Reem L. Nalchate	1 st year B.Sc	Reem
36	Subrata M. Mangaraj	1 st Year B.Sc	S.M. Mangaraj
37	Nirude D. Shrivastava	3 rd year B.Com	Nirude
38	Sahil D. Wankar	2 nd year B.Sc	Sahil
39	Arjun K. Kulkarni	2 nd year B.Sc	Arjun
40	Aditya S. Shrivastava	3 rd year B.Sc	Aditya
41	Mahesh S. Mangaraj	1 st Year B.Sc	Mahesh
42	Vidya P. Mangaraj	1 st Year	Vidya
43	Ishika I. Raghel	1 st (B.A)	Ishika
44	Vaishali Sahasrabudhe	1 st (B.A)	Vaishali
45	Kalpani Dakhile		K.D. Dakhile
46	Mansi R. Khaprekar		Mansi
47	Tejaswini S. Mangaraj		Tejaswini
48	Jayati J. Kamdi		Jayati
49	Ekmanand R. Raut	B.Sc. Final	Ekmanand
50	Tushar B. Chavhan	B.Sc 2 nd year	T.R. Chavhan
51	Rohit D. Khamkholkar	B.Sc 2 nd year	R.D. Khamkholkar
52	Shweta N. Tarasare	B.Sc 3 rd yr	S.N. Tarasare
53	Aarushi R. Chavhan	B.COM 1 st year	Aarushi
54	Pooja S. Vaidya	B.Sc 3 rd yr	P.P. Vaidya
55	Jayshree Kothare	B.A 3 rd yr	Jayshree
56	Komal Balbudhe	B.A III rd yr	Komal
57	Jayati Raghunath	B.Sc III rd	Jayati
58	Ujjwala Tarasare	B.A III rd yr	Ujjwala
59	Ujjwala Vaidya	B.Sc III rd yr	Ujjwala
60	Dipali Dhone	B.Sc III rd yr	Dipali
61	Niki Dhone	B.Sc II	Niki
62	Nikhil Humane	B.Sc III	Nikhil
63	Vivek Bawane	B.Sc II yr	Vivek

Principal
Bhiwapur Mahavidyalaya