



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

REACCREDITED WITH GRADE 'B+' (CGPA-2.65) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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DETAILED ACTIVITY REPORT

2024-2025

ACADEMIC SESSION	2024-2025
NAME OF THE ACTIVITY	INTERNATIONAL YOGA DAY
ORGANIZING INSTITUTION/COLLABORATING INSTITUTIONS	BHIWAPUR MAHAVIDYALAYA
CORE AREAS COVERED	- Promote awareness of 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, 2024.
VENUE	Bhiwapur Mahavidyalaya
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK))	Offline
ORGANIZING COMMITTEE	Health Club and Yoga Unit
CHIEF COORDINATOR	Asst. Prof. Dr. Aditya Kishor Sarwe
COMMITTEE MEMBERS	Asst. Prof. Dr. Motiraj R Chavhan Asst. Prof. Lt. Dr. Yogesh More
KEYNOTE SPEAKER/RESOURCE PERSON/PERSONS (Furnish a Brief Report on the Keynote	Dr. Jobi George Principal,

Speaker's Expertise)	Bhiwapur Mahavidyalaya, Bhiwapur
BENEFICIARIES/TARGET GROUP	All the enrolled students along with the members of Teaching and Non-teaching staff of our College
NUMBER OF STUDENTS/BENEFICIARIES	72
DETAILED REPORT OF THE ACTIVITY	The 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 on 27th September, 2014 during the 69th Session of the United Nations General Assembly. 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. The Department of Sports and Physical Education, under the auspices of the Subject Literary Association, in collaboration with National Cadet Corps, and National Service Scheme jointly organized the 10th International Yoga Day at Bhiwapur Mahavidyalaya, Bhiwapur. The event was presided over by Dr. Jobi George, the Principal of our College. Mr. Lokesh Wagh served as the Special Guest. Volunteers from the National Cadet Corps and National Service Scheme, along with the Faculty and Staff Members were present on this occasion. Volunteers of the National Cadet Corps, National Service Scheme along with Mr. Lokesh Wagh demonstrated various types of Yoga asanas such as Tadasana, Padmasana, Vrikshasana, Padahastasana, Trikonasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Makarasana, Padmasana, Swastikasana, Shashankasana, Yogmudra, Paschimottanasana,

	Sarvangasana, Halasana, Karnapidasana, Viparita Karani, Chakrasana, Setu Bandhasana, etc., highlighting the importance of Yoga for a healthy and disease-free life. Towards the end of the programme, a resolution was made to practice Yoga for personal development and balanced well-being. In his Presidential Address, Dr. Jobi George, the Principal of our College expressed concern about the increasing life style diseases such as 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 routine as preventive measures against these ailments. The coordination and organization of this event held in commemoration of International Yoga Day was accomplished by Asst. Prof. Dr. Aditya Sarwe, Director, Department of Physical Education and Sports. Lieutenant Dr. Yogesh More, ANO of National Cadet Corps proposed the formal Vote of Thanks.
PROGRAMME OBJECTIVES	• To increase the understanding of 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 Ailments. • To encourage participation from Students, Faculty, and Staff to build a sense of community and collective well-being. • To involve Volunteers from the 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.
PROBLEMS FACED, IF ANY	Challenges: • Setting up sound systems, microphones, and other audio-visual equipment to ensure everyone can hear and see the demonstration clearly. • Ensuring proper crowd management and seating arrangements. • Keeping students, volunteers and faculty engaged and maintaining their interest throughout the Event. The Organizing Committee addressed these challenges through careful planning, effective communication, and contingency strategies which ensured the smooth execution of the Event.
IMPACT/OUTCOME ACHIEVED	• Increased the understanding of all the participants 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 participation from Students, Faculty, and Staff to build a sense of community and collective well-being. • Involved volunteers from the National Cadet Corps and National Service Scheme to promote leadership and community service. • Encouraged eco-friendly and sustainable practices through the principles of Yoga.

**GEOTAG PHOTO GALLERY
WITH CAPTIONS (Only GEOTAG
photos covering the entire gamut/
span of the activity will be accepted)**



Students and Faculty practicing Yogamudra along with the Trainer - Mr. Lokesh Wagh.



Students and Faculty practicing Bhujangasana along with the Trainer - Mr. Lokesh Wagh.



Students and Faculty practicing Shalabhasana along with the Trainer - Mr. Lokesh Wagh.



Students and Faculty practicing Vrukshasana along with the Trainer - Mr. Lokesh Wagh.



Students and Faculty practicing Trikonasana along with the Trainer - Mr. Lokesh Wagh.



Students and Faculty practicing Shavasana along with the Trainer - Mr. Lokesh Wagh.

SCANNED COPY OF ATTENDANCE SHEET

BHIWAPUR MAHAVIDYALAYA, BHIWAPUR

INTERNATIONAL DAY OF YOGA

21st June, 2024

S.N.	Name of Student	Class	Signature
1	Abhilasha Vijay Wagh	Bsc I st yr	A.V. Wagh
2	Saheli Ashwin Bankar	-11-	Sze
3	Tanushmi Jagdish Raut	-11-	Raut
4	Jyeshtha S. Raut	B.com II nd yr	Raut
5	Janhvi L. Mathabe	B.Sc II nd yr	Mathabe
6	Sakshi R. Pimpalkar	Bsc 2 nd yr	Pimpalkar
7	Apeksha T. Bole	B.Sc II nd yr	Bole
8	Tejashwini S. Mangar	B.A II nd yr	Mangar
9	Vaishnavi D. Thakare	Bsc 1 st yr	Thakare
10	Akansa D. Kaikade	Bsc I st yr	A.D. Kaikade
11	Pratishtha N. Chamsit	Bsc 2 nd yr	P.N. Chamsit
12	Ruchika S. Dheng	-11-	Ruchika
13	Manthan W. Boudh.	-11-	M. Boudh.
14	Anushka B. Kawle	-11-	A. Kawle
15	Ritesh S. Uke	B.com II	R. Uke
16	Pallavi S. Palankar	11 th com	Palankar
17	Alisha T. Chate	Bsc	Alisha
18	Sagali K. Tighare	B.Sc 2 nd yr	S.K. Tighare
19	Hansha M. Patil	B.Sc 2 nd yr	Patil
20	Kunal V. Khedkar	Bsc 2 nd yr	Khedkar
21	Mayur D. Chaudhary		
22	Pranav V. Nagpure	BSC 2 nd yr	P. Nagpure

S.N.	Name of Student	Class	Signature
23	Pratik D. Girde	B.sc II nd yr	Pratik
24	Prizam M. Mandape	-11-	Prizam
25	Saloni M. Raut	-11-	Raut
26	Satish R. Atmande	B.Sc II nd yr	Satish
27	Saurabh C. Mangar	Bsc II nd yr	Mangar
28	Sejal A. Dhene	-11-	Dhene
29	Shreyas Rupesh Zedape	-11-	Shreyas
30	Durga Yashwanth Khushchankar	B.Sc II nd yr	D. Khushchankar
31	Mayur Lalchand Mandape	B.Sc 2 nd yr	Mandape
32	Shubham Ashok Gajbhiye	-11-	Shubham
33	Subrato Mangesh Mangar	-11-	Subrato
34	Disha B. Bandu Chaudhary	-11-	Disha
35	Vivek Ravindra Bawane	-11-	V. Bawane
36	Disha Ashok Mandhate	-11-	Mandhate
37	Balraj Kisan Shende	-11-	Shende
38	Karan Prathviraj Masurkar	-11-	Masurkar
39	Sahil Damodhar Ninawe	-11-	Ninawe
40	Sanket Gokuldas	-11-	Gokuldas
41	Rohit M. Wadhai	-11-	Rohit
42	Rohit D. Khambalkar	-11-	Khambalkar
43	Achal S. Markar	-11-	Markar
44	Pratik V. Ambade	-11-	Ambade
45	Prashik B. Kholagade	-11-	Kholagade
46	Manish M. Tambe	-11-	Tambe
47	Kartik M. Harkare	-11-	Harkare

S.N.	Name of Student	Class	Signature
43	Payal M. Dakhankar	B.com ¹	<u>P.D.</u>
44	Swati R. Shahare	B.com ¹	<u>Swati</u>
50	Sayali D. Mangar	B.com ¹	<u>Sayali</u>
51	Karishma R. Choudhari	B.com ¹	<u>Khondhari</u>
52	Shital M. Lamde	B.com ¹	<u>Lamde</u>
53	Dipali D. Takkar	B.com ¹	<u>Dipali</u>
54	Sonal X. Gurbhakar	-11-	<u>Sonal</u>
55	Shreyas Subhash Guri	B.com ¹	<u>Shreyas</u>
56	Preeti R. Shah Mahadev	B.com ¹	<u>P. Shah</u>
57	Apurva Arvind Keluskar	B.com ¹	<u>Akeluskar</u>
58	Saniya Vijay Lohangar	B.com ¹	<u>Saniya</u>
59	Dipali D. Deshpande	-11-	<u>Dipali</u>
60	Tina Purushottam Chitambar	B.com ¹	<u>Tina</u>
61	Anjali Raja Givade	B.com ¹	<u>A. Givade</u>
62	Jasni Devanand Zade	-11-	<u>Jasni</u>
63	Laxmi Kisan Nagpure	-11-	<u>Laxmi</u>
64	Fatima Firoz Khan	-11-	<u>F. Khan</u>
65	Namrata P. Peshwa Talme	-11-	<u>N. Talme</u>
66	Pratik Tarachand Bhatnagar	B.com ¹	<u>Pratik</u>
67	Nilesh Sanjay Vike	-	<u>Nilesh</u>
68	Priya Raju Diwate	BSC ^{4th}	<u>Priya</u>
69	Priya Jagdish Dewalkar	BSC ^{2nd}	<u>Priya</u>
70	Pranali Ramchandra Khobargar	BSC ^{2nd}	<u>Pranali</u>
71	Brochi Ashok Hauke	BSC ^{2nd}	<u>Brochi</u>
72	Payal Vitthal Bhangari	BSC ^{2nd}	<u>Payal</u>

Principal
Bhiwapur Mahavidyalaya