



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

RE-ACCREDITED 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

2025-2026

ACADEMIC SESSION	2025-2026
ORGANIZING INSTITUTION/COLLABORATING INSTITUTIONS	BHIWAPUR MAHAVIDYALAYA
NAME OF THE ACTIVITY	INTERNATIONAL YOGA DAY
CORE AREAS COVERED	- Promote awareness about Yoga - Encourage healthy lifestyles - Demonstrate Yoga practices - Foster community engagement - Support personal development - Address health concerns - Promote sustainable practices - Enhance physical education
SCHEDULE	21 st June, 2025.
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	Asso. Prof. Dr. Motiraj R Chavhan Asst. Prof. Lt. Dr. Yogesh More
KEYNOTE SPEAKER/RESOURCE PERSON/PERSONS (Furnish a	Dr. Jobi George Principal,

Brief Report on the Keynote Speaker's Expertise)	Bhiwapur Mahavidyalaya, Bhiwapur Mr. Lokesh Wagh, Trainer, Yoga and Physical Fitness
BENEFICIARIES/TARGET GROUP	All the enrolled students along with the members of Teaching and Non-teaching staff of our College
NUMBER OF STUDENTS/BENEFICIARIES	60
DETAILED REPORT OF THE ACTIVITY	The Prime Minister of India 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 is internationally observed as International Yoga Day at the global level. Department of Sports and Physical Education, National Cadet Corps, and the National Service Scheme jointly organized 11th 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 National Cadet Corps and National Service Scheme, along with the Staff Members were present on this occasion. Volunteers of National Cadet Corps and 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 over 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 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 National Cadet Corps and National Service Scheme to promote leadership and community services. • 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 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 National Cadet Corps and National Service Scheme to promote leadership and community service. • Encouraged eco-friendly and sustainable practices through the principles of yoga.
ANALYSIS REPORT OF THE FEEDBACK OBTAINED FROM STUDENTS/ BENEFICIARIES/ ACADEMIC PEERS ETC.	Participants expressed great enthusiasm and appreciation for the Event. They found the Yoga demonstrations informative and refreshing, promoting physical and mental well-being. Many highlighted the relevance of Yoga in managing stress and lifestyle diseases. The Session was described as well-organized, motivating, and beneficial, with the participants expressing their willingness to adopt yoga in their daily routine.



BHIWAPUR MAHAVIDYALAYA, BHIWAPUR

INTERNAL QUALITY ASSURANCE CELL

SESSION: 2025-2026

FEEDBACK OF THE PARTICIPANTS

DEPARTMENT/COMMITTEE: Health Club and Yoga Unit

NAME OF THE ACTIVITY: International day of Yoga

DATE: 21st June, 2025

S.N.	Name of the Participants	Kindly provide your rating for each aspect based on your experience, using the options: Excellent, Good, Average, or Poor				Signature
		Relevance of the Programme	Quality of Delivery & Outcome of the Event	Facilities and Arrangements	Overall Organization	
20	Pankaj S. Shinde	good	good	good	good	Pankaj
21	Subin V. Mishra	++	++	++	++	S.V. Mishra
22	Himanshu A. Solute	++	++	++	++	Himanshu
23	Laxmi S. Kulkarni	++	++	++	++	Laxmi
24	Pooja N. Mahanikar	++	++	++	++	Pooja Mahanikar
25	Shrutika Naik	++	++	++	++	Shrutika
26	Manali M. Chaudhary	++	++	++	++	Manali
27	Akshay S. Wankar	++	++	++	++	Akshay
28	Pranav Raut	++	++	++	++	Pranav
29	Saloni D. Chitambar	++	++	++	++	Saloni
30	Vaishnavi V. Thakur	++	++	++	++	Vaishnavi
31	Manushi W. Ghutke	++	++	++	++	Manushi
32	Rohit P. Baskar	++	++	++	++	Rohit
33	Om S. Baskar	good	good	good	good	Om
34	Priyanka S. Ghorase	++	++	++	++	Priyanka
35	Ayush J. Fule	++	++	++	++	Ayush
36	Satyam R. Dikot	++	++	++	++	Satyam
37	Sadiya S. Shikh	++	++	++	++	Sadiya
38	Kujal Nalode	++	++	++	++	Kujal

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



Students and Staff members, practicing Yogamudra along with the Trainer - Mr. Lokesh Wagh.



Students and Staff members, practicing Setu Bandhasana along with the Trainer - Mr. Lokesh Wagh.



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



Participants practicing Vrukshasana, along with the Trainer - Mr. Lokesh Wagh.



Participants practicing Anulom Vilom Pranayama along with the Trainer - Mr. Lokesh Wagh.

SCANNED COPY OF
ATTENDANCE SHEET

BHIWAPUR MAHAVIDYALAYA, BHIWAPUR INTERNAL QUALITY ASSURANCE CELL SESSION: 2025-2026 ATTENDANCE SHEET OF THE PARTICIPANTS DEPARTMENT/COMMITTEE: Health Club and Yoga Unit NAME OF THE ACTIVITY: International Yoga Day DATE: 21 st June 2025			
S.N.	NAME OF STUDENTS	CLASS	SIGNATURE
1	Pooja Harkidas Rout	B.A-1 st	Pooja
2	Chandla C. Rout	B.A-1 st	C.C. Rout
3	Namrata S. Bhojapure	B.A-1 st	Namrata
4	Mamsee N. Uikay	B.A-1 st	Mamsee
5	Katya S. Kulkarni	B.A-1 st	Katya
6	Shreya S. Sontakke	B.A-1 st	Shreya
7	Radhika G. Kangale	B.A-1 st	R.Kangale
8	Pratim Sapan Choudhary	B.A-1 st	Pratim
9	Suhani Bhagwan Guppte	B.A-1 st	Suhani
10	Vaishnavi V. Titumare	B.A-1 st	Vaishnavi
11	Seloni D. Chotte	B.A-1 st	Seloni
12	Rohit D. Borkar	-1-	Rohit
13	Pratyanka S. Ghorase	B.A-1 st	Pratyanka
14	Sadiya S. Sheikh	-1-	Sadiya
15	Vaishnavi C. Jaiswal	B.A-1	V.Jaiswal
16	Saika M. Rout	B.com	S.M. Rout
17	Divyanshi A. Mahave	B.com	D.A. Mahave
18	Shrutiika V. Manikar	B.com	Shrutiika
19	Manali M. Chumbhare	B.A-1	Manali
20	Anj N. Amare	B.com	Anj
21	Pranav B. Sonkusare	B.com	Pranav
22	Rutuja S. Atmaram	B.com	Rutuja

Principal
Bhiwapur Mahavidyalaya