

G.E. SOCIETY'S

SMRK-BK-AK MAHILA MAHAVIDYALAYA, NASHIK

EVENT REPORT FORMAT

Name of the Programme:	International Yoga Day
Day and Date:	21 June 2023.
Organizing Committee/Department (Mention Collaborating Agency, if any)	Department of Physical Education and NSS
Time:	9.00 am to 10.00 am
Topic/Theme:	International Yoga Day Celebration
Resource Person:	Mrs. Farhat Sayyed Yoga Expert
No. of students attended the programme:	35 Students and Staff
Brief Summary:	<p>Yoga Workshop was organized by Department of Physical Education and NSS. Dr. Kavita Kholgade has proposed welcome and introductory speech. Mrs. Farhat Sayyed has demonstrated practical session of various assans like Tadaassana, Vrikshaassana, Trikonassana and other siting and lying asaans, that was followed by students and staff. Pranayama and mediation was conducted by Dr. Kavita Kholgade. She has explained the Astanga Yoga and Five elements . Dr. Nilam Bokil Vice principal of college was a president of the function . She has addressed the audience and focused on implementing Yoga in our day today life. She has elaborated that how yoga is important for karma with the example of Vedas and Geeta. The session ended with guided meditation and omkar chanting.</p>

Signature of the
Committee
In-Charge/H.O.D.

[Signature]
Dr. Geeta Yadav
NSS PO

[Signature]
Dr. Kavita Kholgade
Director of Physical Education

[Signature]
Dr. Mrs. D.P. Deshpande
Principal

Attach Photographs



