

**Shri Shivaji Education Society Amravati's
SCIENCE COLLEGE, CONGRESS NAGAR, NAGPUR**

Session 2023 – 2024

National Cadet Corps

Organised “International Day of Yoga”

Date: 21st June. 2024

Time: 6.30 am


Shri Shivaji Education Society, Amravati's
Science College, Congress Nagar, Nagpur

NOTICE

Date : 20/06/2024


All the teaching (Junior & Senior College) & non teaching staff members are hereby informed that the international yoga day will be organized on Friday, 21st June 2024 at 7.30 a.m. All are requested to remain present for this programme.

Venue : Infront of Cash Counter.


 (Dr. S. R. Pande)
Officiating Principal,
Science College,
Congress Nagar, Nagpur

Copy to :

- 01) Head, Department of Physical Education
- 02) Coordinator, N.S.S. Unit, Science College, Nagpur
- 03) Coordinator, N.C.C. Unit, Science College, Nagpur


Signature of IQAC Coordinator
Internal Quality Assurance Cell
(IQAC)
S. S. E. S. A. Science College
Congress Nagar, Nagpur




Signature of Principal
Principal
S. S. E. S. Amravati's
Science College, Nagpur.

Yoga is a physical, mental and spiritual practice that originated in India. International day of yoga commonly referred as YOGA DAY is celebrated annually on 21 June, since its inception in 2015. Every year International Day of Yoga is celebrated in Shri Shivaji Science College, Congress Nagar, Nagpur. This year also YOGA DAY was celebrated on 21 June 2023 to raise awareness among people about the benefits of yoga in daily life.

The **International Day Of Yoga (IDY 2023-2024)** held on 21st June 2023. Theme of Yoga Day 2023 is “Yoga For Vasudhaiva Kutumbakam”. This year the theme of Yoga Day is 'Yoga For Vasudhaiva Kutumbakam' i.e. Yoga for the welfare of all in the form of 'One World-One Family'. It emphasises the spirit of Yoga, which unites and takes everyone along. College had organised a Yoga asana event in the college premises. Hon’ble Principal Prof. M.P Dhore sir along with teaching faculty members and NCC cadets has actively participated.

Action Taken

The **International Day Of Yoga (IDY 2023-2024)** held on 21st June 2023. Theme of Yoga Day 2023 is “Yoga For Vasudhaiva Kutumbakam”. This year the theme of Yoga Day is 'Yoga For Vasudhaiva Kutumbakam' i.e. Yoga for the welfare of all in the form of 'One World-One Family'. It emphasises the spirit of Yoga, which unites and takes everyone along. College had organised a Yoga asana event in the college premises. Hon’ble Principal Prof. M.P Dhore sir along with teaching faculty members and NCC cadets has actively participated.



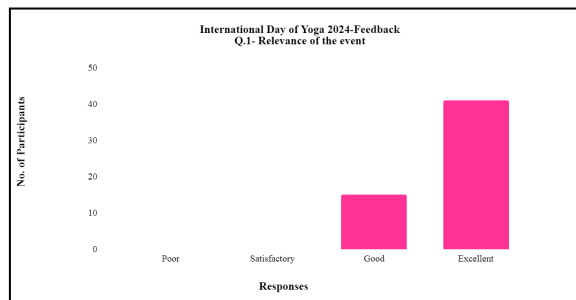


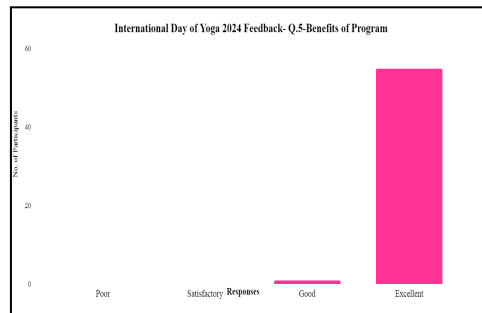
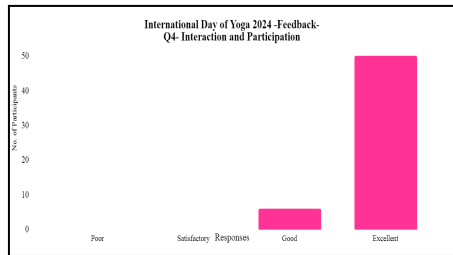
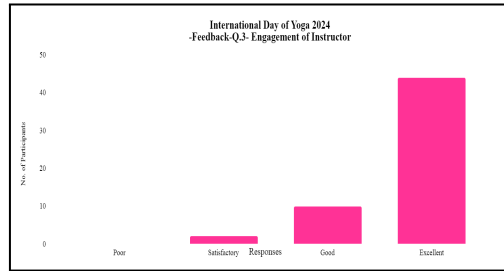
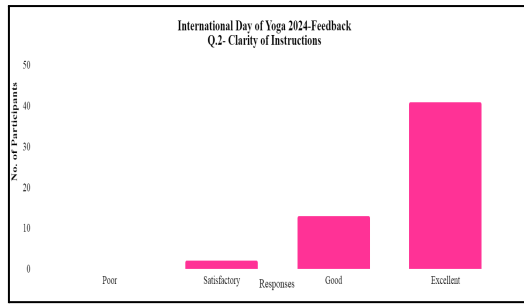
On the occasion of 7th International Yoga Day 2022, Yoga Asana events were organised in the college premises in presence of Hon'ble Principal Prof. M. P. Dhore Sir

1) Soukalya D. Dongre	PCLG	G3	<i>Shel</i>
2) Shivani V. Ukey	CBG	G2	<i>Shikey</i>
3) Tanushree D. Yelne	CGM	G1	<i>Jui</i>
4) Kumudini T. Bawane	CBG	G2	<i>Bawane</i>
5) Arjuman Shrivastav	CGM	G1	<i>Arjuman</i>
6) Pradnya Raut	CGM	G1	<i>Raut</i>
7) Ridhi Rajput	CGM	G1	<i>Rajput</i>
8) Nandini Kowale	EC5M	M10	<i>Kowale</i>
9) Lavanya Padole	EC5M	M20	<i>Padole</i>
10) ANANYA SULKAR	PCG	G3	<i>Sulkar</i>
11) AMESUA JABEN	PCG	G3	<i>Jaben</i>

Feedback

After successful completion of the program feedback from all the present students were collected. Analysis of feedback was done and after feedback analysis following observation was noted remarkably.





Dr. A. K. Halder
Signature of IQAC Coordinator
Internal Quality Assurance Cell
(IQAC)
S. S. E. S. Amravati's College
Congress Nagar, Nagpur



Pradip
Signature of Principal
Principal
S. S. E. S. Amravati's
Science College, Nagpur.