

SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Department Of Computer

Student Notice

Date: 20 June 2019

Yoga Day Celebration

All students are hereby informed that Mass Media Dept. of Shahid Virpatni Laxmi Mahavidyalay, Titave and NSS Jointly is going to organizing Yoga Day Celebration on 21th June 2019.

Therefore, Kindly Participate in this activity H.O.D




Principal

Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagari, Dist. Kolhapur.

Shahid Virpatni Laxmi Mahavidyalaya, Titave

Tal. Radhanagari Dist. Kolhapur

Event Report

Department Of B.A. Mass Media

Yoga Day

2019-2020

Friday, 21 June 2019

Name of the Event and Guest	Yoga Day
Organizing Dept./ Committee	College
Name of the Teacher	All Teachers
Day and Date	21/06/2019
No. of Participants	All Class Students
Time	09:00 am to 10:30 pm



Photos –





Detail Report:

Yoga, which has been practiced for thousands of years, is a holistic solution for physical as well as mental wellness. To mark the importance and significance of yoga in one's life, June 21 is observed as International Day of Yoga. This day is celebrated in our college.

On this day Dr. Jagannath Patil gives lessons of yoga. They explained the importance of yoga. "Continuous anxiety or stress can manifest many health conditions such as high blood pressure, muscle tension, breathing issues, etc. Stress is the element that triggers our sympathetic nervous system causing all these health issues and in such situations, yoga can help us to stay calm. The posture and asanas of yoga help us to reduce muscle tension, joint issues and relax our sympathetic system, resulting in a relaxed mind. There are a lot of yoga poses which help us to manage our blood pressure level and anxiety. Yoga also teaches us to regulate our breath, which can make a person feel relaxed and at peace."


H.O.D.
Head
Department Of
Mass Media




Principal
Principal
Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagar, Dist. Nanapur

Shahid Virpatni Laxmi Mahavidyalaya Titave

Department Name- B.A-Mass Media

Academic Year- 2019-20

Date- 21/6/2019

Event Name- Yoga Day

Sr.No	Name	Class	Sign
1	Tejashri Shivaji borage	FY BAMB	T. borage
2	Sakshi Suresh bhandigare	FY BAMB	S. bhandigare
3	Ashawini Parsharam Kamble	FY BAMB	A. Kamble
	Tejashri Shivaji borage	FY BAMB	T. borage
	Reva Vinayak borage	FY BAMB	R. borage
	Pranoti Vikas Adamane	FY BSCIT	P. Adamane
	Susmita Baliram Alavekar	FY BSCIT	S.V.A
	Parshana Vilas Chavan	FY BSCIT	P. Chavan
	Komal Anil Bamane	FY BCA	K. Bamane
	Sanjivani Rajaram Bhandwale	FY BCA	S.R.B
	Abhiti Tanaji Bhivasekar	FY BCA	A. Bhivasekar
	Ashawini Subhash chougale	FY BAMB	A.S. Chougale
	Nita Ekanath Davari	FY BAMB	N. Davari
	Dhanashri Satappa Kamble	FY BAMB	D.S. Kamble
	Pradnya Vishnu Patil Bhopale	FY BCA	P. Bhopale
	Sakshi Laxman Patil	FY BSCIT	S. Patil
	Santali Anandharinath Patil	FY BSCIT	S. Patil
	Pallavi Prakash Chougale	FY BCA	P. Chougale
	Aparna Tukaram Varate	FY BAMB	A. Varate
	Arati Ashok Sutar	FY BAMB	A.A. Sutar
	Dipali Ashok Saravdekar	FY BAMB	D. Saravdekar
	Pranali dhanaji Patil	FY BAMB	P. Patil
	Nutan prakash Kamble	FY BAMB	N. Kamble
	Aishwarya Ekanath Jadhav	FY BAMB	A. Jadhav
	Rajeshwari Shivaji Kavade	FY BAMB	R. Kavade
	Sonal Sambhaj Chougale	FY BAMB	S. Chougale
	Tejal Shobaji Parale	FY BSCIT	T. Parale
	Shradha Chandrakant Parkar	FY BSCIT	S. Parkar
	Shital Dnyanadev Chougale	FY BCA	S. D. Chougale
	Ashawini Parsharam Kamble	FY BAMB	A. Kamble
	Svita Balavant Kamble	FY BAMB	S.S. Kamble
	Sayali Satappa Chougale	FY BSCIT	S. Chougale
	Shivani Manuti Chougale	FY BSCIT	S. Chougale
	Shubhangi Lahu Chougale	FY BSCIT	S. Chougale
	Sunita Pundlik Chougale	FY BCA	S. Chougale
	Prajakta Bhausa Debhade	FY BCA	P. Debhade
	Sayali Anandrago Farakate	FY BCA	S. Farakate
	Vaishavi Vishwas Chougale	FY BSCIT	V. Chougale
	Komal Tanaji Devkule	FY BSCIT	K. Devkule
	Vidya Dattatraya Kamble	FY BAMB	V. Kamble
	Komal Satappa Kamble	FY BAMB	K. Kamble
	Shivani Mahadev Jadhav	FY BSCIT	S. Jadhav
	Avanti Pandurang Kamble	FY BCA	A. Kamble
	Jyoti Prakash Kamble	FY BCA	J. Kamble
	Savita Balavant Kamble	FY BAMB	S. Kamble
	Dipali Bajirao Kamble	FY BAMB	D. Kamble