

SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Department of Computer Science and NSS With Health Department of Panchayat
Samiti Radhanagari

Date : 19th June 2024

Student Notice

The International Day of Yoga

All students and staff are hereby informed that Department of Computer Science, Shahid Virpatni Laxmi Mahavidyalaya, Titave and NSS Unit with Health Department of Panchayat Samiti Radhanagari Jointly going to celebrate **The International Day of Yoga** on 21st June 2024.

Kindly participate in this event.

Day: Saturday

Date: 21st June 2024

Time: 09:00 A.M.

Guest Name: Mr. Anand Gurav (Yoga Teacher)


Principal

SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Tal. Radhanagari, Dist. Kolhapur



Event Report

Department of Computer Sciences

&

NSS

With

Health Department of Panchayat Samiti Radhanagari

The International Day of Yoga

2024-2025

Day : Saturday

Date : 21st June 2024



International Yoga Day Celebration

21-06-2024

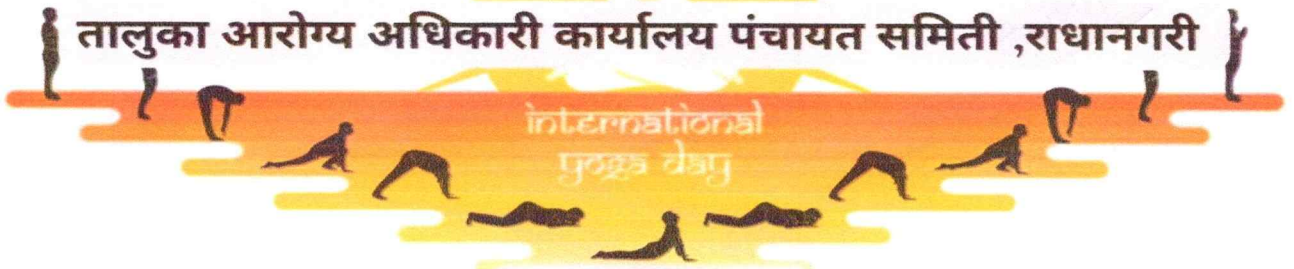
NSS Unit



शहीद वीरपत्नी लक्ष्मी महाविद्यालय, तिटवे



तालुका आरोग्य अधिकारी कार्यालय पंचायत समिती, राधानगरी



Yoga For Self and Society !

ठिकाण : शहीद हॉल

वेळ : सकाळी 9 वाजता

योगा टीचर : गुरव सर

SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Tal. Radhanagari, Dist. Kolhapur

Event Report

Department of Computer Sciences

&

NSS

With

Health Department of Panchayat Samiti Radhanagari

The International Day of Yoga

2024-2025

| | |
|--|---|
| Name of the Event and Guest | Rajashri Chhatrapati Shahu Maharaj Jayanti Guest : Mr. Anand Gurav (Yoga Teacher, Radhanagari) |
| Organizing Dept./ Committee | Department of Computer Sciences & NSS Unit with Health Department of Panchayat Samiti Radhanagari |
| Organizing committee | Mr. Avinash Palkar, Mr. Vaibhav Kumbhar Miss. Ashvini Kamble |
| Day and Date | 21 st June 2024 |

Detail Report

On the occasion of International Yoga Day 21st June 2024, Computer Science department of Shahid College, NSS Unit with Health department of Panchayat Samiti Radhanagari "The Yoga Day" concluded with enthusiasm.

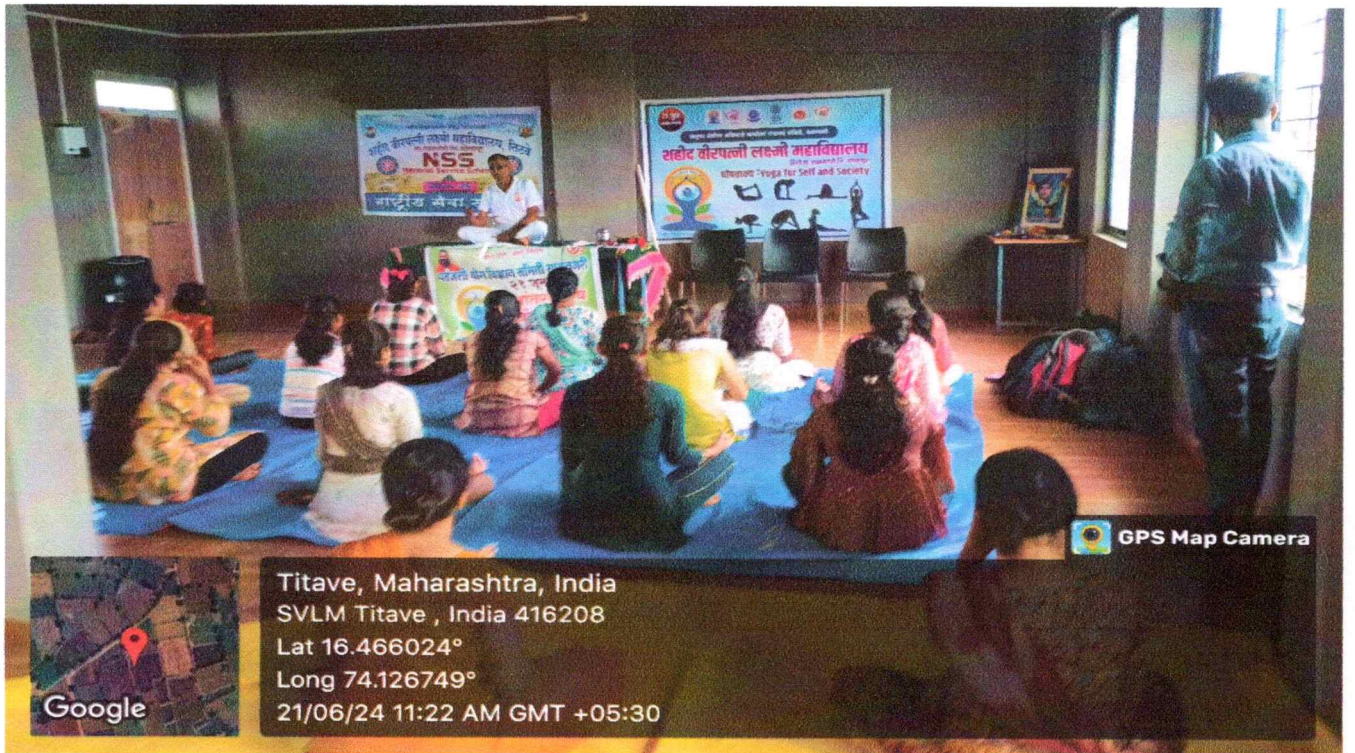
Yoga is a precious gift that we have received and today the whole world has recognized the importance of yoga. Sages invented Pranayama for the welfare of mankind. Stress can be managed through pranayama. Health Officer of Panchayat Samiti Radhanagari is of the opinion that through meditation one can know the secret and purpose of human life. By Rajendra Shete.

Mr.Anand Gurav(Yoga Teacher) guided how the Indian yoga tradition is superior. After that, micro exercises for neck, shoulders, waist, hips etc. were taught and done in the practical session. Also guided and demonstrated about Pranayama, Anulom Vilom lung exercises, Surya Namaskar etc.

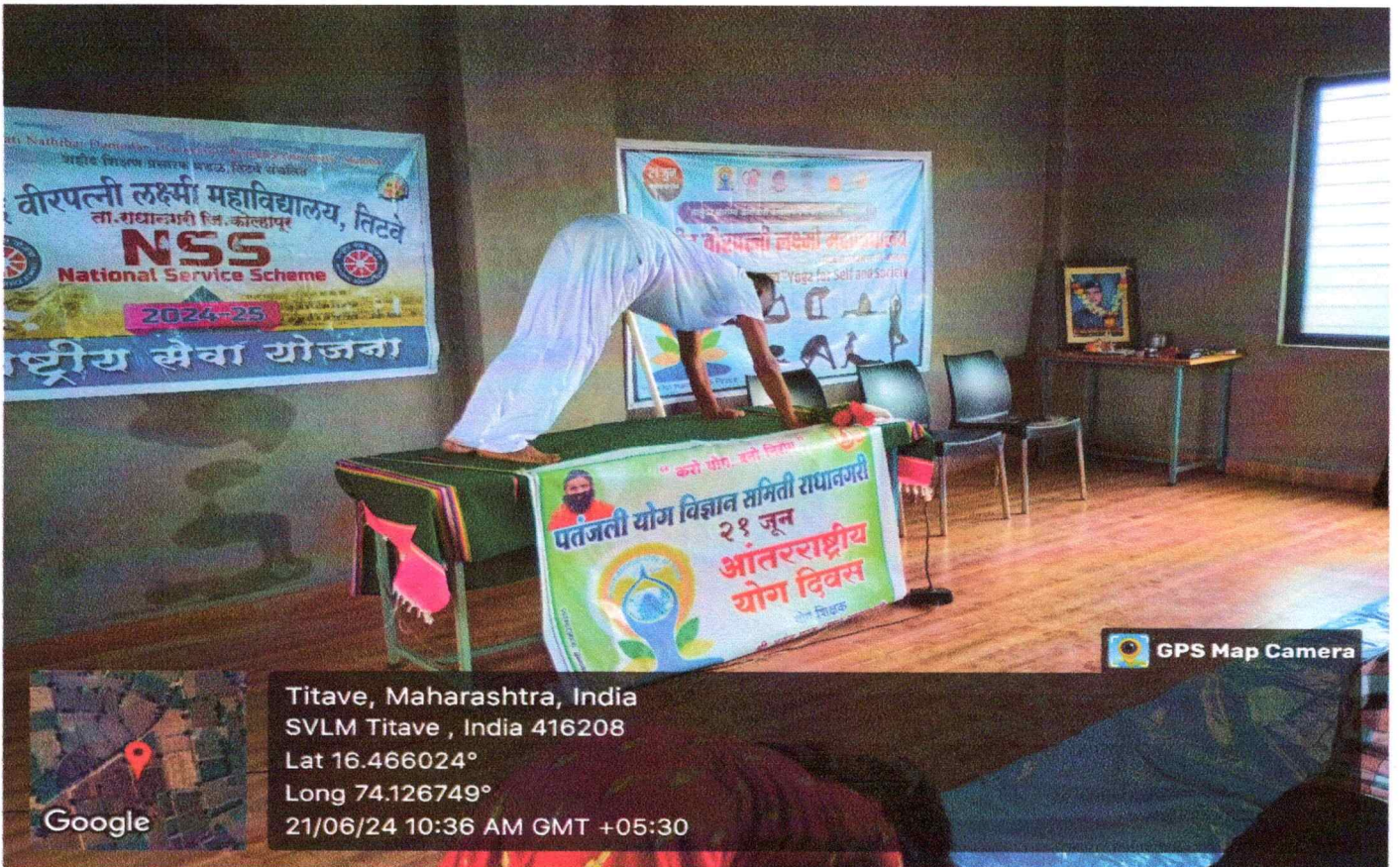
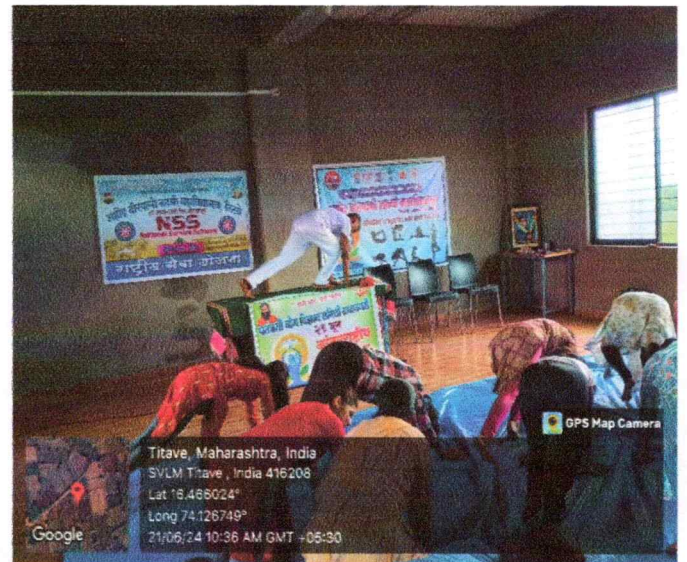
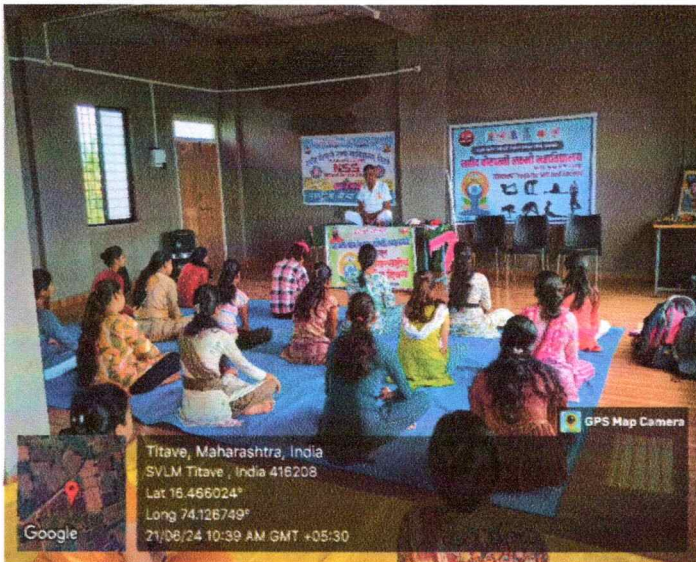
The welcome and introduction of the program by the principal of the college Prof. By Prashant Palkar. The program was coordinated by the NSS department.

Session was concluded by the vote of thanks by Miss. Ashvini Kamble and all teaching staff, students,Dr. Rajendra Shete Officer Health Department Panchayat samiti Radhanagari Taluka, Group Organizer of Panchayat Samiti Radhanagari K. D. Patil NSS co-officer Mr.Avinash Palkar Mr.Vaibhav Kumbhar were present for this event.

Photos – Some Photos of Celebration of “The International Day of Yoga



Photos – Some Photos of Celebration of “The International Day of Yoga



**Photos : News in "Hello Prabhat" News Paper Celebration of
"The International Day of Yoga "at Our Institutions**

डा. राजेश कुमार मुद्गल उपाध्यक्ष हात.
हॅलो प्रभात

**शहीद महाविद्यालयात
आंतरराष्ट्रीय योग दिन उत्साहात**



तिटवे : हॅलो प्रभात

आंतरराष्ट्रीय योग दिनानिमित्त शहीद महाविद्यालय एनएसएस विभाग व तालुका आरोग्य अधिकारी कार्यालय पंचायत समिती राधानगरी यांच्या संयुक्त विद्यमाने योगा दिन उत्साहात संपन्न झाला. योग ही आपणास मिळालेली अमूल्य भेट असून आज सर्व जगाने योगाचे महत्त्व मानले आहे. मानव जातीच्या कल्याणासाठी ऋषीमुनींनी प्राणायामांचा आविष्कार केला. ताण तणावाचे प्राणायामाच्या माध्यमातून व्यवस्थापण करता येते. ध्यानधारणेतून मनुष्य जीवनाचे रहस्य, उद्देश जाणून घेता येतो असे मत पंचायत समिती राधानगरीचे आरोग्य अधिकारी डॉ. राजेंद्र शेते यांनी केले. आनंद गुरव यांनी भारतीय योग परंपरा कशी

श्रेष्ठ आहे, याबाबत मार्गदर्शन केले. त्यानंतर प्रात्यक्षिक सत्रात मान, खांदे, कंबर, गुढगे आदींचे सूक्ष्म व्यायाम शिकवले व करवून घेतले. तसेच प्राणायाम, अनुलोम विलोम फुफुसाचे व्यायाम, सूर्यनमस्कार इत्यादीबाबत मार्गदर्शन व प्रात्यक्षिक करून घेतले. कार्यक्रमाचे स्वागत व प्रास्ताविक महाविद्यालयाचे प्राचार्य प्रा. प्रशांत पालकर यांनी केले. एनएसएस विभागाने या कार्यक्रमाचे समन्वयन केले. सूत्रसंचालन प्रा. अश्विनी कांबळे यांनी केले तर आभार प्रा. स्वाती पोवार यांनी मानले. या कार्यक्रमासाठी पंचायत समिती राधानगरीचे तालुका समूह संघटक के. डी. पाटील शिक्षकवृंद विद्यार्थीनी उपस्थित होत्या.

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NSS Program Officer


HOD


Principal

International Yoga Day 2024

Organized By

Department of Computer Science & NSS Unit

Shahid Virpatni Laxmi College, Titave

With

Taluka Arogya Adhikari Karyalaya panchayat Samiti, Radhanagari

Date 21-06-2024

Yoga Teacher: Mr. Anant Gurav

| No. | Participant Name | Sign |
|-----|--------------------------------|------------------|
| 1. | shweta shivji Suryawanshi | <u>Shweta</u> |
| 2. | Namrata Satappa Kamble. | <u>NKamble</u> |
| 3. | Sanjama Tanaji Shinde. | <u>SJS</u> |
| 4. | Sonal Vilas Shinde | <u>SVS</u> |
| 5. | Pratibha Sanjay Kamble | <u>PKamble</u> |
| 6. | Samruddhi Uday Bodhe | <u>SBodhe</u> |
| 7. | Rasika Ramesh Kankekar | <u>Rankekar</u> |
| 8. | sakshi kishnat powar | <u>Spowar</u> |
| 9. | Nandini subhash chougale | <u>NChougale</u> |
| 10. | sakshi shivaji nichite | <u>SNichite</u> |
| 11. | Neha pandit patil | <u>NPatil</u> |
| 12. | tejaswini shashikant uhanalkar | <u>Tejaswini</u> |
| 13. | komal ramchandra phadake | <u>KPhadake</u> |
| 14. | Rutuja bhikaji gurav | <u>RGurav</u> |
| 15. | Ankita Aejun Patil. | <u>APatil</u> |
| 16. | Asmita Sudhakar patil. | <u>APatil</u> |
| 17. | Reshma Sanjay Koparde | <u>RSKoparde</u> |
| 18. | Mansi Nivas Patil | <u>MPatil</u> |
| 19. | Swapnali Balvant Patil | <u>SPatil</u> |
| 20. | Nikita Rajaram Hujare | <u>NHujare</u> |
| 21. | Sanika Shital Patil | <u>SPatil</u> |
| 22. | Pallavi Pandurang Gurav | <u>PGurav</u> |
| 23. | Sanika Ankush kamble | <u>SKamble</u> |
| 24. | Diksha sajeedao shinde | <u>DSHinde</u> |
| 25. | Diksha Dilip Patil | <u>DPatil</u> |
| 26. | Pratiksha vilas patil | <u>PPatil</u> |
| 27. | Pratiksha Vishwas Patil | <u>VPatil</u> |
| 28. | Rutuja Ananda Patil. | <u>RPatil</u> |
| 29. | Aditi Shantaram Patil. | <u>APatil</u> |
| 30. | Gauri Ashok Patil. | <u>GPatil</u> |
| 31. | Darshana Sadashiv Patil. | <u>DRSHATI</u> |
| 32. | Indrayani Anando Naik | <u>INaik</u> |

