



VIDYA VIKAS SHIKSHAN SANSTHA, HINGANGHAT

**VIDYA VIKAS ARTS, COMMERCE & SCIENCE COLLEGE,
SAMUDRAPUR DIST. WARDHA 442305 (M.S.)**

(Affiliated to Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.)

Dr. K. G. Rewatkar

Principal

(NAAC Accredited B++ 2022)

email: vidya.vikas@rediffmail.com website: www.vidyavikascollege.com

Ph. & Fax No. 07151 225560, 9096943636, 9420060601 (Estd. 1989)

PROGRAMME REPORT

VVCS: 132/2024
Date: 21/6/2024

To

The Director (N. S. S.)

Rashtrasant Tukdoji Maharaj Nagpur University,

Nagpur

Subject – Regarding the submission of the report of the International Yoga Day.

Reference –Your letter No. रासेयो/ योग/ २०२४-२०२५/१८ dated on 19th June 2024.

Respected Sir,

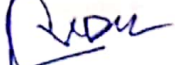
With the above mentioned subject, the N. S. S. Unit of our institution and Patanjali Yog Samiti, Samudrapur has observed the International Yoga Day on 21st June 2024 at 6.00 am . The President of the program was our principal Dr. K. G. Rewatkar. The Special Guest of the event was our Vice Principal Dr. Nayana Shirbhate were present on the dias. The Chief Guest of the event were Ex- President of Nagar Panchayat, Samudrapur Shri. Gajanan Raut and Sau. Sushilatai Sonare. The Yoga Instructor were Shri. Vitthalrao Bodhe, Patanjali Yog Samiti and Sau. Priya Babhulkar, Patanjali Yog Samiti, Samudrapur. Various asanas and pranayama were performed by every participant. During the performance he explained the importance of asanas. Vitthalrao Bodhe threw shed on the various Yoga practices while Priya Babhulkar explained its importance in daily life. They guided through various sitting and standing asanas, with simultaneous explanations of their significance. They also emphasized on the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The Vice Principal suggested the participants to do Yoga practice in their routine life, it is the need of hour. The President of the program stated his views regarding the need of Yoga in life. There were number of participants from teaching and non teaching staff of our college. The members of Patanjali Yog Samiti, Samudrapur were actively participated in the event. The program was compered by Dr. Prakash Tale while Prof. Meghshyam Dhakare proposed a vote of thanks.


PHOTOGRAPHS:



Name and Sign. of Event Incharge


Dr. Prakash Tale


Prof. Meghshyam Dhakare


Principal
Vidya Vikas Commerce
& Science College, Samudrapur
Dist. Wardha 442305

Date: 21st June 2024

Place: Samudrapur