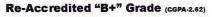
# MAHARASHTRA MAHAVIDYALAYA, NILANGA

(Arts, Commerce, Science, Information Technology & Vocational)



NILANGA - 413521 Dist. Latur (Maharashtra State)



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### A Programme under (Health Awareness)

#### Organized by the Department - NSS

#### during

#### The Academic Year 2019-20

## "International Yoga Day"

Organizer: Dr.S.G.Benjlwar

Name of the Activity	Date	Time	Venue	No. of Students Present/Participated
International Yoga Day	21 jun 2019	7.am to 11.am	Maharshtra Mahavidyalaya, Nilanga	71

#### Objectives of the Activity:

- 1. To highlight the importance of Yoga Sadhana as an important part of the Indian knowledge tradition
- 2. To create awareness among teachers non-teaching staff and students about the importance of yoga practice for health
- 3. To create awareness about how yoga can improve health

### **Brief Report:**

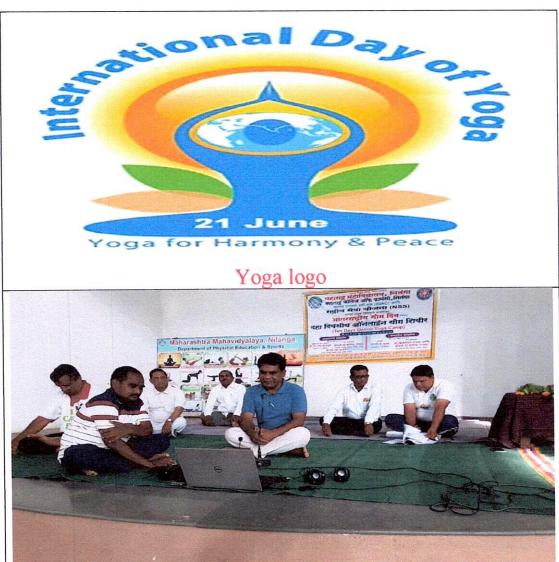
Yoga practice is an important part of the Indian knowledge tradition. Since ancient times, awareness about health has been achieved through the practice of Yoga. As a part of this, the Central Government has decided to celebrate 21st June as International Yoga Day. The International Yoga Day was very effectively implemented in the presence of the college teachers, non-teaching staff and students as per the slogan "Yoga for All". Principal made Dr.V.L. Yerande the opening remarks saying that yoga is very important for health.

On this occasion, Principal Dr. Bhagwat Paul, our college vice-principal Dr. Madhav Kolpuke Major Dr. C.J. Kadam, Program Officer of National Service Scheme Dr. Subhash Benjlwar, Director of Sports Dr. Gopal Moghe and teachers and non-teaching staff of the College of Pharmaceutical Sciences. and college students were present. Sports Director Dr. Moghe explained the importance of yoga education and gave yoga education lessons to all the attendees

### **Outcomes of the Activity**

- 1. Awareness arose that health can be cultivated through yoga practice
- 2. Realized the importance of yoga in the Indian knowledge tradition
- 3. Realized the importance of maintaining good health by practicing yoga regularly





Dr. Madhav Kolpuke, Vice-Principal of the College giving yoga lessons on behalf of the National Service Scheme on the occasion of International Yoga Day.





Sports Director Dr. Gopal Moghe and National Service Scheme Program Officer Dr. Subhash Benjlwar and teachers, non-teaching staff and students





Maharashtra Mahavidyalaya, Nilanga

# **Notice**

# 21st June 2019 Celebration of International Yoga Day

All the staff member inform that on the occasion of International Yoga Day on 21 st June 2019. All are required to be present on 21st June 2019 at 6.30 A.M at Indoor Hall, for celebration of International day of Yoga. In our college.

Principal
Principal
Maharashtra Mahavidyalaya
Nilanga-413521 Dist.Latur

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