



|| Tamaso ma Jyotirgamaya ||
Shri Someshwar Shikshan Prasarak Mandal's

SOMESHWAR SCIENCE COLLEGE

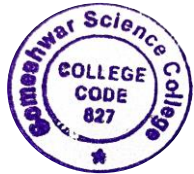
Someshwarnagar, Tal. Baramati, Dist: Pune (Pin : 412 306) Maharashtra, India
(Affiliated to Savitribai Phule Pune University, Pune) Estd : 2007
Phone (02112) 282728 283187

Govt. Rag. No. N.G.C. 2007(189/07) Mashi-3, Dt. 2 July 2007 College Code 827 University Appvl. No. IDNo. PU/PN/S/284/2007

Ref.No: SVM/

Date:05/07/2023

YOGA DAY




Principal
Someshwar Science College, Someshwarnagar



॥ तमसो मा ज्योतिर्गमया ॥
Shri Someshwar Shikshan Prasarak Mandal's

Phone (02112) 283187, 282728

SOMESHWAR VIDNYAN MAHAVIDYALAYA

Someshwarnagar, Tal: Baramati, Dist: Pune Pln - 412 306, Maharashtra, India
(Affiliated to Savitribai Phule Pune University, Pune)

Estd. : 2007

Govt. Reg. No. N.C.G.2007(189/07) Mashl-3, Dt. 2 July 2007

College Code - 827

University Appvl. No. IDNo. PU/PN/S/284/2007

Ref. No. S.V.M. /

Date : 2018/06/20/18

NOTICE

The entire Students of the college are hereby informed that the department of NSS and SDO is arranging program of Yoga on 21st June 2018 at 11.00 a.m. in the seminar hall. It is compulsory to all of the students to attend the Lecture.



Principal

Someshwar Science College, Someshwarnagar.

Website : someshwarsciencecollege.net

Email : svm.principal@yahoo.com



Principal

Someshwar Science College, Someshwarnagar.

Shree Someshwar Shikshan prasarak Mandals
Someshwar Vidnyan Mahavidyalaya,
Someshwarnagar, Baramati.

Title: Yoga Day Program Report

Date: 21 June 2018

Introduction:

The following report provides an overview of the Yoga Day program organized on 21 June 2018 to celebrate International Yoga Day. The program aimed to promote physical and mental well-being through various yoga activities and educate participants about the benefits of yoga.

Program Objectives:

1. Raise awareness about the significance of yoga in maintaining a healthy lifestyle.
2. Encourage active participation and engagement in yoga practices.
3. Provide an opportunity for participants to experience different yoga techniques and styles.

Program Highlights:

1. Venue and Setup:

The program took place in a spacious hall at [Insert Location]. The hall was equipped with yoga mats and necessary props for participants. The ambiance was designed to create a serene and peaceful atmosphere.

2. Welcome Address:

The program began with a warm welcome address by the event organizer, highlighting the importance of yoga in achieving physical fitness and mental equilibrium. Participants were encouraged to embrace the holistic benefits of yoga.




Principal
Someshwar Science College, Someshwarnagar

3. Yoga Workshops and Sessions:

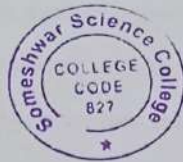
Expert yoga instructors conducted a series of workshops and sessions throughout the day, covering various yoga styles such as Hatha, Vinyasa, and Ashtanga. Participants were guided through different asanas (poses), pranayama (breathing exercises), and meditation techniques.

4. Special Talks and Presentations:

Renowned speakers delivered informative talks on the history, philosophy, and scientific basis of yoga. They emphasized its positive impact on stress management, flexibility, and overall well-being. Presentations included multimedia content to engage the audience effectively.

Conclusion:

The Yoga Day program successfully celebrated International Yoga Day by promoting the practice of yoga and its numerous benefits. Participants actively engaged in workshops, sessions, and interactive activities, gaining insights into various yoga styles and techniques. The program not only highlighted the physical aspects of yoga but also emphasized its impact on mental and emotional well-being. By fostering a sense of community and unity, the event encouraged participants to continue their yoga journey beyond the program.



Principal
Someshwar Science College, Someshwarnagar



Principal
Someshwar Science College, Someshwarnagar



21/06/2018 Director of our institute while inauguration of Yoga Day program



21/06/2018 Staff of our institute participated in Yoga Day program

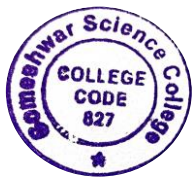



Principal
Someswar Science College, Someshwar Nagar



21/06/2018 Staff of our institute participated in Yoga Day program

21/06/2018 Staff of our institute participated in Yoga Day program




Principal
Someshwar Science College, Someshwaramaga