



|| विद्या सर्वस्य भूषणम् ||

PRABODHAN EDUCATION SOCIETY'S  
**VIDYA PRABODHINI COLLEGE**

OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,  
VIDYANAGAR, ALTO-PARVARI, GOA. (INDIA) 403521

(APPROVED BY GOVT. OF GOA, AFFILIATED TO GOA UNIVERSITY AND RECOGNIZED BY NCTE)  
(RECOGNIZED BY U.G.C. UNDER SECTION 2(F) AND 12 (B) OF THE UGC ACT 1956)

ACCREDITED BY NAAC WITH 'A+' GRADE (3.42 CGPA, SECOND CYCLE, 2024) ON A SEVEN POINT SCALE UNDER NEW FRAMEWORK

Excellence Everywhere Everytime

Created On :21/06/2025

## Activity Proposal

Participation/Organization	:Organization
Event Id	:P2503327
Event Name	:Seminar on International Yoga Day
Academic Year	:2025-26
Activity Type	:Seminars / Conferences
Reach of the Event	:Local
Mode of the Event	Offline
Date of the Event	:2025-06-21 To2025-06-21
No of Day(s)	:one day
Objective of the Event	:To celebrate International Yoga Day by spreading awareness about the benefits of yoga. To promote physical, mental, and emotional well-being among faculty and staff.

### Outcome of the Event :

Enhanced awareness among staff about the importance of yoga for holistic health. Improved mental clarity and relaxation, fostering a positive academic environment.

### A brief write-up about your Event (in about 300 words) :

To commemorate International Yoga Day, Vidya Prabodhini College of Commerce, Education, Computer and Management, Alto-Parvari, Goa, is organizing a seminar on the significance and scientific relevance of yoga on 21st June 2025 at 11:30 AM in the College Board Room. The seminar will be conducted by Dr. Shashikant Sardessai, Retired Professor from Dempo College of Commerce, Panjim, Goa. With his rich academic background and deep knowledge of yogic practices, Dr. Sardessai will enlighten the participants on the philosophical, physical, and mental aspects of yoga and its relevance in modern life. This seminar is aimed at fostering awareness and understanding of yoga as a holistic discipline that integrates the body, mind, and soul.

## Participants Details



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Local	State	National	International	Total Delegates
30	0	0	0	30

### Resource Person Details

**Name of the Resource Person :**Dr. Shashikant Sardessai

**Institutional Affiliation :**Retired Professor from Dempo College of Commerce

**Expertise :**Yoga

**Any Other Details :**Palmist

### Proposed Registration Fee to be Collected from Delegates

Sr. No	Delegates	Amt. Per Person
1	Local Delegate	0
2	State Delegate	0
3	National Delegate	0
4	International Delegate	0
	Total Registration Fees	0

### Proposed Source of Funds

Sr. No	Particulars	Amt.
1	Registration Fees :	0
2	Sponsorship :	0
3	Support from funding agencies/ departments/ institutions :	0
	TOTAL Funds in Rupees	0

### Proposed Expenditure

Sr. No	Particulars	Amt.
1	Hall/Venue Booking :	0
2	Remuneration/Honorarium :	0



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Sr. No	Particulars	Amt.
3	Accommodation	0
4	Local Conveyance	0
5	Food and Refreshments	0
6	Travelling Expenses	0
7	Printing, Stationary, Seminar Kit, Stage decoration etc.	0
8	Miscellaneous	0
	Total Expenditure in Rupees	0

## Co-ordinator Details

**Name of the Event Co-ordinator :**Shri. Darshan S. Gaonkar

**Co-ordinator Department :**Commerce

**Event Co-ordinator Mobile Number :**9860937211

**Working Committee :**No Working Committee

**Keywords :,** Curriculum enrichment

**Date:**21-06-2025

## Co-Coordinator Details

**Co-coordinator Name :**Dr. Ujvala M. Hanjunker

**Co-coordinator Department :**Commerce

**Mobile :**9823815489

**Working Committee :**No Working Committee

**Co-coordinator Name :**Shri. Pankaj P. Shirodker

**Co-coordinator Department :**Commerce

**Mobile :**7057458065

**Working Committee :**No Working Committee

## Remarks

**HOD Remark :** APPROVED

**IQAC Remark :** Approved



**Principal Remark :** Approved

**Head Clerk's remark by the Principal :**

**Accountant's remark by the Principal :**

## Signatures

*Accountant*

**User Signature :**

*HOD*

**HOD Signature :**

*IQAC*

**IQAC Signature :**

*Principal*

**Principal Signature :**



PRABODHAN EDUCATION SOCIETY'S  
**VIDYA PRABODHINI COLLEGE**  
OF COMMERCE, EDUCATION, COMPUTER AND MANAGEMENT,  
PARVARI – GOA.

**NOTICE**  
**(2025-26)**  
**(TEACHING FACULTY MEMBERS)**


This is to inform all staff that **International Yog Day** will be celebrated on 21<sup>st</sup> June, 2025 at 11.30 a.m. in the College Board Room.

All staff members are requested to participate in the Yoga session and are advised to carry appropriate attire suitable for yoga practice.

The session will be conducted by  
**Dr. Shashikant Sardessai**  
Retired Professor,  
Dempo College of Commerce, Panjim – Goa

Your active participation will contribute to the success of the event.



  
(Prof. Bhushan V. Bhawe)  
Principal

Date: 18<sup>th</sup> June, 2025  
Place: Parvari - Goa





Prabodhan Education Society's  
**VIDYA PRABODHINI COLLEGE**  
of Commerce, Education, Computer and Management,  
Alto-Parvari, Goa

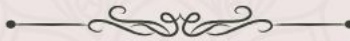


॥ विद्या सर्वस्य भूषणम् ॥

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Ranked Among 300 Colleges by NIRF in 2024

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**21 st June, 2025**



**11:30 AM onwards**

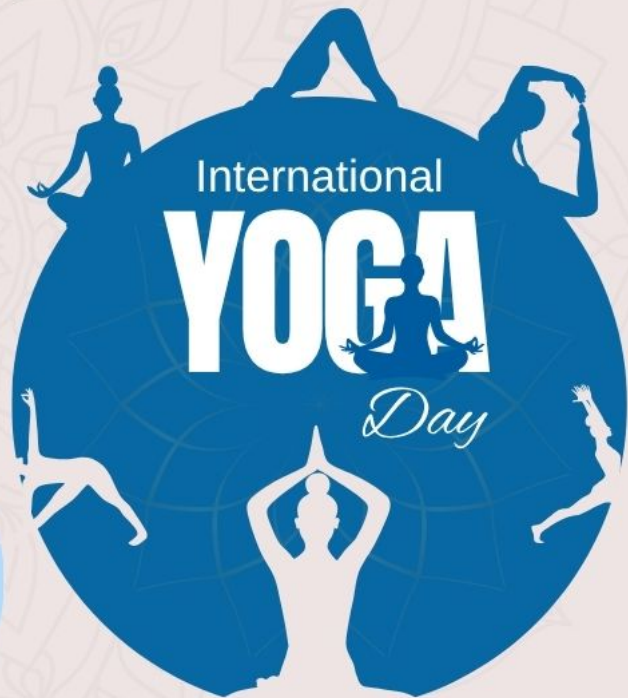


**College Board Room**

**Session by**

**Dr. Shashikant Sardessai**

**Retired Professor, Dempo College  
of Commerce, Panjim, Goa.**






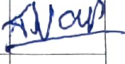












**Dr. Ujvala M. Hanjunker**

**Vice Principal & HoD Commerce**

**Prof. Bhushan V. Bhave**


**Principal**

**ALL STAFF MEMBERS ARE KINDLY REQUESTED TO PARTICIPATE IN THE YOGA SESSION.**

1.	Shri. Shrishkumar S. Patil		13.	Shri. Akash M. Palkar	
2.	Shri. Rajaram S. Sandye		14.	Shri. Amol H. Naik	
3.	Shri. Swapnil S. Gaonkar		15.	Shri. Prabhakar K. Kavlekar	
4.	Shri. Balaji D. Naik		16.	Shri. Tareshwar R. Adpaikar	
5.	Shri. Gauresh G. Bagli		17.	Shri. Prakash P. Gawas	
6.	Shri. Ashay N. Naik		18.	Shri. Rajesh S. Naik	
7.	Shri. Siddhesh R. Naik		19.	Shri. Vithal B. Gaude	
8.	Shri. Rohit S. Pilankar		20.	Shri. Babu J. Yemkar	
9.	Shri. Suraj G. Sakhare		21.	Shri. Vishwajit V. Mandrekar	
10.	Shri. Anand Singh		22.	Shri. Tukaram A. Palyekar	
11.	Shri. Vijay P. Kudnekar		23.	Ms. Sanchita M. Marshalkar (C)	
12.	Shri. Suhas R. Malik		24.	Shri. Babli M. Parsekar (C)	



















total participants: 31

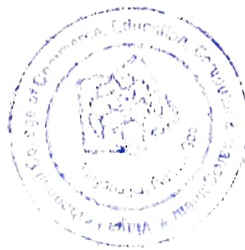
  
Achinchi Incharage  
(Dershen leonkar)

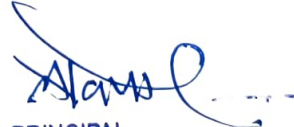
BRIN...  
Vidya Pratishthan  
College of Commerce,  
Education, Computer & Management  
Vidyanagar, Parvati Sagar

The following members attended the session on International Yoga Day held on 21<sup>st</sup> June 2025 in College Board room.

Sr.	Name	Sign	Sr.	Name	Sign
1.	Dr. Anil T. Thosare		15.	Dr. Uaddhav V. Pol	
2.	Dr. Arun R. Marathe		16.	Dr. Priya S. Gosavi (Leave)	
3.	Dr. Ujvala M. Hanjunker		17.	Dr. Manisha V. Kulkarni (Dep.)	
4.	Dr. Sunny R. Kanekar		18.	Dr. Sonali K. Shankhwalker	
5.	Shri. Rudresh U. Mhamal		19.	Shri. Kalidas M. Mhamal	
6.	Dr. Pinkesh D. Dhabolkar		20.	Shri. Kuldeep A. Kamat	
7.	Dr. Varsha B. Ingalhalli		21.	Ms. Yogita M. Gauns	
8.	Shri. Kedarnath S. Tadkod		22.	Ms. Yogita K. Chodankar	
9.	Shri. Nitesh D. Naik		23.	Shri. Darshan S. Kandolkar	
10.	Shri. Sunny S. Pandhre		24.	Shri. Rahul T. Gawas	
11.	Shri. Darshan S. Gaonkar		25.	Dr. Shailesh G. Chodankar	
12.	Shri. Pankaj P. Shirodker		26.	Shri. Saish S. Nayak Dalal (Dep.)	
13.	Ms. Shamal K. Dessai		27.	Ms. Dhanashri S. Balo (FIP)	
14.	Dr. Sagar P. Mali		28.	Ms. Deeksha S. Naik Talaulikar	

  
(Darshan Chodankar)  
Activity Incharge.



  
PRINCIPAL  
Vidya Prabodhini College of Commerce,  
Education Computer & Management  
Vidyanagar, Parvati - Goa.  
10/07/2025





डॉ. शशिकांत सरदेसाय हाका भेटवस्तू दितना संजय वलावलकार वांगडा प्राचार्य डॉ. भूषण भावे आनी उप - प्राचार्या डॉ. उज्वला हणजुणकार.

# विद्या प्रबोधिनी म्हाविद्यालयांत योग दीस

■ भांगरभूंय | प्रतिनिधी

**पणजी :** विद्या प्रबोधिनी म्हाविद्यालय, पर्वरी आंतर राष्ट्रीय योग दीस उमेदीन मनयलो. ह्या

कार्यावळींत विद्यार्थ्यांनी आनी शिक्षकांनी वांटो घेतिल्लो. मुखेल वक्ते डॉ. शशिकांत सरदेसाय हांणी योगाचें वैज्ञानीक आनी परंपरीक म्हत्व स्पश्ट केलें. प्राचार्य डॉ. भूषण

भावे, अध्यक्ष संजय वलावलकार हांचे मार्गदर्शन लाबलें. कार्यावळीचें सुत्रसंचालन प्रा. दर्शन गांवकार हांणी केलें. प्रा. पंकज शिरोडकार हांणी उपकार मानलें.



# Seminar on International Yoga Day

4 responses

[Publish analytics](#)**Name of the faculty member**

4 responses

Vijay Prakash Kudnekar

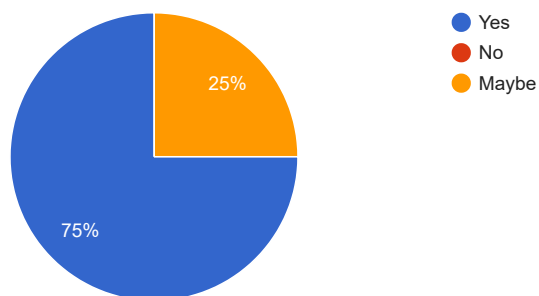
Yogita Kalidas Chodankar

Dr.Uaddhav Vijay Pol

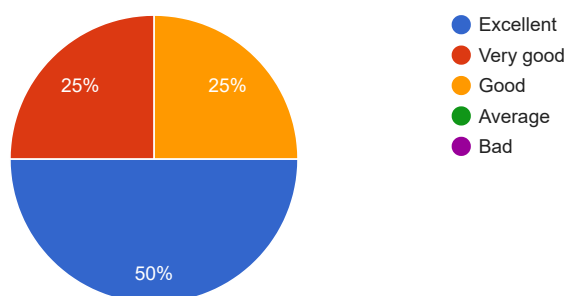
Sunny Sonu Pandhre

**Was the content relevant to your academic/professional needs?** [Copy](#)

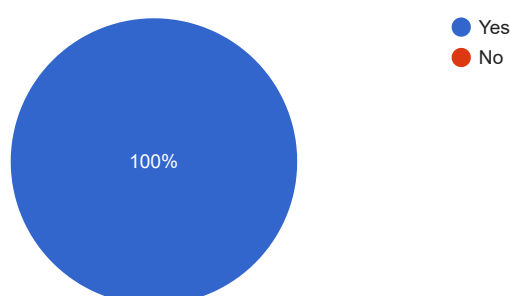
4 responses

**How would you rate the speaker's knowledge on the subject?** [Copy](#)

4 responses

**Was the presentation engaging and interactive?** [Copy](#)

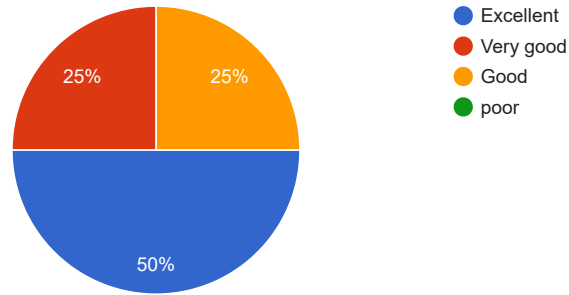
4 responses



How would you rate the overall effectiveness of the seminar?

 Copy

4 responses



Any other suggestions

2 responses

NIL

Very informative session

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Created On :25/07/2025

## Activity Report

**Event Id :** A2503184**Event Name :** Seminar on International Yoga Day**Academic Year :** 2025-26**Activity Type :** Seminars / Conferences**Reach of the Event :** Local**Mode of the Event :** Offline**Date of the Event :** 2025-06-21 To 2025-06-21**No of Day(s) :** one day**Venue :** Board Room

**Objective of the Event :** To celebrate International Yoga Day by spreading awareness about the benefits of yoga. To promote physical, mental, and emotional well-being among faculty and staff.

**Outcome of the Event :** Enhanced awareness among staff about the importance of yoga for holistic health. Improved mental clarity and relaxation, fostering a positive academic environment.

**A brief write-up about your Event (in about 300 words) :** Vidya Prabodhini College of Commerce, Education, Computer and Management, Alto-Parvari, Goa, celebrated International Yoga Day on 21st June 2025 with great enthusiasm and active participation. The event was organized to promote the importance of yoga for physical and mental well-being among students and staff. The program began with compere Shri. Darshan Gaonkar, Assistant Professor, extending a warm welcome to all present. This was followed by a welcome address by Shri. Sanjay Walavalkar, Chairman of Prabodhan Education Society, who appreciated the college's initiative in observing Yoga Day and stressed on the value of incorporating yoga into daily life. Prof. Bhushan Bhawe, Principal of the college, delivered the formal welcome address, highlighting the relevance of yoga in maintaining balance and harmony in today's fast-paced life. Shri. Kedarnath Tadkod, Assistant Professor, introduced the guest speaker for the session, Dr. Shashikant Sardesai, Retired Professor from Dempo College of Commerce, Panjim, Goa. Dr. Sardesai, a well-respected academic and yoga enthusiast, addressed the gathering on the significance of yoga as a holistic approach to health, drawing from both scientific insights and traditional knowledge. His talk was insightful and inspiring for the students and faculty members alike. The session concluded with a vote of thanks proposed by Shri. Pankaj Shirodker, Assistant Professor, who expressed gratitude to the resource person, dignitaries, staff, and students for making the event a





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SUCCESS.



## Participants Details

Local	State	National	International	Total Delegates
31	0	0	0	31

## Resource Person Details

**Name of the Resource Person :** Dr. Shashikant Sardessai

**Institutional Affiliation :** Retired Professor from Dempo College of Commerce

**Expertise :** Yoga

**Any Other Details :** Palmist

## Co-ordinator Details

**Name of the Event Co-ordinator :** Shri. Darshan S. Gaonkar

**Co-ordinator Department :** Commerce

**Event Co-ordinator Mobile Number :** 9860937211

**Working Committee :** No Working Committee

**Keywords :** , Curriculum enrichment

**Date:** 25-07-2025

## Co-Coordinator Details

**Co-coordinator Name :** Dr. Ujvala M. Hanjunker



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**Co-coordinator Department :** Commerce

**Mobile :** 9823815489

**Working Committee :** No Working Committee

**Co-coordinator Name :** Shri. Pankaj P. Shirodker

**Co-coordinator Department :** Commerce

**Mobile :** 7057458065

**Working Committee :** No Working Committee

## Remarks

**HOD Remark:** APPROVED

**IQAC Remark:** Approved

**Principal Remark:** Approved

## Signatures

**User Signature :**



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HOD Signature :

IQAC Signature :

Principal Signature :

