## NOTICE Students (2019-20)

This is to inform all the students that, NSS unit of the college is celebrating 5<sup>th</sup> International Yog Day on 21<sup>st</sup> June 2019 from 9.00 a.m. onwards at Swami Vivekanand hall. The students are instructed to attend the function with appropriate attire.

Date: 18th June 2019

(Principal)

B.Com		B.A.B.Ed	
F.Y. B.Com A		F.Y.B.A.B.Ed A	
F.Y. B.Com B		F.Y.B.A.B.Ed B	
S.Y. B.Com A		S.Y.B.A.B.Ed A	
S.Y. B.Com B		S.Y.B.A.B.Ed B	
T.Y. B.Com A		T.Y.B.A.B.Ed A	1
T.Y. B.Com B		T.Y.B.A.B.Ed B	
		4 TH .Y.B.A.B.Ed A	
		4 TH .Y.B.A.B.Ed B	



#### PRABODHAN EDUCATION SOCIETY'S VIDYA PRABODHINI COLLEGE OF COMMERCE, EDUCATION, COMPUTER & MANAGEMENT

(Recognized by Govt. of Goa & Affiliated to Goa University) Vidyanagar, Alto – Parvari, Goa – 403 521

### **ACTIVITY REPORT**

Submission Date: 21-06-2019

Course Name

B.Com. and B.A.B.Ed.

**Department Name** 

Nature of the Activity

Department of Physical Education

Name of the Activity

International Yog Day 2019

**Activity In-Charge** 

INTERNATIONAL DAY

**Activity Venue** 

SUNNY KANEKAR

**Event Date** 

SWAMI VIVEKANANDA HALL

21-06-2019

# **Resource Person Details**

Name

**Organisation** 

Contact Number

Email-id

Mr. Shailesh Chodankar

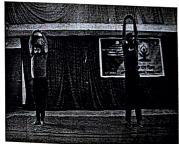
Vidya Prabodhini College

7887836621, 9158854550

chodankarshailesh10@gmail.com







#### Report

Vidya Prabodhini College celebrated World Yoga Day on 21st June, 2019. Over 78 participants, including 40 Girl NSS volunteers and 38 Boy NSS volunteers along with the Vice- Principal of the College, Dr. Sukhaji Naik, College Physical Education Director, Shri. Sunny Kanekar and other teaching and non-teaching staff practiced various Yogasanas under the guidance of Mr. Shailesh Chodankar, Assistant Professor in Physical Education. The event began with Vice-Principal Dr. Sukhaji Naik addressing the volunteers. The first session was held educating the participants on the various benefits, do's and don'ts of Yoga, dispelling several myths, wrong beliefs and misconceptions associated with Yoga. Asanas that were practiced ranged from the easy postures of Sukhasana and Padmasana to Dandasana, Chakrasan, breathing techniques such as Ujjayi Pranayama and Kapalbharati, and stress relieving asanas for the eyes, limbs, neck and back. The second session conducted where the students perform a number of Mudras such as arm balances, backbends, balancing, binds, chest openers, forward bends and, hip openers. The event was compered by College Physical Education Director Sunny Kanekar while the Vote of Thanks was delivered by Shri. Darshan S. Gaonkar, NSS Convenor, NSS Unit of the College.

**Principal** 



**Activity In-charge** 

**Event: International Yoga Day** 

Date: 21/6/2019



