


**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: 18<sup>th</sup> 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	
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	



## ACTIVITY REPORT

Submission Date : 21-06-2019

Course Name	:	B.Com. and B.A.B.Ed.
Department Name	:	Department of Physical Education
Nature of the Activity	:	International Yog Day 2019
Name of the Activity	:	INTERNATIONAL DAY
Activity In-Charge	:	SUNNY KANEKAR
Activity Venue	:	SWAMI VIVEKANANDA HALL
Event Date	:	21-06-2019

### Resource Person Details

Name	:	Mr. Shailesh Chodankar
Organisation	:	Vidya Prabodhini College
Contact Number	:	7887836621, 9158854550
Email-id	:	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*, *Chakrasana*, 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



PRABODHAN EDUCATION SOCIETY'S  
**VIDYA PRABODHINI COLLEGE**  
**OF COMMERCE, EDUCATION, COMPUTER & MANAGEMENT**  
(Recognised by Govt. of Goa, UGC under Section 2(f) and 12 (B) of the UGC Act 1956 & Affiliated to Goa University) and Approved by NCTE  
Accredited by NAAC with B+ Grade on a Seven Point Scale under New Framework (1st Cycle)



## Event: International Yoga Day

**Date: 21/6/2019**







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