

Shri Vijaysinha Yadav College, Peth Vadgaon

Yoga Day (2023-24)

Name of the Activity:	Yoga Day.
Date and Time of activity conducted:	21/06/2023, 8.00 am
Target Group:	B. A. I, B. Com. I and B.Sc. I
Number of Students took the advantage:	200
Name of Organizer:	Criterion VII
Name of Resource Person:	Shri. Srinivas Bagal Principal, Ashok Rao Mane Agriculture College, Peth-Vadgaon

In this one-day of Yoga, resource person Mr. Srinivas Bagal, Principal of Ashokrao Mane Pharmacy College, Peth Vadgaon has guided various practicals of yoga to all students and teaching and non teaching staff of the college. Before starting these practicals of yoga he has explained the importance of health and various precautions regarding the health. New type of innovative and interesting types of the practicals he did with the participants. All students' teachers and nonteaching staff have really enjoyed the yoga practicals which are very helpful to the participants from the point of view of their health. In short this lectures as well as practicals are very helpful to all students, teachers and non teaching staff.

Outcome of the programme:

All the participants are made aware about the practicals and lecture of the yoga, this lecture is really very helpful to the all participants from the point of view of their health.



Principal Shrinivas Bagal



Teaching staff



Non – teaching staff



Students participants

Chairman, Criterion VII



Principal
Shri. Vijaysinha Yadav College
Peth Vadgaon, Dist. Kolhapur.

Principal