

Proposal for workshop on "International Yoga Day"

Date: 17 June 2023

MCC/4-10/Webinar/ Faculty/Students/Researchers /Others

The Principal

Karnataka Sangha's

Manjunatha College of Commerce and Junior College of Commerce

Kanchangoan, Khambalpada, Thakurli (E)

Subject: Request for Approval for conducting Workshop on International Yoga Day".

Madam

On behalf of IQAC, NSS Unit, Health and Counseling Cell and Gymkhana Committee we are submitting a proposal for conducting **Workshop on International Yoga Day, Yoga for Vasudhaiva Kutumbkam** to be held for Teaching Staff of Degree and Junior and students on Wednesday, 21 June 2023.

Resource Person and Honorarium:

Mr Rajshekhar (Yoga trainer)

Ms Madhavi Panchal (Yoga trainer)

1	Duration & Target Participant	11am to 12 noon
2	Geographical Coverage	College level
3	Day and Date of the Programme	Wednesday, 21 June 2023
4	Mode/Platform	Offline
5	Technical Support	Ms Supriya Bhalerao
6	Overall Comparing	Ms Sanika K

Title, Objectives and expected outcomes:

Title: Workshop on International Yoga Day, Yoga for Vasudhaiva Kutumbkam

Objectives:

1. To improves strength, balance and flexibility and healthier life style.
2. Yoga is a powerful mindful practice.

Expected Outcome: It will help everyone to improve brain function, increases flexibility relieves anxiety.

Thank you

Yours faithfully

Ms Jayanthi Vaikunth

IQAC Co-ordinator

Ms Madhuri Maharao

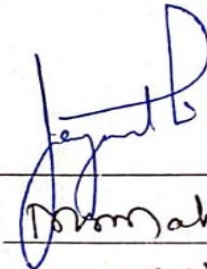
NSS PO

Ms Swapnali Bidkar

I/C Health and Counseling Cell

Mr Vijay Joshi




Dr. Sushila Vijaykumar
Principal
Manjunatha College of Commerce
Kanchangoan, Khambalpada,
Thakurli (E) - 421 201.

Karnataka Sangha's
Manjunatha College of Commerce and Junior College of Commerce
Thakurli East, 421201.

Date: 15 June 2023

NOTICE

All the Degree and Junior College staff and students are requested to be present in the College on Wednesday, 21 June 2023, 11am onwards for the **International Day of Yoga for Vasudhaiva Kutumbkam** organized by the Internal Quality Assurance Cell along with NSS Unit, Health and Counselling Cell and Gymkhana Committee of our College. Further, all are requested to wear comfortable Clothes and to bring yoga mat or any other mat for Yoga practice.



Sushila

Dr. Sushila Vijaykumar
Principal



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Principal
Manjunatha College of Commerce
Kanchangaon, Khambelpada,
Thakurli (E) - 421 201.

Date: 22 June 2023

To
The Principal
Dr Sushila Vijaykumar
Manjunatha College of Commerce, Thakurli

Report on "International Yoga Day"

Madam

On behalf of the Internal Quality Assurance Cell, NSS, Health & Counseling Cell and Gymkhana Committee we are enclosing a brief report of the Session on Yoga which was conducted on Wednesday 21 June 2023 on the occasion of International Yoga Day- Yoga for Vasudhaiva Kutumbkam. The Session was inaugurated & dignitaries were welcome on dais with the Medicinal Plant.

The Session was conducted by Mr. Rajshekhar, Mr. Alias and Dietician Ms Madhavi Panchal and main objective of this Session of yoga was to make Staff and Students aware to improve brain function, how to lower stress levels, increases flexibility, control blood pressure and it improves lung capacity, anxiety relieves, chronic back pain, lowers blood sugar in diabetics.

Mr Rajshekhar trained students with different asanas. He also talked about how we can identify symptoms of diabetes and how to control and recover through Yoga Asanas. Mr Alias performed different kriyas and yoga asanas.

Ms Madhavi Panchal spoke about food habits and its effects on once mind and health. She also emphasized about exercising and advised on maintaining an active lifestyle.

Positive response was received and the Session ended with Vote of Thanks.

Thank you.

Yours faithfully

Mrs Jayanti Vaikunth (Co-ordinator IQAC) :

Mrs Madhuri Maharao (NSS PO) :

Mr Vijay Joshi (Gymkhana Committee) :

Mrs Swapnali Bidkar-Giri
(I/C Health counseling Cell)

Jayanti
M. Maharao
Vijay
Bidkar



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Manjunatha College of Commerce
Khambalpada, Thakurli

Attendance Sheet

"Session on International Yoga Day" (Teachers)

Date: 21 June 2023

Timing : 11am onwards

Day: Wednesday

Sr. No.	Name	Sign
1)	Deepali Bhole	
2)	RITV.S.	
3)	Deepa Ramani	
4)	Patil Jayashree	
5)	Vineeta Jadhav	
6)	Arati Badgajani	
7)	Pallavi More	
8)	Suchita Poojari	
9)	Jayanthi V	
10)	Vrinda Jadhav	
11)	Sanika Karkare	
12)	Shamika Bhayat	
13)	Swarnali Bickar	
14)	Druya. Iju	
15)	Supriya Bhalerao	
16)	Shemika Patil	
17)	Priya Shetty	
18)	Yogini Dattane	
19)	Supriya Bhalerao	
20)	Ashwini Shetty	
21)	Pawan Ahuja	

"Session on International Yoga Day" (Students)

Date: 21 June 2023

Timing : 11am onwards

Day: Wednesday

Sr. No.	Name	Sign
1	Sanjima Gupta	
2	Arati Rajendra Gogurta	
3	Priya Laxmikant Lomte	
4	Priya Pradip Chandekar	
5	Priya Prabhakar Pawar	
6	KPrati Jale	
7	Nandini Barad	
8	Moumita Manna	
9	Madhu Shama	
10	Riddhi Phatak	
11	Siddhi Phatak	
12	Sanyogita Sharma	
13	Jyoti Prayapati	
14	Sanjana Yadav	
15	Sanam Valmiki	
16	Nishmita Bangeera	
17	Pooja Sharma	
18	Shruti Chalke	
19	Anusha B. Chavan	
20	Sabha B. Jha	
21	Kavita S. Bend	
22	Aniket S. Benke	
23	Jitesh G Bangeera	
24	Vighnesh U Bhat	
25	Yash S. Nhapankar	
26	Ramesh P. Bhumad	
27	Jitesh K. Mall	
28	Soham Shinde	
29	Ravishankar Prayapati	
30	Shruti Sunil Namdev	
31	Diksha Arite	
32	Khushi Raatheshyam Gupta	
33	Pooja Apardma	
34	Mukesh Visthakamma	
35	Anchal Arvind Gupta	



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Glimpses of International Yoga Day 21 June 2023



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