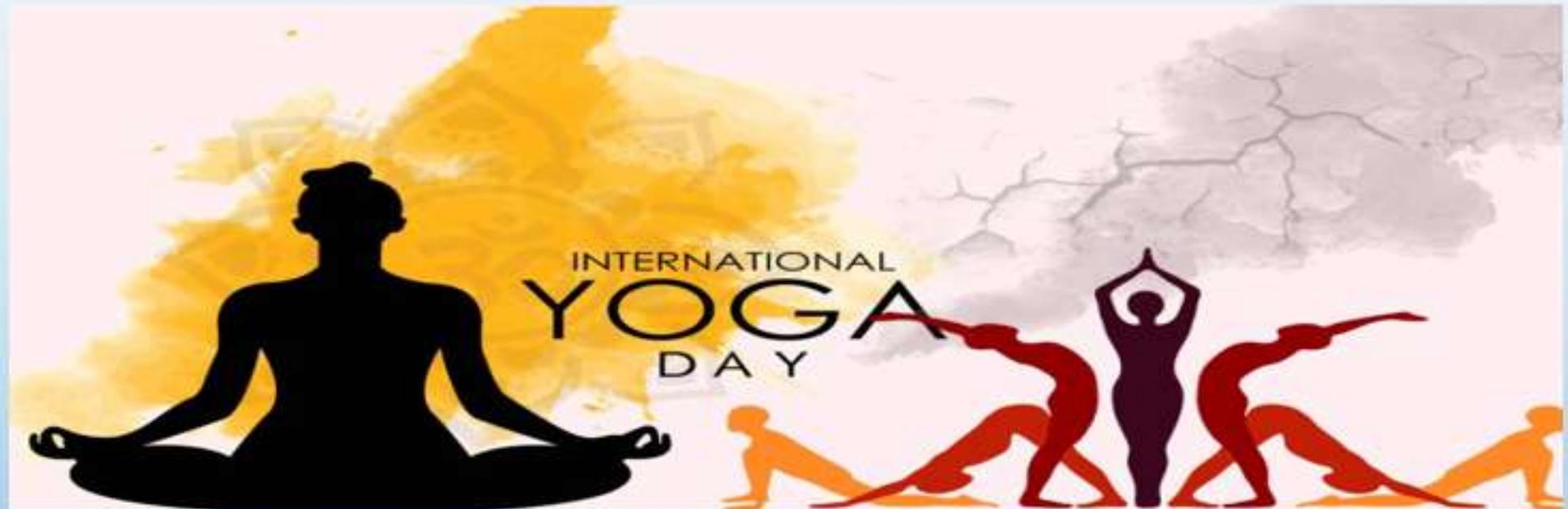


**Karnataka sangha's Manjunatha College of Commerce and Junior
College of Commerce, Thakurli (E)**

IQAC and NSS Unit Organized

International Yoga Day

21/06/2022, 07:00 to 10:00 Am Onwards



[Redacted]

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

Date: 20 June 2022

NOTICE

All the staff and students are requested to be present in the College on Tuesday, 21 June 2022, 7 am onwards for the ***INTERNATIONAL DAY OF YOGA 2022, YOGA FOR HUMANITY*** organised by the Internal Quality Assurance Cell along with NSS Unit, Health and Counselling Cell and WDC of our College. Further, all are requested to wear comfortable white Tops/T-shirts and black track pants/leggings and to bring yoga mat or any other mat for Yoga practice.



Dr. Sushila Vijaykumar
I/C Principal

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

INTERNATIONAL DAY OF YOGA 2022

YOGA FOR HUMANITY

Organised by

IQAC, NSS Unit, Health and Counselling Cell and WDC

AGENDA

Day & Date: Tuesday, 21 June 2022

Venue: College Auditorium

Compering by: Asst Prof Madhuri M

Timings: 7: am onwards

| | | |
|---|---|--|
| 1 | Welcome Address | I/C Principal Dr Sushila Vijaykumar |
| 2 | Floral Tributes to Dignitaries on the Dais. | IQAC members |
| 3 | Address by Chief Guest | Mrs. Shilpa Shelar – Social Worker |
| 4 | Yoga Session | Mrs Akansha Chavan-Yoga Shikshak Ayush Mantralaya |
| 5 | Vote of Thanks | Asst Prof. Nisha D |
| 6 | National Anthem | |



Dr.Sushila Vijaykumar

I/C Principal

International Yoga Day 2022-23

Attendance

Timing: 7.00am to 9.00am

Venue: Auditorium

21.06.2022

| Sl. No. | Name | Sign |
|---------|------------------------|-------------|
| | Ms. Nisha Redkar | [Signature] |
| | Sushila Rajai | [Signature] |
| | Rashmi Shetty | [Signature] |
| | Ashwini Shetty | [Signature] |
| | Nashikra Joshi | [Signature] |
| | Rashmi Shetty | [Signature] |
| | Pawan Ahuja | [Signature] |
| | Anup Mhatre | [Signature] |
| | Rishkan Deshpande | [Signature] |
| 10 | [Signature] | [Signature] |
| 11 | Lata Gaudar | [Signature] |
| 12 | Yogini Dastane | [Signature] |
| 13 | Vandana Yashwantrao | [Signature] |
| 14 | Pratiksha D. Sapate | [Signature] |
| 15 | Jayshila Bhandary | [Signature] |
| 16 | [Signature] | [Signature] |
| 17 | Ms. Sushila Vijaykumar | [Signature] |
| 18 | Ms. Sunita Bhatnagar | [Signature] |
| 19 | Mrs. Madhavi Bhatnagar | [Signature] |
| 20 | Ms. Divya B. Jee | [Signature] |
| 21 | Ms. Sakshi Patil | [Signature] |
| 22 | Sanika Kulkarni | [Signature] |
| 23 | Deepa Ramnani | [Signature] |
| 24 | Sudha Dubey | [Signature] |
| 25 | Smita Chaudhari | [Signature] |
| 26 | Manvi Koppal | [Signature] |
| 27 | Susela Tamboli | [Signature] |
| 28 | Trupti Chaudhari | [Signature] |
| 29 | Rishi S. | [Signature] |
| 30 | Deepali Bhat | [Signature] |
| 31 | Shalini Badgajar | [Signature] |
| 32 | Pulfi Jayashree K. | [Signature] |



KARNATAKA SANGHA'S
MANJUNATHA COLLEGE OF COMMERCE
&
JUNIOR COLLEGE OF COMMERCE



| | | |
|--|---|---|
| | NAAC Accredited 'B' Grade with CGPA score of 2.70 Kanchangan, Khambhalpada, Thakurli (East), Dist. Thane - 421 201 | Tel : 2439952/2803874/2803975 Fax : 2441828 Website : www.kamanjunathacollege.edu.in E-mail ID : mcac_college@rediffmail.com principal@kamanjunathacollege.edu.in LBT No. KDMC/LBT-TIN/H/12001824 |
|--|---|---|

MCC/1-20/

दि. 16 जून २०२२

श्रीमती शिल्पा शेलार
सकाळकार, ठाकुरली

विषय: समूह वार्षी मूल्यांकन उपस्थितीसाठी आमंत्रण पत्र

महोदया,

कर्नाटक संघाचे मंजुनाथ महाविद्यालय व कनिष्ठ महाविद्यालयाच्या अंतर्गत गुणवत्ता हमी सेल
द्वारेचा संयुक्त विद्यमाने दुर्मेन डेव्हलपमेंट सेल, राष्ट्रिय सेवा योजना आणि आरोग्य आणि समुपदेशन समिती
द्वारे - मानवसेवासाठी आंतरराष्ट्रीय योगा दिवस २०२२ आयोजित करण्यात आला आहे, त्यासाठी आपल्याला
आमंत्रित करण्यात येत आहे हे त्याचे वृत्त पुढिलप्रमाणे:-

दिन आणि तारीख : सकाळकार, २१ जून २०२२

वेळ : सकाळी ७ वाजे ९.००

ठिकाण: मंजुनाथ महाविद्यालयाचे सभागृह

संपर्क: श्री पुष्कर देशपांडे ९८९२५८११७८

आपली विश्वासू

श्रीमती शिल्पा शेलार



Chila

डॉ. सुशिला विजयकुमार
प्रभारी प्राचार्य



KARNATAKA SANGHA'S
MANJUNATHA COLLEGE OF COMMERCE
&
JUNIOR COLLEGE OF COMMERCE



NAAC Accredited 'B' Grade with CGPA
score of 2.70
Kanchangaon, Khambhaldada,
Thakurli (East), Dist. Thane - 421 201.

Tel. : 2439952/2803974/2803975 Fax : 2441826
Website : www.ksmanjunathacollege.edu.in
E-mail ID : mcac_college@rediffmail.com
principal@ksmanjunathacollege.edu.in
LBT No. RDMCLBT-TINAY12001824

MCC/1-20/

दिनांक: 18 जून 2022

श्रीमती. शिल्पा शेळार
खंबाळपांडा, ठाकुरली.

विषय: धन्यवाद पत्र

महोदया,

कर्नाटक संघाचे महाविद्यालय व कनिष्ठ महाविद्यालयाच्या अंतर्गत गुणवत्ता हमी सेल, राष्ट्रीय सेवा योजना, आरोग्य आणि समुपदेशन समिती तर्फे "मानवतेसाठी आंतरराष्ट्रीय योगा दिवस 2022" साजरा करण्यासाठी आपण प्रमुख पाहणे म्हणून उपस्थित राहिल्याबद्दल धन्यवाद.

आपली विश्वासू,



Phila

डॉ. सुशिला विजयकुमार
प्रभारी प्राचार्य

श्रीमती शिल्पा शेळार



KARNATAKA SANGHA'S
MANJUNATHA COLLEGE OF COMMERCE
&
JUNIOR COLLEGE OF COMMERCE



| | | |
|--|--|---|
| | NAAC Accredited 'B' Grade with CGPA score of 2.70 Kanchangaon, Khambhalpada, Thakurli (East), Dist. Thane - 421 201. | Tel : 2438052/2803874/2803875 Fax : 2441826 Website : www.ksmanjunathacollege.edu.in E-mail ID : mcac_college@rediffmail.com principal@ksmanjunathacollege.edu.in LBT No. KDMC/LBT-TIN/12001824 |
|--|--|---|

MCC/1-20/

Date: 17 June 2022

Mrs. Akansha Chavhan
Kalyan

Subject: Invitation for Yoga training in our College

Madam

We are pleased to invite you for training our staff and students on various Yoga techniques on the *INTERNATIONAL DAY OF YOGA 2022, YOGA FOR HUMANITY* organised by the Internal Quality Assurance Cell along with WDC, NSS Unit, Health and Counselling Committee of our College. The following is the schedule :

Day and Date: - Tuesday, 21 June 2022.

Time: - 7.00 am to 9.00am

Venue: Manjunatha College (Auditorium)

Contact Person: Mrs. Supriya Bhalerao: 9833075652

Yours faithfully

Dr. Sushila Vijaykumar

I/C Principal



Report of "International Yoga Day"

MCC/4-10/

Date: 22 June, 2022

The Principal and IQAC Chairman
Karnataka Sangha's
Manjunatha College of Commerce
Thakurli.

Subject: Brief Report on "International Yoga Day"

Madam

On the aegis of IQAC, WDC, NSS and Health counselling cell the International Yoga Day was celebrated on **21 June 2022**. The yoga trainer Mrs. Akasha Chavan has guided degree and junior college teachers to maintain individual's health through various Asanas.

For this function Local Ex- Corporator and Social worker Ms. Shilpa Shelar was the chief guest. She highlighted the importance of change in lifestyle and its impact on decreasing the physical movement. Hence it is necessary to go back to traditional way of daily food consumption with use of millets in diet is essential. She even informed about age wise exercise are necessary as well as to maintain the good health how walking plays an important role. She has asked everyone to walk at least half an hour a day without any thoughts in mind.

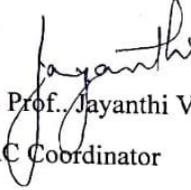
As the regular lectures has not started the program was organised only for degree and junior college teachers.

Objectives of the event is

1. To highlight the necessity of meditation for mental peace.
2. Importance of Daily exercise to maintain personal health.

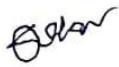
Thank you

Yours faithfully


Asso. Prof. Jayanthi V
IQAC Coordinator


Asst. Prof. Madhuri M.
NSS PO


Asst. Prof. Nisha D.
WDC In-charge


Asst. Prof. Swapnali B.
Health Counselling I/C





Inauguration function yoga day-Chief guest Ms. Shilpa Shelar with Yoga Trainer



Teachers attending session on Meditation and doing yogasanas.

