

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 Rajshekhhar (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 improve 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, increase flexibility and relieve 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
I/C Gymkhana Committee



(Signature)
Ms Maharao
(Signature)
Bidkar

Notice Board

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

Internal Quality Assurance Cell along with NSS Unit, Health and Counselling Cell
and Gymkhana Committee

Organise

**INTERNATIONAL DAY OF YOGA 2023, YOGA FOR Vasudhaiva
Kutumbkam**

Wednesday, 21 June 2023, 11 am onwards



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

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

International Day of Yoga for Vasudhaiva Kutumbkam

Organised by

IQAC, NSS Unit, Health and Counseling Cell and Gymkhana Committee

AGENDA

Day & Date: Wednesday, 21 June 2023

Venue: College Auditorium

Compering by: Asst Prof Sanika K

Timings: 11 am onwards

Sr.no	Contents	Duration
1	Welcome Address by Principal Dr. Sushila Vijaykumar	2 Mins
2	Floral Tributes	5 Mins
4	Yoga Session	1Hour
5	Vote of Thanks	2 Mins
6	National Anthem	1 Min



Sushila

Dr.Sushila Vijaykumar
Principal

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Thakurli- 421201.

International Day of Yoga for Vasudhaiva Kutumbkam

Organised by

IQAC, NSS Unit, Health and Counseling Cell and Gymkhana Committee

Duty Chart

Day & Date: Wednesday, 21 June 2023

Venue: College Auditorium

Compering by: Asst Prof Sanika K

Timings: 11 am onwards

Sr.No	Duty	Name
1	Stage arrangement	Ms Supriya B. Ms Swapnali B
2	Introduction of Resource Person	Ms Divya Iyer
3	Preparing Proposal, Invitation Letter, Thanks letter	Ms Swapnali B and Ms Divya Iyer
4	Attendance	Ms Farhat S
5	Geo Tag Photos	Pawan Sir, Vijay Sir
6	Board writing	Ms Farhat S
7	Vote of Thanks	Ms Sanika S



Sushila

Dr.Sushila Vijaykumar
Principal



Manjunatha College of Commerce
Khambalpada, Thakurli

Attendance Sheet

"Session on International Yoga Day" (students)

Date: 21 June 2023

Timing : 11am onwards

Day: Wednesday

Sr. No.	Name	Sign
1	Sanjana Gupta	Sanja
2	Aarti Rajendra Gogurla	Aarti
3	Priya Laxmikant Lomte	Priya
4	Riya Pradip Chandekar	Priya
5	Priya Prabhakar Pawar	Pawar
6	Kripal Jain	Bengal
7	Nandini Barad	Nandini
8	Moumita Manna	Moumita
9	Madhu Sharma	Madhu
10	Riddhi Phatak	Riddhi Phatak
11	Siddhi Phatak	Siddhi
12	Sanyogita Sharma	Sanyogita
13	Jyoti Prajapati	Jyoti
14	Sanjana Yadav	Sanjana
15	Sanam Valmiki	Sanam
16	Nishmita Bangeera	Nishmita
17	Pooja Sharma	Pooja
18	Shruti Chalke	Shruti Chalke
19	Anusha R. Chavan	Anusha
20	Sabhya B. Jha	Sabhya
21	Kavita S. Bind	Kavita
22	Aniket S. Benke	Aniket
23	Jitesh G. Bangeera	Jitesh
24	Vighnesh U. Bhat	Vighnesh
25	Yash S. Nhapankar	Yash
26	Prathamesh P. Bhowad	Prathamesh
27	Jitesh K. Mali	Jitesh
28	Soham Shinde	Soham
29	Ravishankar Prayapati	Ravishankar
30	Shruti Sunil Namdev	Shruti
31	Diksha Apte	Diksha
32	Khushi Radheshyam Gupta	Khushi
33	Pooja Anand Jha	Pooja
34	Mukesh Vishwakarma	Mukesh
35	Aarohi Arvind Gupta	Aarohi