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:

To improves strength, balance and flexibility and healthier life style.

Yoga is a powerful mindful practice.

Expected Outcome: It will help everyone to improve brain function, increases flexibility and

relieves anxiety.

Thank you

Yours faithfully

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

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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.

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Dr. Sushila Vijaykumar

Phila

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



Dr.Sushila Vijaykumar

Shila

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

Duty Chart

Day & Date: Wednesday, 21 June 2023

Venue: College Auditorium

Compering by: Asst Prof Sanika K

Timings: 11 am onwards

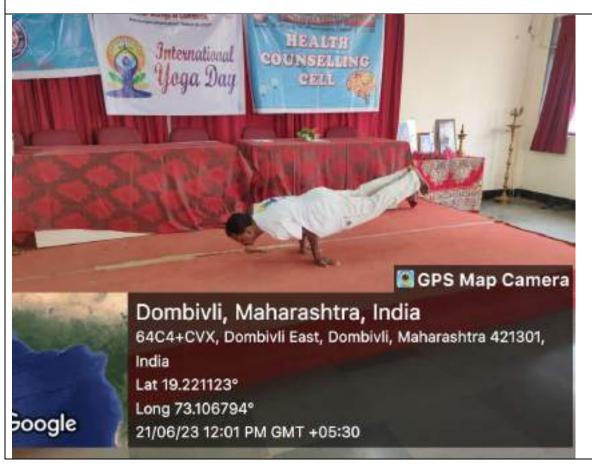
Sr.No	Duty	Name
1	Stage arrangement	Ms Supriya B. Ms Swapnali B
2	Introduction & Resource Person	Ms Divya Iyer
3	Preparing Proposal, Invitation Letter, Thanks letter	Ms Swapnali B and Ms Divya Iyer
4	Attendance	Ms Farhat S
5	Geo Tag Photos	Pawan Sir, Vijay Sir
6	Board writing	Ms Farhat S
7	Vote of Thanks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



Dr.Sushila Vijaykumar

Principal





Manjunatha College of Commerce Khambalpada, Thakurli

Attendance Sheet

"Session on International Yoga Day" (Students)

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Timing: 11am onwards Day: Wednesday					
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17	Pooja Sharma				
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