

IQAC Organises

INTERNATIONAL YOGA DAY

YOGA FAMILY
STAY FIT STAY HEALTHY



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

Date: 11 June 2021

NOTICE

All the Degree College students are hereby informed that on the occasion of International Yoga Day, IQAC and NSS Unit of our college is organizing an online session on Yoga on 21 June 2021, from 9.00 am onwards. All are cordially invited.

Link will be sent in the respective WhatsApp groups.



Asst. Prof. Pushkar Deshpande
NSS PO



Dr. Sushila V.
IQAC Coordinator



Dr. V.S. Adigal
Principal



Report of Yoga Day Celebration

MCC/4-10/Student Webinar

Date: 22.06.2021

Principal and IQAC Chairman

Karnataka Sangha's

Manjunatha College of Commerce

Thakurli.

Subject: Brief Report of the Online Yoga session on 13.06.2021

Sir

University of Mumbai had organised an online Yoga session on 13 June 2021. On 21 June 2021 Internal Quality Assurance Cell and NSS Unit of our college organised an online Yoga session from 9am to 9.45am.

The Objective of the yoga session was to build the physical and mental strength of the students to overcome the weakness due to Covid lockdown.

Online Platform used and mode of informing the students: Google Meet / Zoom

30 students participated in the session conducted by Assistant Professor Madhuri Maharao. Pranayam and basic breathing exercises were practised during the session.

Thank you

mmaharas

Mrs. Madhuri Maharao

NSS Unit member

Yours faithfully

Sushila

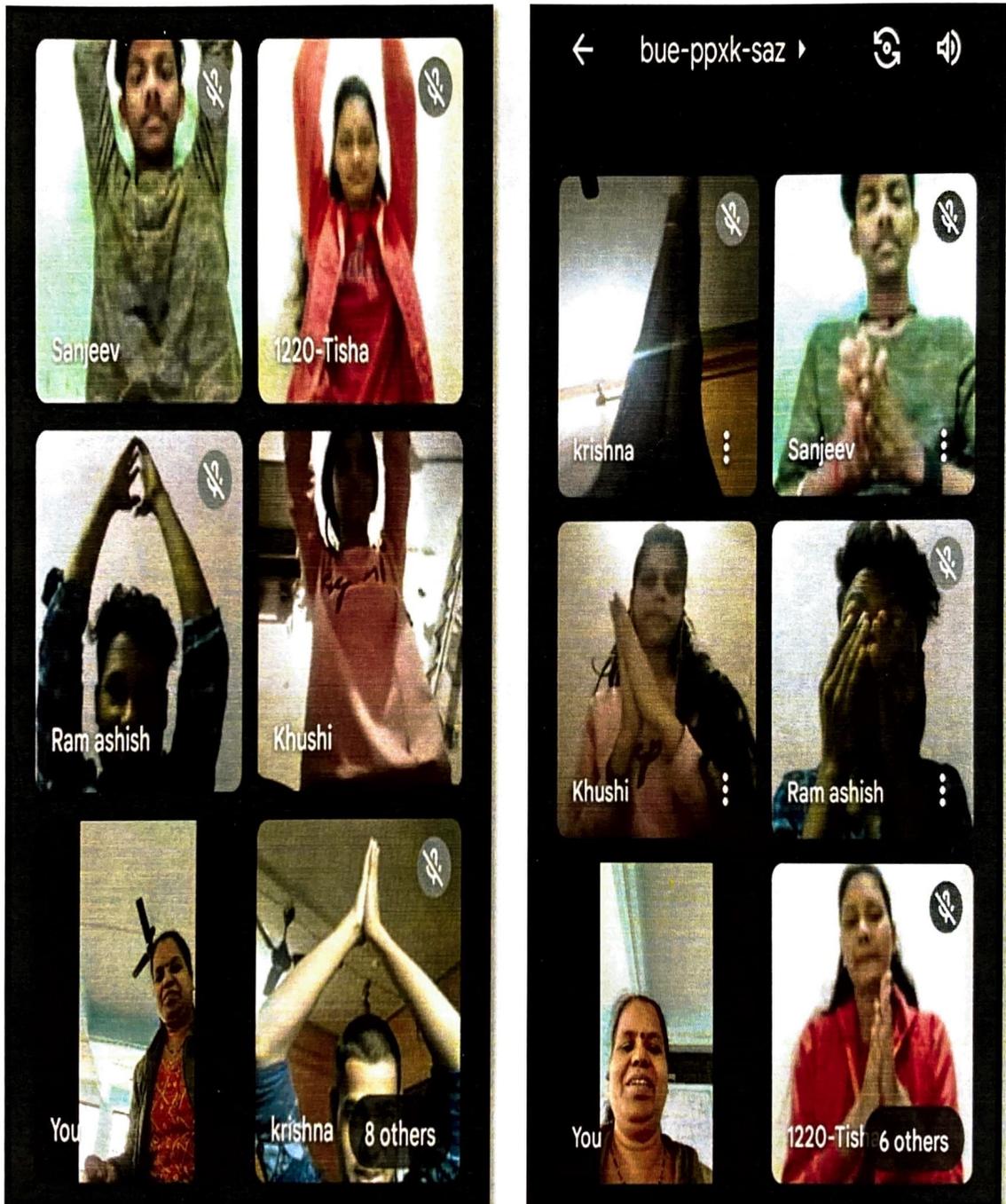
Dr. Sushila Vijaykumar

IQAC Coordinator



**Karnataka sangha's
Manjunatha college of commerce and Junior college of commerce.
Khambalpada, Kanchangaon Thakruli (E)**

7.1.11 Institution celebrates / organizes national and international commemorative days, events and festivals



Yoga training on the eve of International Yoga Day (13 June 2021)

