**NOTICE**

Date: 19-Jun-2022

All the staff members and students are informed that “Yoga Day” is being arranged on dated 21-Jun-2022 at 06:00 AM. Staff members and students should be attend.

 

**REPORT ON YOGA**

As a part of men’s development activities on “YOGA DAY” was organized by SVM, Udgir. On dated 21-Jun-2022. For all staff with students.

**The** International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India.

**The college organizes the program as mentioned below.**

**1. Tribute to Saraswati and Swami Vivekanand by offering garland to their photograph with the auspicious hands of the Principal Dr. S.B. Jagtap.**

**2. Devotional song by the college cultural team.**

**3. Speech by Dr. U.S. Patil, Academic Director, SVSPM.**

**4. Yoga Day Activity:**

A ) Daily Pranayama and Guided Meditation Session

B ) Introductory Study of Indian traditional yoga philosophy

C ) Practical and Theoretical session for stress relief

D ) Practical and Theoretical session for living life happily

E ) Practical and Theoretical session for “Art of Living”

F ) Anatomy and physiology Session

Following are activities –

1) Name of Activity: YOGA

2) Type of Activity : It was college level.

3) Topic Covered : a) Benefits of YOGA and Pranayam

b) How to do Yoga

c) How to do Pranayam

d) Warm up Exercies

4) Number of Participants: 80% (Average)

5) Trainer : Dr. S. B. Jagtap

6) Coordinator : 1) Ms. Digraskar R. B.

2) Mr. Daimi R. A.

**4. Presidential remark by the Vice-Principal**

**5. Vote of thanks**

**Thus, an environment of enthusiasm was experienced by every college student and was a memorable event for all the departments.**

**Photos:**







 