



Rayat Shikshan Sanstha's
KARMAVEER BHAURAO PATIL COLLEGE, VASHI NAVI MUMBAI
(Empowered Autonomous)

Self Development Program Committee

Report of activity

Date: 21/06/2024

International Day of Yoga

Details of Activity

Duration: 2 Hours

Attendees Number: 118

Name of Resource person: Ms. Neha Kerure & Swati Nigude

Name of Collaborating Agency: Yog Vidya Niketan

Objectives of Activity:

The main aim is to raise awareness about the numerous physical and mental health benefits of yoga and provide an opportunity for individuals of all ages and backgrounds to experience its transformative effects firsthand.

Description of Activity:

International Day of Yoga was celebrated on 21st June 2024. Guest speaker and Yoga instructor Ms. Neha Kerure and Ms. Swati Nigude from Yog Vidya Niketan were invited and welcomed by Principal Dr. Shubhada Nayak. Ms. Manminder Riyat, chairperson of SDP Committee introduced guest speaker, Ms. Neha Kerure, who addressed the audience and discussed about the physical and mental benefits of yoga practice and how it helps to make the body more flexible. Around 118 participants attended and performed Chair Yoga which was done under the guidance of instructors. Second session of Practical was conducted at Yoga Center of the college. Around 48 participants attended and performed different Yoga Aasanas. Vote of thanks was proposed by Ms. Somali Chatterjee. The program was successfully conducted and liked by all.

Photos of Activity

Rayat Shikshan Sanstha's
KARMAVEER BHURAO PATIL COLLEGE, VASHI
[Empowered Autonomous College]
Re Accredited by NAAC with A++ [CGPA 3.51]
ISO 9001:2008 Certified Institute "Best College Award by University of Mumbai"

Self Development Programme Committee
Celebrates
International Day of Yoga

21st June 2024

Expert Talk Yoga & Health Ms. Neha Kerure Senior Faculty YOG Vidya Niketan 11:00 AM - 12:00 PM Venue : Auditorium	Practical Session Yoga Ms. Swati Nigade & YOG Vidya Niketan Teachers 12:15 PM - 1:00 PM Venue : M-Building Terrace
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Ms. Manminder Riyat
(Chairman SDP Committee)

Dr. Shubhada Nayak
(Principal)



Manminder Riyat
SDP Chairperson



Prof. Dr. Shubhada Nayak
Principal