

5.1.3

2021-2022

YOGA

1) 21 June, 2021 - World Yoga Day was celebrated at College Premises. On this occasion, Dr. M. T. Nakshine, Assistant Professor, Commerce Department, played very important role of Yog Guru, told us the importance of Pranayam, Anulom-Vilom, Kapalbhati, and some physical exercise which is very necessary in today's context, because today's Life is very stressful and we are not in peaceful condition, so, here Yoga can play important role in our life to get rid of this stressful life and live in a healthy and peaceful way. On this occasion, Hon'ble Principal, Dr. M. J. Meshram Sir, was present and he told us the importance of yoga in life.



5.1.3

Physical Fitness

- 3) **01/02/2022 to 07/02/2022** -75 Koti Surya Namaskar Sankalp Programme was taken on 05/02/2022 at 7.00 a.m. in the College Premises. Under the guidance of Hon'ble Principal, Dr. M. J. Meshram, and N.S.S. Programme Officer, Dr. J. G. Weekey, Shivaji Mahavidyalaya, Gadchiroli.



On this occasion, Hon'ble Chief Guest, Dr. Prashant Shri Bokare, Vice-chancellor, Gondwana University, Gadchiroli, Hon'ble M.L.A. Dr. Devrao Holi, Gadchiroli Constituency. Hon'ble Chief Guest, Prof. Dr. Shriram Kawale, Pro-Vice-chancellor, Gondwana University, Gadchiroli. Hon'ble Anil Z. Chitade Sir, Registrar, Hon'ble Dr. Shyam Khandare, Director, N.S.S. Department, Gondwana University, Gadchiroli. were prominently present in this wonderful event.

