

World Yoga Day

Date of the Event: 21 June, 2023
Venue of the Event: Playing Ground Shivaji Mahavidyalaya Gadchiroli
Organizing Department: Physical Education Department

Objectives of the Event:

- 1) To improve physical health.
- 2) To reduce the stress.
- 3) To enhance mental health.

Brief Report:

21 June, 2023- World Yoga Day was celebrated in the college Premises. On this occasion, Mrs. Rupali Barsagade (Yoga Instructor and CHB teacher Marathi Dept.) and Mrs. Priti Bhimanwar (Yoga Instructor and CHB teacher Marathi Dept.) told us the importance of Pranayam, Anulom-Vilom, Kapalbhathi, and some physical exercises which is very necessary in today's context, because today's life is very stressful. They told us Yoga can play an 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, and other teaching and non-teaching staff were present and they told us the importance of yoga in life. Director of Physical Education Dr. R. S. Gore made all arrangements for succeeding the event and paid a vote of thanks to the Yoga instructors for making the event successful and inspirational.

Event Outcomes:

All the participants made Yoga and Pranayam and decided it to be the part of their regular life.



