



KALIDOSCOPE

21ST June 2020

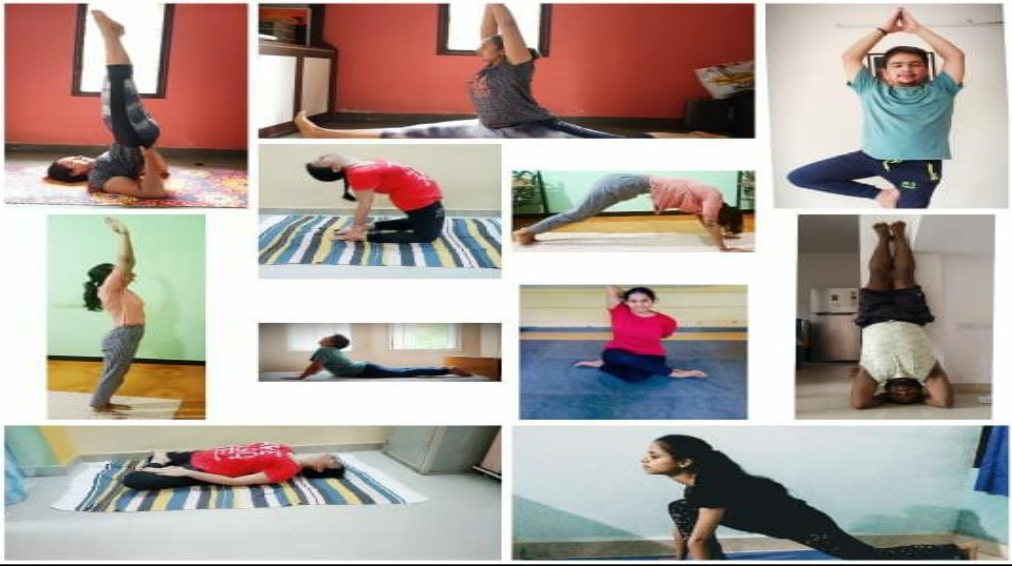
International Yoga Day Celebration

**“Yoga -The secrete of my Life wellbeing”-
Video Blogging Competition**

ORGANIZED BY

**NSS CELL OF YASHWANTRAO BHONSALE COLLEGE OF PHARMACY,
SAWANTWADI, MHARASHTRA.**

योग असे जेथे; आरोग्य वसे तेथे



21st June 2020 The International Day of Yoga was celebrated by the students and teachers at Yashwantrao Bhonsale College of Pharmacy organized by NSS Cell of Yashwantrao Bhonsale College of Pharmacy with great enthusiasm.

An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in Bharat or India. The Indian Prime Minister, Shri Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world. The idea of International Day of Yoga was first proposed by the current Prime Minister of India, Mr. Narendra Modi during his speech at the UNGA on 27th September 2014. He stated that, “Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day”. Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness. Yoga is the Sanskrit word for union.

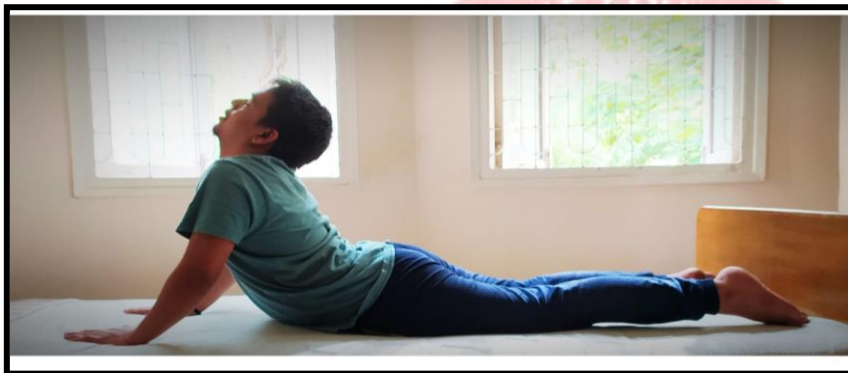
Hence, a video blogging competition was organized with the theme **“Yoga at Home & Yoga with Family”**. The competition was run through online mode using Zoom ID because of the COVID 19 pandemic situation. 40 participants had registered for the competition through the google form link provided to them. Participants had demonstrated various asanas followed by pranayama and Omkar Chanting at home with their families. Also, they explained very well about the asanas which influenced their lives positively. Participants had submitted their digital entry data to the link provided to them.

The best 3 Yoga practitioners were selected as 1st, 2nd and 3rd ranks and 2 consolation prizes had selected. Also 1st, 2nd and 3rd ranks and 2 consolation prizes were given to the best Yoga poses. An e-certificate was awarded to all the winners also the e-certificate of participation was given to all others who had participated in the event. Honorable Dr. Vijay A. Jagtap, Principal of Yashwantrao Bhonsale College of Pharmacy was the convenor, Mrs. Ovi O. Paradkar (Assistant Professor in YBCP) was the Program Coordinator and Miss. Supriya B. Rawool (lecturer) was Co -ordinator of this event. All the entries were evaluated and judged by Mr. Mahadev Parab (lecturer) of YBCP. The celebration concluded with synchronized recitation of

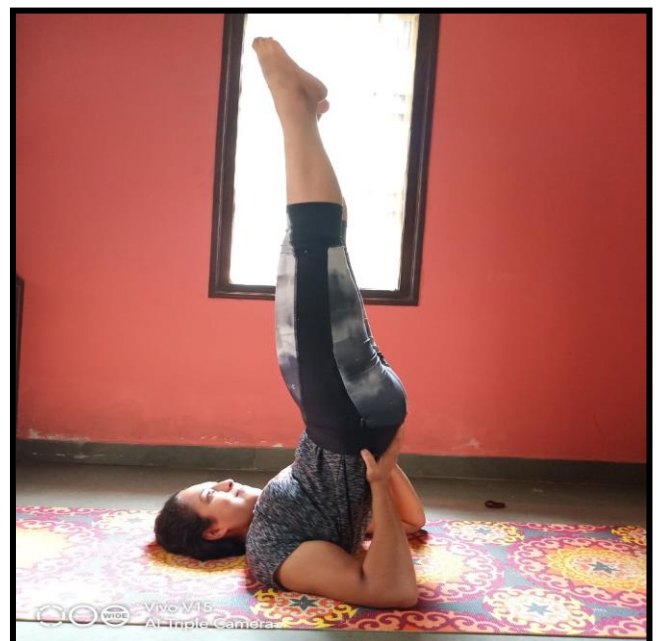
shlokas and message by our Principal. He encouraged students to practice regular yoga to remain fit and improve concentration.

Glimpses of the Yoga Competition

1. Sandesh Bhopale.



2. Vaishnavi Rasam



Neha Pawar

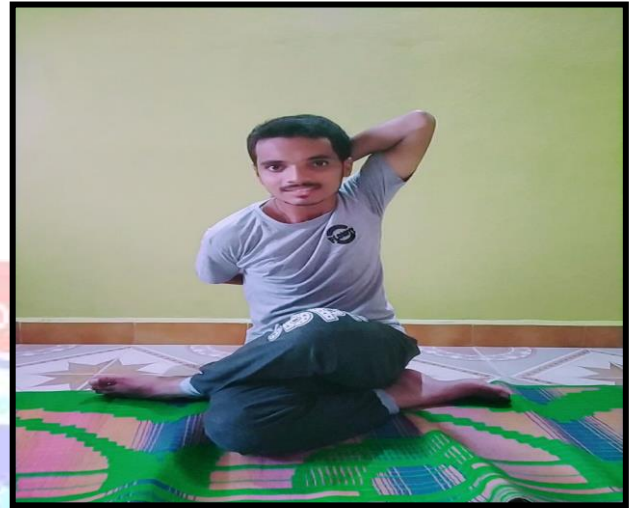


3. **Bhakti Mayekar**

5. **Dhanashree Dalvi**



6. **Rahil Naik**



7. Sakshi Patil



Glimpses on Facebook



Yashwantrao Bhonsale College of Pharmacy, Sawantwadi, Dist: Sindhudurg, MH
20 Jun • 🌐

Video Blogging Competition

Register @
https://docs.google.com/forms/d/e/1FAIpQLSekzFqIbNuVW8Qjtfe28L3VXQng3PcZXjE3MaNtBfL2aBVqxw/viewform?usp=sf_linkne

Come and join us to be a part of global celebrations of

INTERNATIONAL YOGA DAY 21st JUNE 2020

"Yoga - The Secret of My Life Well-being"

Video Blogging Competition

Theme - "Yoga at Home and with Family"

Organized by

NSS-Cell Of Yashwantrao Bhonsale College of Pharmacy, Sawantwadi



 <p>Dr. Vijay A. Jagtap Convener Principal Yashwantrao Bhonsale College of Pharmacy</p>	 <p>Mrs. Ovi O. Paradkar Program Co-ordinator Associate Professor, NSS Co-ordinator Phone no: 9228352624 Yashwantrao Bhonsale College of Pharmacy</p>	 <p>Miss. Supriya B. Rawool Coordinator Lecturer, NSS Co-ordinator Phone no: 8454682071 Yashwantrao Bhonsale College of Pharmacy</p>
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ENTRY GUIDELINES for "Yoga - The Secret of My Life Well-being"

01. Registration is Compulsory. To register for this competition click on this link - <https://forms.gle/gpU5R8M28EY8hU2T57>
02. People can participate in the competition by making a three-minute video of performing asana and a short video message on how the yogasanas have influenced your life.
03. All entries must be in digital video and submitted on the telegram group - <https://t.me/yogawebinarbhosalepharmacy> till 18th June 2020 till 1:00 PM.
04. Each entry must focus on the theme "Yoga - The secret of my life well-being."
05. Top 2nd and 3rd ranks will be selected and an e-certificate will be awarded to the first 3 best asha practitioners. Also 2 consolation cards will selected.
07. Results of the competition will be declared on 24th June 2020 on the telegram group chat.



BHONSALE KNOWLEDGE CITY, Yashwantrao Bhonsale, Sawantwadi, Dist: Sindhudurg, Maharashtra (India),
Phone : 02383-272299/272231, email : ypharmacy@gmail.com

👍 Sayali Satardekar and 26 others

👍 Like 💬 Comment ➦ Share

ESTD 2015

Glimpses in Whatsapp

B. Pharm. 2017-2021
Durgesh, Gauri, Gautami, Harshu, JD, J..

Come and join us to be a part of global celebrations of
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BHONSALE KNOWLEDGE CITY.

Yoga-The secret of my life well-being Video blogging competition

The competition is run by **NSS CELL of Yashwantrao Bhonsale College of Pharmacy** to raise awareness about yoga and to inspire people to prepare for and become active participants in the observation of **International Day of Yoga 2020**.

In view of the COVID-19 pandemic, this year's International Yoga Day on **21st of June**, will be celebrated on digital media platforms and there would be no mass gatherings.

Theme is "Yoga at Home & with Family"

Registration is **FREE**

To register for the competition click on this link form - https://docs.google.com/forms/d/e/1FAIpQLSekzFqibNuVW8Qjtfe28L3VXQng3PcZXjE3MaNTBfL2aBVqwx/viewform?usp=sf_linkne

For any queries
Mrs. Ovi O. Paradkar
7038105524
NSS Coordinator

Regards
Dr. Vijay A. Jagtap
Principal
Yashwantrao Bhonsale College of Pharmacy, Sawantwadi
Maharashtra.

10:30 pm

Ms. Supriya Rawool/
Mr. Mahadev Parab
NSS-Coordinator

Mrs. Ovi O. Paradkar
NSS-Programm Officer

Dr. Vijay A. Jagtap
NSS -Chairman & Principal