

# KALEIDOSCOPE REPORT



## INTERNATIONAL YOGA DAY CELEBRATION 25<sup>th</sup> June 2021

<b>Academic year</b>	<b>2021-22</b>
<b>Name of committee</b>	Sense Club & Department of Pharmacognosy
<b>Type of event</b>	Webinar and Competitions
<b>Theme of event</b>	<b>Be With Yoga, Be at Home</b>
<b>Topic of competition</b>	1. Theme based Poster competition 2. Theme based Slogan Writing
<b>Topic of webinar</b>	<b>Yoga and Relaxation Techniques</b>
<b>Speaker</b>	Dr. Joy Pereira M.D Assistant Professor Department of Swasthviritta & Yoga Gomantak Ayurveda Mahavidyalaya & Research Centre, Goa
<b>Date of activity</b>	23 <sup>rd</sup> June – 25 <sup>th</sup> June
<b>Venue of activity</b>	Online
<b>Target group</b>	Students
<b>Year of students</b>	B. Pharmacy Students
<b>Number of Participants</b>	41
<b>Name of the coordinator</b>	Ms. Sparsha Bandekar Ms. Jenny Thomas Ms. Aishwarya Thakur

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On the occasion of International Yoga Day, the Sense Club and Department of Pharmacognosy of Yashwantrao Bhonsale College of Pharmacy conducted a webinar and competitions for the students. The theme for International Yoga Day for 2021 was based on “**Yoga for well being**”. It addressed the need to consider mental health especially during this pandemic and the message of Yoga promoting both physical and mental health.

We celebrated the International Yoga Day from 21<sup>st</sup> June to 25<sup>th</sup> June 2021. On 21<sup>st</sup> June, the Slogan writing and Yoga Poster making competitions were held and submitted via a google form link. On 25<sup>th</sup> June, the webinar began at 5pm and was conducted by a renowned Yoga instructor and speaker Dr. Joy Pereira, Asst Professor, Department of Swasthviritta & Yoga, Gomantak Ayurveda Mahavidyalaya & Research Centre, Goa. The welcome address and the results of the Yoga Poster and Slogan writing competitions that were held were declared by our beloved Principal Dr. Vijay A. Jagtap during the webinar. The objectives of the event were discussed during the meet by Dr. D.M Shinkar.

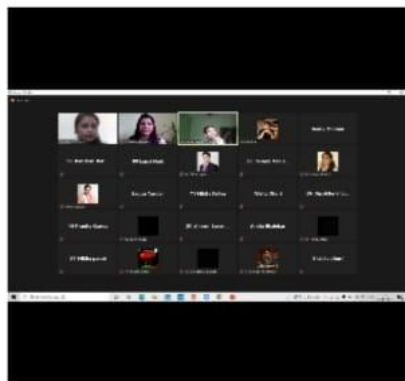
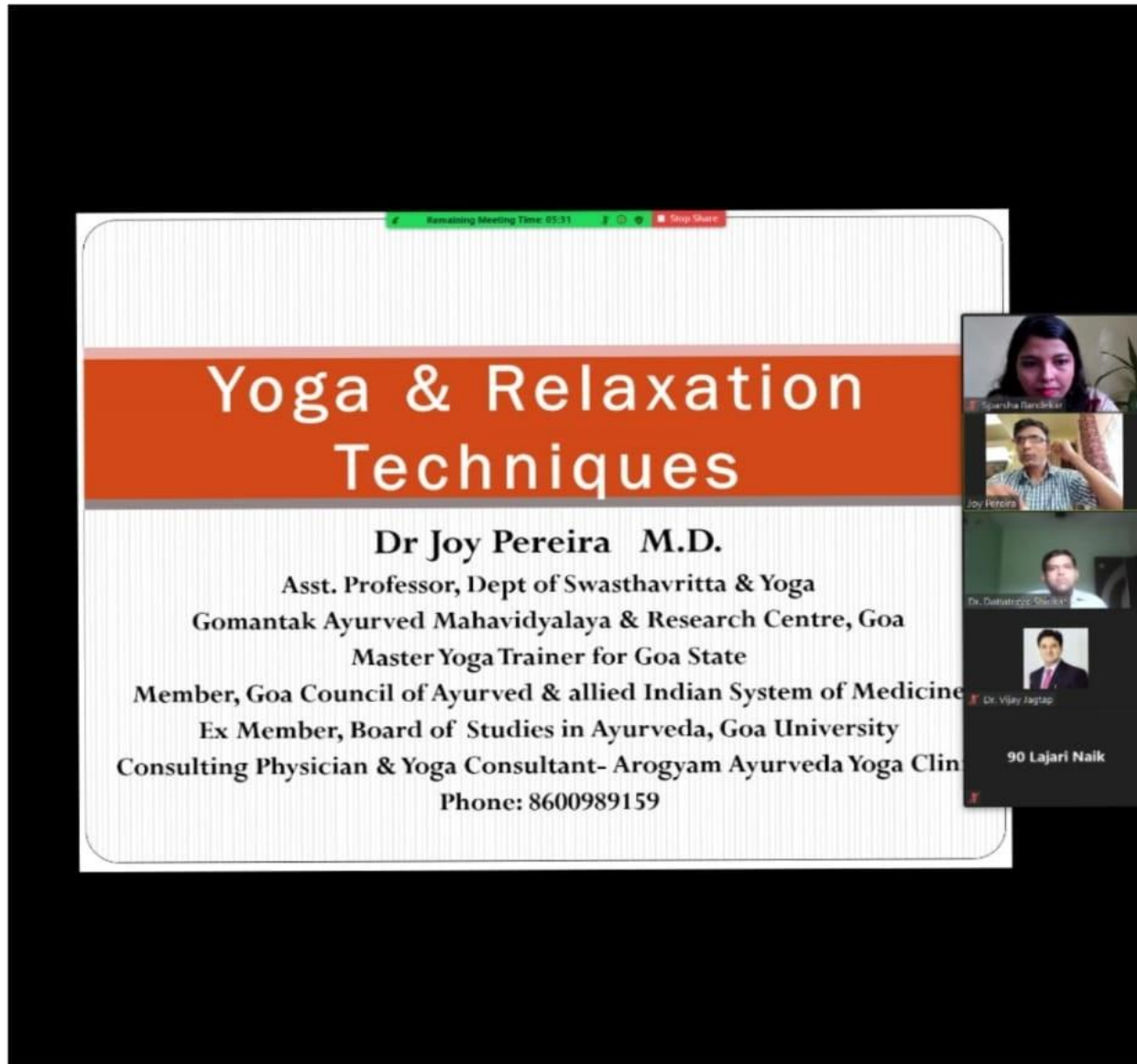
The winner and runner up of Yoga Poster competition are Ms. Lajari Naik and Ms. Tejasvi Kadu respectively from First year B.Pharm. The winner and runner up of Slogan writing competition are Ms. Bhakti Morye from First year B.Pharm and Ms. Pranali Kokare from Final year B.Pharm respectively.

Dr. Joy Pereira, the main speaker for the webinar emphasised on the importance of practicing yoga and relaxation techniques in everyday life. He also correlated the relation between lifestyle disorders that follows if mental health is not taken care of. There was also a demonstration of exercise on breathing techniques to calm the body and mind. The webinar ended with a question answer session at 7 pm.

Overall 9 students participated for Yoga Poster Competition, 7 students actively participated for Slogan Writing Competition and 25 students attended for the webinar on the 25<sup>th</sup> June 2021. Total 41 students participated actively under the guidance of the coordinators Ms. Sparsha Bandekar, Ms. Jenny Thomas & Ms. Aishwarya Thakur.

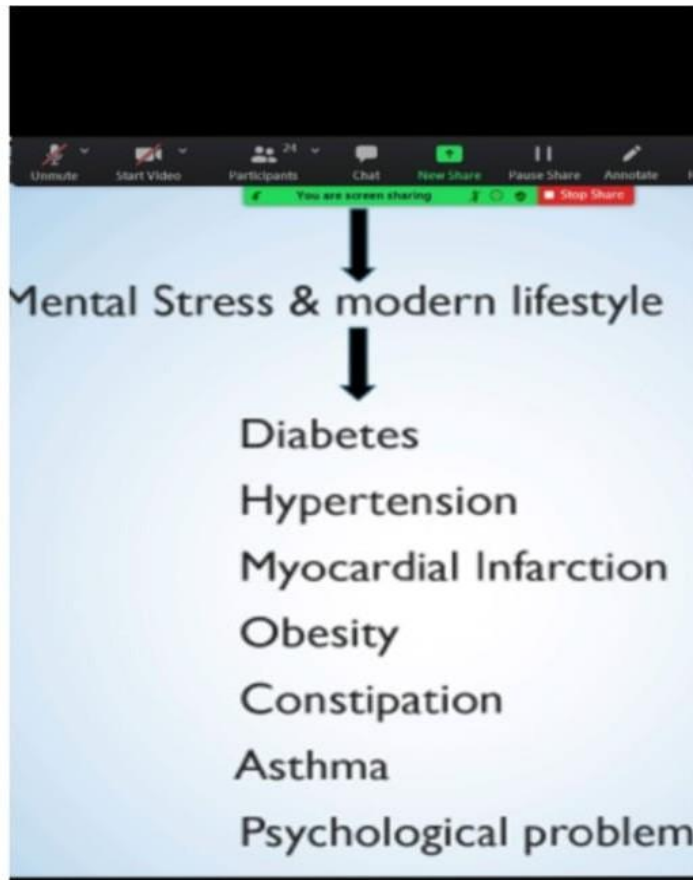
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## Photographs of the Event

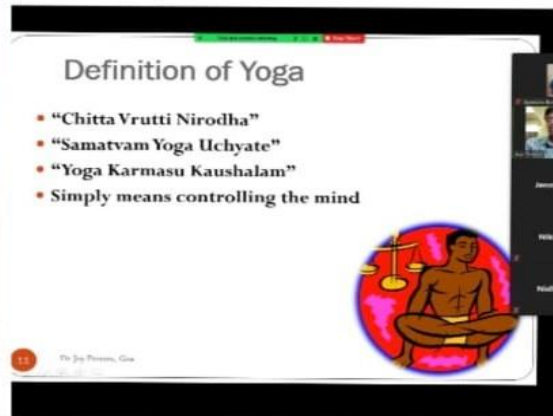


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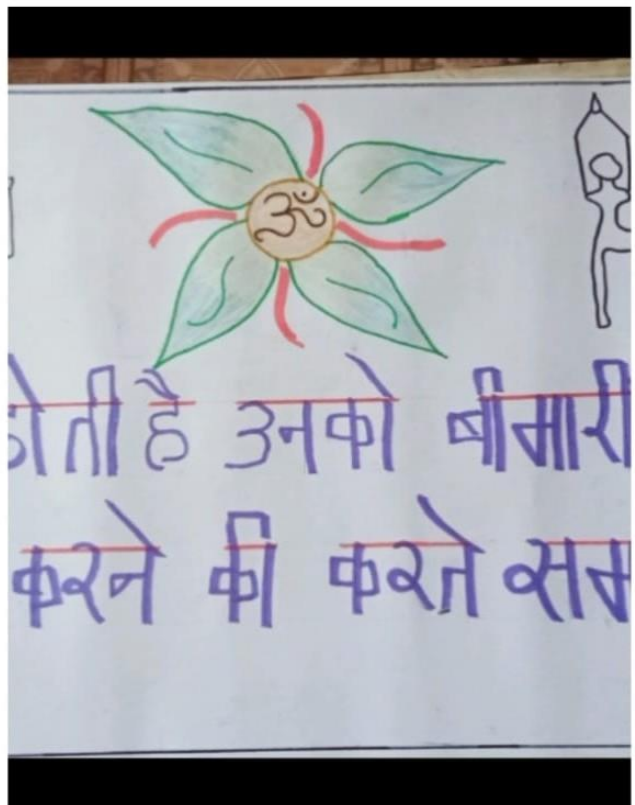
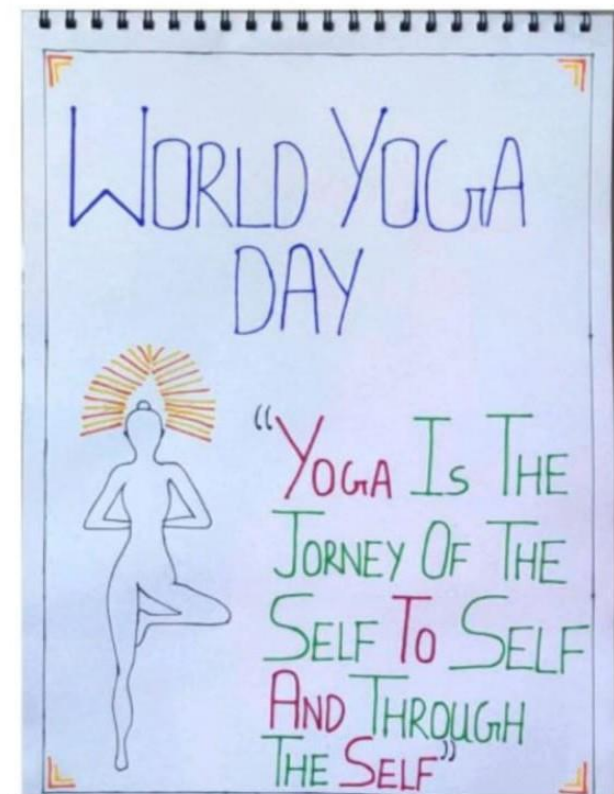


r Joy Pereira, Goa



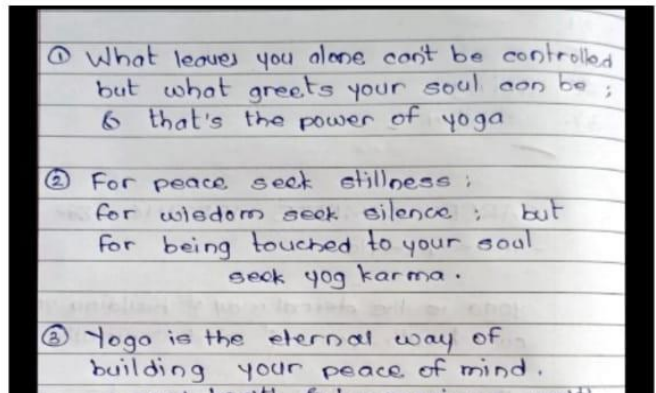
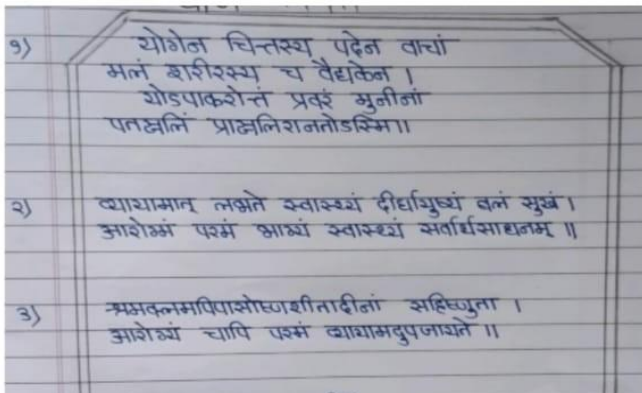
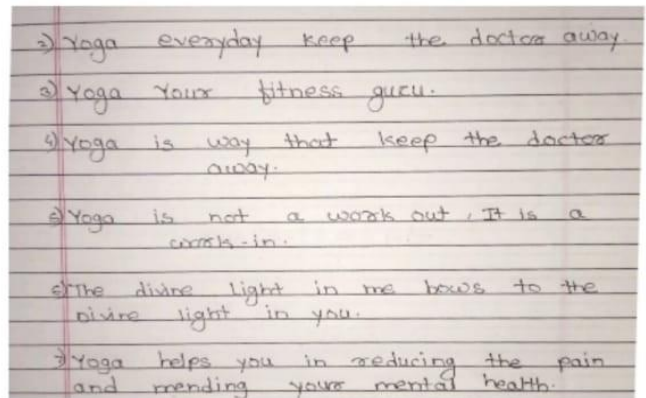
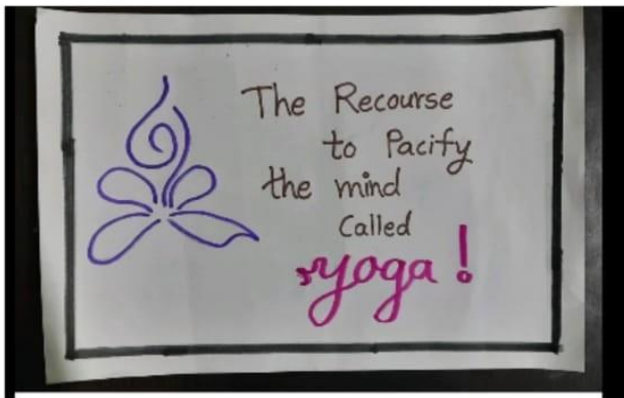
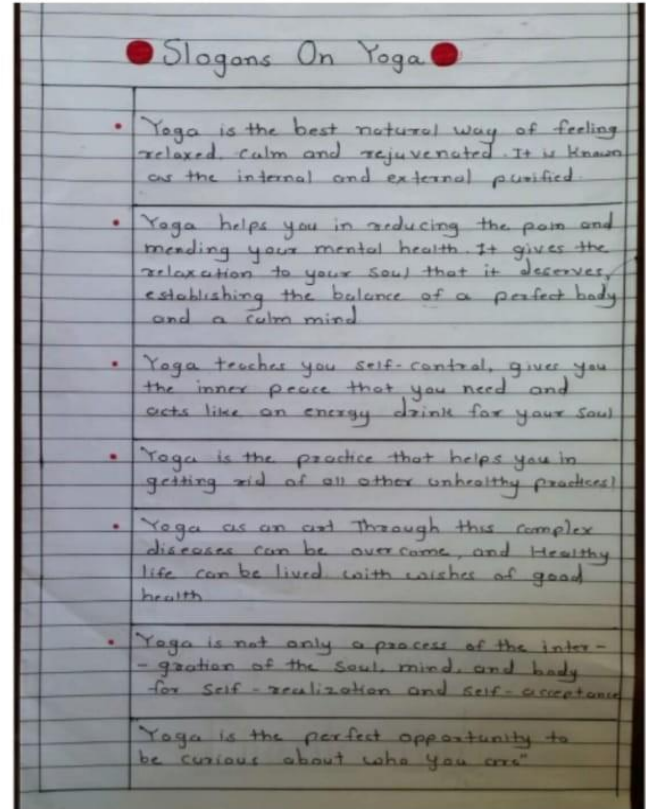
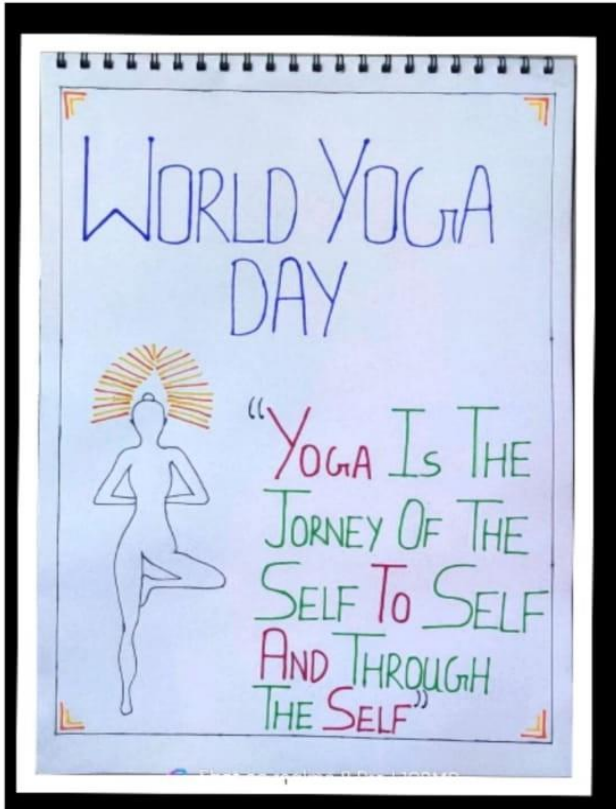
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## Photographs of the Poster and Slogan Writing Winners and Runner-ups



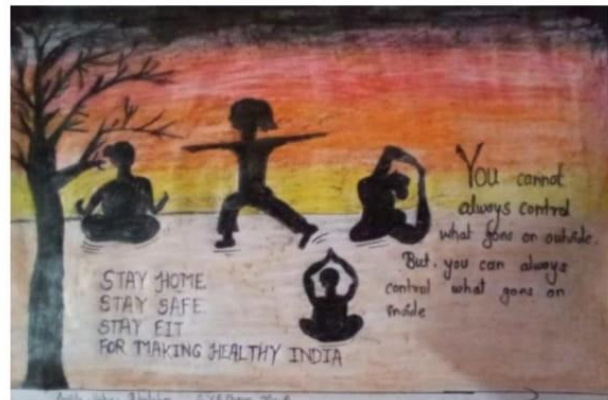
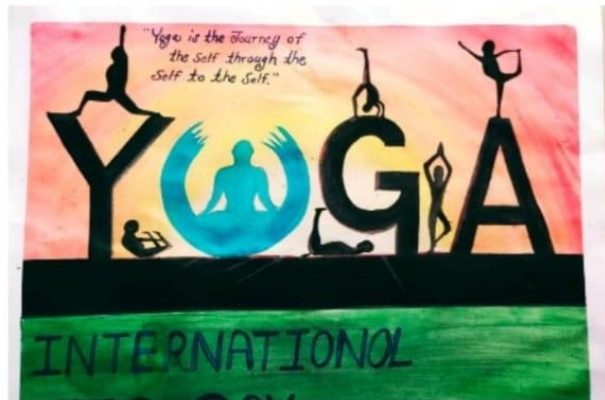
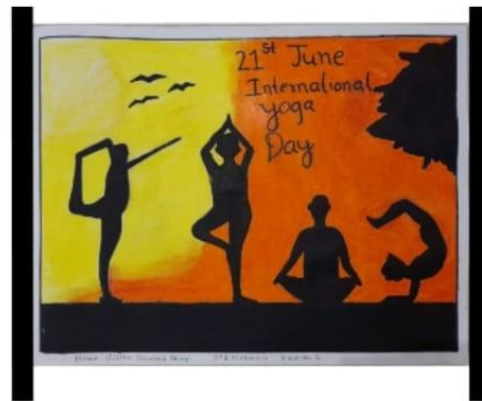
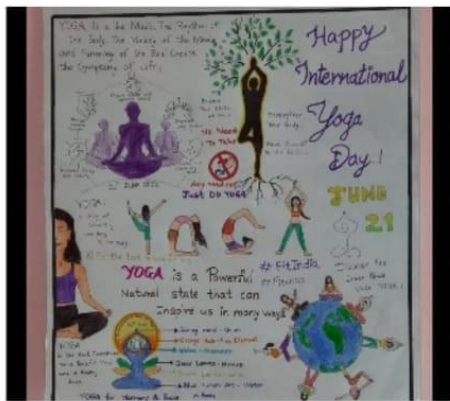
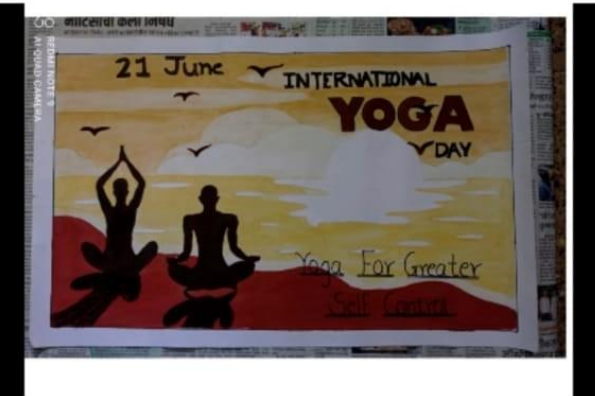
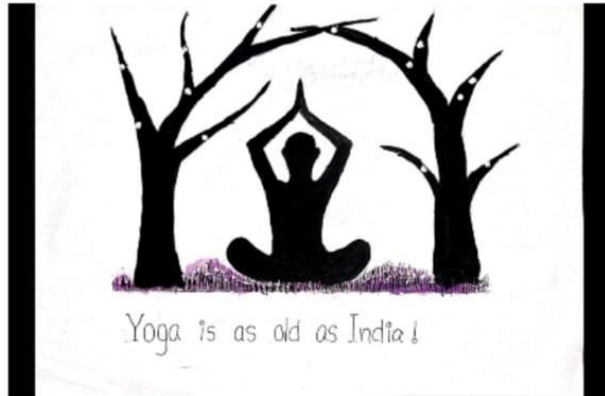
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## Photographs of Slogan Writing Competition



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## Photographs of Yoga Poster Competition



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## Brochure of the Event



DEPARTMENT OF PHARMACOGNOSY & SENSE CLUB OF

**YASHWANTRAO BHONSALE COLLEGE OF PHARMACY**

Sawantwadi, Sindhudurg, Maharashtra.

Organises

# International Yoga Day

On the theme 21st June 2021

“Be With Yoga, Be At Home”

PATRON



Mr. Achyut K. Sawantbhonsale  
Ex.Chairman  
Yashwantrao Bhonsale Education Society

Competition  
Details

01. Yoga poster making competitions
02. Slogan writing competition  
21st June 2021  
Submit by 23rd June 2021
03. Results declared on 25th June 2021
04. Link for submission :

<https://forms.gle/zRW8MLpA4Hk9wod19>



SPEAKER

Dr. Joy Pereira M.D.,  
Asst Professor/Yoga Consultant-  
Dpt of Swasthritta & Yoga,  
Gomantak Ayurveda Mahavidyalay & Research Center , Goa

Webinar

Topic : Yoga & Relaxation Techniques

Speaker : Dr. Joy Pereria

Zoom link Details:



[https://us05web.zoom.us/j/644628](https://us05web.zoom.us/j/6446288004?pwd=aGRCejNWRTxbOjZnVr)

8004?pwd=aGRCejNWRTxbOjZnVr  
azdEYjkzZ09

Meeting ID : 644 628 8004

Password : 12345

25th  
June 2021  
05.00pm

CONVENER



Dr. Vijay A. Jagtap  
Principal  
Yashwantrao Bhonsale  
College of Pharmacy



Dr. Dattatray M. Shinkar  
Asso. professor  
SPANDAN Head  
Yashwantrao Bhonsale  
College of Pharmacy



Ms. Sparsha S. Bandekar  
Sense club Head  
Asst. professor  
Yashwantrao Bhonsale  
College of Pharmacy



Ms. Jenny Thomas  
Co-ordinator,  
Asst. professor,  
Yashwantrao Bhonsale  
College of Pharmacy



Ms. Aishwarya A. Thakur  
Co-ordinator,  
Lecturer  
Yashwantrao Bhonsale  
College of Pharmacy

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Email: ybpharmacy@gmail.com



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## Facebook Page Cover Snap and link of the Event

← Q Yashwantrao Bhonsale College... →

Home Groups Events Reviews Live Videos

 **Yashwantrao Bhonsale College of Pharmacy, Sawantwadi, Dist: Sindhudurg, MH** ...  
25 Jun · 🌐

Glimpses of webinar on "Yoga & relaxation techniques" by Dr. Joy Pereria, Goa  
&  
Heartiest congratulations to runner ups and wi...  
See more

  
The video thumbnail displays a grid of participants in a webinar. Below the grid, there are statistics for 'STARTING YOGA': 48% for 'STARTING YOGA', 49% for 'STARTING YOGA', and 44% for 'STARTING YOGA'. To the right, there are two hand-drawn posters. The first poster is titled 'Happy International Yoga Day' and features a tree with people in yoga poses. The second poster is titled 'WORLD YOGA DAY +3' and includes the quote 'YOGA IS THE BEST WAY TO LIVE'.

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