

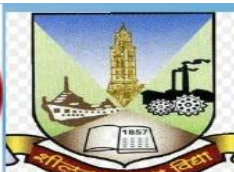


KALEIDOSCOPE

Date: 03/10/2022

Venue: Assembly Hall Yashwantrao Bhonsale International School Sawantwadi

Targeted Audience: 7th Class students



DLLE UNIT OF SENSE CLUB OF YASHWANTRAO
BHONSALE COLLEGE OF PHARMACY
ORGANIZES

YOGA AWARENESS



Dr. Vijay A. Jagtap

Principal OF
YASHWANTRAO BHONSALE
COLLEGE OF PHARMACY



**MR. NANDADIP
KELUSKAR**



**Ms. Rashmi H. Mahabal
Extension Teacher**



VENUE
YASHWANTRAO
BHONSALE
INTERNATIONAL
SCHOOL

**03/10/2022
11.00AM-12.00PM**



Objectives:

1. Understand the Yoga concept.
2. Demonstrate Pranayam and different mudra and asana.
3. Perform Brain capacity improving asana and exercise

About the Program:

It is been observed that students are not playing on ground for sufficient time and getting addicted to TV and mobile. Additionally fast-food eating increases obesity in the age of 5 to 15. Which can even responsible for heart attack, loss of concentration, frustration, and diabetes also.

To aware these students about their physical and mental health DLLE students working with Reach to unreached, organized awareness session on YOGA and pranayama session.

The session was guided by Patanjali and Government Certified Yoga trainer Mr.Nandadeep Keluskar from Banda and Hostel Rector Sawantbhonsale .

Session initiated by verbal and floral welcome of dignitaries by hon. Principal Mr.Vyanktesh Bakshi Sir.

Mr.Akshaykumar Shelke introduced a trainer Mr.Nandadeep Keluskar.

The session further continued with different pranayama, OMKAR chanting, and mudra for brain development. Different ASANAS including sarvangasan, butterfly, garudasan, tadasan, paschimottanasan, wajrasan, stretching asanas, finger movement were demonstrated by Mr.Nandadeep Keluskar and practiced by students.



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Different ASANAS performed by students



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Felicitation of Trainers

| Sr. No. | Participant category | Number of participants |
|---------|--------------------------------|------------------------|
| 1. | 7 th class Students | 25 |
| 2. | Trainer | 02 |
| 3. | DLLE students | 05 |
| Total | | 32 |

PO attained are:

1. Leadership skill
2. Planning Abilities
3. Communication
4. Ethics
10. lifelong learning



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Yashwantrao Bhonsale College of Pharmacy, Sawantwadi, Dist: Sindhudurg, MH

Page · Pharmacy/Chemists

Principal, YBCP-Bhonsale Knowledge City, Savantwadi, India, Maharashtra

02363 272 251

ybpharmacy@gmail.com

sybespharmacy.com

Closing soon

Rating · 4.2 (12 reviews)

Suggest Edits

Photos See All Photos

Glimpses of Yoga awareness activity conducted by DILE students Mandar Aaroskar and team under Guidance of Mr. NANDADEEP KELUSKAR and Team for YBIS 7th class students on 3rd October 2022. Different yoga-asana and pranayam useful for brain development and improving brain capacity and physical fitness were demonstrated and practiced by students. Total 25 students get benefitted.

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MR. NANDADIP
KELUSKAR
VENUE

YASHWANTRAO BHONSALE INTERNATIONAL COLLEGE

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05-10-2022

Name and Sign of Event Coordinator

Name and Sign of Principal

Name and Sign of SPANDAN Club Head