




**KALEIDOSCOPE**

**Name of the Event: International Yoga Day 2022**


**Date: 21<sup>st</sup> June 2022**

**Venue: Seminar Hall, YBCP**


**Targeted Audience: First Year B.Pharm Students**




आज़ादी का  
अमृत महोत्सव




**YASHWANTRAO BHONSALE  
COLLEGE OF PHARMACY**




**BKC**




Department of Pharmacognosy and Sense Club  
Celebrates  
**INTERNATIONAL YOGA DAY 21<sup>st</sup> JUNE 2022**  
Organizes  
1. Yoga Expert session on Yoga for wellness  
2. Essay writing Competition How Yoga have served us during Covid Crisis In Support of the theme  
**" YOGA FOR HUMANITY "**




**GUEST**  
**MS. Vaishnavi Rasam**  
ALUMNA, YBCP




**DR. VIJAY A. JAGTAP**  
PRINCIPAL




**DR. R.K. BARSE**  
SPANDAN CLUB HEAD



**MS. AISHWARYA THAKUR**  
Coordinator  
DEPT. OF  
PHARMCOGNOSEY



**MS. JENNY THOMAS**  
Coordinator  
DEPT. OF  
PHARMCOGNOSEY



**TIME : 01. Activity (10am. to 11.30 pm) 02. Essay Writing (12.00 noon to 1 pm)**  
**BHONSALE KNOWLEDGE CITY,** Vazarwadi, Charathe, Sawantwadi, 416510 Dist. Sindhudurg, Maharashtra (India),  
Phone : 02363-272299/272233, email : ybpharmacy@gmail.com



### **About the Program:**

On the occasion of International Yoga Day, the SENSE club & Department of Pharmacognosy of Yashwantrao Bhonsale College of Pharmacy conducted a Yoga Expert Session and Essay Writing Competition for the students. The theme for International yoga day 2022 was based on **“Yoga for Humanity”**.

On the occasion of International Yoga Day on 21<sup>st</sup> June 2022, the session began with inaugural function and lamp lightening ceremony followed by addressing the participants by Dr. Vijay A. Jagtap, Principal, YBCP. The expert session by Ms. Vaishnavi Rasam, Alumina YBCP, motivated all participants to perform the asanas. In this session, the importance of yoga was discussed. Followed by next session, Dr. Vijay A. Jagtap, Principal, YBCP, conducted a meditation session for the participants emphasizing on the different forms of meditation and also by practicing it. These insights from the experts encouraged the students to practice yoga. The event concluded with the vote of thanks. The event was coordinated by Ms. Aishwarya Thakur & Ms. Jenny Thomas, Assistant Professor, Dept. of Pharmacognosy, YBCP. Essay writing competition was also conducted for the students. Six students participated for the same. Ms. Meehika V.Chavan was declared as the winner of the competition.

Overall 69 participants attended the sessions for International Yoga Day 2022 under the guidance of Sense Club and Department of Pharmacognosy, YBCP.



### Statistical Analysis:

Sr. No.	Category	No. of Participants
1.	Students	48
2.	Staff Members	21
	Total	69

### Glimpses of the event:



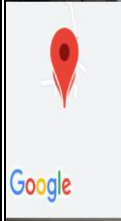
**Lamp Lightening**



**Welcoming Session**



**KALEIDOSCOPE**



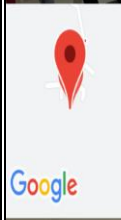
**Charathe, Maharashtra, India**  
BKC, Building No. 02, A/P Charathe - Vazarwadi, Charathe, Maharashtra  
416510, India  
Lat 15.903877°  
Long 73.844735°  
21/06/22 10:49 AM



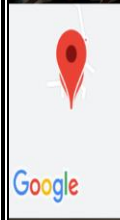
**Welcoming address**



**Yoga Expert Session**



**Charathe, Maharashtra, India**  
BKC, Building No. 02, A/P Charathe - Vazarwadi, Charathe, Maharashtra  
416510, India  
Lat 15.903902°  
Long 73.844701°  
21/06/22 11:09 AM



**Charathe, Maharashtra, India**  
BKC, Building No. 02, A/P Charathe - Vazarwadi, Charathe, Maharashtra  
416510, India  
Lat 15.903871°  
Long 73.844714°  
21/06/22 12:14 PM



**Student Participation**



**KALEIDOSCOPE**

### Update from social Media:



**Ms. Aishwarya L. Thakur**  
Event Coordinator

**Dr. Rohan Barse**  
SPANDAN Club Head

**Dr. Vijay Jagtap**  
Principal