




21<sup>st</sup> June 2023


## MEDITATION & YOGA WORKSHOP

### “YOGA FOR UNITY”


- ❖ Title : Meditation & Yoga Workshop
- ❖ Theme : Yoga for Unity
- ❖ Organized by : NSS Cell & Sense Club of YBCP Sawantwadi
- ❖ Venue : YBCP's Seminar Hall
- ❖ Date : 21<sup>st</sup> June 2023
- ❖ Program Coordinator : Mr. Mayuresh R. Redkar,  
Dr. Gaurav G. Naik
- ❖ Program Advisor : Dr. Vijay A. Jagtap.




आज़ादी का  
अमृत महोत्सव




राष्ट्रीय सेवा योजना  
NATIONAL SERVICE SCHEME




यशवंतराव भोंसे कॉलेज ऑफ फार्मसी  
YASHWANTRAO BHONSE COLLEGE OF PHARMACY



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CGPA  
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आज़ादी का  
अमृत महोत्सव

**NSS-Cell & Sense Club of Yashwantrao Bhone College of Pharmacy**

Organized

## Meditation and Yoga Workshop

on the occasion of

# INTERNATIONAL YOGA DAY

Theme of the event:  
“Yoga For Unity”

Wednesday, 21<sup>st</sup> June 2023


Time: 09:30 To 10:30 AM, Venue: Seminar Hall

**Dr. Gaurav G. Naik**  
Event Coordinator

**Mr. Mayuresh R. Redkar**  
NSS & SENSE Club Coordinator

**Dr. Rohan K. Barse**  
SPANDAN Club Coordinator

**Dr. Vijay A. Jagtap**  
Principal & Convener



## BHONSALE KNOWLEDGE CITY,

Vazarwadi, Charathe, Sawantwadi, 416510 Dist. Sindhudurg, Maharashtra (India),  
Phone : 02363-272299/272233, email : ybpharmacy@gmail.com

## **Introduction:**

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. The Indian Prime Minister Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. Every year International Yoga Day is celebrated on June 21 worldwide. It serves as a platform to raise awareness about the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being.

## **About the Program:**

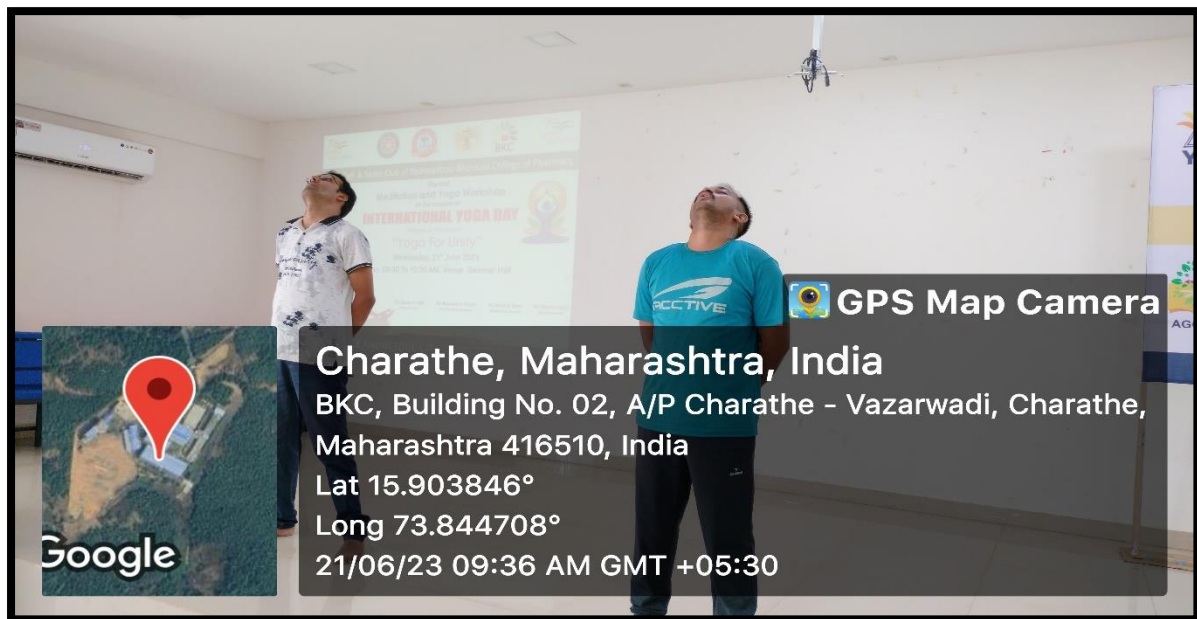
On the occasion of International Yoga Day, the NSS Cell and SENSE club of Yashwantrao Bhonsale College of Pharmacy conducted a Meditation and Yoga Workshop for the students. The theme for International yoga day 2022 was based on “Yoga for Unity”. On the occasion of International Yoga Day on 21st June 2023, the session began with inaugural function and lamp lightening ceremony followed by addressing the participants by Mr. Mayuresh Redkar, NSS and SENSE Club Coordinator. Dr. Gaurav Naik, PG Pharmaceutical Chemistry Department Head conducted the meditation and yoga session and motivated all participants to perform the asanas. In this session, the importance of yoga was discussed. Followed by next session, 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 Mr. Mayuresh Redkar and Dr. Gaurav Naik. Overall 50 participants attended

the sessions for International Yoga Day 2023 under the guidance of NSS Cell and Sense Club YBCP.

### **Details of Participants:**

Total Number of Participants: 50 (Students 48 + Staff 02)

### **Glimpses of the Event:**



**Demonstration of Yoga by faculty coordinator**

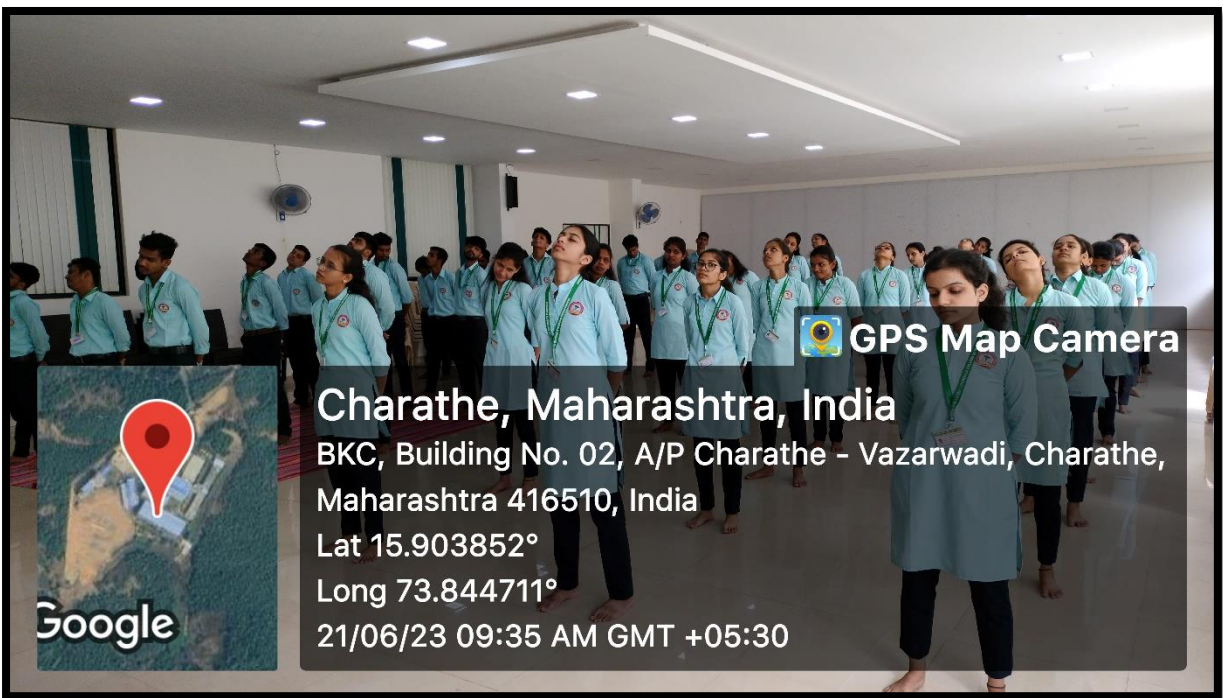


**Students performing the exercise during the session**

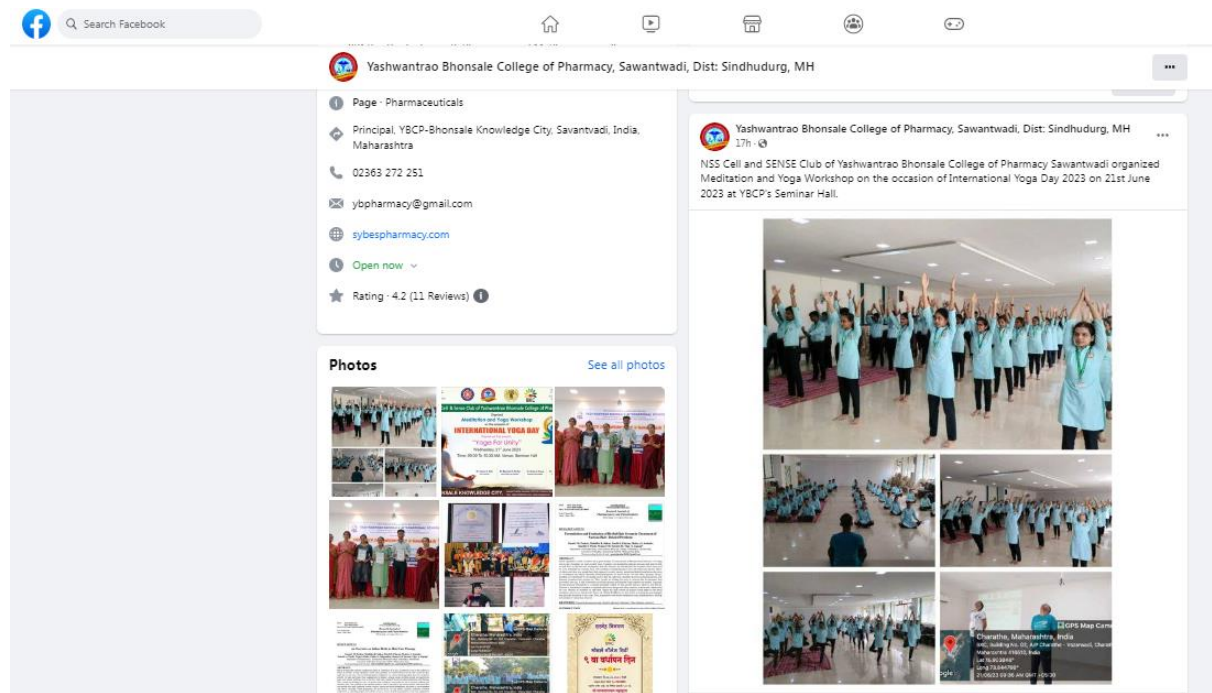




**Student's participation in the program**



## Facebook Updates:



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NSS Cell and SENSE Club of Yashwantrao Bhonsale College of Pharmacy Sawantwadi organized Meditation and Yoga Workshop on the occasion of International Yoga Day 2023 on 21st June 2023 at YBCP's Seminar Hall.

## Report Prepared & Approved By:

**Mr. M. R. Redkar**  
NSS & SENSE Club Coordinator

**Dr. R. K. Barse**  
Spandan Club Head

**Dr. V. A. Jagtap**  
Convener