



21st June 2024

International Yoga Day

- ❖ **Organized by** : Yashwantrao Bhonsle College of Pharmacy and
- ❖ **Venue** : YBCP, YBDP & BKC, Sawantwadi
- ❖ **Date** : 21st June 2024
- ❖ **Yoga Instructor** : Dr. Gaurav G. Naik



NSS-Cell & Sense Club of

YASHWANTRAO BHONSALE COLLEGE OF PHARMACY

Sawantwadi, Sindhudurg, Maharashtra.

Organizes

ONLINE YOGA SESSION

on the occasion of

"INTERNATIONAL YOGA DAY"



Friday, 21st June 2024

at 09.00 am



ON



Dr. Gaurav Naik
Yoga Instructor
Yashwantrao Bhonsale
College of Pharmacy



Mr. Jatin Tekawade
NSS Co-ordinator
Yashwantrao Bhonsale
College of Pharmacy



Mr. Vinod R. Biradar
NSS Co-ordinator
Yashwantrao Bhonsale
College of Pharmacy



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



BHONSALE KNOWLEDGE CITY,

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

Objectives of the Event

- ✓ **Promoting Awareness:** To raise awareness worldwide about the benefits of practicing yoga for physical, mental, and spiritual well-being.
- ✓ **Encouraging Participation:** Encouraging people of all age groups and fitness levels to participate in yoga activities to foster better health.
- ✓ **Stress Reduction:** Highlighting yoga's role in managing stress and promoting mental peace and relaxation.
- ✓ **Global Unity:** Fostering global solidarity and harmony by celebrating yoga as a holistic approach to health and well-being.
- ✓ **Cultural Heritage:** Recognizing and celebrating yoga as an ancient practice originating from India, contributing to cultural heritage awareness worldwide.

About the Program:

In a vibrant celebration of International Yoga Day, the NSS and Sense Club of Yashwantrao Bhonsale College of Pharmacy, Sawantwadi, came together to organize a transformative online yoga session. Led by Dr. Gaurav G. Naik, the PG Head of Pharmaceutical Chemistry at YBCP, the event drew enthusiastic participation from Hon. Dr. Vijay A. Jagtap, Principal of YBCP, faculty members, and students alike. This collective involvement underscored their commitment to holistic well-being and unity through the practice of yoga. Dr. Naik, renowned for his expertise in yoga and pharmaceutical chemistry, meticulously guided the participants through each asana. His emphasis on proper technique and mindful breathing resonated deeply, enriching the experience for all involved. As participants followed Dr. Naik's demonstrations with dedication, the virtual session blossomed into a serene environment where the essence of yoga—harmony of body and mind—was palpable.

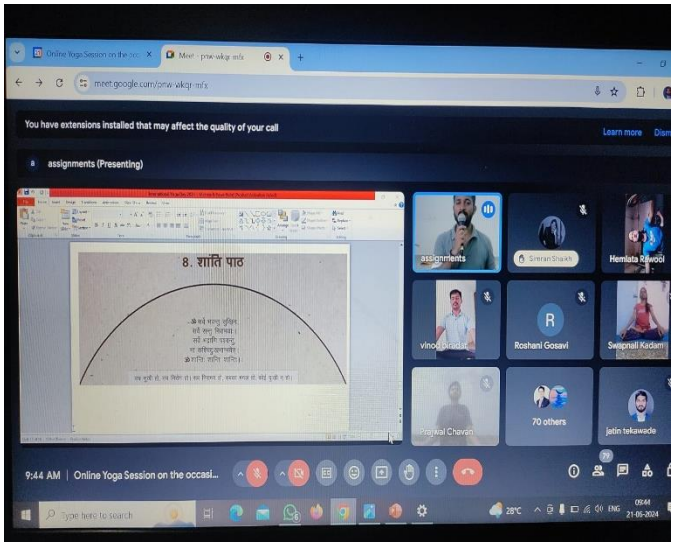
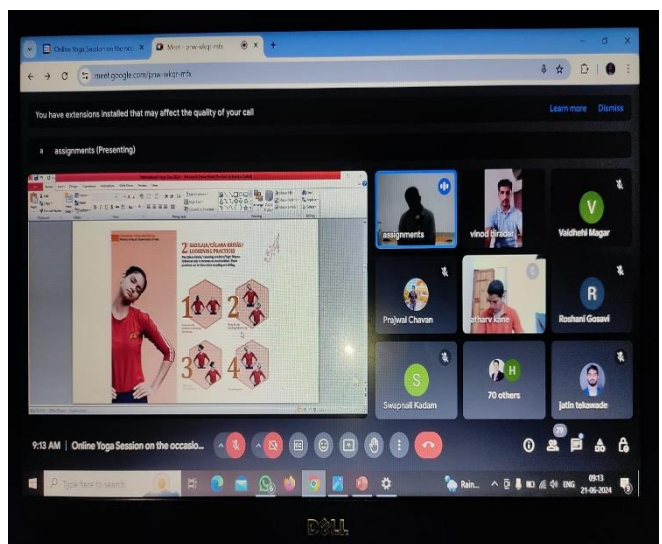
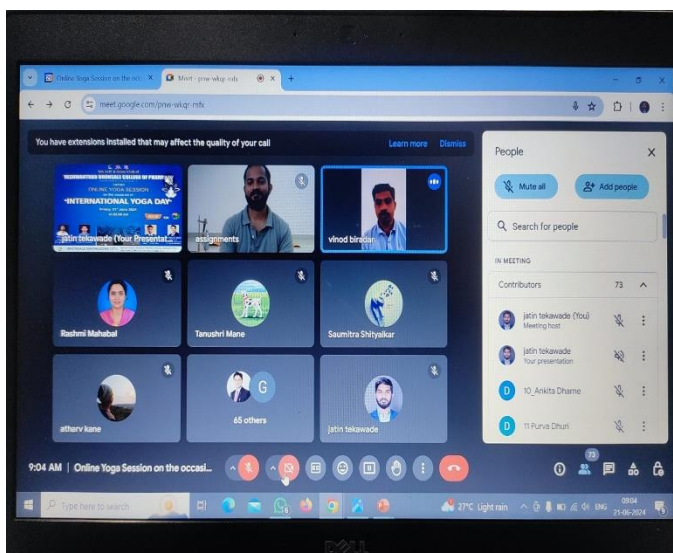
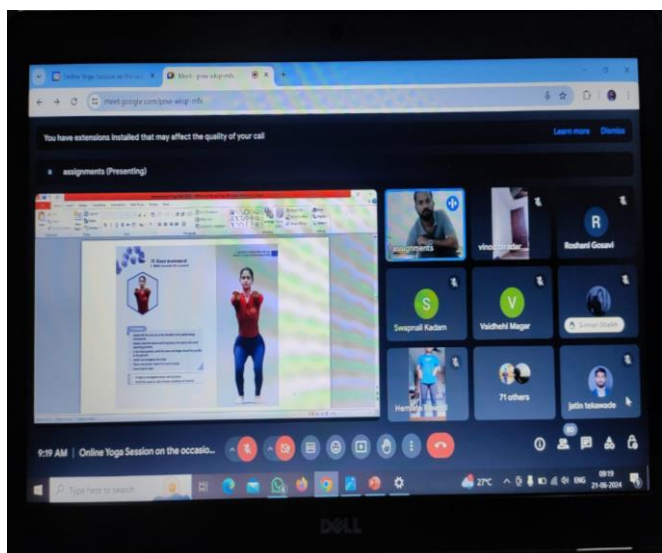
The presence of Hon. Dr. Vijay A. Jagtap further elevated the occasion. His active engagement exemplified leadership by example, inspiring everyone to embrace yoga not just as an exercise, but as a holistic lifestyle choice. Faculty members contributed their experience and encouragement, fostering a supportive atmosphere that encouraged students to explore their physical and mental capabilities through yoga. Mr. Vinod R. Biradar, skilfully anchoring the

event, ensured its seamless flow and organization. His role was pivotal in maintaining the rhythm of the session, allowing participants to immerse themselves fully in the practice without distractions. This dedication to detail and coordination reflected the team's commitment to delivering a meaningful experience on this global observance day.

In conclusion, the online yoga session organized by Yashwantrao Bhonsale College of Pharmacy, Sawantwadi, underlined the transformative power of yoga in fostering unity, well-being, and cultural appreciation. Dr. Gaurav G. Naik's expert guidance, Hon. Dr. Vijay A. Jagtap's leadership, and the enthusiastic participation of faculty and students collectively contributed to a memorable and impactful celebration of International Yoga Day.

Glimpses of the Event:





Total Number of Participant: 100

Total No. of Faculty Participants : 10

Report Prepared & Approved By:

Mr. Jatin A. Tekawade Mr. Vinod R. Biradar
Coordinators

Dr. Vijay. A. Jagtap
Principal