



Sindhudurg Educational Society's

**SHREE SARASWATI COLLEGE OF
NURSING (Basic B.Sc. Nursing), TONDAVALI**

Vidyanagri, Tondavali, Tal. Kankavali, Dis. Sindhudurg.

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**Theme: "YOGA FOR VASUDHAIVA
KUTUMBAKAM" -one world, one future and
one family.**

REPORT ON INTERNATIONAL YOGA DAY-2023

9th International Yoga day was celebrated by the NSS Unit of Shree Saraswati College of Nursing, Tondavali on 21st June 2023 with great enthusiasm under the guidance of Principal Prof. Mrs.ShakuntalaNagraj.

The function began with a brief introduction of Yoga Day by Nursing Tutor Ms. PriyankaDevali.And welcomed all the dignitaries with briefintroduction of the chief guests, Mr. Sanjay Bhosale, Certified Yoga trainer since 20 years, working in kasardehighschool as teacher since 29 years, since 15 years working in patanjali yoga committee and training so many students they are now departmental, district and state level compititators. And special guest, Ms. PriyankaSutar mam, who is teacher of kasardehighschool and practicing and training many college students of Bhogavati and siddhgiri math, Kolhapur since 5 years.

The chief guests wererefelicitated by lecturer Mr. Dhanrajkharat sir and Ms. Shobha mam respectively.

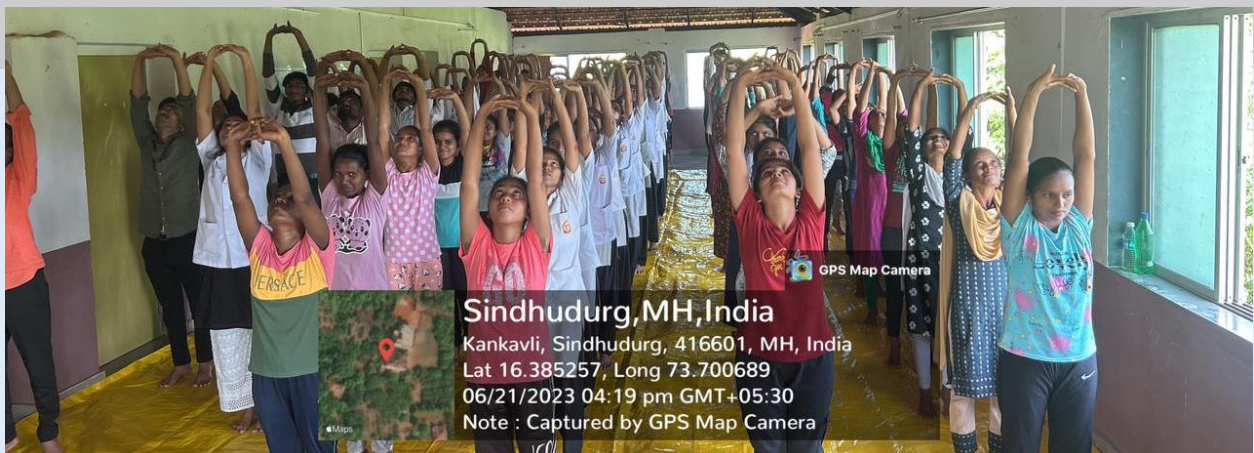
Yoga Day is celebrated among the youth and children to make them understand theimportance of Yoga in their life. It helps the students understand how to maintain harmonybetween body and mind. Two lectures organised to explain the importance of Yoga.Mr. Sanjay Bhosaleexplained the importance of Yoga in the life of youngsters. He explained that regular practice of Yoga will help the students achieve better mental and physicalhealth. Ms. PriyankaSutarstarted Yoga demonstrations with the Yoga prayer. After which a few warmup and simple Asanas were performed by the students and the teachers enthusiastically and theimportance of these Asanas was explained simultaneously by Mr. Sanjay Bhosale. Spoken about 'The Positive Framework of Meditation'. He began byexplaining how negative thoughts disturb a person. Negativity he said increases the hormonalimbalance in people and thus there is a confusion of thoughts leading to stress. he also spoke about his experience as a yoga trainer since 20 years. he emphasized the fact that purity of thought increases positivity in a

person. Purity of thought increases mentally and physically strong people, which further create a positive nation leading to a positive world. He emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students. He conducted a 3-minute meditation session with the students and teachers and professed the regular use of meditation in one's life.

Prof. Mrs. Shakuntala Nagraj told the students that International Yoga Day is a gift to the world by PM Modi, who put forward a proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations. 21st June is since been celebrated as International Yoga Day. And explained the importance of breath in meditation. She told the students they should read ancient Indian texts like Patanjali Maharishi's 'Ashtang Yog' along with personality development books by International writers. She encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind.

The function ended with a vote of thanks by Nursing Tutor Ms. Priyanka Devali. The function was organized by Prof. Sagar Bhosale, Mr. Shreemantkharat sir and third year and final year students and office staff and peons who put in a lot of effort to make the function a success.

Yoga Day





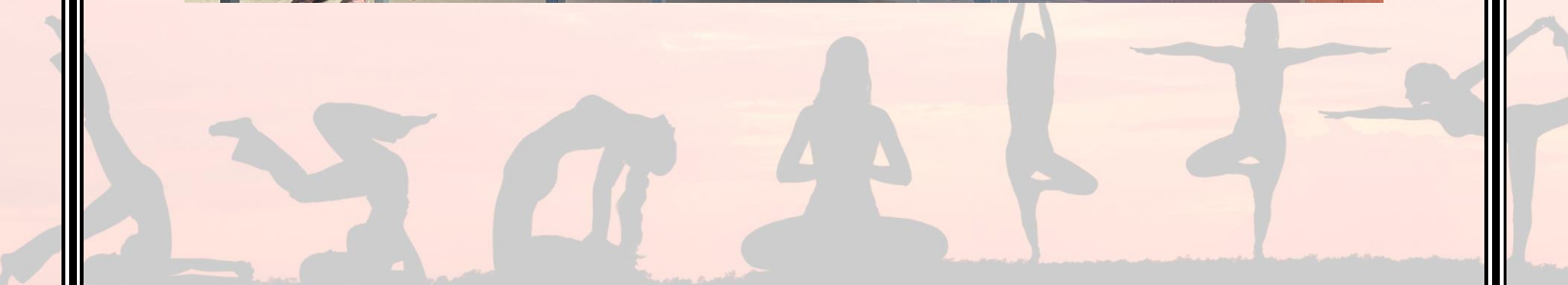
Sindhudurg, MH, India

Kankavli, Sindhudurg, 416601, MH, India

Lat 16.385270, Long 73.700709

06/21/2023 04:23 pm GMT+05:30

Note : Captured by GPS Map Camera





DATE: 21/06/2023

STUDENT PARTICIPANTS

Program: “WORLD YOGA DAY”-2023

SR NO	NAME OF THE STUDENT	SIGNATURE
1	Arekarkshitij	
2	Chavanlalit	
3	Fernandesvelentina	
4	GawasTanuja	
5	Gore shila	
6	GuravAishwarya	
7	Guravpriti	
8	Kadamjivika	
9	KambleJayant	
10	Mahapureamos	
11	NigreBhavesh	
12	Nikamdivya	
13	Nikamkishori	
14	Parabneha	
15	Parabshruti	
16	PatkarSantoshi	
17	Pawaranil	
18	Pawaskarsoniya	
19	Rane prafulla	

20	Rasaamsakshi	
21	Satosesairaj	
22	ShelkeSneha	
23	Sherkhanebhagyashri	
24	Suryawanshipranjali	
25	Tandelhemalata	
26	Vadarumesh	
27	Wankhedeasmita	
28	Zoreakshata	

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SR NO	NAME OF THE STUDENT	SIGNATURE
1	Bane PradnyaNagesh	
2	DavakhurePriyalSadanand	
3	DevaliJyoti Vishnu	
4	DinganekarVidyaRajan	
5	GudaleMeghaDamaji	

6	GuravSujata Sunil	
7	HaryanAnkitaGanpat	
8	HindalekarPrachiGanpat	
9	Jadhav Nikita Vijay	
10	JadhavRakhiBapu	
11	Jangle PrashantiTukaram	
12	KadamDivyaDasharath	
13	KorgaokarVaibhavi Vijay	
14	KubalSayaliSuryakant	
15	Lad AnkitaGanpat	
16	LimborePoojaBhimrao	
17	Mane ShubhangiVitthal	
18	MilgireSakshiNamdeo	
19	More Manasi Prakash	
20	MundyeJayeshChandrashekhar	
21	ParabSanketSandip	
22	PatilSaloni Mahesh	
23	PawarSamiksha Sanjay	
24	RedkarRuchiSuryakant	
25	RogeLilavatiGangadhar	
26	SalunkeKomal Bharat	
27	SasolkarJanaviJayandrath	
28	SawantLalita Sunil	
29	TambePoonam Santosh	

30	Terse Aditi Ashok	
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SR NO	NAME OF THE STUDENT	SIGNATURE
1	Amberkar Saniya Rajesh	
2	BagaveShivani Santosh	
3	Bandekardivya Ganesh	
4	ChincholkarsrushtiBhanudas	
5	GawadeHarshitaRamchandra	
6	AwasHarshaliBhiva	
7	GawasSakshiGhanshyam	
8	GawasSakshi Vijay	
9	GhodkeSnehaHaribhau	
10	JadhavSamikshaBaliram	
11	KadamSahil Sunil	
12	Kalingan Sail Prakash	
13	Karle DikshaSatish	
14	KumbharDamini Ramesh	
15	KumbharSuhani Suresh	
16	LahaneShubhamGovind	

17	MayekarKomalAjit	
18	NaikUtkarshaRadhakrishna	
19	NikamNehaUttam	
20	PadavalSanikaVinod	
21	PalavJagrutiBalakrushna	
22	Parkar Bhakti Vishvambhar	
23	Rane LeenaRavindra	
24	SawantDivyaDigambar	
25	SutarAkansha Sunil	
26	SutarSandyaraniShivaji	
27	TambeSanikaDashrath	
28	TawadePratikshaLaxman	
29	TendolkarLaxman Ashok	
30	TondavalkarRupaliSuryakant	

Signature of Program Officer

Signature of Program Officer

Signature of Nodule Officer