



## BHARATI VIDYAPEETH'S COLLEGE OF ENGINEERING, KOLHAPUR

FOUNDER CHANCELLOR  
**Dr. Patangrao Kadam**  
M.A., LL. B., Ph. D.

Accredited by NAAC With 'A' Grade  
Approved by AICTE, New Delhi & Affiliated to Shivaji University, Kolhapur  
Near Chitranagari, Kolhapur - 416013 (MS)  
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PRINCIPAL  
**Dr. Vijay Ghorpade**  
M.E., Ph. D. (Computer)

## NAAC SSR CYCLE- 2



Criterion III	Research, Innovations and Extension
Key Indicator 3.4	Extension Activities
3.4.3 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years.	

Name of Activity: Programme Under ``Azadi Ka Amrutmahostav``  
Celebration of `International Yoga Day`



**BHARATI VIDYAPEETH'S  
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- **Organizing Department:** National Service Scheme (NSS) Unit BVCOEK
- **Name of Activity** : Programme Under ``Azadi Ka Amrutmahostav``  
Celebration of `International Yoga Day`
- **Date of Activity** : 21/06/2022
- **No. of Participants** : 40 Student, faculty & NSS volunteers.
- **Beneficiary** : Youths of R. K.Nagar Kolhapur along with Faculty and staff of college
- **Details of Activity:** On occasion of "International Yoga Day" Bharati Vidyapeeth's College of Engineering Kolhapur arranged a yoga session for faculty members. This session was conducted under the guidance of Yoga expert Shri Mohan Kavthekar (International Yoga Expert) & Mrs. Archana Kavthekar. For this Programme Principal Dr.V.R. Ghorpade, all Head of Departments & NSS Coordinator R.B.Lokapure, all teaching & non-teaching staff members and villagers in R.K.Nagar were present. The yoga session started by introductory speech of NSS coordinator Mr.R.B. Lokapure and felicitation of Yoga expert Shri Mohan Kavthekar & Mrs. Archana Kavthekar by our Principal Dr.V.R.Ghorpade. Yoga session started by, `Suryanamskar asanas`, followed by `simple stretching asana`, `Chakrasan`, and the Yoga session ended by various, `Pranayama's` i.e., `Anulom & Vilom`, `Kapalbhati` etc. In this Yoga session Villagers of R.K.Nagar, teaching and non-teaching members participated actively and got benefitted .
- **Outcome:** All participants learned different yoga asanas to be performed by proper scientific method and how to maintain physical and mental health.



International Yoga Expert-Shri Mohan Kavthekar Demo of Yoga.



International Yoga Expert-Shri Mohan Kavthekar & Mrs. Archana Kavthekar during International Yoga Day

  
NSS Coordinator

  
Principal



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PRINCIPAL

**Dr. Vijay Ghorpade**

M.E., Ph. D. (Computer)

Ref.No.: - BV/COEK/ 115 /2021-22

Date :- 19/06/2022

To,

Mrs. Archana Kavthekar

Yoga Expert

Kolhapur

**Subject:** Invitation letter

Dear Madam,

It gives me immense pleasure to invite you in our college on occasion of “**International Yoga Day**” to conduct yoga session for faculty and students. We request you to guide our faculty members on this occasion

We wish to invite you as a Guest for the same on **21<sup>st</sup> Jun 2022 at 9.00 a.m.** and we kindly request you to accept our invitation. We hope you will cooperate and accept our invitation.

Thanking You

Dr. Vijay. R. Ghorpade

Principa





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Ref.No.: - BV/COEK/ 118 /2021-22

Date :- 22/6/2022

To,

Mrs. Archana Kavthekar

Yoga Expert

Kolhapur

Dear Madam,

We would like to extend our warm thanks to you for accepting our invitation and guiding our faculty members on occasion of "International Yoga Day". Session conducted by you will be helpful to all to perform yoga in day to day to life

We genuinely thank you once again for the support and time given by you and sincerely hope that you would continue to extend your valuable support and cooperation in our future initiatives as well.

Thanking You

Dr. Vijay. R. Ghorpade

Principal

