

BHARATI VIDYAPEETH'S COLLEGE OF ENGINEERING, KOLHAPUR.

A.Y. 2018-19.

- **Name of Activity:-** ` Celebration of, International Yoga Day'.
- **Name of Co-coordinator:-** Mr. R. B.Lokapure
- **Date of Activity:-** 21/06/2018.
- **Name of Resource Person:-** Mrs.Dr.Anima Dahibhate & Mr.Kabbur.
- **Participants:-** All HOD'S, NSS .Voulunteers, B.E. Students and Staff Co-coordinators

Details of Activity: - On occasion of above event in our Bharti Vidyapeeth College of Engineering. We celebrated Yoga day under the guidance of Yoga expert **Mrs.Dr.Anima Dahibhate & Mr.Kabbur**. For this Programme our Principal **Dr.Vijay R. Ghorpade**, All Head of Departments & NSS Co-ordinator R.B.Lokapure and all Teaching & non-teaching staff were present. The yoga session started by introductory speech of NSS Co-ordinator R.B.Lokapure and felicitation of Yoga expert **Mrs.Dr.Anima Dahibhate & Mr.Kabbur** by the hand of **Dr.Vijay R. Ghorpade**

At the beginning Yoga session started by, ` Suryanamskar asnas', followed by

`Simple stretching asana', `Tadasan', `chakrasan', `Bhujagasan' etc, and the Yoga session ended by various

, `Pranayama's' i.e. `Anulom & Vilom', `Kapalbhati' etc. In this Yoga Training, All

Teaching and Non-teaching Members took keen interest to perform various Asanas. While ending this Programme, Vote of Thanks is given by Prof. **Dr.Vijay R. Ghorpade** .

Celebration of Inter-National Yoga Day.-Felicitation of Yoga Expert Dr.Anima Dahibhate & Kabbur sir.by hands of Principal Dr.V.R.Ghorpade.



Staff Performing Asanas.-





Instructions by Yoga Guru Shri Kabburesir.-

