



**Dapoli Education Society's
Dapoli Urban Bank Senior Science College Dapoli
Internal Quality Assurance Cell (IQAC)
Women Development Cell (WDC)
Activity Report**

1. **Name of the activity-** workshop and competition of yoga on the occasion of International yoga Day
2. **Date and time** – 21st June 2023 from 9.00 am to 11.00am
3. **Aim and Purpose** – to learn and try out distinguished types of Yoga and Yoga Sana
To understand the benefits of Yoga
To gain knowledge around practicing the Mudra
4. **Inauguration and resource person and topic-** international Yoga day was conducted on 21st june 2022. The resource person was Mrs.Harshada Dongare, Mrs.Bhagwati patel, Mr.Pankaj Vedak.
5. **Number of participants** – total 121 participants were there, in that 84 were girls students have actively participated in this yoga competition.
6. **About overall conduct** –the overall yoga programme was good. Dr. Sandesh P jagdale, Mrs.Harshada Dongare, Mrs.Bhagwati patel, Mr.Pankaj Vedak , WDC committee members were present for inauguration programme.

Result of yoga competition was –

Sr. No.	Name of students	Class
1	Mankar Samruddhi -1 st rank	S.Y.BCom
2	Ghag Jindyasa Rajesh- 2 nd rank	S.Y.BSc
3	Khare Gauri Shashikant -3 rd rank	S.Y.BCom

7. **Feedback** – The overall feedback for yoga competition was excellent Mrs. Harshada Dongare madam share her experience with students.

- Workshop and competition of yoga on the occasion of International yoga Day-



P. S. S.
(Comenior)

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Principal
Dapoli Education Society's
Dapoli Urban Bank Senior Science College
Dapoli, Dist. Ratnagiri

DAPOLI URBAN BANK SENIOR SCIENCE COLLEGE

DAPOLI EDUCATION SOCIETY'S

DAPOLI, DIST. RATNAGIRI 415 712

(Permanently Affiliated to University of Mumbai)

NAAC Reaccredited "B" Grade (CGPA 3.00)

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Date - 17/06/2022



नोटीस

सर्व विद्यार्थ्यांना कळविण्यात येते की, आपल्या महाविद्यालयामध्ये क्रिडा विभाग, राष्ट्रीय सेवा योजना विभाग आणि महिला विकास कक्ष यांच्या मार्फत मंगळवार दि. 21 जून 2022 रोजी सकाळी 09.00 वाजता योगस्पर्धा व तत्साकडुन प्रात्यक्षिकांचे आयोजन करण्यात आले आहे. योगस्पर्धेचे नियम - 1. योगस्पर्धेची सुरुवात सूर्यनमस्काराने केली जाईल. (1 to 12 count) 2. विद्यार्थ्यांनी स्वालील पाच आसने करणे बंधनकारक आहे. (पहिली फेरी)

	अर्ध मच्छिंद्रासन
	नौकासन
	आकर्ण धनुरासन
	हलासन
	गोमुखदासन

3. विद्यार्थ्यांना 3 अवघड आसने आयत्यावेळी दिले जातील. त्यातील 2 आसने करणे बंधनकारक असेल. (दुसरी फेरी)
4. सहभागी विद्यार्थ्यांनी त्यांना येणारी कोणतेही 2 आसने करून दाखवावीत. (तिसरी फेरी)
5. आसन स्थितीत सहण्याचा कालावधी 30 सेकंद आहे.
6. योगासाठी लागणारा गॅट विद्यार्थ्यांनी घेऊन यावे.
7. योगस्पर्धेसाठी योग्यप्रकारे ड्रेसकोड असावा.

Principal
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