

## 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  $-21^{st}$  June 2023 from 9.00 am to 11.00am 3. Aim and Purpose – to learn and try out distinguished types of Yoga and
  - To understand the benefits of Yoga

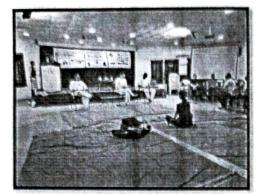
To gain knowledge around practicing the Mudra

- 4. Inauguration and resource person and topic- international Yoga day was conducted on 21<sup>st</sup> 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 <sup>st</sup> rank	S.Y.BCom
2	Ghag Jindyasa Rajesh- 2nd rank	S.Y.BSc
3	Khare Gauri Shashikant -3 <sup>rd</sup> 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

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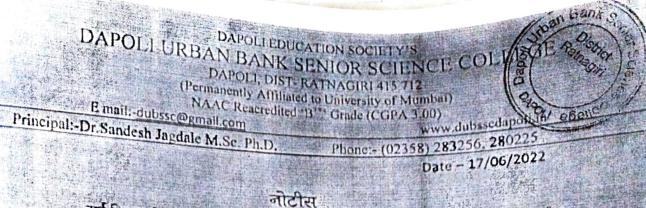




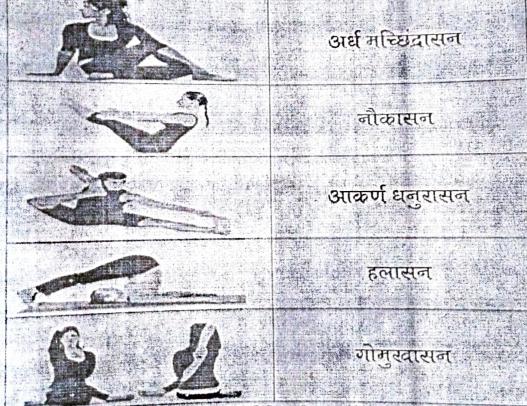
(Jeuni (Convenor)

## Principal Dapoll Education Society's Dapoli Urban Bank Senior Science College

Dapoli, Dist. Ratnagini



सर्व विद्यार्थ्यांना कळविण्यात चेते की, आपस्या महाविद्यालयामध्ये किडा विभाग, राष्ट्रीय सेवा योजना विभाग आणि महिला विकास कक्ष यांच्या नार्फत मंगळवार दि.21 जून 2022 रोजी सकाळी 09.00 वाजता चोगस्पर्धा द तत्सांकडुन प्रात्यक्षिकांचे आधोजन करण्यात आले आहे. धोगरपर्धेचे निचन -1: योगस्पर्धेची सुरूवात सूर्यनगरकाराने छेली जाईल. (1 to 12 count) 2. विद्यार्थ्यांनी स्वालील पाच आसने करणे बंधनकारक आहे. (पहिली फेरी)



3. विद्यार्थ्यांग 3 अवघड आसने आयत्यावेळी दिले जातील. त्यातील 2 आसने करणे बंधनकारक

- असेल.(दुसरी फेरी)
- 4. सहमारी वियार्थ्यांनी त्यांना रोणारी कोणतेही 2 आसने करून दाखवाबीत. (तिसरी फेरी)
- 5. आसन स्थितीत राहण्याचा कालावधी 30 सेकंद आहे.
- चोगासाठी लागणारा गेंट विद्यार्थ्यांनी घेऊन यावे.
- 7. चोगस्पर्धेसाठी घोण्यप्रकारे ड्रेसकोड असावा.

