



CAYM Education Trust's

Siddhant Institute of computer Application

SUDUMBARE, TAL MAVAL, DIST PUNE-4121019

A REPORT ON

CELEBRATING

Yoga Day 2019-20

SUBMITTED BY

Mrs. Kalyani Joshi



**Report on
International Day of Yoga**

Date: 21st June 2019

Venue: Seminar Hall, MCA

Time: 8:30 am to 10.00am

The "International Yoga Day has been celebrated on 21 st June 2019 to bring peace, harmony, happiness and success to every soul in the world .This is a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. The Yoga Day conducted by Mr. Babasaheb Khavale (Yoga Instructor) in seminar hall.

All students, teaching and non teaching faculties have performed Yoga on International Yoga Day. Different Yoga Asnas like Vrikshasana, Dandasana, Shishuasnas, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, PawanaMuktaasan a, finally ended with Pranayam a like Kapalbhathi, AnulomVilom, BhariPranayam and meditation Prayersis'e rerecited before and after the program.





Yoga Session started with Prarthan



S. S. Shrivastava
Director
SICA
Director

Siddhant Institute of Computer Application
Sudumbare Maval Pune - 412109



CAYM Education Trust's
SIDDHANT INSTITUTE OF COMPUTER APPLICATION

(Recognised by Govt of Mah & Affiliated to the Savitribai Phule Pune University)

Add: At post-Sudumbare, Tal-Maval, Dist-Pune-412109, Ph:02114-661951

Website: www.siddhantica.in Email: siddhantical@gmail.com

Attendance Sheet

Event Name: - Yoga day

Date: - 21-June 2019

No of Student Present:- 13

Class:- MCA

Total Student:-

Sr No	Student Name	Sign
1	Gore Sulbha	<u>GS</u>
2	harale somnath	<u>Harale</u>
3	Jagruhi Bhax	<u>Jagruhi</u>
4	Joshi subash	<u>JS</u>
5	Karke Sihal	<u>Karke</u>
6	vishal Satpote	<u>Satpote</u>
7	Pankaj Pandit	<u>Pankaj</u>
8	chavan sandip sahebrao	<u>chavan</u>
9	kalokhe vinit Aun	<u>Kalokhe</u>
10	kawale Nilesh vasant	<u>Kawale</u>
11	Pawar Gopal Nitin	<u>Pawar</u>
12	Surase tejpal vijay	<u>Surase</u>
13	Therat vijay manan	<u>Therat</u>
14	<u>N</u>	
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OTIS Shrivastava
Director

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