

CAYM Education Trust's

Siddhant Institute of computer Application

SUDUMBARE, TAL MAVAL, DIST PUNE-4121019

A REPORT ON

CELEBRATING

Yoga Day2019-20

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 Kapalbhati, AnulomVilom, BhariPranayam and meditation Prayersis'e rerecited before and after the program.





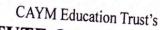
Yoga Session started with Prarthan





Director SICA Director

Siddhent Institute of Computer Application Sudumbare Maval Pune - 412109



SIDDHANT INSTITUTE OF COMPUTER APPLICATION

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Event Name: - Yogq day Date: - 21 - June 2013

Attendance Sheet

No of Student Present:- 13

Class:- MCA

Sr No	icrresent.	Total Student:-
1	Chore Salbha	Sign
2	L	es
3	marale sonnath	Handle.
4	Tack	Jagnet
5	- Karke Cilore	JS
6	Mishal Satellie	Carrie
7		1/ KOTHINE

Director Siddhant Institute of Computer Application

Sudumbare, Maval Pune - 412109