

(Approved by AICTE New Delhi, Goverment of Maharashtra Recognised Savitribai Phule Pune University) Add:At post-Sudumbare, Tal-Maval, Dist-Pune-412109, Ph:02114-661992 Email:siddhantica1@gmail.com Website: www.siddhantica.in

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REPORT ON

CELEBRATING YOGA DAY

2020-2021

(Co-coordinator)



200 (Director SICA)

DIFECTOF Siddhant Institute of Computer Application Sudumbare, Maval Pune - 412109

Real Contractions

CAYM Education Trust's SIDDHANT INSTITUTE OF COMPUTER APPLICATION

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Notice

A 'Yoga Day Celebration' is going to be organized by Siddhant Institute of Computer Application on 21 June 2020 by virtual Mode for the MCA Students. All students, teaching and non-teaching staff to remain present for the same.

Time:10:00 to 10:50 am

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SICA

DIFECTOF Siddhant Institute of Computer Application Sudumbare. Maval Pune - 412109



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Report on

Celebrating Yoga Day

Siddhant Institute of Computer Application, Our MCA Students along with successfully organized the 6th International Yoga Day on 21.6.2020 in virtual mode. Our Faculty Asst Prof. Mrs. Snehal Bhonde introduced today's guest and also gave a brief introduction to the history of Yoga Day and the importance of Yoga in our lives. Our resource person Mrs. Pallavi ChavardolMadam conducted today's session excellently by performing various warm-up activities, different Yog asanas, Surynamasakar, Pranayama, etc. She also explained the importance of Yoga in our day-to-day life. All the teaching, non-teaching, and students participated enthusiastically

We sincerely thank our President Shri R.S. Yadav Sir and our Vice President Smt Rekha Yadav Madam, for supporting us. We thank our Director Mr. Nitin S. Shrirao, for guiding us and encouraging us to conduct such activities and making it a successful one.

Regards

Siddhant Institute of Computer Application



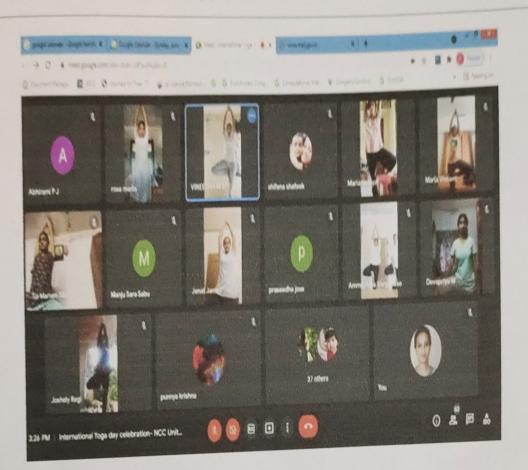
Directo

SICA Director Siddhant Institute of Computer Application Sudumbare, Mavai Pune - 412109

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| 🖌 🚗 FREE 14 days Yoga 9 👰 | FREE 14 days Yoga 9 🤗 : | |
| Announcements | Announcements | |
| ~ Habuild Yoga +91 79 6921 3346 | CONGRATULATIONS! | |
| Community admin | WE DID IT! 😅 | |
| Surprise Awaits you 🤓 | Thank you for making a healthier and happier world by participating in a World | |
| Burn extra calories 🍓 & reduce Fat in a fun-filled session today | Record with us. | |
| La Today's Session: | You can download your certificate. Click here: | |
| - Body Tapping - Core Strengthing | https://habit.yoga/certificate | |
| - Laughter Exercises | Join the evening sessions in case you | |
| Batch timings: (IST) | missed! | |
| Morning: 6:30 AM - 7:15 AM | Community admin +91 79 6921 3346 | |
| 7:30 AM - 8:15 AM 8:30 AM - 9:15 AM | Batch timings: (IST) | |
| LINK TO JOIN: | Evening: | |
| https://habit.yoga/live 05:41 | 5:00 PM - 5:45 PM 6:00 PM - 6:45 PM | |
| | 7:00 PM - 7:45 PM | |
| ~ Habuild Yoga +91 79 6921 3346 Community admin | Coday's Focus: | |
| | - Govt. Yoga Protocol | |
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