



CAYM Education Trust's

Siddhant Institute of computer Application
SUDUMBARE, TAL MAVAL, DIST PUNE-4121019

A REPORT ON

CELEBRATING

Yoga Day 2022-23

SUBMITTED BY

Prof. Sujata Albhar



CAYMET'S
Siddhant Institute of Computer Application
Chakan-Talegaon Road, A/P Sudumbare, Tal. Maval, Pune - 412109

Date : 20 June 2023

Notice

All the students and Staff are here by informed that 9th International Day of Yoga will be celebrated on 21st of June 2023 from 11.00 am in the college seminar hall. The students are strictly informed that they should be present with Yoga Uniform on that day.

Director



CAYM Education Trust's

SIDDHANT INSTITUTE OF COMPUTER APPLICATION

(Approved by AICTE New Delhi, Government of Maharashtra
Recognised by Savitribai Phule Pune University)

Address : Chakan - Talegaon Road, A/P- Sudumbare, Tal. Maval, Dist. Pune - 412 109
Tel.No. : 20114 - 661992 Email : siddhantica1@gmail.com Website : www.siddhantica.in

Ref. No:- SJ/MCA/2022-23/723

Date:- 21/06/2023

INVITATION LETTER

To,

Mrs. Prerana Nijampurkar,
Sahajyoga Meditation Centre,
Maval Pune.

Subject: Letter of Invitation.

Dear Sir/Madam,

It gives us immense pleasure to inform you that Siddhant Institute of Computer Application Sudumbare, Pune has arranged seminar on "Stress Management and Yoga Session" at seminar hall (SICA) on 21 /06/ 2023 to guide, help & assess as per our discussions.

This will help our students, teaching and non-teaching staff for orientation in their personal life.

Kindly accept the same.

Thanking you



GTLS Shrivora
Your regards,

Director
Siddhant Institute of Computer Application
Sudumbare, Maval, Pune - 412109.

Prerana Nijampurkar
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Ref. No. :- SI/MCA/2022-23/724

Date :- 21/06/2023

To

Mrs. Prerana Nijampurkar,
Sahajyoga Meditation Centre,
Maval Pune.

Subject: Letter of thanking.

Dear Sir/Madam,

On behalf of Siddhant Institute of Computer Application. Thank you for your dedication to teaching yoga for our students, teaching and non-teaching staff. It is truly a beautiful way of life and we are grateful for the opportunity to learn from you. We appreciate your guidance and advice, and we know that we will continue to benefit from your teachings.

Thank you again for everything.

Thanking you



OTIS Shrivora
Your regards,

Director
Siddhant Institute of Computer Application
Sudumbare, Maval, Pune - 412109.

Dr. Prerana Nijampurkar

Attendance Sheet

Event Name: Yoga Day
Date: 21 June 2023

Class: MCA Sem II

Total Students:

No of Student Present:

Sr.No.	Name of Student	Sign
1	Goniya Yadav	
2	Varsha Tadkar	
3	Shreyas Pawar	
4	Ritesh Kumar	
5	Kastik Poojari	
6	Neha Suryawandri	
7	Puja Ahuja	
8	Shanehra Badwane	
9	Rushikesh manu	
10	Mansi Jagdale	
11	Kalal Kale	
12	Pritee Bedkute	
13	Sandhya Gaikwad	
14	Swarnil Aher	
15	Ainkra D-Bhuse	
16	Akash Patil	
17	Sachin Kumar	
18	Kedar Vadake	
19	Pranav Yadav	
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Yoga Day for MCA 2022-23

Siddhant Institute of Computer Application celebrated “ **International Yoga Day**” by practicing “ Yogasanas and Meditation” on 21/06/2023 in Institute from 12.00 am to 2.00pm .The theme of International Yoga Day 2023 is 'Yoga For Stress Management.' The world is one Family.' Yoga seeks to enhance general wellbeing and harmony between the mind, body, and spirit.

In this activity students of first year and MCA, Faculty members, Teaching and Nonteaching staff participated actively. We are inviting guest for Yoga Day session Mrs. Prerana Nijampurkar, Sahajyoga Meditation Centre, Maval Pune.

Students and Staff performed various yogasanas and meditation under valuable guidance of Director Nitin Shirao Sir.

We are grateful to our Management for their timely support and also to our Director who guided us to conduct this program successfully.

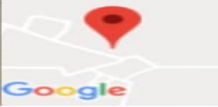
Place:
SICA

Date: 21 June2023



Pune Division, Maharashtra, India
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Lat 18.758585°
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GPS Map Camera
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