



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.



[Signature]
Director
Director
Siddhant Institute of Computer Application
Sudumbare, Maval Pune - 412109

CAYM Education Trust's



SIDDHANT INSTITUTE OF COMPUTER APPLICATION

(Approved by M.T.E. New Delhi Government of Maharashtra
Recognized 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. - SII/MCA/2022-23/773

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



Dr. S. J. Jadhav
Your regards,

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

Dr. Prerana Nijampurkar





Siddhant Education Trust's

SIDDHANT INSTITUTE OF COMPUTER APPLICATION

Approved by the Maharashtra State Council of Educational Research and Training
Mumbai, Maharashtra, India
Address: Siddhant Institute of Computer Application, Bldg. No. 101, Phase - 1, 1st Floor
Sudumbare, Maval, Pune - 412109
Maharashtra - 412109

To: _____ Date: _____

Mr. _____
Siddhant Institute of Computer Application
Maval, Pune

Subject: Letter of thanking

Respected Sir,

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 special 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



[Signature]
Your regards,

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



etc. [Signature]
[Signature]

[Signature]

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

Attendance Sheet

Event Name: Yoga Day
Date: 21 June 2023

Class: MCA Sem III

Total Students: _____

No of Student Present: _____

Sr.No.	Name of Student	Sign
1		
2	<u>Goniya Yadav</u>	<u>[Signature]</u>
3	<u>Varsha Jadhav</u>	<u>[Signature]</u>
4	<u>Shreyas Pawar</u>	<u>[Signature]</u>
5	<u>Ritesh Kumar</u>	<u>[Signature]</u>
6	<u>Kartik Pawar</u>	<u>[Signature]</u>
7	<u>Neha Suryawandit</u>	<u>[Signature]</u>
8	<u>Riya Ahuja</u>	<u>[Signature]</u>
9	<u>Shanishree Badwan</u>	<u>[Signature]</u>
10	<u>Rushikesh Manu</u>	<u>[Signature]</u>
11	<u>Mansi Jagdale</u>	<u>[Signature]</u>
12	<u>Kalal Kale</u>	<u>[Signature]</u>
13	<u>Aritee Bedkute</u>	<u>[Signature]</u>
14	<u>Sandhya Gaikwad</u>	<u>[Signature]</u>
15	<u>Swarnil Ahe</u>	<u>[Signature]</u>
16	<u>Ashika A. Bhuse</u>	<u>[Signature]</u>
17	<u>Akash Rajil</u>	<u>[Signature]</u>
18	<u>Sachin Kumar</u>	<u>[Signature]</u>
19	<u>Kedar Vadake</u>	<u>[Signature]</u>
20	<u>Pranav Yadav</u>	<u>[Signature]</u>
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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 June 2023

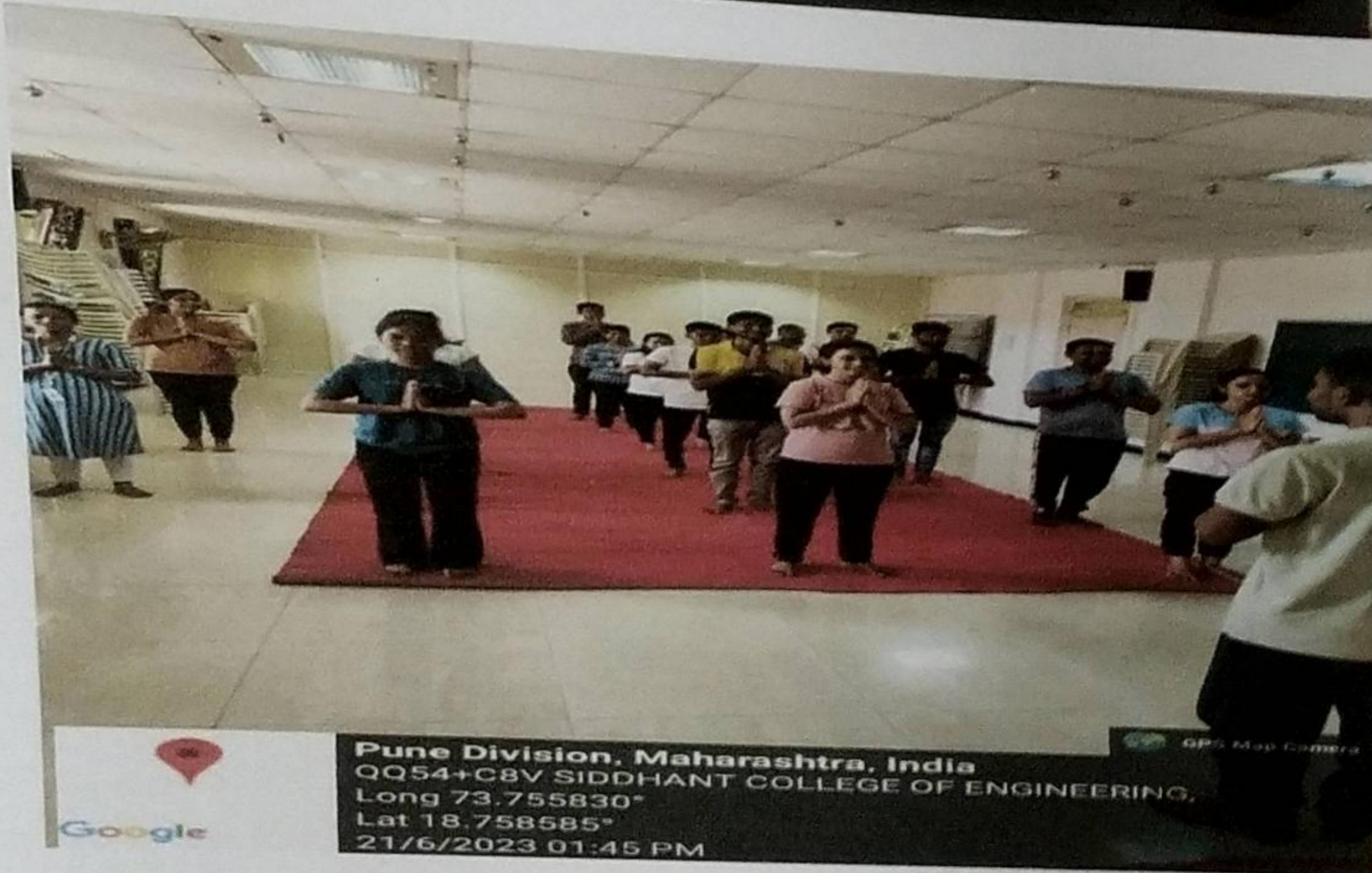




Home Center
Google

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

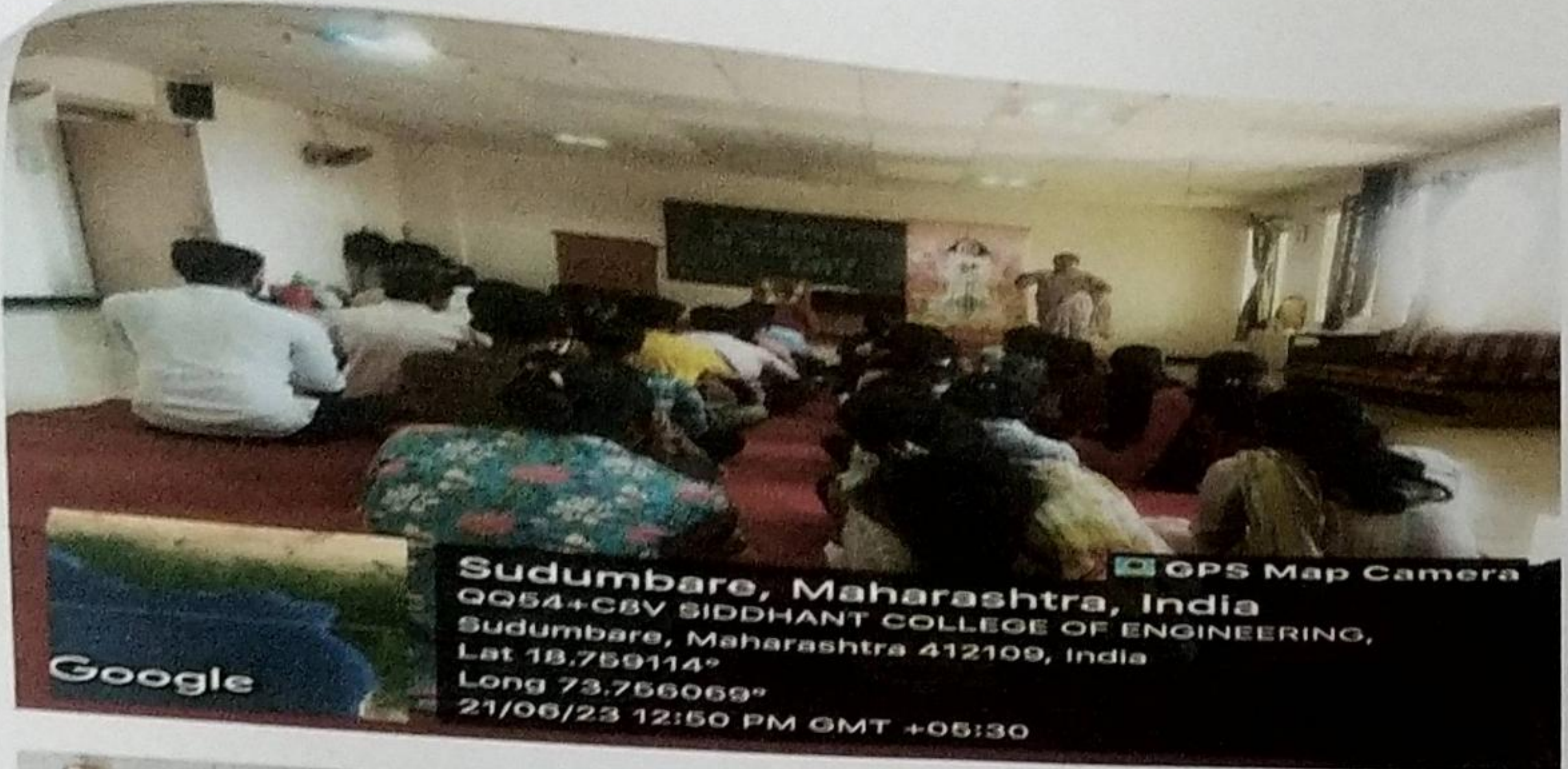


Google

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Lat 18.758585°
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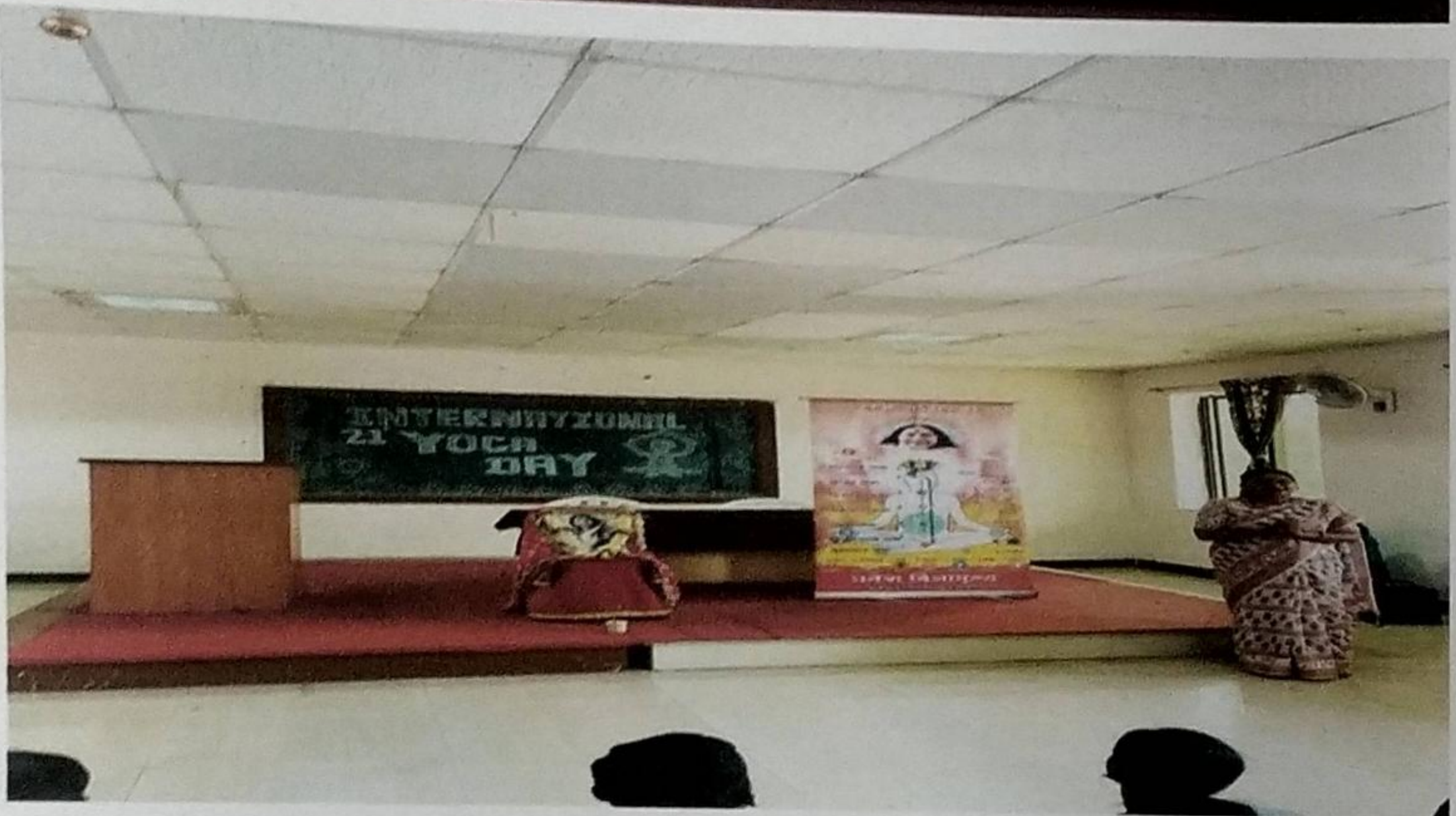
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Google

GPS Map Camera
Sudumbare, Maharashtra, India
QQ54+CBV SIDDHANT COLLEGE OF ENGINEERING,
Sudumbare, Maharashtra 412109, India
Lat 18.759114°
Long 73.756069°
21/06/23 12:50 PM GMT +05:30



[Signature]
Director
SICA

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