



Savitribai Phule Pune University



Mahatma Gandhi Vidyamandir's

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Maharaja Sayajirao Gaikwad Arts, Science & Commerce College

Tal. Malegaon, Dist. Nashik (MS) PIN-423 105

Re-accredited by NAAC with A+ Grade (CGPA 3.26)

Affiliated to Savitribai Phule Pune University, PU/NS/ASC (004) (Estd.1959)

Internal Quality Assurance Cell



Report of International Yoga Day

(Date-21/06/2023)

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IQAC DOCUMENT NO.	TYPE OF ACTIVITY	CRITERION NO.	METRIC NO.

SR.No.	PARTICULARS	DETAILS
1	Title of the Programe/Activity	International Yoga Day
2	Date and Time of Programe	21/06/2023, 8:00 am
3	Outcome of the Programe/Activity	Awareness about yoga was created among cadets
4	Chairperson	Principal Of KBH High School, Malegaon-Camp
5	Speaker/Resourse Persons	Mr. Jadhav
6	Brief Information of Programe (Report, Photograph and Newspaper cutting to be attached)	
7	No.of Participant (Attendance with name and Sign to be attached)	27 SW
8	Feedback Analysis (Feedback Report to be attached)	

Programe Coordinator



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Activity/Programme-Report

Activity : International Yoga day

Date & Time : 21/06/2023 , 8:00 am

On June 21, 2023, all of the ANOs in the Malegaon sector, along with the cadets, enthusiastically celebrated International Yoga Day. Mr. Jadhav gave a brief overview of Yoga Day before the event started. Second Officer R.K. Borse gave a brief introduction of the guest, Mr. Jadhav and Principal Mr. More felicitated him. The purpose of Yoga Day is to educate young people about the value of yoga in their lives. It teaches the cadets how to keep their bodies and minds in balance. He clarified that students who regularly practise yoga will benefit from improved physical and mental well-being. With the yoga prayer, Mr. Jadhav began the yoga demonstrations. Following that, some basic asanas and a few warm-up exercises were done.



Cadets doing yoga

