

REPORT

INTERNATIONAL YOGA DAY - 21ST JUNE, 2019

On the occasion of International Yoga Day, Sanpada College of Commerce & Technology conducted pre-events on 20th June, 2019 in the college premises. These pre-events consisted of Poster Making Competition and Essay Writing competition.

Students participated in both the events with zeal and vigor. Around 48 students participated in Essay writing competition which was held in English, Hindi and Marathi medium. Students were given two topics based on benefits of yoga in today's time, out of which they were supposed to choose one and express their views on the same. Dr. Roselin, Prof. Vidula Kulkarni (faculties of degree college) and Ms. Chandrakala (faculty - Sanpada Junior college) were appointed judges for in English, Marathi and Hindi medium respectively. Through thorough evaluation and following the parameters strictly, judges declared Misbah Abrar - SYBAF, Mukesh Jaiswal - SYCS and Mayuri Sutar - SYBMM as winners with 1st, 2nd and 3rd prize respectively.

Poster Making competition saw the creative side of students where 19 participants exhibited their innovative mind by sketching posters on the topics Asana's of Yoga and Health and Yoga. Prof. Ivy Ganguly and Prof. Sunanda Dongare (faculties - Degree college) judges the poster with their grit and good insight of judgement. Dipanshu Patil - SYCS, Surabhi Kumari - TYBAF nad Rahul Prasad - TY BMS secured the 1st, 2nd and 3rd position respectively.

Overall the event was a huge success as it got good response and participation from the students.



Report submitted by:

Prof. Bhupinderjit Kaur

Prof. Anooja Nair

REPORT

21/6/2019

INTERNATIONAL YOGA DAY - 21ST JUNE, 2019

All the college of Oriental Education Society's - Sanpada Campus i.e. Sanpada College of Commerce & Technology (SCCT), Oriental College of Law(OCL), Oriental College of Education (OCE) and Oriental College of Pharmacy (OCP) organized an event cum demonstration on the occasion of International Yoga Day on 21st June, 2019 in the seminar hall from 9:00 am to 10:00 am.

It was attended by Principal Dr. Sudha Rathod - Principal OCP, Principal Prof. Raosaheb - Principal SCCT and Principal Dr. Gaonkar - Principal OCL, teaching and non teaching staff of all colleges and students of Sanpada College of Commerce & Technology. Considering the importance of yoga in today's changing life style, delegates from Patanjali were invited for the event who demonstrated various asanas of yoga to the one and all present. The students and teachers present, followed them step and step. For the infotaneous session, all the delegates were presented with a bouquet of flowers.

It was indeed a great learning experience for all the staff and student present as they learned a lot about the yoga asana's and their benefits in our everyday lives.



Report submitted by:

Prof. Bhupinderjit Kaur

Prof. Anooja Nair