

Notice

Date: 18/06/2023

Subject: Celebration of International Yoga Day in our college

All the Students, Faculty, and Staff, we are pleased to announce that the department of NSS, NCC will be celebrating International Yoga Day on June 21, 2023. The day aims to spread awareness about the importance of practicing yoga and its holistic benefits for mind, body, and spirit.

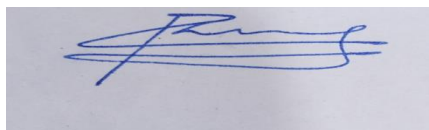
Date: 21/06/2023

Time: 07:00 AM

Venue: College Ground

Dress Code: Comfortable attire for yoga practice

We requested everyone to participate in this event and experience the transformative power of yoga. Let's come together and celebrate health, mindfulness, and unity on this special day.



NSS P.O




Principal
Tuljaram Chaturchand, College
Baramati

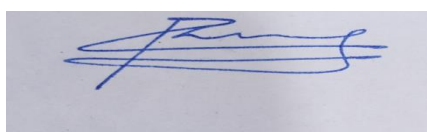
Report on International Yoga Day Celebration

The College Health and Wellness Club organized a grand celebration on 21st June 2023 to mark International Yoga Day, in alignment with the global initiative to promote physical and mental well-being through yoga. The event was attended by students, faculty members, and college staff, creating an atmosphere of unity and enthusiasm. The primary aim of the celebration was to raise awareness about the importance of yoga in leading a healthy lifestyle, especially among students, and to encourage its regular practice to reduce stress and improve concentration.

The event commenced at 7:00 AM on the college grounds, with the following activities:

Inauguration Ceremony: The celebration was inaugurated by the principal, who highlighted the significance of International Yoga Day and how yoga helps individuals manage the demands of a fast-paced life. The ceremony was attended by the Chief Guest, Dr. Avinash Jagtap a renowned yoga practitioner, who delivered a brief yet inspiring speech on the benefits of yoga. **Yoga Demonstration:** The main event was a guided yoga session led by Dr. R.D. Jagatp. The session included various yoga asanas (postures), pranayama (breathing techniques), and a short meditation exercise. Students and faculty members actively participated in performing asanas like Surya Namaskar (Sun Salutation), Bhujangasana (Cobra Pose), and Vrikshasana (Tree Pose). Mr. Sharma provided instructions on proper techniques and explained the health benefits associated with each asana. **Interactive Workshop:** Following the yoga demonstration, a workshop was conducted on the topic, “Yoga for Mental Well-being and Academic Success.” Here, experts discussed how yoga can enhance concentration, memory, and emotional stability, especially important for students dealing with academic pressure.

The International Yoga Day celebration concluded with a vote of thanks by the College Health and Wellness Club President, who appreciated the overwhelming participation and encouraged everyone to make yoga a part of their daily routine. The event was a huge success, with over 70 attendees, and was well-received by all participants. The feedback from both students and faculty was positive, with many expressing a newfound interest in practicing yoga regularly. The event not only promoted physical health but also inspired mental clarity, fostering a deeper sense of community within the college.




NSS P.O



Coordinator
Internal Quality Assurance Cell
Tuljaram Chaturchand College of
Arts, Science and Commerce,
Baramati (Pune)-413102

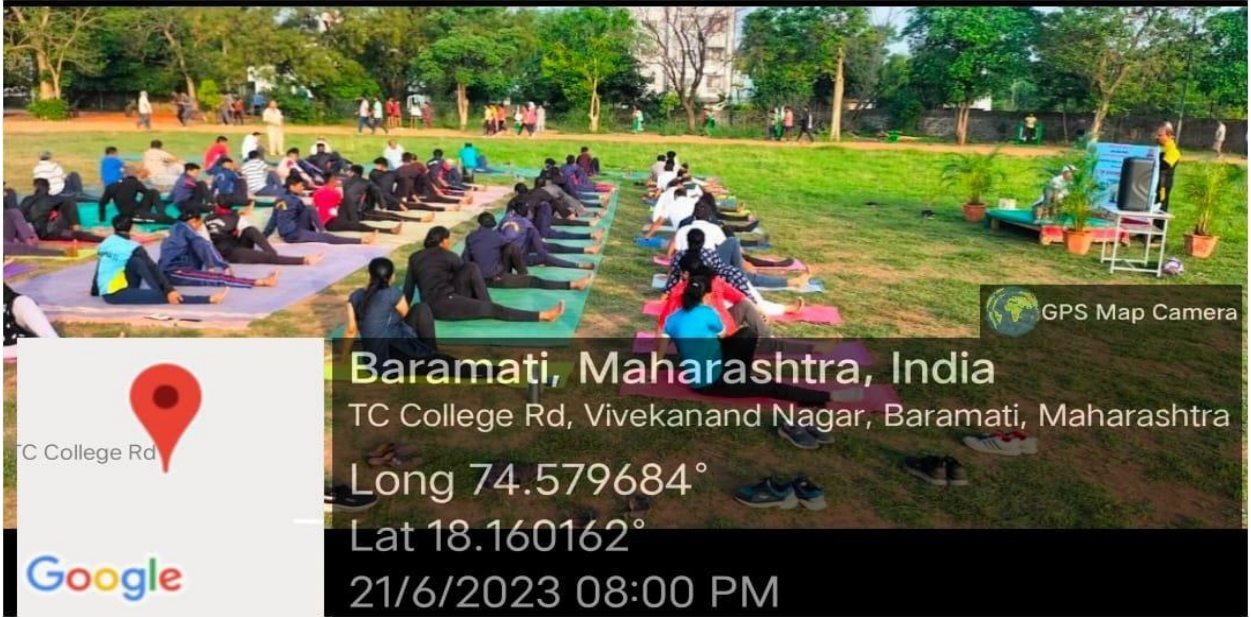
IQAC Coordinator



Principal
Tuljaram Chaturchand College
Baramati

Principal

Yoga Day Celebration with T. C. College Staff and Others



Yoga Day Celebration with T. C. College Colleges Staff and Others

Attendance International Yoga Day Activity

Date: 21/06/2023

Sr. No.	Name of Students	Signature
1	Sushant Chandrakant Londhe	<i>Sushant</i>
2	Nimbalkar Dnyaneshwar Juhu	<i>Dnyaneshwar</i>
3	Ashok Sanket mahadev	<i>Sanket :-</i>
4	Lonkar chetan santosh	<i>Lonkar</i>
5	Vhargav Yogesh virsen	<i>Yogesh</i>
6	Jagtap Vikas prakash	<i>Vikas</i>
7	Jain sajjan chandrakant	<i>Sajjan</i>
8	Jadhav kunal prakash	<i>Kunal</i>
9	Holkar Yash Digambar	<i>Yash</i>
10	Bhadait Aniket sunil	<i>Aniket</i>
11	Vedpathak sagar santosh	<i>Sagar</i>
12	Yede pranva somanth	<i>Yede</i>
13	Jinturkar vibhav vishay	<i>V.I</i>
14	Patekar omkar Ramesh	<i>Omkar</i>
15	Lawar Prathmesh Sandipan	<i>Prathmesh</i>
16	Aniket Bdu Khandagle	<i>Aniket</i>
17	Abhishek Yashvant Saste	<i>Abhishek</i>
18	Rushikesh Ashok Khandode.	<i>Rushikesh</i>
19	Siddharth Ganesh bogal	<i>Sagar</i>
20	Ritesh Rajendra tanpuse	<i>Rajendra</i>
21	Amita Rahul joshi	<i>Amita</i>
22	Rishha manohar Mehra	<i>Rishha</i>
23	Sayam Amol Deshpande	<i>Sayam</i>
24	Rakesh Manohar Bhosale	<i>Rakesh</i>
25	Priya Sandeep Mohile	<i>Priya</i>
26	Rachha Shekhar Kulkarni	<i>Rachha</i>
27	Prathamesh Chougale	<i>Prathamesh</i>
28	Rahul Amol Joshi	<i>Rahul</i>



N.S.S Programme Officer

राष्ट्रीय सेवा योजना

तुळबारात भद्रचंद्र महाविद्यालय,

बारामती, जि. पुणे

Sr.no.	Name of Students	Signature
29	MODI SWARA VARDHAMAN	S.V.MODI
30	Ohal Siddesh Ramesh	Ohal
31	Padkar Sakshi Mahendra.	P.Mahendra
32	Randheer vidya. Dipak	V.D.Randheer
33	Pragati Appaso Shendge	P.Shendge
34	Prathmesh Prakash Vanve	P.P.Vanve
35	Rohit Ashok Waghmode	R.Waghmode
36	Nikhil Dnyanesh Basal.	N.P.Basal
37	Gausi Pandurank Chavan.	G.Chavan
38	Sakshi Duttatray Devkar	Devkar
39	Zore vingar shrikant	Zore
40	Sul vaishnavi Gopinath	Sul
41	Shinde Pranav Ganesh	Shinde
42	Shaha Anil Kumar	Shaha
43	pawar Rutuja Vilash	Pawar
44	Mare Vaishnavi Vijay	Mare
45	Mare Sakshi Nitin	Mare
46	Jagtap shweta Dilip	Jagtap
47	Nale komal Suresh	Nale
48	Bankar Sahil Suresh	Bankar
49	Karan dhumal	Dhumal
50	Komal Rakade	Rakade
51	Shruti Akki Bandgar	S.B.
52	Prunva Jagdale	P.Jagdale
53	Rupesh Goshi	R.Goshi
54	Pranav Chudhal	Pranav
55	Swaraj Kanse	S.Kanse
56	Rahul Phalke	R.Phalke
57	Harshaal Bhaite	H.Bhaite
58	Om Nikam	Om
59	Kedar Jadhav	Kedar

