

S. B. V. P. Samaj's
S. M. B. S. T. College, Sangamner Dist. Ahmednagar
Report of Department of Physical Education & Sports Activity
Year 2023-24

Name of the activity	International Yoga Day
Aim of the Activity	<ol style="list-style-type: none"> 1. To promote better mental and physical health of students through yoga practice. 2. To develop the habit of meditation among youngsters so they enjoy more peace of mind & self- awareness. 3. To raise awareness worldwide of the many benefits of practicing Yoga.
Place of Activity	S. M. B. S. T. College, Sangamner
Date of Activity	21 June 2023
Organizer	Department of Sports & Department of Yoga
Guest / Expert	Hon. Mr. Bajrang Jedgule, Navjeevan Yoga Academy, Dr. B. D. Wagh, I/C Principal, S. M. B. S. T. College, Sangamner,
Number of teacher participated	33 No.
Number of Students participated	60 No.
Number of Stakeholders	04 No.
Outcome of Program	<ol style="list-style-type: none"> 1. The student will be able to demonstrate proficiency at the poses covered in class (at a basic level) 2. The student will increase their dynamic flexibility. 3. The student will perform proper breathing techniques.
Highlight if any	Slogan of this Year "Yoga for Vasundhaiva Kutumbakam" which is beautifully captures our shared aspiration for "One Earth, One Family and One Future" .



Dr. P. B. Khaire

Director of Physical Education
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Dr. B. D. Wagh

Principal
Sahakar Maharshi Bhausaheb Santuji Thorat
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International Yoga Day
Date 21/06/2023



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