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

Year 2023-24
International Yoga Day
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.
S. M. B. S. T. College, Sangamner
21 June 2023
Department of Sports & Department of Yoga
Hon. Mr. Bajrang Jedgule, Navjeevan Yoga Academy, Dr. B. D. Wagh, I/C Principal, S. M. B. S. T. College, Sangamner,
33 No.
60 No.
04 No.
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.
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 S. M. B. S. Thorat College of Art's, Science, Commers & Computer Science College, Sangamner-422605



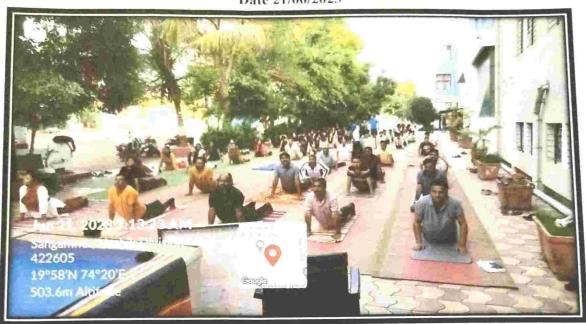
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Dr. B. D. Wagh

Sahakar Maharshi Bhausaheb Santuji Thorat
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Sangamner- 422605

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International Yoga Day Date 21/06/2023





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