

Report of Department of Sports Activity Year 2022-23

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 among students through yoga practice. 2. To develop the habit of meditation among youngsters so that 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 2022
Organizer	Department of Sports & Department of Yoga
Guest / Expert	Dr. D. D. Patil, Principal, S. M. B. S. T. College, Sangamner,
Number of Staff participated	38 No.
Number of Students participated	48 No.
Number of Stakeholders	-
Outcome of Program	<ol style="list-style-type: none"> 1. The student are able to demonstrate proficiency at the poses covered in class (at a basic level) 2. The students enhanced dynamic flexibility. 3. The students perform proper breathing techniques.
Highlight if any	This Year's Slogan is "Yoga for Humanity"


Dr. P. B. Khaire

Director of Physical Education
S. M. B. S. T. College of
Art's, Science, Commers &
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Sangamner- 422605




Dr. D. D. Patil
Principal

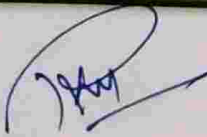
Sahakar Maharshi Ehasaheb Santuji Thorat
College of Art's, Science, Commers &
Computer Science College
Sangamner, 422605

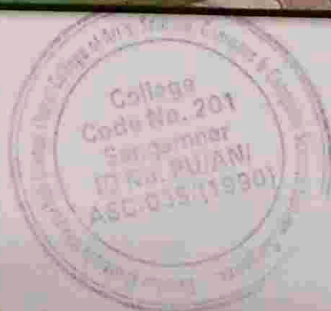
**International Yoga Day
Date 21 June 2022**




(Dr. D. D. Patil, Principal, S. M. B. S. T. College, Sangamner, Dr. P. B Khaire, Director of Physical Education, Mr. Satish Kadlag chairman, Yoga Committee and staff)

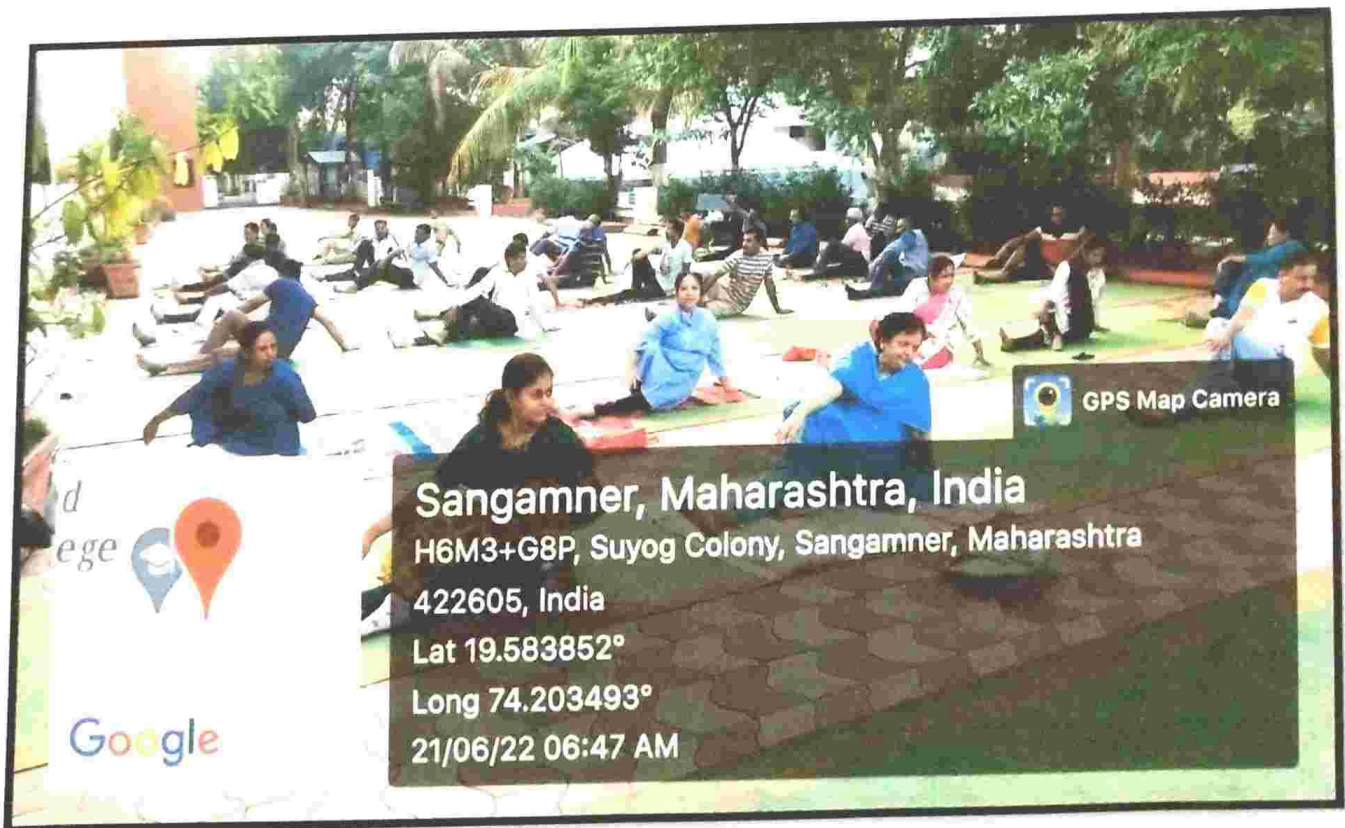
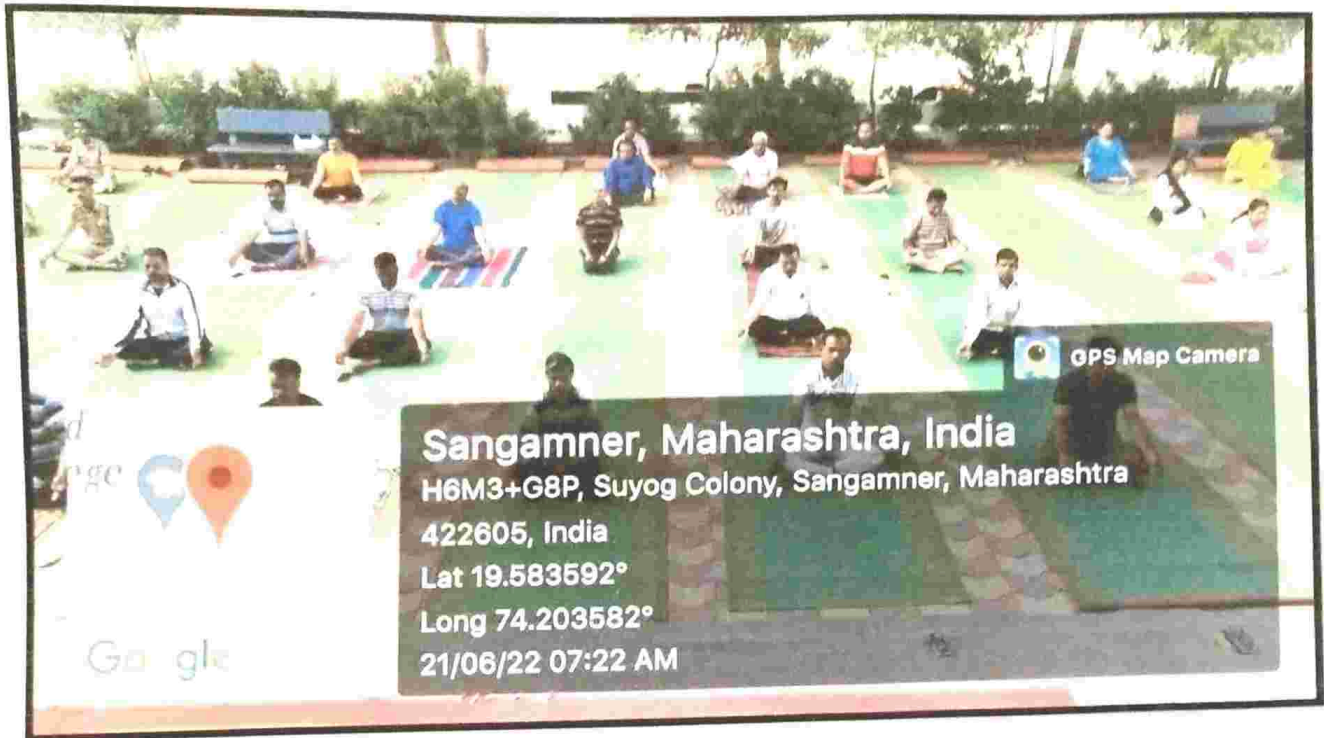




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