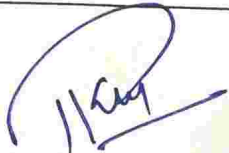


**Report of Department of Sports Activity  
Year 2021-22**

<b>Name of the activity</b>	<b>International Yoga Day</b>
<b>Aim of the Activity</b>	<ol style="list-style-type: none"> <li>1. To promote better mental and physical health of students through yoga practice.</li> <li>2. To develop the habit of meditation among youngsters so they enjoy more peace of mind &amp; self-awareness.</li> <li>3. To raise awareness worldwide of the many benefits of practicing Yoga.</li> </ol>
<b>Place of Activity</b>	S. M. B. S. T. College, Sangamner
<b>Date of Activity</b>	21 June 2021
<b>Organizer</b>	Department of Sports & Department of Yoga
<b>Guest / Expert</b>	Hon. Dr. Sudhir Tambe, MLC (Maharashtra), Chairman, S. B V. P. Samaj, Sangamner, Hon. Mrs. Durgatai Tambe, President, Sangamner Municipal Council, Sangamner, Dr. D. D. Patil, Principal, S. M. B. S. T. College, Sangamner,
<b>Number of teacher participated</b>	22 No.
<b>Number of Students participated</b>	28 No.
<b>Number of Stakeholders</b>	55 No.
<b>Outcome of Program</b>	<ol style="list-style-type: none"> <li>1. The student will be able to demonstrate proficiency at the poses covered in class (at a basic level)</li> <li>2. The student will increase their dynamic flexibility.</li> <li>3. The student will perform proper breathing techniques.</li> </ol>
<b>Highlight if any</b>	-



**Dr. P. B. Khaire**

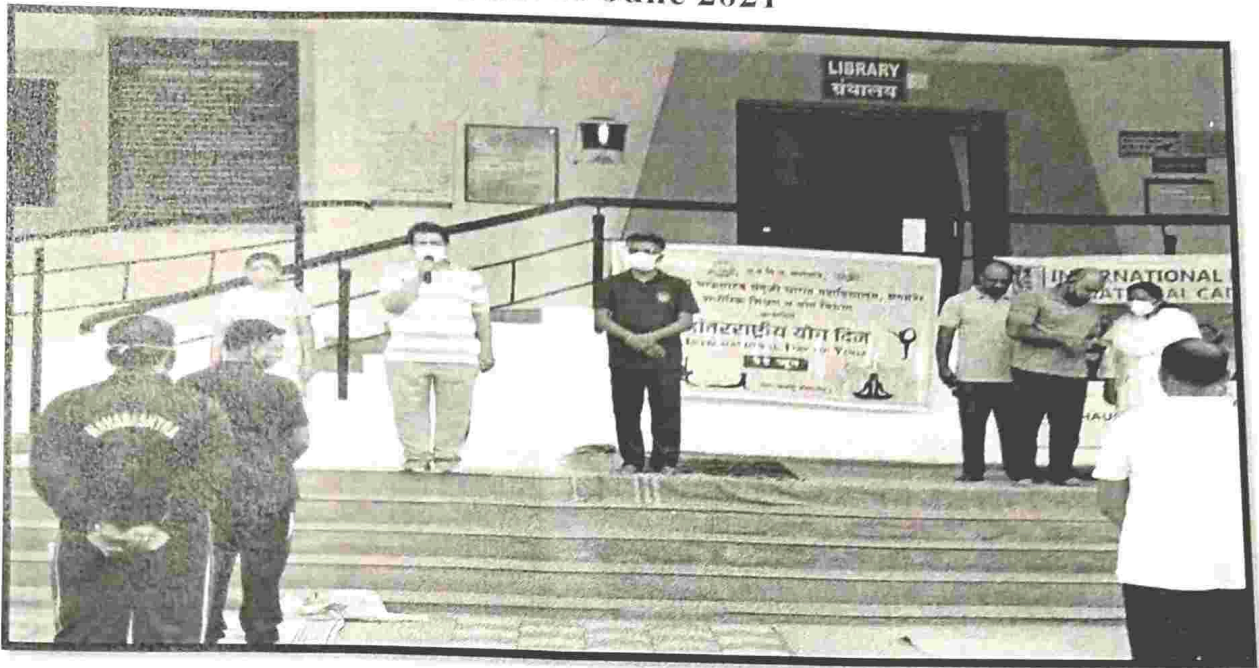
Director of Physical Education  
S. M. B. S. Thorat College of  
Art's, Science, Commers &  
Computer Science College,  
Sangamner- 422605



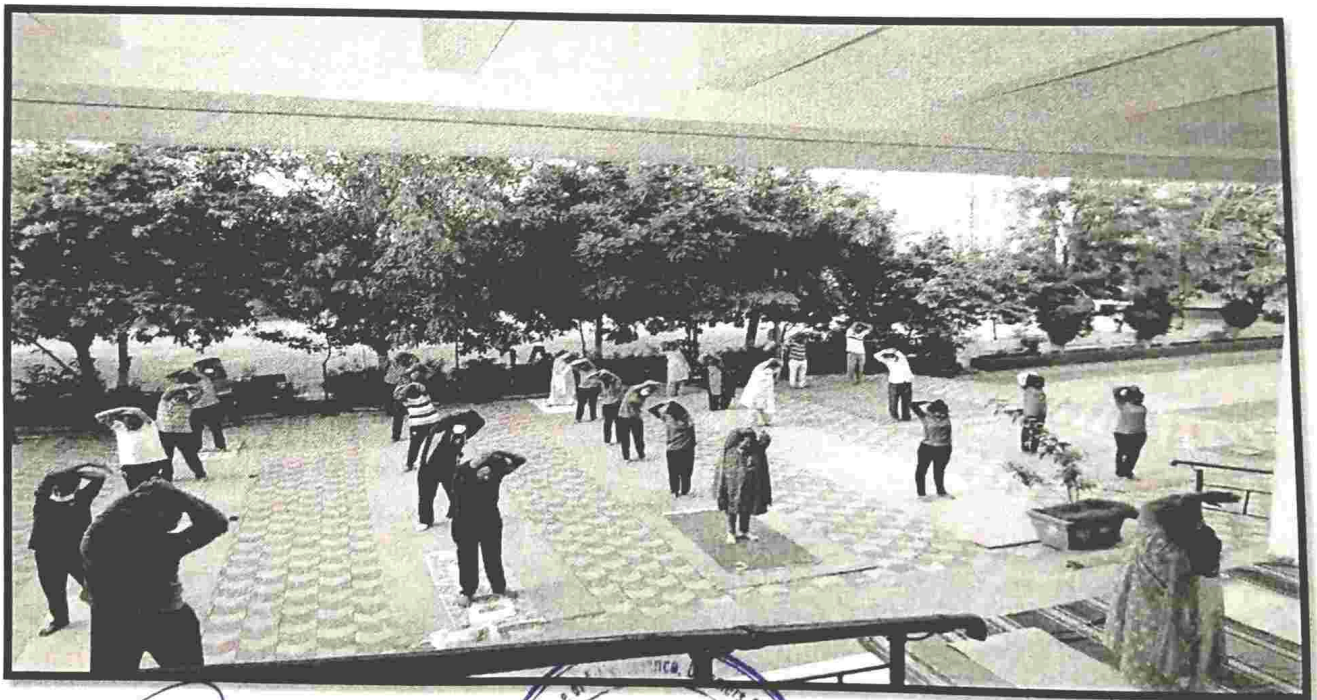

**Dr. B. D. Wagh  
Principal**

Sahakar Maharshi Bhausaheb Santuji Thorat  
College of Art's, Science, Commers  
Computer Science College,  
Sangamner- 422605

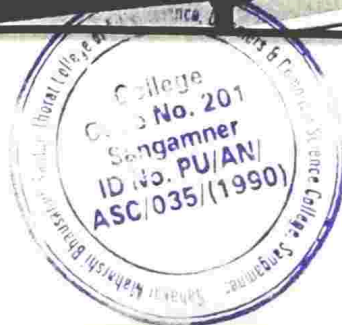
**International Yoga Day**  
**Date 21 June 2021**



(Hon. Dr. Sudhir Tambe, MLC (Maharashtra), Chairman, S. B V. P. Samaj, Sangamner, Hon. Mrs. Durgatai Tambe, President, Sangamner Municipal Council, Sangamner, 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, Dr. Dhakne K. R.)



*[Signature]*  
 Director of Physical Education  
 S. M. B. S. Thorat College of  
 Art's, Science, Commers &  
 Computer Science College,  
 Sangamner- 422605



*[Signature]*  
 Principal  
 Sahakar Maharshi Bhausaheb Sant  
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