



Shri Shivaji Education Amravati's
Science College
Congress Nagar, Nagpur



2026-27

Report

Activity Name: International Yoga Day

Date: 21/06/2026

Place: College Office Lobby.

The NSS Unit of Shivaji Science College, Nagpur celebrated **International Yoga Day** on 21 June 2026 with great enthusiasm and active participation from students, faculty members, and staff. The event aimed to promote awareness about the importance of yoga in maintaining physical health, mental well-being, and a balanced lifestyle.

The program commenced at 07:30 AM with the traditional lighting of the lamp and a brief welcome address by Prof. A. D. Bobdey, In-charge Principal of the college. In their opening speech, the Prof. A. D. Bobdey highlighted the significance of the ancient Indian practice of Yoga in achieving harmony between the body, mind, and soul.

The main event was a guided yoga and meditation session led by Mr. Sandip Dautpure. The session was structured as follows:

- **Warm-up Exercises:** The session started with gentle neck, shoulder, and joint movements to prepare the body.
- **Asanas Performance:** Participants were guided through a series of standing and sitting asanas, including *Tadasana* (Mountain Pose), *Bhujangasana* (Cobra Pose), and *Vrikshasana* (Tree Pose). The trainer explained the medical and physiological benefits of each posture simultaneously.
- **Pranayama and Meditation:** The physical exercises were followed by breathing techniques (*Pranayama* like *Anulom Vilom* and *Kapalbhati*) and a 10-minute guided meditation session for mental clarity and stress reduction.

Participation and Impact

The event witnessed an impressive turnout with over 50 participants, including undergraduate/postgraduate students, faculty members, and administrative staff. The systematic demonstrations were executed with precision, highlighting the flexibility and strength attained through regular yoga practice. Participants left the venue feeling energized, rejuvenated, and inspired.

Conclusion

The event was a resounding success. It provided a practical platform for students and staff to learn about the transformative power of yoga. The celebration concluded with a vote of thanks delivered by Mr. Bhupendra T. Kumbhare, NSS Program Officer and the distribution of light refreshments to all

Action Taken Report:

- Promoted physical and mental health.
- Increased flexibility, strength, and balance.
- Reduced stress and improve concentration.
- Encouraged healthy lifestyle habits.
- Created awareness about the benefits of yoga.
- Fostered peace, harmony, and overall well-being.

**Program Officer
Mr. B. T. Kumbhare**



Shri Shivaji Education Amravati's
Science College, Congress Nagar, Nagpur



Notice

Date 18-06-2026

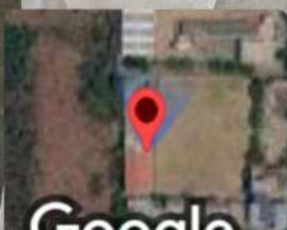
All the Staff Members, NSS volunteers and students are hereby informed that our college is organizing a **Yoga Session** on the occasion of **International Yoga Day** on **21, June 2026 (Sunday)** at 7:30 a.m. at Office Corridor Block A.

All are requested to join the Yoga session.


Dr. O. S. Deshmukh
Principal



GPS Map Camera



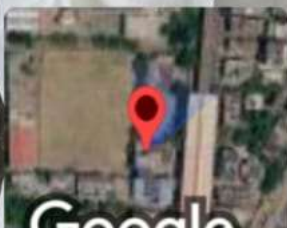
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