

# Shri Vijaysinha Yadav College, Peth Vadgaon

## Yoga Day (2024-25)

---

<b>Name of the Activity:</b>	<b>Yoga Day.</b>
<b>Date and Time of activity conducted:</b>	<b>21/06/2024, 8.00 am</b>
<b>Target Group:</b>	<b>B. A. I, B. Com. I and B.Sc. I</b>
<b>Number of Students took the advantage:</b>	<b>100</b>
<b>Name of Organizer:</b>	<b>Criterion VII &amp; Health Committee</b>
<b>Name of Resource Person:</b>	<b>Shri. Jagdish Kudalkar Hasyog Club Peth Vadgaon.</b>

In this one-day of Yoga, resource person Shri. Jagdish Kudalkar Hasyog Club Peth Vadgaon has guided various practicals of yoga to all students and teaching and non teaching staff of the college. Before starting these practical's of yoga, he has explained the importance of health and various precautions regarding the health. New type of innovative and interesting types of the practicals he did with the participants. All students' teachers and nonteaching staff have really enjoyed the yoga practicals which are very helpful to the participants from the point of view of their health. In short, this lectures as well as practicals are very helpful to all students, teachers and non teaching staff.

### **Outcome of the programme:**

All the participants are made aware about the practicals and lecture of the yoga, this lecture is really very helpful to the all participants from the point of view of their health.

## Photo plates



**Shri. Jagdish Kudalkar**



**Teaching staff**



**Non - teaching staff**



**Students participants**

**Health Committee**

**Criterion VII**

**Principal**  
Shri. Vijaysinha Yadav College  
Peth Vadgaon, Dist. Kolhapur.