



## Program / Celebration Report

**Name of the Program Conducted:** International Yoga Day Celebration

**Date:** 21/06/2024

**Venue:** DBCOP Seminar Hall.

**Relevance to Pos:** 1, 2, 3, 5, 8, 9,10,11

### Objectives:

- To raise awareness about the benefits of practicing yoga for physical, mental, and spiritual well-being.
- To promote a healthy lifestyle by encouraging individuals to adopt yoga as a part of their daily routine.
- To highlight the importance of yoga in achieving harmony between body and mind.
- To reduce lifestyle-related disorders through preventive health practices like yoga and meditation.

**Beneficiary:** Students

**Program organizing committee:** NSS cell DBCOP

### Program outcome:

On the occasion of International Yoga Day, DBCOP organized a special yoga session on 21st June 2025 to promote physical and mental well-being among students, faculty, and staff. The event was conducted in alignment with the global theme of "Yoga for Self and Society", emphasizing yoga as a holistic approach to health.

The program commenced at 7:00 a.m. in the seminar Hall, with an enthusiastic gathering of over 30 participants, including students, faculty members, and administrative staff. The session began with a brief introduction to the importance of yoga in daily life, followed by a demonstration of common asanas and breathing exercises by a certified yoga instructor, Ms. Meena Deshmukh.

Participants practiced various yoga postures such as Tadasana, Vrikshasana, Bhujangasana, Trikonasana, and Surya Namaskar, along with Pranayama and Dhyana techniques to promote






information and opportunities. The instructor also explained the benefits of each program and emphasized regular practice for improved health.

**Attachments include:**

1. Notice
2. Photographs
3. Attendance record

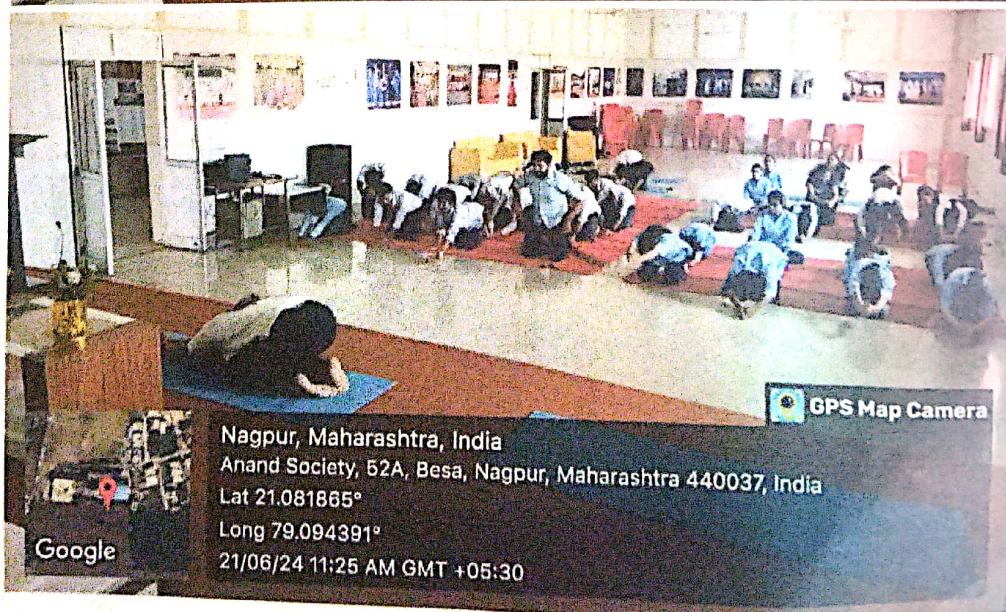
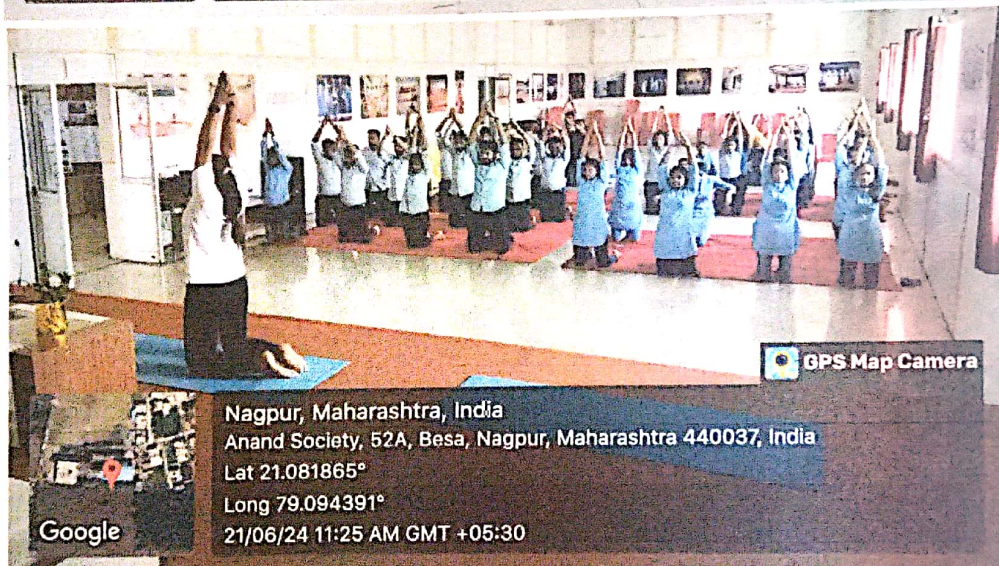
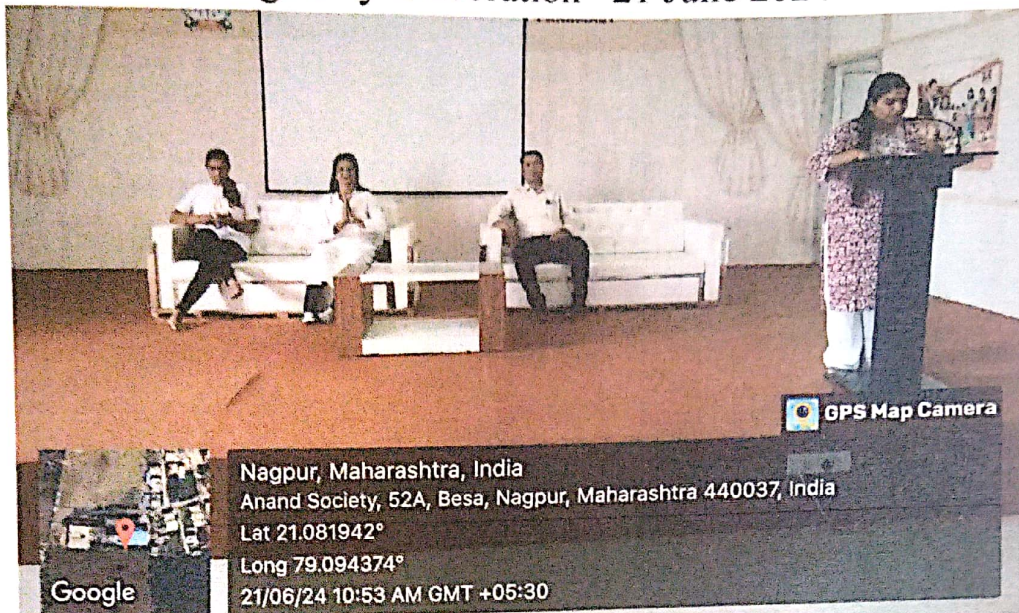
  
**Program Officer**  
Dr. Suresh V. Chaudhary

  
**Principal**  
Dr. Jyoti Chaudhary



Ambe Durga Education Society's  
**Dadasaheb Balpande College of Pharmacy (DBCOP)**  
Near Swami Samarth Mandir, Besa, Nagpur-37

**Yoga Day Celebration 21 June 2024**



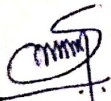





Date: 20/06/2024

## **NOTICE**

All students and staff of DBCOP are hereby informed that, on 21<sup>th</sup> June 2024, the '**Yoga Day Celebration**' will be organized on the occasion of the world yoga day of in the seminar hall of DBCOP at 7.00 am, **By Mrs. Meena Deshmukh**, Yoga Trainer, Madhuban Yoga Clasees, Manish Nagr Nagpur, all concern should take note.

  
**NSS Program Co-ordinator**  
**Mr. Sachin M. Mendhi**

  
**Principal**  
**Dr. Ujwala N. Mahajan**





## ATTENDANCE RECORD

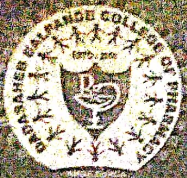
Program Details: International Yoga Day.

Date: 21/6/24 Venue: Seminar Hall DBCOP.

Sr. No.	Name of Students	Year	Signature
1)	Ishita S. Nimje	First year	Ishita
2)	Ashma Shrikh	III year	Ashma
3)	Gayatri G. Chopade	3rd year	Gayatri
4)	Saurya R. Baxde	2nd year	Saurya
5)	Moudula R. Dorlikar	II year	Moudula
6)	Rekati N. Ambatkar	2nd year	R.N. Ambatkar
7)	Kaushal Saurin	3rd year	Kaushal
8)	Mahak R. Vrade	III year	Mahak
9)	Mehini A. Falke	IV Year	Mehini
10)	Pinki D. Gupta	3rd year	Pinki
11)	Shalika M. Gaitkarn	2nd year	Shalika
12)	Anshu L. Jha	-11-	Anshu
13)	Asawaly Gothe	-11-	Asawaly
14)	Nimain M. Patil	-11-	Nimain
15)	ANAY N. BHASAME	-11-	Anay
16)	Harsh M. Harkut	-11-	Harsh
17)	SHREYA K. DADHE	-11-	Shreya
18)	Tanvi Tekam	III year	Tanvi
19)	Vasundhara Bagde	III year	Vasundhara
20)	Aadarsh B. Rathor	III year	Aadarsh
21)	Aadity Meobaram	3rd year	Aadity
22)	Anand Deshmukh	-11-	Anand
23)	Ankit Kamal Singh Barele	-11-	Ankit
24)	Anuj Gedam	-11-	Anuj







Ambe Durga Education Society's

# DADASAHEB BALPANDE COLLEGE OF PHARMACY

Near Swami Samarth Dham Mandir, Besa, Nagpur - 440037

Founder: Late Shri Dadasaheb alias Vitthalrao C. Balpande

■ Accredited by NBA, NAAC

■ AICTE-CII "PLATINUM" RANK

- Approved by A.I.C.T.E., P.C.I., D.T.E. & Govt. of Maharashtra Recognized under 2(f) and 12(B) of UGC Act.
- ISO Certified ■ Permanently Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

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dbcop.office@gmail.com

President: Shri Manoj V. Balpande

Principal: Dr. Ujwala Mahajan

Ref. No. DBCOP | 7212 | 2024,

Date: 21 | 06 | 24.

## Thanks Giving Letter

To,

Mrs. Meena Deshmukh  
Yoga Trainer  
Nagpur

Dear Madam,

Greetings,

On behalf of Management, Staff and Students of Dadasaheb Balpande College of Pharmacy, Besa, Nagpur, we would like to extend our heartfelt thanks for sharing your valuable knowledge with our students & staff during "Yoga Day Celebration" organized by NSS Team DBCOP on 21<sup>st</sup> June 2024

Looking forward for your support in future also.

Thanking You!

Regards,

*Sd/- Meena Desh*

*Mahajan*  
21-06-2024

Dr. (Mrs.) U.N. Mahajan

Principal

DBCOP, Nagpur

PRINCIPAL

DADASAHEB BALPANDE COLLEGE  
OF PHARMACY, BESA, NAGPUR - 37

