



Rayat Shikshan Sanstha's

Chandraroop Dakle Jain College of Commerce, Shrirampur

Date: 20/06/2021

Notice

All the Students are hereby informed that the Department of Physical Education and Sports has organised the Programme of “**Yoga Day**” so all of Students and faculty members to join this programme at 9:00 AM for the Date:-21/06/2021. This event are compulsory to all of Students and Faculty Members.

Principal,
C. D. Jain College of Commerce,
Shrirampur



Rayat Shikshan Sanstha's
Chandraroop Dakle Jain College of Commerce,
Shrirampur, Dist. - Ahmednagar



NAACRe-accredited "A" Grade (CGPA 3.14)

International Yoga Day

Program Schedule

:: Date ::
21th June, 2021

:: Time ::
9.00 am

- ★ **Welcome Speech and Introduction** : **Prof.Dr.Sayyed S.B.**
- ★ **Presidential Address** : **Hon. Dr. Suhas Nimbalkar,**
I/C Principal, C.D. Jain College of
Commerce, Shrirampur.
- ★ **Yoga Trainer** : **Mr.Anirudha Patare**
Yoga Trainer Shrirampur.
- ★ **Vote of Thanks** : **Mr.Vivek M More**

International Yoga Day Report

Date :- 23/06/2021

On 21th June, 2021 the Department of Physical Education and Sports, C.D. Jain College of Commerce, Shirampur was organised the Programme of **International Yoga Day**. This Programmed has been actively involved students and faculty members for the awareness of what Power of Yoga. Mr.Anirudha Patare has been Provide the information for what is the importance of Yoga in day to day life. How to Increase Immunity Power, with the help of Yoga.

Mr.Anirudha Patare. trained the students and Faculty Members for yoga exercises.. The purpose of online yoga session was to encourage students as well as faculty members to practice Yoga at home and stay healthy. also provide the information for Hygienic Food to Increase Immunity Power. all the participant to learn the best types of yoga.**20** students and **14** faculty members was participated.

**Principal,
C.D.Jain College of Commerce,
Shrirampur.**

