



**C. P. & Berar Education Society's College, Nagpur**  
**Department of Physical Education & Sports**

**SESSION 2024-25**

**Name of Activity: International Yoga Day 21<sup>st</sup> June 2024**

**Brief Report**

**International Yoga Day**

International Yoga Day was celebrated with great enthusiasm this year by C.P. & Berar College. Yoga Day was organized jointly by the Department of Physical Education & Sports, National Service Scheme and Junior College. Mrs. Mr. Shubham Thawkar, Yoga Instructor Nagpur imparted yoga lessons to the students. Yoga Demonstration and training Session was organized at C. P Berar E. S College on 21.06.2024 at 7:00 a.m Yoga Day was organized under the guidance of Dr. Arvind Joshi, Principal, C.P & Berar College & Dr. Jitendra Mahajan, Vice-Principal. The program was planned by Dr. Nishant Tipte, Head, and Department of Physical Education & Sports. A large number of students and professors were present.

## Letter from Government

भारत सरकार  
युवा कार्य एवं खेल मंत्रालय  
रा.स.यो. क्षेत्रीय निदेशालय, पुणे  
(महाराष्ट्र एवं गोवा)



Government of India  
Ministry of Youth Affairs & Sports  
Regional Directorate of NSS, Pune  
(Maharashtra & Goa)

**By e-Mail**

F.No. 29/7/NSS/RD-Pune/2024-25/ 467 - 523

Date: 13<sup>th</sup> Jun 2024

To,

The State NSS Officers  
Maharashtra and Goa States

The Program Coordinators of  
(Maharashtra and Goa states)

**Subject: Observation of International Day of Yoga (IDY)-2024 - reg**

Dear Sir/ Madam,

1. In reference to the following (copies attached for reference):-

(a) Government of India/ Ministry of Youth Affairs and Sports/  
Directorate of NSS, New Delhi letter F.No. P. 24-1/NSS/DTE/2024/920-  
936 dated 12<sup>th</sup> June 2024.

(b) DO letter jointly signed by Secretary (Department of Higher  
Education) and Secretary (Youth Affairs), Government of India  
J-17011/315/2024-MY BHARAT dated 12<sup>th</sup> June 2024.

2. With reference to subject cited above, it is to inform you this year  
International day of Yoga (DY) 2024 will be observed on the theme "**Yoga  
for Women Empowerment**" at all NSS units, Universities, Colleges &  
Schools on **21st June, 2024** in a Befitting manner. The suggestive activities  
are as under:-

- (i). Common Yoga protocol practice.
- (ii). Yoga Day Mass Demonstration at Universities/Colleges/Schools.
- (iii). Yoga Awareness Rallies at Universities to generate public  
awareness on Yoga.
- (iv). Yoga Demonstration & Yoga Lectures at Institution.
- (v). Yoga Workshops.
- (vi). Yoga Poster Making competitions.
- (vii). Yoga Demonstration Competition among students.

'अ' ब्लॉक ब्लॉक, कृषि महाविद्यालय परिसर, शिवजीनगर, पुणे ४११००५. 'A' Hostel Block, College of Agriculture Campus, Shivajinagar, Pune 411005.

Telefax : 020 - 25533401 + E mail : nssrepune@gmail.com

29570355

(viii). Y-Break at College/Schools and familiarize the concept of Y break. (Y-Break is a five-minute Yoga protocol, especially designed for working professionals to de-stress, refresh and re-focus at their workplace to increase their productivity, consists of Asanas, Pranayam and Dhyana).

(ix). Yoga pledge.

(x). Creation of events on MY Bharat Portal.

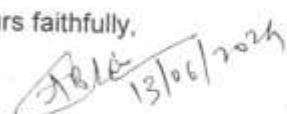
(xi). Yoga at home & with Family and post a photo in social Media.

3. In this connection all Programme Coordinators are requested to issue necessary instructions to the NSS units under their jurisdiction to **ensure organization of activities as suggested above on the occasion of International Day of Yoga i.e. on 21 Jun 2024 and create events on My Bharat Portal**. You may also create the buzz on IDY through Social Media and submit **photos as well as reports to this office through Email (nssrcpune@gmail.com) and Whats app**. It is also requested to post the photos of International Yoga Day in social media handles like Facebook, Twitter and YouTube of your Universities after the IDY is organized. *You are also requested to periodically check the Ministry of AYUSH website (<https://www.ayush.gov.in>) for any update in this regard.*

4. Further, a DO letter jointly signed by **Secretary, Department of Higher Education and Secretary, Department of Youth Affairs, Government of India** is also attached herewith for reference and dissemination among NSS functionaries under your jurisdiction.

Regards,

Yours faithfully,

  
(AJAY B. SHINDE)  
Regional Director-NSS

**Copy to:-**

1. The Director, NSS, Ministry of Youth Affairs & Sports, Government of India, Shastri Bhavan, New Delhi-110 011 – for information please.

## Permission Letter

To,

The Principal,

C.P. & Berar E.S. College,

Nagpur.

Subject: - Permission to Conduct International Yoga Day on 21.06.2024.

Respected Sir,

Department of Physical Education & Sports organizes International Yoga Day Every Year. This year also we are planning to organize International Yoga Day on 21.06.2024 at College Play Ground on the theme "Yoga for Women Empowerment" Yoga Instructor Mr. Shubham Thawkar will be giving Yoga Demonstration to the students. It is therefore kind request to you to please grant permission for the said programme.

Thanking you

Yours faithfully



Dr. Nishant Tipte

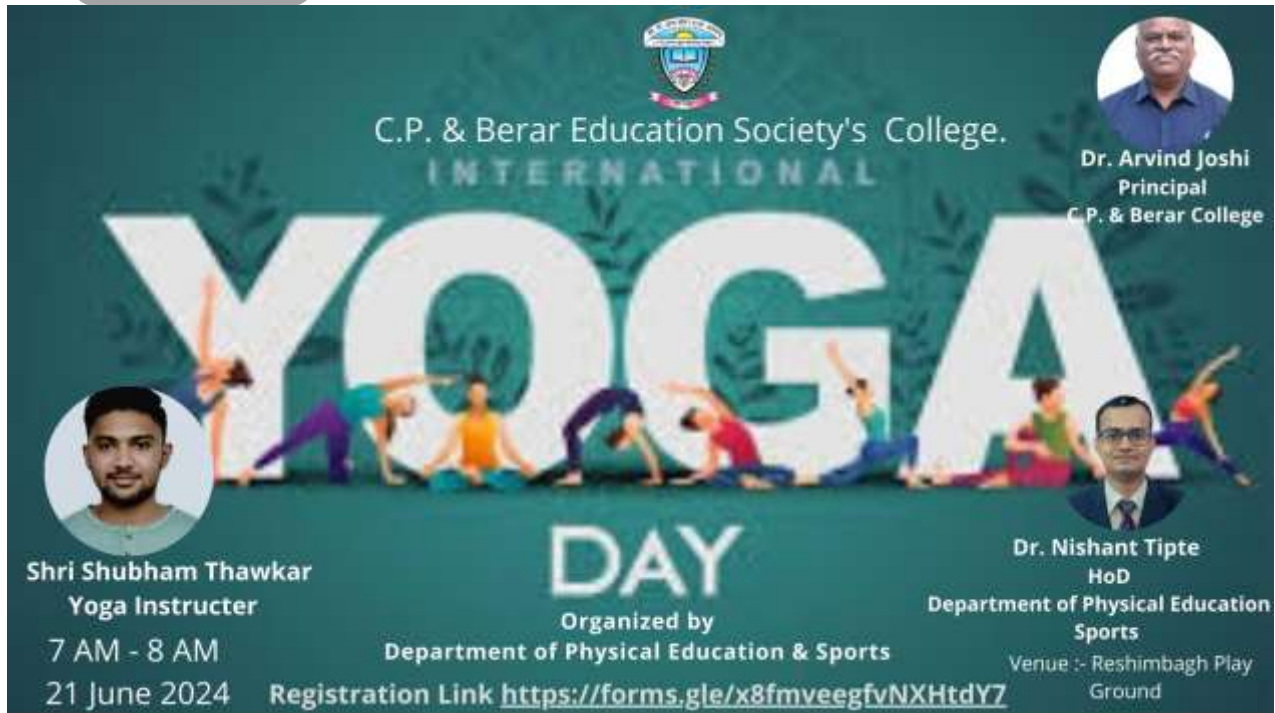
Department of Physical Education & Sports  
C.P. & Berar E. S. College  
Nagpur


Permission  
Granted  
3/21/2024


Off. Principal  
C.P. & Berar E.S. College  
Nagpur




**Brochure**




  
C.P. & Berar Education Society's College.  
INTERNATIONAL  
**YOGA**  
DAY

  
Dr. Arvind Joshi  
Principal  
C.P. & Berar College

  
Shri Shubham Thawkar  
Yoga Instructor  
7 AM - 8 AM  
21 June 2024

Organized by  
Department of Physical Education & Sports

  
Dr. Nishant Tipte  
HoD  
Department of Physical Education  
Sports  
Venue :- Reshimbagh Play  
Ground

Registration Link <https://forms.gle/x8fmveegfvNXHtdY7>

## Notice

### C. P. & Berar E. S. College

Tulsibagh, Mahal, Nagpur

Department of Physical Education & Sports

#### Students Notice

All students of C.P. & Berar E. S. College are informed that a One Day Yoga Training Session has been organized on 21.06.2024 at 07:00 am on the occasion of International Yoga Day. It is mandatory for all students to attend.

Date: - 18.06.2024



  
Principal  
C. P. & Berar College  
Nagpur

## Invitation Letter



“न हि ज्ञानेन सदृशं पवित्रमिह विद्यते”

OFFICE OF THE PRINCIPAL

**C. P. & BERAR EDUCATION SOCIETY'S COLLEGE**

TULSIBAG, MAHAL, NAGPUR-440 032.

☎: 0712 - 2722329, Fax : 0712 - 2722329

☎: M.C.V.C : 2738513, MBA : RAVINAGAR 2540149, DASR : 2731931

E-mail : info@cpberar.co.in, Web Site : www.cpberar.co.in

Estd. 1960



Ref. No. o/cpbc/189/2024

Date : 18.06.2024

Mr. Shubham Thawkar ,  
Yoga Instructor,  
Nagpur.

Subject: Invitation as a Yoga Instructor on “International Yoga Day” on 21<sup>st</sup> June 2024.

Dear Sir,

We are pleased to inform you that the Department of Physical Education & Sports, C.P & Berar E.S College, is organizing One-Day Yoga Training Session on “International Yoga Day” (21<sup>st</sup> June 2024) at 07:00 a.m. on the theme: “Yoga for Women Empowerment” It will be appropriate for us to invite an eminent person like you in the field of Yoga as a Yoga Instructor.

I would be delighted and honored by your presence. Thank you for your time and consideration.

Regards

Date: 18.06.2024

Place: Nagpur



  
Principal  
Offl. Principal  
C.P.& Berar E.S College  
Nagpur  
Nagpur



“न हि ज्ञानेन सदृशं पवित्रमिह विद्यते”

OFFICE OF THE PRINCIPAL

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E-mail : info@cpberar.co.in, Web Site : www.cpberar.co.in

Estd. 1960



Ref. No. 0/cpberar/195/2024

Date : 22.06.2024

Mr. Shubham Thawkar ,  
Yoga Instructor,  
Nagpur.

Dear Sir,

I thank you for taking time from your busy schedule to be the Yoga Instructor on International Yoga Day celebration at C.P. & Berar College, Nagpur on 21<sup>st</sup> June 2024. It was a great pleasure to have you among us on the occasion.

We would like to thank you for your arrival. We look forward to an enhance association in future events. Thanking you on behalf of the college administration and staff.

Yours Sincerely,

Date: 22.06.2024  
Place: Nagpur



  
Principal  
C.P. & Berar Education Society's College  
Nagpur



## Attendance Sheet

### C.P. & Berar Education Society's College.

Tulsibagh, Mahal, Nagpur.

### Department of Physical Education & Sports

Organizes One-Day Yoga Training Session on  
"International Yoga Day" (21<sup>st</sup> June 2024)

#### Students Participation List

Sr. No	Name of Participant (Name as you would like on certificate)	Mobile Number. (Whats Up No.)	Class
1	Shubham hatwar	7218502803	B.A - II
2	Anil Chavan	9156141838	B.A - III
3	Yes	7821066499	XII
4	Roshan sonavne	9384639006	XII
5	Sohel Aman khan	9890560328	M.A - I
6	Shruti zade	9657492959	B.A - II
7	Akansha Manohar Boldhan	8668226869	B.A - II
8	Tushar kirpal	7083525812	B.A - III
9	TANUSHREE SUHAS WASNIK	9527747458	B.A - III
10	Rakesh muralidhar Bansod	7741058756	N.A
11	Rahul kumar	7517973451	XII
12	Rahul Kumar	7517973451	XII
13	Prachi sunil muthal	9307536064	M.Com - I
14	Prachi Vaidya	8805459325	B.A - III
15	Sakshi sunil Thakre	883095707	B.Com - III
16	Kaveri Niranjan tarale	8010559970	B.Com - I
17	Saanvi Mahajan	7498193959	XI
18	Lawanya Barne	9309538403	B.A - I

Offi. Principal  
C. P. & Berar E.S. College  
Nagpur

19	Varsha Aade	8605254124	B.A - I
20	Swety vinayakrao ingole	7507852941	M.A - II
21	Asmita Nandanwar	9075162390	XI
22	Tina Dharmaji More	7083435377	B.A - I
23	Ishika madgulwar	8412856087	B.A - I
24	Sumit Shirpurkar	9623478829	XII
25	Shital Manoj bodkhe	7249231864	XII
26	Akash mahadev Katkar	8080956769	B.A - II
27	Shubham hatwar	7218502803	B.A - II
28	Roshan sonavne	9384639006	XII
29	Sohel Aman khan	9890560328	M.A - I
30	Akansha Manohar Boldhan	8668226869	B.A - II
31	TANUSHREE SUHAS WASNIK	9527747458	B.A - III
32	Rakesh muralidhar Bansod	7741058756	B.A - II
33	Prachi Muthal	9307536064	B.A - III
34	Sakshi sunil Thakre	8830957071	B.A - II
35	Kaveri Niranjana tarale	8010559970	B.A - III
36	Lawanya Barne	9309538403	B.A - III
37	Varsha Aade	8605254124	B.A - III
38	Asmita Nandanwar	8595974895	B.A - III
39	Tina Dharmaji More	7083435377	B.A - III
40	Ishika madgulwar	8595748595	B.A - III
41	Sumit Shirpurkar	9623478829	B.Com - III
42	Shital Manoj bodkhe	7249231864	B.Com - III
43	Akash mahadev Katkar	8080956769	B.A - III
44	Shubham hatwar	7218502803	B.Com - II
45	Roshan sonavne	9384639006	B.Com - II
46	Varsha Aade	8596574856	B.A - II

Off. Principal  
 C. P. & B. E. R. College  
 Nagpur

## Photographs



Dr. Arvind Joshi Principal, Dr. J.K. Mahajan Vice-Principal, Mr Shubham Thawakar Yoga Instructor Dr Nishnat Tipte at Yoga Demonstration Session



Mr. Shubham Thawkar Briefing about Importance of Yoga



Students Performing Yoga



Students Performing Yoga

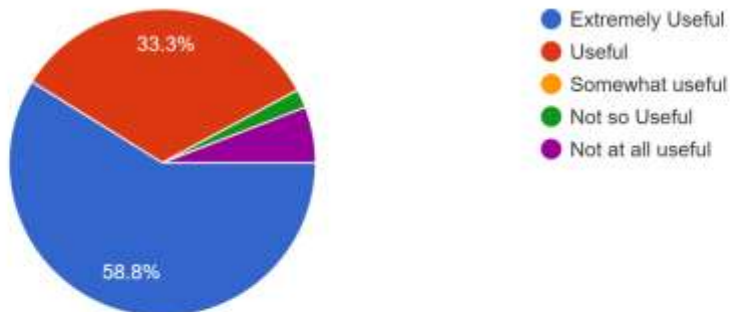


Students Performing Yoga

## Feed Back Form

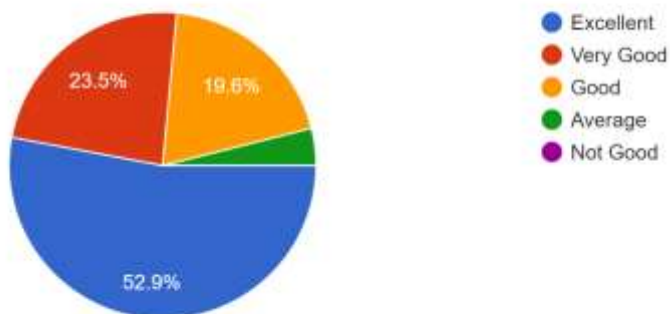
# C.P & Berar Education Society's College International Yoga Day 2024 Feedback Form Analysis Report

How useful was the Yoga Session for you  
51 responses



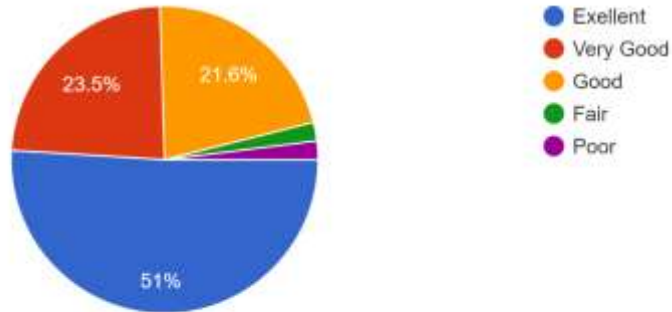
Is the Instructor clear in giving instruction and demonstrating poses during Yoga Training Session ?

51 responses



Overall, how you rate the Yoga Session ?

51 responses



  
Off. Principal  
C. P. & Barar E.B. College  
Nagpur







नागपूर जिल्हा TODAY नागपूर, बुधवार, २२ जून २०२४

# शिक्षक व प्रशिक्षकांनी योग प्रात्यक्षिकातून दिला फिटनेसचा संदेश

## उपराजधानीत आंतरराष्ट्रीय योगदिन उत्साहात

सकाळ वृत्तसेवा

नागपूर, जून २२  
उपराजधानीतील विविध शाळा, महाविद्यालये व मंडळानगरे शुक्रवारी आंतरराष्ट्रीय योग दिन उत्साहात साजरा करण्यात आला. यानिमित्त तय्यारी निष्ठाधर्मीय योगाचे महत्त्व परमूर्त रितीने निष्ठाधर्मीयता योगाचे प्रात्यक्षिक करून फिटनेसचा संदेश दिला.



इश्टीत : येथील ललित कला भवनत उत्सवोचित आंतरराष्ट्रीय योग दिन कार्यक्रमात योगासने करताना विद्यार्थी-विद्यार्थिनी.

### सी. पी. अँड बेरार महाविद्यालय

सी. पी. अँड बेरार महाविद्यालयातही आंतरराष्ट्रीय योग दिन उत्साहात साजरा करण्यात आला. महाविद्यालयीय शारीरिक शिक्षण विभाग, राष्ट्रीय सेवा योजना व कनिष्ठ महाविद्यालयीय संयुक्त विद्यमाने संयोजित योग दिन कार्यक्रमात महाविद्यालयीय विद्यार्थ्यांनी 'महिला सशक्तीकरणसाठी योग' या संकल्पनेतून योगाभ्यास केला. यावेळी योग प्रशिक्षक शुभम ठासकर यांनी विद्यार्थ्यांना योगाचे धडे दिले. कार्यक्रमात प्राचार्य डॉ. अरविंद जोशी, उपप्राचार्य डॉ. विठ्ठल पांडव, सा. शि. विद्यार्थ्यांमधून डॉ. निरंजना शिंदे, डॉ. विनोद बोगावकर, डॉ. विदेश सुर्वी, डॉ. तुलसीकर, डॉ. भात काळे आदी उपस्थित होते.

### महाराष्ट्र कामगार कल्याण मंडळ

महाराष्ट्र कामगार कल्याण मंडळ रा. सं. २ नागपूर अंतर्गत इंदिरा मैदान स्थित कला भवनत महाविद्यालय कल्याण आयुक्त नंदलाल राजेंद्र व कामगार कल्याण अधिकाारी प्रतिभा धाकरे यांच्या नेतृत्वाखाली आंतरराष्ट्रीय योग दिनानिमित्त सायंकाळी व प्रात्यक्षिक करण्यात आले. यावेळी योग शिक्षक परा ठाकरे व शिल्प युवामे उपस्थित होते. संस्थान कल्याण निरीक्षण कौचन बाली यांनी केले. कार्यक्रमात निरुद्धाणी, मन्मती देवाज्ञान, जौहन्न घाटील, अनुताला डेभारी, शुभोणी गिल्लसुकर, सवू यथो यांचे सहकार्य लाभले.

**YouTube Link: - <https://youtu.be/Hw5CDdkcdD4>**

**Registration Link: - <https://forms.gle/jfUwxpESMpBAZBJP6>**

**Feedback form Link: <https://forms.gle/5GmApE7WtN47gWSv9>**