



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

SESSION 2022-23

Name of Activity: International Yoga Day 21st June 2023

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. Mrs Sunita Shiwankar, Yog Adhyapika, Yog Vidyadham, Nagpur imparted yoga lessons to the students. Yoga Demonstration and training Session was organized at C. P Berar E. S College on 21.06.2023 at 7:30 a.m

Yoga Day was organized under the guidance of Dr. Milind Barhate, 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.


Principal
C.P. and Berar E.S. College
Tulshibag, Nagpur.

Permission Letter

To,
The Principal,
C. P. & Berar E.S. College,
Nagpur.

Subject: - Permission to Conduct International Yoga Day on 21.06.2023.

Respected Sir,

Department of Physical Education & Sports organizes International Yoga Day Every Year. Like every year we are planning to organize International Yoga Day on 21.06.2023 at C.P. & Berar College Yoga Instructor Mrs. Sunita Prabhakar Shivankar will be giving yoga demonstration. 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

Date: - 16.06.2023

Permitted
M
16/6

Brochure

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

INTERNATIONAL
YOGA DAY

Organized by
Department of Physical Education & Sports

Mrs. Sunita Prabhakar Shivankar
Yog Adhyapak,
Yog Vidyadham, Nagpur.

Dr. Milind Barhate
Principal
C.P. & Berar College

Dr. Nishant Tipte
HoD
Department of Physical
Education & Sports

7:30 AM - 9:00 AM
21 June 2023

Registration Link
<https://forms.gle/G58iwGjQHNXQtQYWA>

Venue :- C.P. & Berar
College, Tulsibagh,
Mahal, Nagpur

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 21.06.2023 at 07:30 am on the occasion of International Yoga Day. It is mandatory for all students to attend.


Date: - 16.06.2023




PRINCIPAL
C.P. & Berar E.S. College
C. P. ~~NAGPUR~~ College
Nagpur

Registration Link: - <https://forms.gle/G58iwGjQHNXQtQYWA>

Invitation Letter

**“न हि ज्ञानेन सदृशं पवित्रमिह विद्यते”**
OFFICE OF THE PRINCIPAL
C. P. & BERAR EDUCATION SOCIETY'S COLLEGE
TULSIBAG, MAHAL, NAGPUR- 44 0032.
☎ : 0712 -2722329 Fax No.: 0712 - 2722329 Web Site : www.cpberar.co.in
☎ : M.C.V.C : 2738513, MBA : RAVINAGAR 2540149, DASR : 2731931
Estd. 1960

Ref. No. 0/195/cf8c/023 Date : 21.06.2023

To,
Mrs. Sunita P. Shivankar,
Yog Adhyapak,
Yog Vidyadham,
Nagpur.


Dear Madam,


I thank you for taking time from your busy schedule to be the Yog Adhyapak on International Yoga Day celebration at C.P. & Berar College, Nagpur on 21st June 2023. 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: 21.06.2023
Place: Nagpur


PRINCIPAL
C.P. & Berar E.S. College
NAGPUR
C.P. & Berar College
Nagpur





"न हि ज्ञानेन सदृशं पवित्रमिह विद्यते"
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Estd. 1960



Ref. No. 0/193/CPBC/023

Date : 16.06.2023

To,
Mrs. Sunita P. Shivankar,
Yog Adhyapak,
Yog Vidyadham,
Nagpur.

Subject: Invitation as a Yog Adhyapak on "International Yoga Day" on 21st June 2023.

Dear Madam,

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" (21st June 2023) at 07:30 a.m. It will be appropriate for us to invite an eminent person like you in the field of Yoga.

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

Regards

Date: 16.06.2023
Place: Nagpur



PRINCIPAL
C.P. & Berar E.S's College
NAGPUR
Nagpur

Attendance Sheet



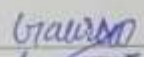
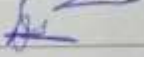
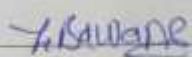
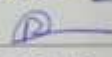
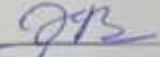
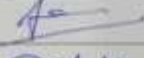
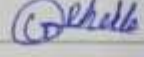
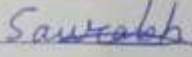

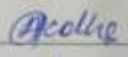

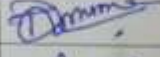

C.P. & Berar Education Society's College.

Tulsibagh, Mahal, Nagpur.

Department of Physical Education & Sports

Organizes One-Day Yoga Training Session on
"International Yoga Day" (21st June 2023)

Students Participation List

Sr. No	Name of Student	Class	Mobile No.	Signature
1	AKASH KAMBLE		8605658360	
2	Pranav Nurnikar		8767422645	
3	Gaurav. Waghmare		7276653788	
4	Dheer - Thobe		8459947577	
5	Harsh. Bawane		7517986536	
6	Arth Shete		9921250029	
7	Pratiksh Dhum		7218278824	
8	Ayash mundekar		8459587731	
9	Gaurav. P. Phole		9860027600	
10	Saurabh Nakade		8799958831	
11	Jitin. P. Patil		9284997663	
12	Abhay Kolhe		9009697031	
13	Ritika Mate		7706366385	
14	Daj T murne		7875130133	
15	Abhishek Patil		7028414922	



Principal
C.P. and Berar E.S. College
Tulsibag, Nagpur.

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" (21st June 2023)

Students Participation List

Sr. No	Name of Student	Class	Mobile No.	Signature
16	Amar Hirekhan		9075357019	Amar
17	shiv yadav		9889501498	Shiv
18	Anand Humne		7499027075	Anand
19	Piyush Tolmasare		832927511	Piyush
20	Vivek Patil		7507868921	Vivek
21	Ankush Jaiswal		87888108340	Ankush
22	Harsh Dhadwade		7378714914	Harsh
23	Rajesh Chaudhari		8767015889	Rajesh
24	Rajesh Rohulkar		8556963940	Rajesh
25	Gaurav Dhobale		9860027204	G. Dhobale
26	Hemant Bhute		8788061151	Hemant
27	Rohit Lonjwar		9209039650	Rohit
28	Harsh Mitase		7666189707	Harsh
29	Vedant Bote		7775682115	Vedant
30	Yogesh Vilgatkar		9322338666	Yogesh



Principal
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Tulsibag, Nagpur.

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

Tulsibagh, Mahal, Nagpur.

Department of Physical Education & Sports

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"International Yoga Day" (21st June 2023)

Students Participation List

Sr. No	Name of Student	Class	Mobile No.	Signature
31	Shruti N. Zade	BA 2 nd	9657492959	Shruti
32	Akanksha M. Boldhan	BA 2 nd	8668226869	Akanksha
33	Roshani Jangde	B.com 2 nd	8421966202	Roshani
34	Udaykumar R. Vorend	B.A.F.		Udaykumar
35	Chandee S. Vadekar	B.A III	8482975163	Chandee
36	Ashwini A. Wanjari	Bec II	9356297398	Ashwini
37	Rishi Parmar	M.A I	9370502882	Rishi
38	Purnali Patle	B.com 1 st	9860791620	Purnali
39	Nobel Ghuse	B.ed I	9579653760	Nobel
40	Poonam Bhatkar	BA 1 st	7796024407	Poonam
41	Yogita Gadge	M.com I	9359797623	Yogita
42	Prachi S. Muttal	M.com I	9807536069	Prachi
43	Somlesha Patil	M.com I	7620732071	Somlesha
44	Kajal Monkal	M.A. I	8806876345	Kajal
45	Deepali Dehikar	M.com I	8788867273	D. Dehikar



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Tulsibagh, Mahal, Nagpur.

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"International Yoga Day" (21st June 2023)

Students Participation List

Sr. No	Name of Student	Class	Mobile No.	Signature
46	Dipali Rajesh Gokhale	M.Com ^{II}	9021588257	D.R. Gokhale
47	Pooja Nehanlal Dashmukh	B.Ed II year	8021582991	P.Dashmukh
48	Shanta Suresh Dhawale	BA2 nd yr	9420958612	Shanta
49	Reemila Patil		9511852188	P.Patil
50	Vaibhav Thokse		7269331927	Vaibhav
51	Khurki Chute		9011973701	K. Chute
52	Mansi Choudhari		9699892899	Mansi
53	Dinrui Patnawate		976531535	Dinrui
54	Chetan Jondhulkar		9765164265	Chetan
55	Saurobh Chandekar		9049799067	Saurobh
56	Yogesh Lokare		8208459828	Yogesh.Lo
57	Anil Chouhan		8755285621	Anil
58	Prithvijit Male		8852652811	P. Male
59	Akash Karkar		8867578297	Akash
60	Suryaj Pisardkar		8999355563	Suryaj



Principal
C.P. and Berar E.S. College
Tulsibagh, Nagpur.

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" (21st June 2023)

Students Participation List

Sr. No	Name of Student	Class	Mobile No.	Signature
61	Vishan Dewalkar		9049070366	<i>[Signature]</i>
62	Poochi Vaidya		8805459385	Poochi
63	Ishita Hanjanwar		8506287225	Ishita
64	Poochi Muthal		9307536064	Poochi



[Signature]
Principal
C.P. and Berar E.S. College
Tulsibagh, Nagpur.

Photographs



Mrs. Sunita P. Shivankar, Yog Adhyapak Briefing about Importance of Yoga



Students Performing Yoga



Students Performing Yoga





Certificates:-



 **C. P. & Berar Education Society's College** 
Department of Physical Education & Sports
International Yoga Day
21st June 2023
E-CERTIFICATE
This is to certify that **Dipali dehlakar** of **Cp and berar college** have actively attended Yoga Training Session on International Yoga Day on 21st June 2023 organized by C. P. & Berar E. S. College Nagpur.
Dr. Milind Barhate
Principal
C.P. & Berar E.S. College
Dr.Nishant Arun Tipte
HOD
Dept. of Physical Education & Sports
C.P. & Berar E.S. College
Made for free with Certify'em



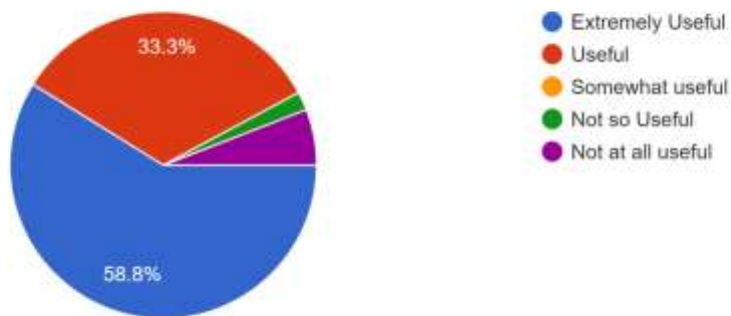
 **C. P. & Berar Education Society's College** 
Department of Physical Education & Sports
International Yoga Day
21st June 2023
E-CERTIFICATE
This is to certify that **Gopal Chandrakant Dhawade** of **C.P. & Berar College** have actively attended Yoga Training Session on International Yoga Day on 21st June 2023 organized by C. P. & Berar E. S. College Nagpur.
Dr. Milind Barhate
Principal
C.P. & Berar E.S. College
Dr.Nishant Arun Tipte
HOD
Dept. of Physical Education & Sports
C.P. & Berar E.S. College
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Feed Back Form

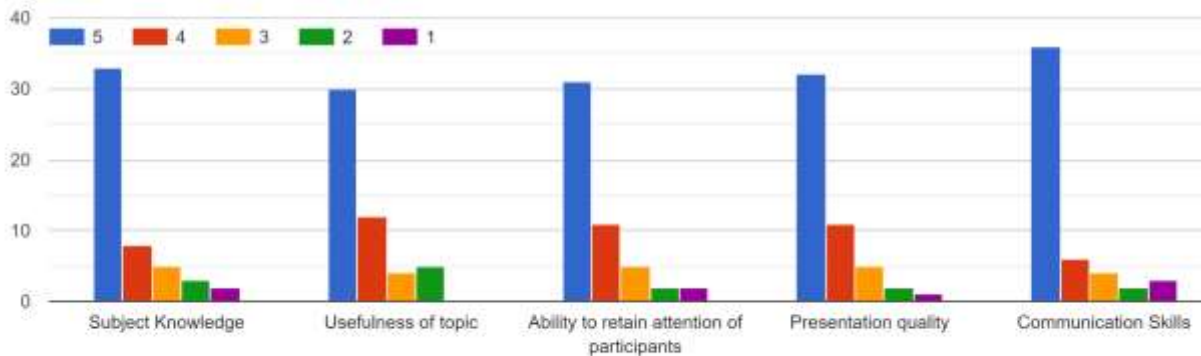
C.P & Berar Education Society's College International Yoga Day 2023 Feedback Form Analysis Report

How useful was the Yoga Session for you

51 responses

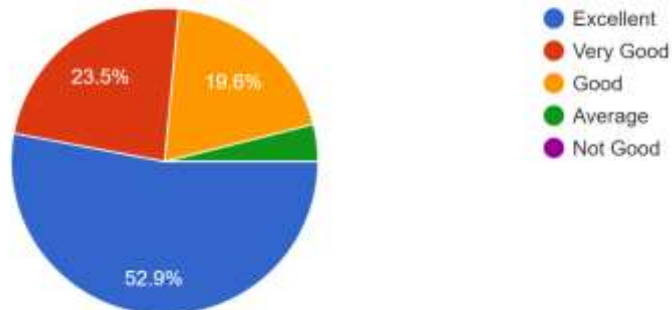


Rate the Resource person Mrs. Sunita P. Shivankar (5-Highest to lowest-1)



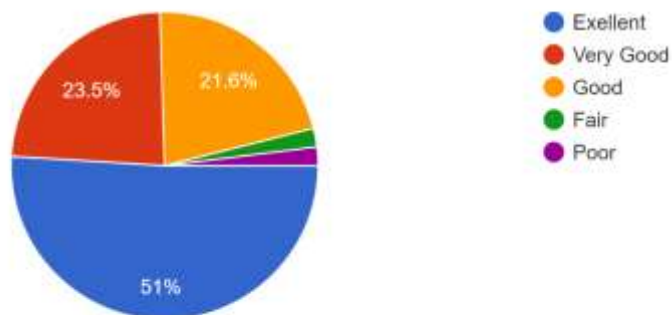
Is the Instructor clear in giving instruction and demonstrating poses during Yoga Training Session ?

51 responses



Overall, how you rate the Yoga Session ?

51 responses



Principal
C.P. and Bera E.S. College
Tulsibag, Nagpur.

YouTube Link :- https://youtu.be/AsuiFw2_rkk

Registration Link: - <https://forms.gle/cpGQwfMp7toVqqTa7>

Feedback form Link: - <https://forms.gle/Uu53c9rBqCEGBiYQ8>