



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

SESSION 2025-26

Name of Activity: International Yoga Day 21st June 2025

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 21.06.2025 at 7:00 a.m Yoga Day was organized under the guidance of Dr. Ajay Kukarni, 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. & Berar E.S's. College
Nagpur

Permission Letter

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

Subject: - Permission to Conduct International Yoga Day on 21.06.2025.

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 21.06.2025 at C.P & Berar College, Tulsibagh, Mahal, Nagpur on the theme "Yoga for One Earth, One Health 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

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A.P. 18/6/25

Brochure



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

Organises



International Yoga Day

21st June 2025

7 AM - 8 AM

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



Shri Shubham Thawkar
Yoga Instructor



Dr. Ajay Kulkarni
Principal
C.P. & Berar College



Dr. Nishant Tipte
HoD
Department of Physical Education & Sports

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 21.06.2025 at 07:00 am on the occasion of International Yoga Day. It is mandatory for all students to attend.

Date: - 18.06.2025




Principal
C. P. & Berar E. S. College
NAGPUR.
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.

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Estd. 1960



Ref. No. 0191/CPBC/025

Date : 18.06.2025

Mr. Shubham Thawkar ,
Yoga Instructor,
Nagpur.

Subject: Invitation as a Yoga Instructor on “International Yoga Day” on 21st June 2025.

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” (21st June 2025) 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

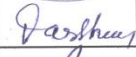
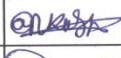
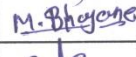
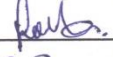
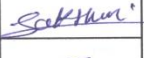
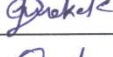
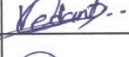
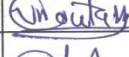
Date: 18.06.2025

Place: Nagpur




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

Attendance Sheet

International Yoga Day				
21.06.2025				
Sr. No	Name of Student	Class	Mob No.	Signature
1	Athraw .D. Jauraj	2 nd yr.	9693333470	
2	Sahil . P. Shende	2 nd year	9309731093	
3	Darshan Dule	2 nd year	8939742036	
4	Nayan yenukar	12 th (Arts)	8263930857	
5	ANIKUSH Khandale	12 th (Arts)	9823824388	
6	Mayur .N. Dahale	1 st year	7620013559	
7	Mayank .D. Bhajane	11 th	8055112385	
8	Deepak .J. Butakate	B.Com	89545907654	
9	Kushal V. Umredkar	B.Com 2 nd year	7030766303	
10	Sahil V. Chaudhri	1 st yr.	8999036134 8983543	
11	Chirak D. Saur	B.Com 2 nd year	91420908721	
12	Saksham M. Gaisipanje	12 th	9356165015	
13	Vedant .C. Tichkule	11 th	9861192940	
14	Roshan .K. Bolkde.	BSC.CS	8329518899	
15	Dheeraj D. Morkole	9 th	8329650466	
16	Vedant Ashok Bawane	11 th	9822254353	
17	Nimanshu .O. Mahale	B.A.H.CS	8212816623	
18	Vishal .W. Goutam	12 th	7058387336	
19	Manish Khodke	11 th	9699160544	
20	Tushar .V. Afkar	12 th yr.	8788591979	




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Nagpur

International Yoga Day

21.06.2025

Sr. No	Name of Student	Class	Mob No.	Signature
22	Meenakshi D. Gaikwad	MSc	9579319562	<i>Meenakshi</i>
23	Cheru Y. Kontamwar	B.Com	9373502347	<i>Cheru</i>
24	Sakshi V. Umredkar	B.Com 3 rd year	7038978768	<i>Sakshi</i>
25	Nikita V. Basapatte	11 th	9764194743	<i>Nikita</i>
26	Nandini V. Pali	BA	8806531668	<i>Nandini</i>
27	Riya J. Ambekar	B.Com 2 nd year	7798413145	<i>Riya</i>
28	Akshara A. Duxugra	11 th	9022023812	<i>Akshara</i>
29	Janhvi S. Karkiswar	M.A.	8390523869	<i>Janhvi</i>
30	Kajal V. Kore	12 th Pass	7821077566	<i>Kajal V. Kore</i>
31	Harsha S. Balapure	12 th pass	8237886130	<i>Harsha</i>
32	Shraddha J. Fulzele	B.C.C.A	9067436871	<i>Shraddha</i>
33	Ankita Bhandale	B.A 1 st year	8421005898	<i>Ankita</i>
34	Kajal Sen	B.A 1 st year	9111968295	<i>Kajal</i>
35	Laxmi Walde	B.Com 1 st year	9373803960	<i>Laxmi</i>
36	Shruti mamulkare	1 st year B.A	9022956508	<i>Shruti</i>
37	Tejaswini Bawankule	1 st year BA	9579894374	<i>Tejaswini</i>
38	Tina Sonkusre	1 st year B.A	9529706632	<i>Tina</i>
39	Tanaya manghagare	B.Com 1 st	9579319562	<i>Tanaya</i>
40	Vabhavi Katre	B.Com 1 st	9373502347	<i>Vabhavi</i>
41	Kemal Meshram	B.Com 1 st	7038978768	<i>Kemal</i>



A.K.
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Nagpur

International Yoga Day

21.06.2025

Sr. No	Name of Student	Class	Mob No.	Signature
42	Samiksha Nagvanshi	12 th	9699353998	Samiksha
43	Shreenika Y. Thakare	3 rd year	9503922980	Shreenika
44	Snehal S. Wanjari	12 th	9075935580	Snehal
45	Mayuri V. Gupta	2 nd year	8329318103	Mayuri
46	Kashish V. Umathe	3 rd year	8080282690	K. Umathe
47	Kavyani M. DABKADARKH	12 th	7276101458	Kavyani
48	Daxni R. Yadav	12 th	8999632560	Daxni
49	Yashvini K. Hedau	1 st year	9067634058	Y. Hedau
50	Shreelalika V. Khelke	1 st year	7020745847	Shreelalika
51	Tiya S. Shende	11 th	7219156551	Tiya
52	Radhika S. Thakur	12 th A & T	9209459415	Radhika
53	Tanisha H. mazi	1 st year	8669866942	T.H. mazi
54	Durga H. Scandarkar	1 st year	9322072710	D. Scandarkar
55	Aachal A. Wadhwa	2 nd year	8888674830	Aachal
56	Pooja A. Shivarkar	1 st year	8055590918	Pooja
57	Anjali T. Hazinkhede	1 st year	7262802815	Anjali
58	Komal D. Jazit	12 th	9156615526	Komal
59	Reiya T. shahare	2 nd year	8007103014	Reiya
60	Shivani I. Nandanwar	11 th science	8605372351	Shivani
61	Vaishnavi S. Nandanwar	11 th science	9145528802	Vaishnavi



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Sr. No	Name of Student	Class	Mob No.	Signature
62	Mithilesh N. Patil	9 th	8766948320	M Patil
63	Aditya A. Dongare	2 nd	8768263081842	Aditya
64	Rehan patil	3 rd year	9723428916	Rehan
65	Bilal Oherade	3 rd year	7263880924	Oherade
66	Arbaj. M. Icham	2 nd year	8830525076	Arbaj
67	Bhushan. R. Barapatre	2 nd year	8446017608	Bhushan
68	Ds. Chetan K. Hingmelar		956111869	Chetan
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Principal
C.P. & Berar E.S's. College
Nagpur

Photographs



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



Mr. Shubham Thawakar Briefing about Importance of Yoga



Students Preformation Yoga



Students Preformation Yoga



Students Preformation Yoga