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I/C Principal Prof. Dr. U. V. Patil  
M.A., SET, Ph.D.



Education through self-help is our motto- KARMAVEER

Rayat Shikshan Sanstha's

**Dr. Patangrao Kadam Mahavidyalaya,**

Ramanandnagar (Burl) Tal. Palus Dist. Sangli 416 308 (Maharashtra)

Affiliated Shivaji University, Kolhapur

Founder: Padmabhushan Dr. Karmaveer Bhaurao Patil (D.Litt)

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Index no. junior J 22 07 001, MCVC J 22 07 901, Udise-27350604007



## Notice

Date- 20/06/2024

All the Faculty in the College MCVC/ BCA / PG Department Associate Professors and Non-Teaching Staff are hereby informed that on Friday 21/06/2024 at 11.00 a.m. Group Yoga Training Program will be organized on the occasion of International Yoga Day. Everyone should participate.

### Information -

1. Do not eat anything for two hours before yoga training.
2. Wear comfortable dress.
3. Bring your own yoga mat.

Principal,

Dr. Patangrao Kadam Mahavidyalaya Ramanandnagar, (Burl)



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## Department of BCA Collaboration with IQAC

2024-25

### A Report on International Yoga Day

Date: 21<sup>st</sup> June, 2024

The Department of BCA Collaboration with IQAC Organised International Yoga Day Celebration on 21st June, 2024. International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

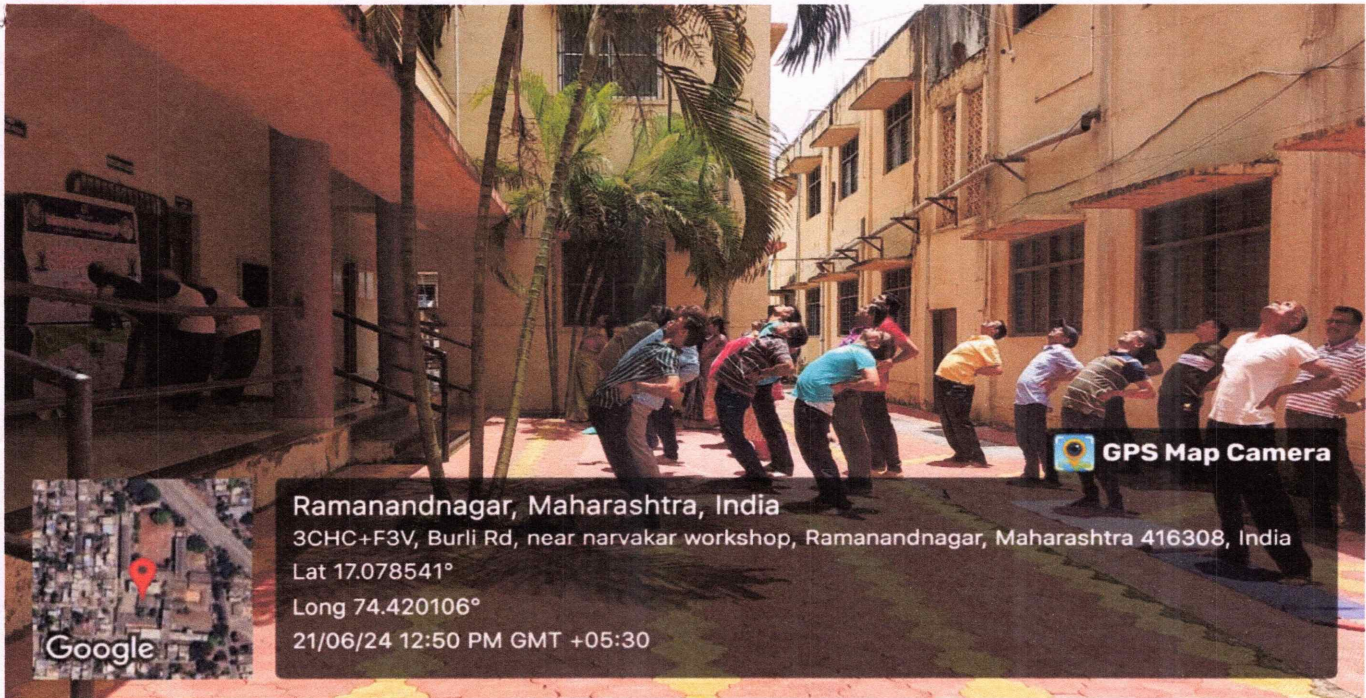
Today, on 21st June 2024, Dr. Patangrao Kadam Mahavidyalaya Ramanandnagar, (Burl) celebrated International Yoga Day. It was attended by Hon'ble I/C Principal Dr. U. V Patil mam, Professors and Non- Teaching Staff with great enthusiasm.

The event began with a brief introduction of Mrs. Angha A. Jadhav (YOG GURU) and Hon'ble I/C Principal Dr. U. V Patil mam Felicitated Mrs. Angha Jadhav. Warm up exercises were taken and all the participant performed sitting and standing asanas, importance of these were explained simultaneously. She encouraged all participant to practice regular yoga to remain fit and improve concentration. The function ended with a vote of thanks by Prof. P. B. Patil Member of Cultural Committee

#### Outcomes:

1. To draw attention of people worldwide towards the holistic benefits of yoga.
2. To bring communities much close together to spend a day for health from busy schedule.

Beneficiaries: 50



**Teaching and Non -Teaching Staff while doing Yoga**



**College staff practicing Pranayama**

*A. Govind.*

HOD  
Department of BCA

*P. Kadam*

Principal

Dr. Patangrao Kadam Mahavidyalaya Ramanandnagar,(Burli)