



KINDLE THE LIGHT

SADHU VASWANI MISSION'S
ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]

[ARTS, COMMERCE, SCIENCE, BBA, BCA]

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NAAC 3rd Cycle - A grade

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

G-18/2022-23/4

Date : 07.06.2022

CIRCULAR

On the occasion of 8th International Yoga Day, the College is celebrating Yoga Week from 13th June 2022 to 21st June 2022. There will be daily Yoga Practical session in Morning from 8.30 am to 9.30 am. Guest lecture will be conducted. Details are as follows :

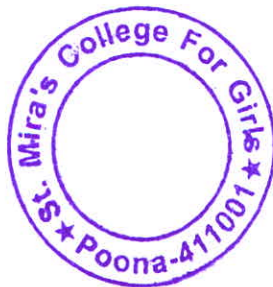
Day and Date : Monday 13th June 2022
Timing : Evening from 4.00 pm to 5.00
Topic : Yoga for Mental Health
Speaker : Mr. Mangesh Thomake, Assistant Professor, SPPU, Pune.

Day and Date : Thursday 16th June 2022
Timing : Evening from 4.00 pm to 5.00
Topic : Yoga for Various Disorder
Speaker : Dr. Vishvanath Pise, Assistant Professor, SPPU, Pune.

This is to request all the students and staff members to register on the following link:

<https://forms.gle/6qvBvCfiNnsMwzyq6>

Ms. Ekta Jadhav
Director of Physical Education



Dr. Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Autonomous- Affiliated to Savitribai Phule Pune University
Department of Physical Education
Yoga Week, 13th June 2022 to 20th June 2022
Report

On the occasion of 8th International Yoga Day the Yoga Week was celebrated from 13th June to 20th June, 2022 by department of Physical Education in Hybrid mode both offline and virtually due to the Covid- 19 pandemic situation. To generate awareness of yoga in day to day life among the students and staff daily practical session and 2 guest lecturers were conducted during this week. Total 68 students and 11 staff members actively participated online and offline in college campus and Google meet platform.

The 2 Guest Lectures were organised in this week:

1. Yoga for Mental Health- By Mr. Mangesh Thomake, Asst. Prof, SPPU on 13th June, 2022
 2. Yoga for Various Disorders -By Dr. Vishvanath Pise, Asst. Prof, SPPU on 16th June, 2022.
- Both the lectures were very useful for students to keep away from the stress or anxiety and other kind of mental or physical disorders. Then taught us some important asanas and meditation techniques which keep away from various type of diseases.

The practical session was conducted by the Director of Physical Education, Mrs. Ekta Jadhav and Yoga students. In practical session the Yoga protocol given by Ministry of AYUSH Government of India was adhere to.

Ekta Jadhav

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 Director of Physical Education



Jaya

Dr Jaya Rajagopalan
 Principal Incharge
Principal Incharge
St. Mira's College for Girls, Pune.



St. Mira's College for Girls, Pune

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NAAC "A" Grade



DEPARTMENT OF PHYSICAL EDUCATION

Is Organising Yoga week from 13th to 21st June, 2022 On
the occasion

आज़ादी का
अमृत महोत्सव



8TH INTERNATIONAL YOGA DAY 2022

YOGA FOR HUMANITY

ONLINE PRACTICAL SESSIONS AND GUEST LECTURE ON YOGA

| Sr. no | Date | Sessions | Timings |
|--------|------------------------------|----------------------------------------------------------------------------------------|-------------------------|
| 1 | 13th June to 20st June, 2022 | Daily Practical Session of Yoga | Morning 8.30 to 9.30 am |
| 2 | 13th June, 2022 | Guest Lecture- Yoga for Mental Health By Mr. Mangesh Thomake, Asst. Prof, SPPU. | Evening 4.00 to 5.00 pm |
| 3 | 16th June, 2022 | Guest Lecture- Yoga for Various Disorders. By Dr. Vishvanath Pise, Asst. Prof, SPPU | Evening 4.00 to 5.00 pm |
| 4 | 21st June 2022 | Protocol of International Day of Yoga | Morning 8.30 to 9.30 am |

Ejadhav
Director of Physical Edu



Google Meet Link---meet.google.com/ijc-vgfk-zuu

For any Queries Contact---Mrs. Ekta Jadhav, Dr. Suvarna Deolankar

Jr
Principal Incharge
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 Department of Physical Education
 Yoga Week, 13th to 20th June 2022

Photos



Ekta
 Ekta Tadkar
 Director of Physical Education



Jh
 Principal Incharge
 St. Mira's College for Girls, Pune.

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Department of Physical Education
Yoga Week, 13th to 20th June, 2022

Attendance Sheet *Total - 68 Students + 11 Staff members*

| Sr. No. | Name | Email Address | |
|---------|-----------------------------|-----------------------------------------------|---------|
| 1 | Siya Kad | siyakad0605@gmail.com | Student |
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spadha
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Department of Physical Education
Yoga Week, 13th to 20th June, 2022

Attendance Sheet

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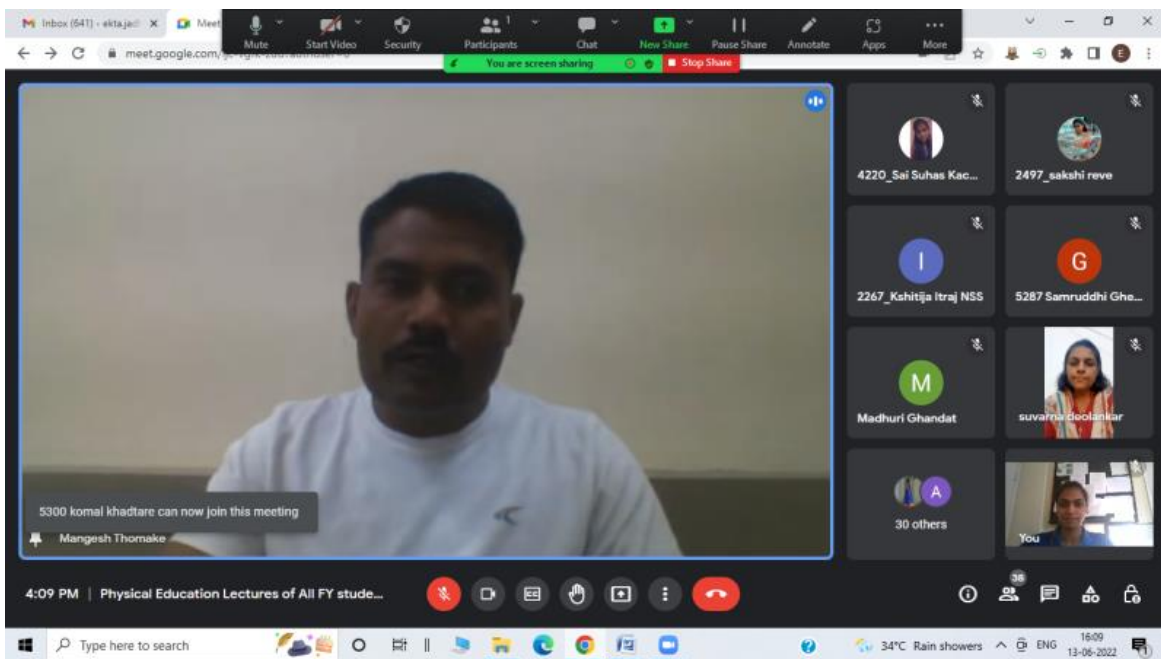
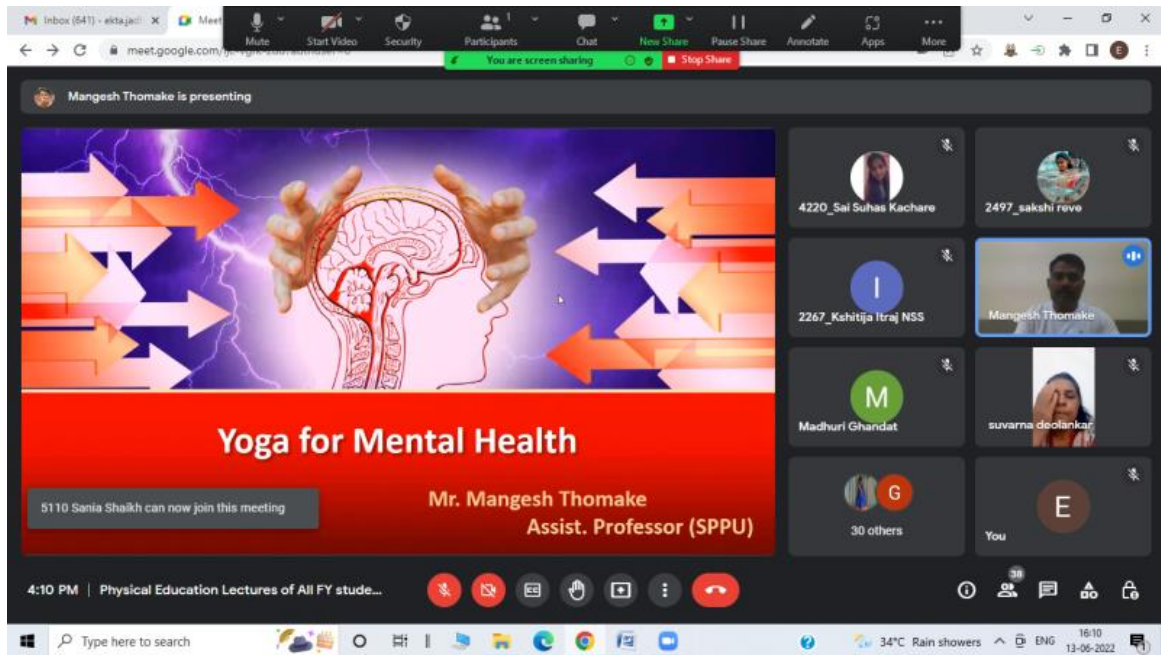
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International Yoga Week



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