

B. L. D. E. Association's
**S. B. ARTS AND K. C. P. SCIENCE COLLEGE,
VIJAYAPUR**

Affiliated to Rani Channamma University, Belagavi

NSS UNIT 1 AND 2

Organizes



INTERNATIONAL YOGA DAY

“Yoga for Self and Society.”

IQAC Initiative Program

Dated: 21/06/2024

Time: 07:00 am

ACADEMIC YEAR-2023/2024



NSS UNIT 1 AND 2

REPORT ON INTERNATIONAL YOGA DAY

On June 21, 2024, BLDEA's SB Arts and KCP Science College, Vijayapur (New Campus), celebrated International Yoga Day under the theme "Yoga for Self and Society." The event highlighted the dual benefits of yoga for personal well-being and societal harmony. The open theatre provided an ideal setting for various yoga activities involving staff, students, and NSS volunteers.

Theme: "Yoga for Self and Society"

The theme emphasized the interconnected benefits of yoga for individual health and community harmony, showcasing how personal yoga practice can positively impact social interactions and collective well-being.

Event Overview

The event commenced at 7:00 AM with Dr. A. B. Sharma, a Yoga Teacher, Principal Dr. R. M. Mirde, and NSS Program officers Mr. Milan Rathod and Dr. Tarannum Jabeen. Key administrative figures, faculty members, showcasing the institution's dedication to health and well-being. This active involvement set a positive example for students, highlighting their commitment to holistic practices. NSS volunteers, under the guidance of Mr. Milan Rathod and Dr. Tarannum Jabeen, played a crucial role in organizing and managing the event.

The event took place in the open theatre, with mats arranged to ensure social distancing. The stage was adorned with serene imagery and yoga postures, accompanied by calming music. The schedule began with a Morning Yoga Session from 7:00 AM to 8:30 AM, led by **Dr. A. B. Sharma**, focusing on basic yoga postures and breathing exercises. This was followed by a guided Meditation and Mindfulness session that emphasized stress relief and mental clarity. An Advanced Yoga Techniques session introduced complex asanas, catering to experienced practitioners.

Conclusion

International Yoga Day at BLDEA SB Arts and KCP Science College was a success, highlighting the theme "Yoga for Self and Society." The active participation of staff, students, and 59 NSS volunteers made the event impactful and memorable. This celebration not only promoted yoga practice but also fostered unity and collective responsibility for health and peace.

PHOTOS



‘ಮೂರ್ಚಳಾದ ಜಗತ್ತು ಅಯ್ಯಾ, ನೀ ಮೂರ್ಚಳಾದ ದುಷ್ಪಲ ಅಯ್ಯಾ, ನೀ ಬ್ರಿಡಿಸೆಡರ್ ದಿಷ್ಟು ತಾಮುರವಯ್ಯಾ, ನಾನೀ ಮೂರ್ಚಳಾದ

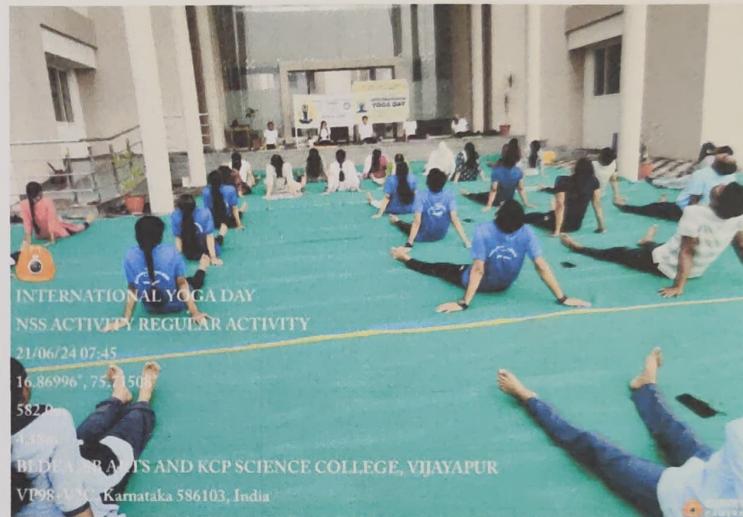
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ಸಾಧನ:ಪ್ರಾಜಾಯ್ ಡಾ.ಆರ್.ಎಂ.ಮಿದ್

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ବିଜୟପୁର୍ ଦ୍ୱୟାନିନ ତମିପତିକିର୍ତ୍ତି ଯିଶ ଅବଦିଶିଲ୍ପୀଙ୍କରିଂ ମାନାନିର କାର୍ଯ୍ୟ ଦ୍ୱୀପକ ନୟଦ୍ୱାରୀ ଯିଶାଙ୍କ ମାତ୍ର ନକ୍ସାକରିରେ ନମ୍ବୁ ବଦଳିବାରୁ ଦିନ୍ବିଶ୍ରୀ ତମିପତିକିର୍ତ୍ତି ଯିଶାଙ୍କନ ମନ୍ତ୍ରକାରୀର ଏବଂ ମନ୍ତ୍ରକାରୀର ଏବଂ ମନ୍ତ୍ରୀ ହେଉଥିରୁ.



Robert

NSS PO

John B. Edwards

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PRINCIPAL

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