

To
Dr. Swati Wavhal
Principal
Ismail Yusuf College

Subject: Permission for International Yoga Day online Inter National Level Workshop

Dear Dr. Swati Wavhal

I hope this message finds you well.

I am writing to seek your permission to conduct an online National Level Yoga Workshop in celebration of International Yoga Day, which will be held on 21st June 2021. This event will be conducted by me, Ms. Pratiksha Phadnis, College Director of Physical Education and Sports, in collaboration with our MOU partner, Sri Ambika Yog Kutir Thane.

Event Details:

- **Date:** 21st June 2021
- **Time:** 10:00 AM to 12:00 PM
- **Mode:** Online via YouTube
- **Participants:** Junior and Senior College Students, Staff, and global followers of Sri Ambika Yog Kutir
- **Link Sharing:** The workshop link will be shared through staff and student WhatsApp groups

This workshop aims to provide an enriching experience in yoga practice, promoting health and well-being among our students and staff, as well as engaging with a broader audience globally. The session will cover various yoga practices and will be led by experienced instructors from Sri Ambika Yog Kutir Thane.

We anticipate participation from around 300 individuals, including our college community and the followers of Sri Ambika Yog Kutir worldwide. The workshop will be conducted in a manner that ensures accessibility and engagement for all participants.

I kindly request your approval to proceed with this initiative and to share the workshop link with our college community. Your support will greatly contribute to the success of this event.

Thank you for considering this request. I look forward to your favorable response.

Best regards,

P. N. Phadnis

Ms. Pratiksha Phadnis
College Director of Physical Education and Sports
Ismail Yusuf College





Government of Maharashtra
Ismail Yusuf College of Arts, Science and Commerce
NAAC 'A' Grade
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Fax (Principal) 022-28202188

Date: 16/07/2021

Notice: International Yoga Day Celebration

We're excited to celebrate International Yoga Day, a day dedicated to wellness and harmony, in collaboration with Sri Ambika Yog Kutir Thane. This year's celebration promises to be a rejuvenating and enlightening experience for all.

Event Details:

Under the expert guidance of Ms. Pratiksha Phadnis, join us for a special online yoga session that will invigorate your mind, body, and spirit. The session will include various yoga asanas, breathing exercises, and meditation techniques aimed at promoting holistic well-being.

Date & Time:

Mark your calendars for July 21, 2021. The session will commence.

Venue:

Participate from the comfort of your own space as the session will be conducted online. Further details and access instructions will be shared closer to the event date.

In light of the ongoing pandemic, the Department of Physical Education and Sports is conducting all Annual Sports Day competitions online this year. Stay tuned for more information on how you can participate and showcase your athletic prowess in the virtual arena.

Let's come together virtually to celebrate the ancient practice of yoga and embrace its transformation power in our lives.

P. N. Phadnis
Smt. Pratiksha Phadnis
College Director of Physical Education and Sports
Government of Maharashtra's
Ismail Yusuf College of
Arts, Science & Commerce
Jogeshwari (East), Mumbai - 400 060.

An. Kumar
Principal
Ismail Yusuf College

PRINCIPAL
Government of Maharashtra's
Ismail Yusuf College
Arts, Science & Commerce,
Jogeshwari (East), Mumbai - 400 060.



Report on International Yoga Day Celebration-2021-22

Date: July 21, 2021

Event: International Yoga Day Celebration

Organizers: Ms. Pratiksha Phadnis – Department of Physical Education and Sports in association with Sri Ambika Yog Kutir Thane, MOU partner

Participants: 750 Junior and Senior College Students and Staff

Platform: Online (Google Form Registration, Link Circulated on WhatsApp Groups)

Background:

International Yoga Day is celebrated worldwide on June 21st each year to raise awareness about the benefits of yoga for physical, mental, and spiritual well-being. In 2021, despite the challenges posed by the COVID-19 pandemic, Ms. Pratiksha Phadnis, in collaboration with Sri Ambika Yog Kutir Thane, organized a special celebration of International Yoga Day for the college community.

Event Description:

The International Yoga Day celebration held on July 21, 2021, aimed to promote the practice of yoga among college students and staff, fostering a culture of holistic wellness and self-care. The event was conducted online to ensure the safety and accessibility of participants amidst the ongoing pandemic.

Highlights:

Record Participation: A total of 750 junior and senior college students and staff enthusiastically participated in the online International Yoga Day celebration, reflecting widespread interest and engagement within the college community.

Collaborative Efforts: The event was organized in collaboration with Sri Ambika Yog Kutir Thane, the MOU partner, highlighting the importance of partnerships in promoting holistic well-being and fitness initiatives.

Online Registration: To streamline the registration process, participants were required to register through a Google Form. This digital platform facilitated efficient data collection and management, ensuring smooth coordination and communication leading up to the event.

WhatsApp Circulation: The registration link and event details were circulated on WhatsApp groups, maximizing outreach and participation among students and staff. This mode of communication allowed for easy access to information and encouraged active engagement from all stakeholders.

Comprehensive Program: The online celebration featured a variety of yoga practices, including asanas (postures), pranayama (breathing exercises), meditation, and relaxation techniques. Participants had the opportunity to experience the holistic benefits of yoga under the guidance of experienced instructors.





Government of Maharashtra
Ismail Yusuf College
of Arts, Science & Commerce
Jogeshwari East, Mumbai - 60



Certificate No: IYD303

Certificate of Participation

This e-Certificate is awarded to Mr./Ms./Mrs. Atish Gopale of Ismail Yusuf College for participating in the National level one-day e-Workshop, organized jointly by the Govt. of Maharashtra Ismail Yusuf College and Shri Ambika Yoga Kutir, Thane on the occasion of the International Yoga Day on June 21, 2021.

P. N. Phadnis

Mrs. Pratiksha Phadnis
Organising Secretary

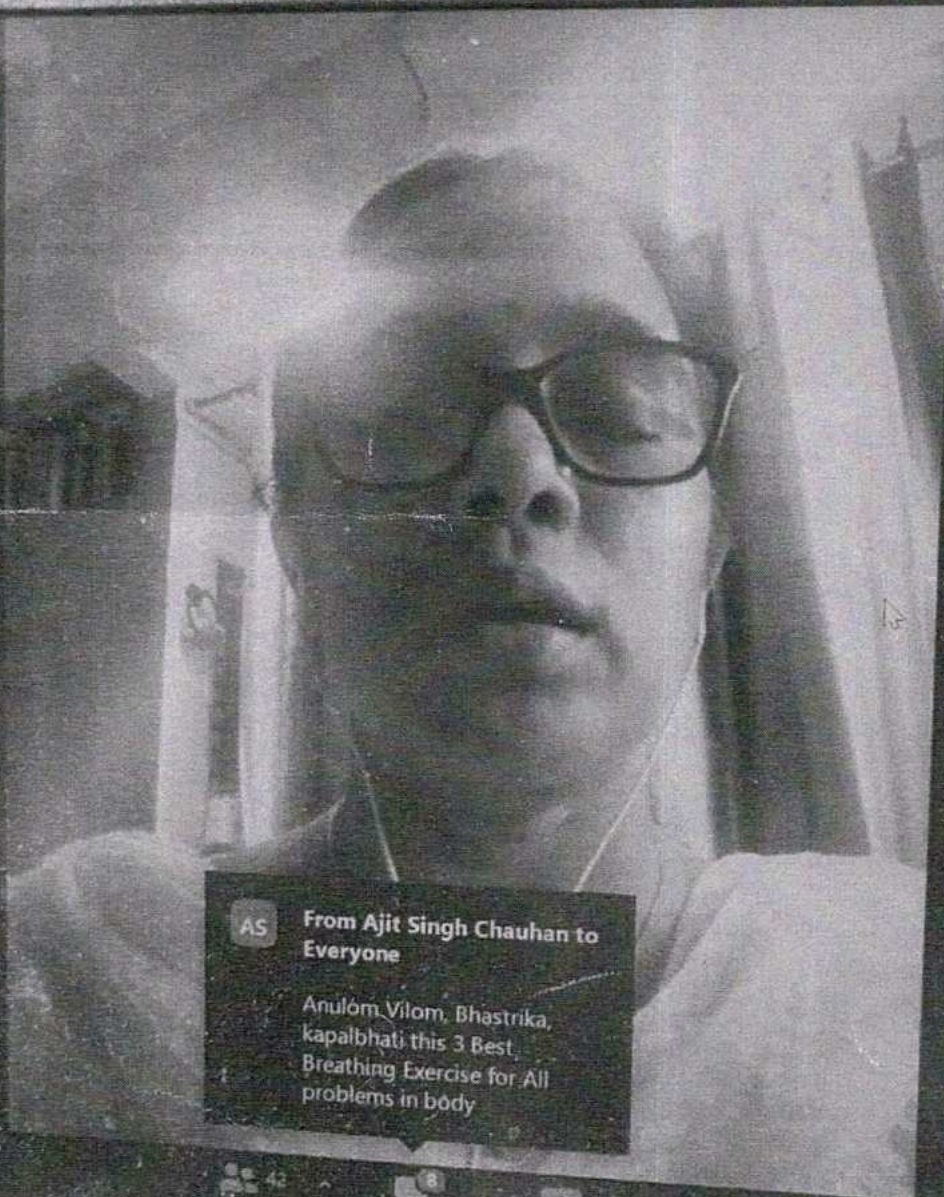
Ramchandra Surve

Mr. Ramchandra Surve
Secretary,
Shri Ambika Yoga Kutir

SD Wavhal

Dr. Swati Wavhal
Principal





AS

From Ajit Singh Chauhan to
Everyone

Anulom Vilom, Bhastrika,
kapalbhati this 3 Best
Breathing Exercise for All
problems in body

42
Participants

8
Chat

Share Screen

Record

Reactions

ASUS





21 June 2020 • 08:49

Edit

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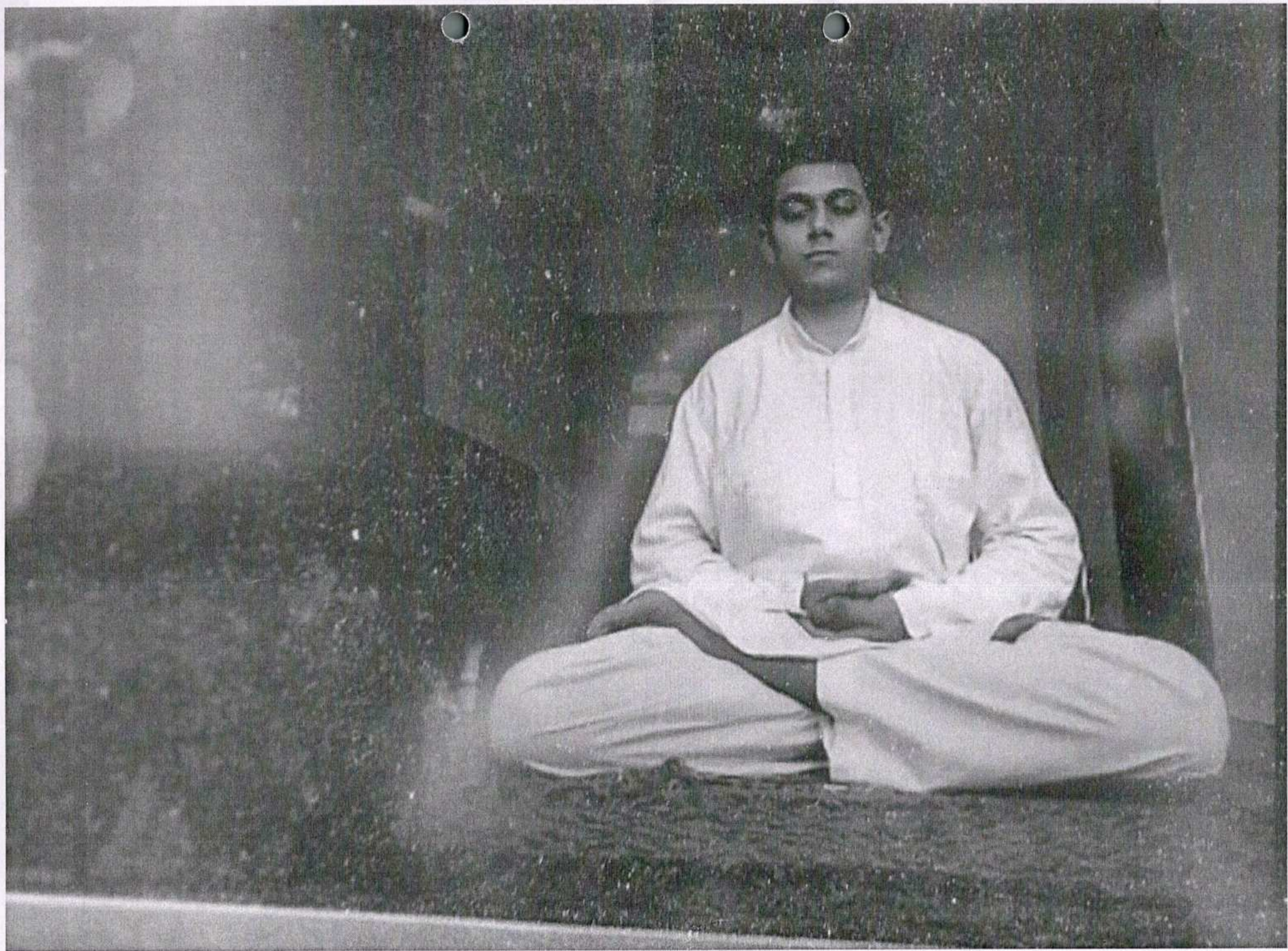
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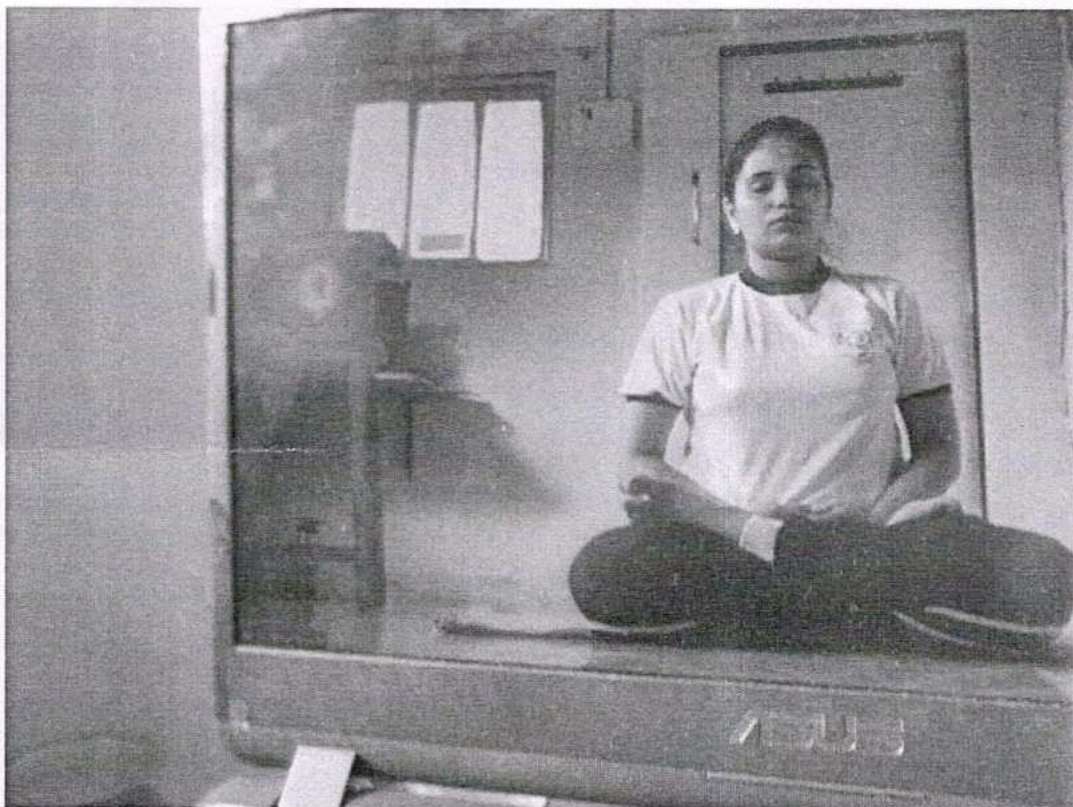






I. Y. Pratiksha Chavan

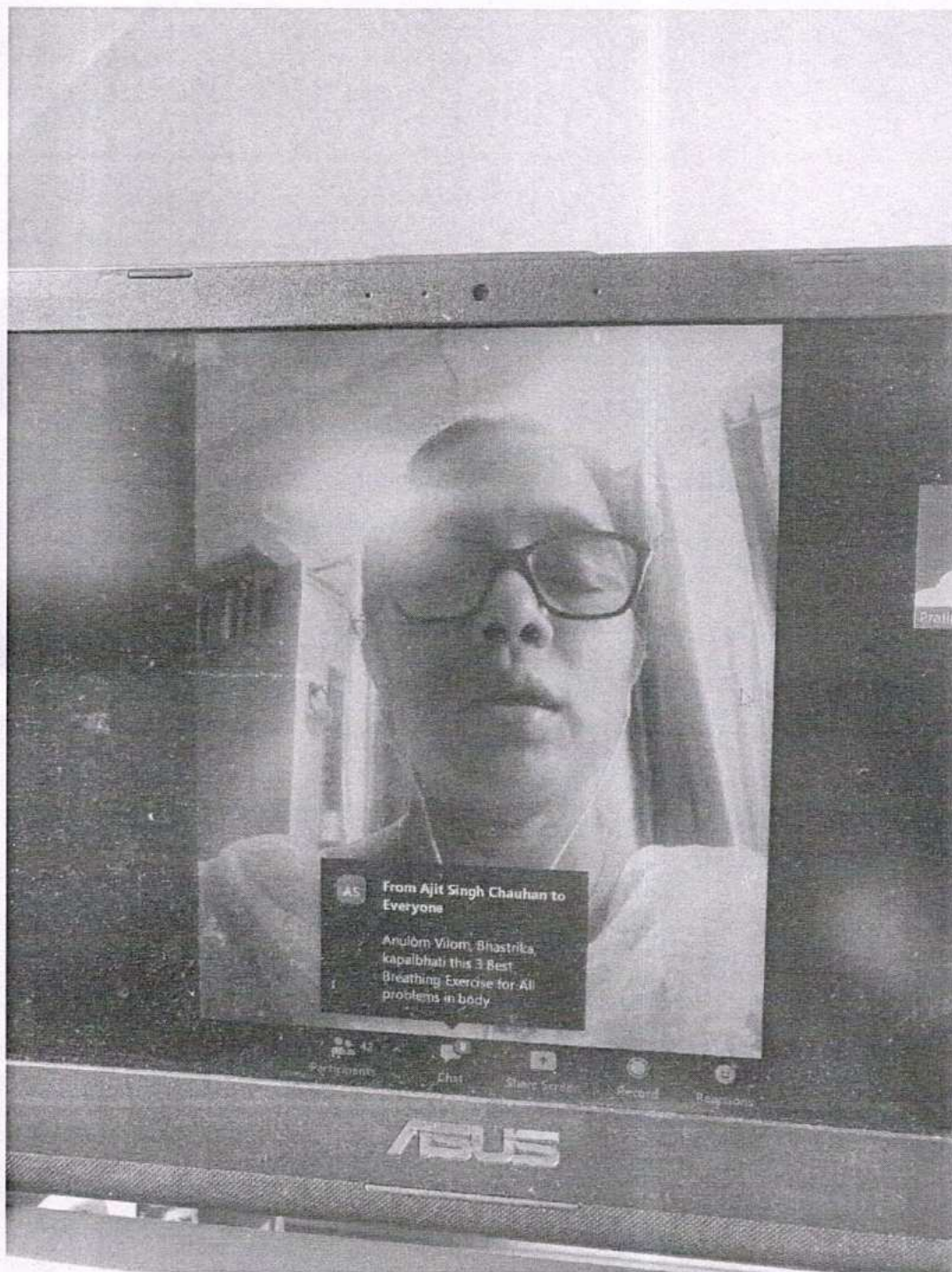
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I. Y. Pratiksha Chavan

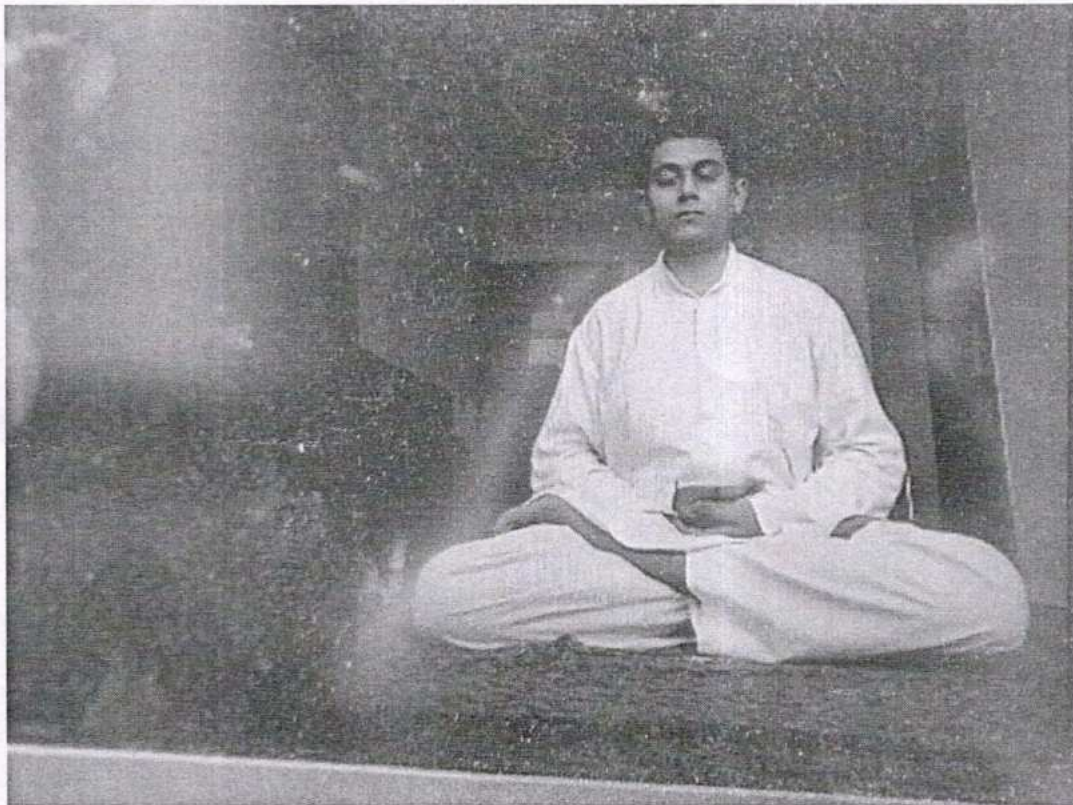
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I. Y Pratiksha Chavan

Today at 12:08 pm





Sneha Joshi



Idris Abdulkadir

Jayavant Desh...



Girish sawant



sneha.ullas



Dr. Jayshing Sawa...

Vijay Narkhede

Ajit Singh Chau...

neha radha gupta

Darakshan Shaikh



umesh chavan

Arvind Luhar

Sarvesh Upadh...

Sunita Vishwak...

Tasmiya Khan

Devanand Vish...



Ismail Yusuf Colle...

Pranali waghm...

Nilam Rana

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I. Y. Pratiksha Chavan

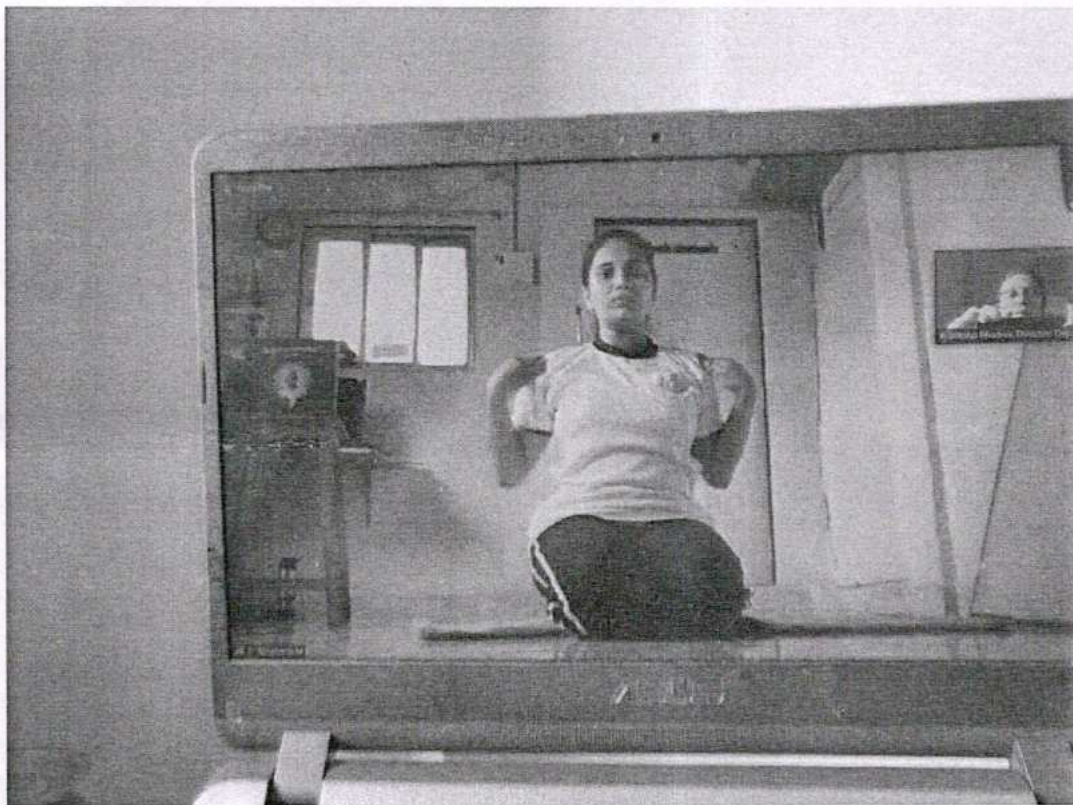
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I. Y. Pratiksha Chavan

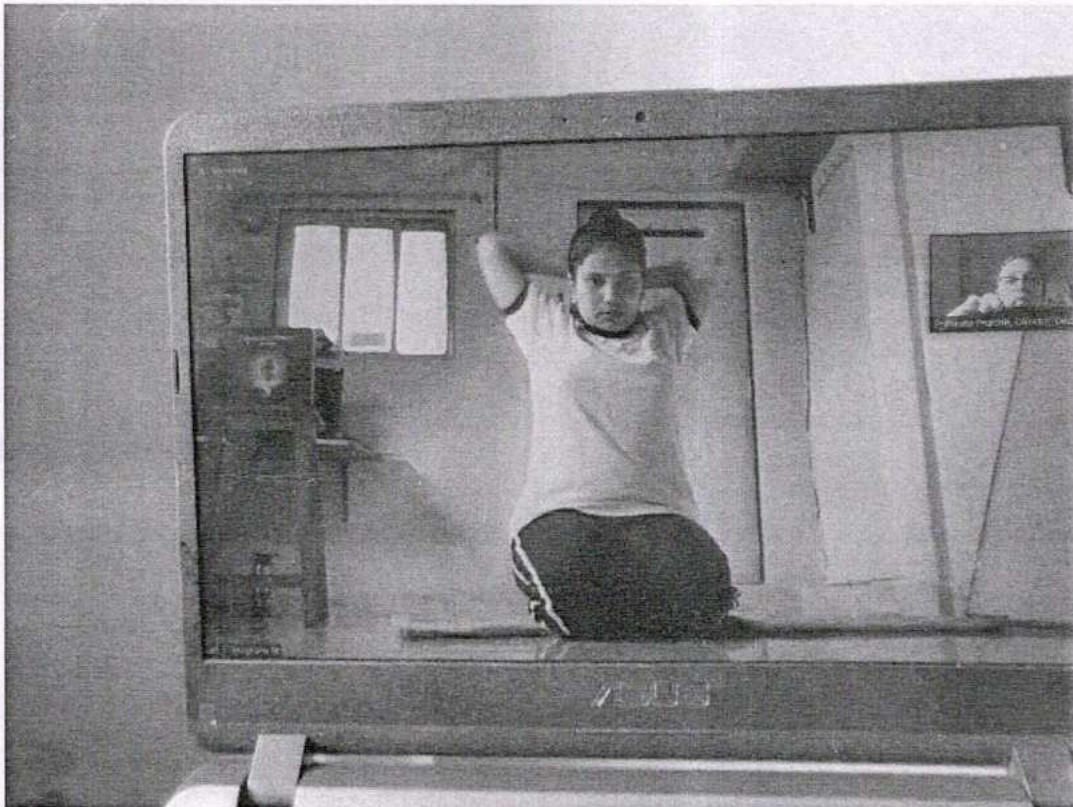
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I. Y. Pratiksha Chavan

Today at 12:08 pm



Yoga

