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12.8.18

To,
The College Principal,
Ismail Yusuf College,
Jogeshwari East,
Mumbai 400060

Subject: Seeking permission to conduct a Yoga demonstration on August 15, 2018, after the NCC parade

Dear Madam,

I request you to kindly permit my department to conduct a yoga demonstration by Arvind Pal, a std. XII science student, on August 15 2018 after the NCC Independence Day parade.



Yours Sincerely,

P. N. Phadnis

Pratiksha Phadnis
[College Director of P.E. and Sports]

*For sumi
26/8/24*

Permitted

प्राचार्य

महाराष्ट्र शासनाचे इस्माईल युसूफ
कला, विज्ञान व बाणिज्य महाविद्यालय,
जोगेश्वरी (पूर्व), मुंबई - ४०० ०६०.

NOTICE- Senior and Junior college students and staff

Date: 13th August 2018

Subject: Yoga Demonstration on Independence Day

Dear Staff and Students,

We are pleased to announce a Yoga Demonstration event in celebration of Independence Day. This event aims to promote wellness and enhance our collective spirit as we mark this important occasion.

Event Details:

- **Date:** 15th August 2018
- **Time:** 8:30 am
- **Venue:** College main building open area
- **Organized by:** Department of Physical Education and Arvind Pal, XII Sci

We encourage all students and staff to witness this invigorating and enriching session. Your presence will not only contribute to a healthier lifestyle but also to a sense of unity and national pride.

For further information, feel free to contact the Department of Physical Education.

P. N. Phadnis

Pratiksha Phadnis
College Director of Physical Education and Sports



Report on Yoga Demonstration

Date: 15 August 2018

Event: Independence Day NCC Parade Function

Venue: Main building open area

Organized By: Department of Physical Education and Sports, Ismail Yusuf College

Event Overview: As part of the Independence Day celebrations, the Department of Physical Education and Sports at Ismail Yusuf College organized a special yoga demonstration during the NCC parade function. The demonstration aimed to promote fitness and wellness among students, showcasing the importance of yoga in maintaining physical and mental health.

Demonstrator:

Name: Arvind Pal [12th Science]

Role: Student Demonstrator

Program Details:

Introduction: The demonstration was introduced as a unique segment of the Independence Day parade, highlighting the significance of incorporating physical fitness into daily routines. The audience, comprised of students, faculty, and NCC cadets, was briefed on the purpose and benefits of the yoga demonstration.

Yoga Demonstration: Arvind Pal, a student of 12th Science, took center stage to perform a series of yoga asanas. His demonstration included:

Sitting Asanas: Focused on improving flexibility and core strength.

Lying Asanas: Aimed at enhancing relaxation and muscular balance.

Standing Asanas: Designed to build strength, stability, and endurance.

Each asana was performed with precision, and Arvind Pal provided brief explanations on the benefits of each pose, such as improved posture, enhanced concentration, and stress relief.

Audience Engagement: The performance was highly engaging, and Arvind's execution of the asanas was met with appreciation from the audience. His enthusiasm and skill inspired many students to consider yoga as a viable option for achieving physical fitness.

Appreciation and Impact:

Feedback: The demonstration was greatly appreciated by all attendees, including students and faculty. Arvind Pal's ability to perform and explain the asanas effectively left a positive impression on the audience. His presentation highlighted the accessibility and benefits of yoga, encouraging others to explore and adopt similar practices.

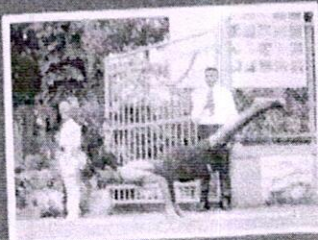
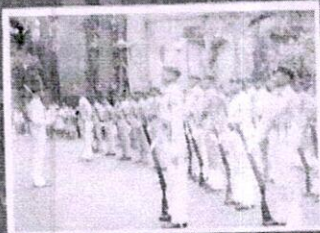
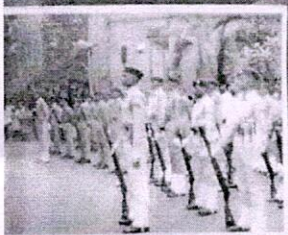
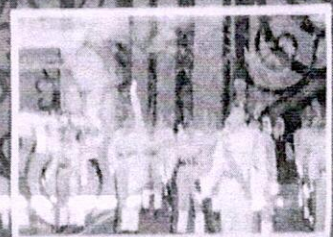
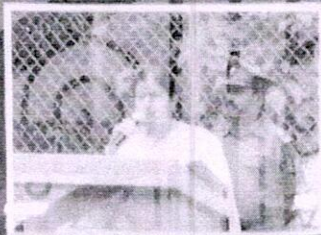
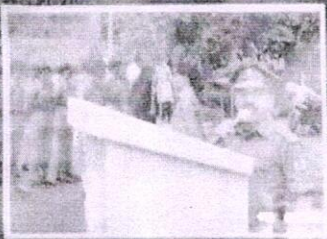
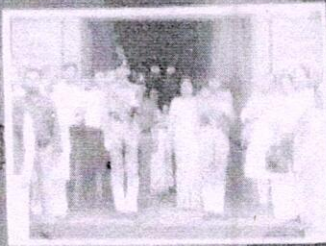
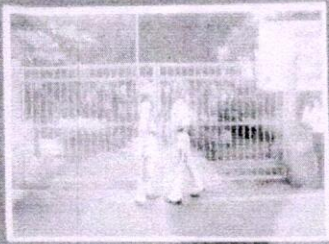
Encouragement: The demonstration successfully motivated other students to consider incorporating yoga into their fitness routines. It showcased how yoga can be an enjoyable and beneficial practice, contributing to overall well-being and fitness.

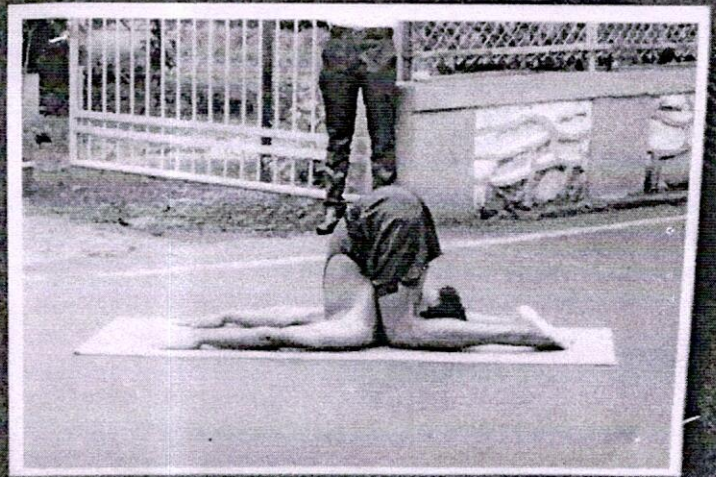
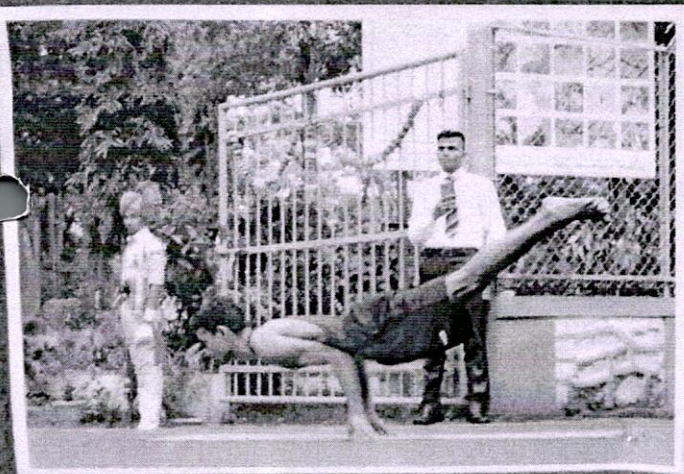
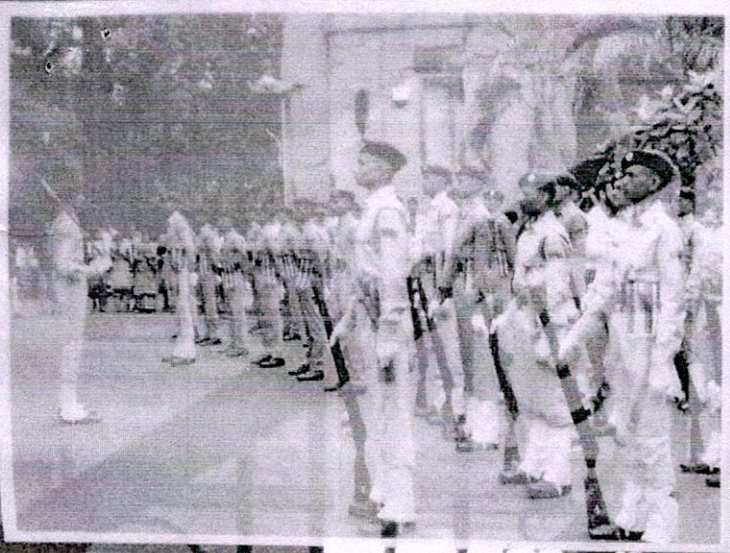
Conclusion: The yoga demonstration by Arvind Pal was a significant highlight of the Independence Day NCC parade function. It not only provided valuable insights into yoga practice but also encouraged a broader adoption of fitness activities among students. The Department of Physical Education and Sports, Ismail Yusuf College, is commended for organizing such an impactful event that aligns with the college's commitment to promoting health and fitness.

P. N. Phadnis
Pratiksha Phadnis
College Director of Physical Education and Sports



REPUBLIC DAY PARADE







Government of Maharashtra

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