

Notice

Date: 15 th June 2019

International Yoga Day Celebration

This is to inform all students and faculty members that the NSS Unit of Ismail Yusuf College is organizing a special event to celebrate International Yoga Day on 21st June 2019. The event is being held under the guidance of our esteemed Program Officer, Prof. Dr. Shahina Khan.

Yoga is a profound practice that promotes physical, mental, and spiritual well-being. In line with this, the NSS Unit encourages everyone to participate actively in the yoga sessions scheduled for the day. The event aims to raise awareness about the benefits of yoga and its positive impact on overall health.

Details of the Event:

- **Date:** 21st June 2019 (Friday)
- **Time:** 11.00 am
- **Venue:** College Campus
- **Activities:** Yoga sessions, demonstrations, and talks on the significance of yoga in daily life.

All students and faculty members are encouraged to join this celebration of wellness and harmony. Your participation will contribute to making this event a success.

For further details, please contact the NSS Unit office or Prof. Dr. Shahina Khan.

Thank you.

Sincerely,



Dr. Shahina Khan, Program Officer
NSS Unit Ismail Yusuf College



Report on International Yoga Day Celebration at College Campus

Date: June 21, 2019

Organizer: National Service Scheme Unit (NSS), Ismail Yusuf College

Event: International Yoga Day Celebration

Participants: Students and faculty members

Volunteers: 23

Program Officer: Prof. Dr. Shahina Khan

Introduction:

On June 21, 2019, Ismail Yusuf College organized a vibrant celebration to mark International Yoga Day. The event aimed to promote the ancient practice of yoga for holistic well-being and to raise awareness about its numerous benefits for physical, mental, and spiritual health.

Key Highlights:

- 1. Yoga Sessions:** The celebration began with rejuvenating yoga sessions led by experienced instructors. Participants engaged in various yoga asanas (postures), pranayama (breathing exercises), and meditation techniques to promote relaxation, flexibility, and inner peace.
- 2. Educational Workshops:** Informative workshops were conducted to deepen participants' understanding of the philosophy and science behind yoga. Topics covered included the history of yoga, its relevance in modern life, and practical tips for integrating yoga into daily routines.
- 3. Interactive Activities:** Interactive activities such as group discussions, Q&A sessions, and sharing of personal experiences were organized to encourage active participation and engagement among attendees. Participants had the opportunity to exchange insights, ask questions, and learn from each other's experiences with yoga.
- 4. Cultural Performances:** The celebration featured cultural performances showcasing traditional Indian arts, music, and dance forms. These performances added a colorful and festive



atmosphere to the event, highlighting the cultural heritage associated with yoga and promoting a sense of unity and harmony.

Volunteer Support:

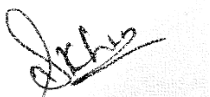
Under the guidance of Program Officer Prof. Dr. Shahina Khan, 48 student volunteers played integral roles in organizing and coordinating the International Yoga Day Celebration. Their responsibilities included event planning, logistics management, participant coordination, and ensuring the smooth execution of the program.

Conclusion:

The International Yoga Day Celebration at Ismail Yusuf College provided a platform for students and faculty members to come together and experience the transformative power of yoga. Through yoga sessions, workshops, and cultural performances, participants gained a deeper appreciation for this ancient practice and its positive impact on overall well-being.

Acknowledgment:

Ismail Yusuf College extends its gratitude to all participants, volunteers, instructors, and organizers for their enthusiastic participation and contributions towards making the International Yoga Day Celebration a memorable and enriching experience for all.



Prof. Dr. Shahina Khan [Program Officer]
NSS Unit, Ismail Yusuf College





Students are performing yoga on the yoga day which is held on 21/06/2019



A handwritten signature in blue ink, appearing to read 'Shahina Khan'.

Prof. Dr. Shahina Khan [Program Officer]
NSS Unit, Ismail Yusuf College

21 जून 2019

International Yoga Day

आगतिक योग दिन

| Sr.No. | Name of the student | Class | Sign |
|--------|---------------------------|-------------------|-------------------|
| 1 | Rukmani R Gupta | T.Y.B.COM | Rukmani |
| 2 | SOHA SHAIKH | S.Y.BA | Soha |
| 3 | Sonu yadav | B.A-I | Sonu |
| 4 | Shubha Chhabra | S.Y.BA | Shubha |
| 4 | RUPALI JAYWANT PATIL | S.Y.Bcom | Rupali |
| 5 | Shubha Chhabra | S.Y.B.A | Shubha |
| 6 | Chhaya Dhiraj Goud | S.Y.J.C | Chhaya |
| 7 | ASHWINI MASKE | T.Y.B.Com | Ashwin |
| 8 | Shoikh Gulnazar | T.Y.BMS | Shoikh |
| 9 | Khan shifa. | F.Y.Bcom | Shifa |
| 10 | Pooja mawya | T.Y.BSc | Pooja |
| 11 | Savali Sotharam Jadhav. | S.Y.J.C.Com | Sothav. |
| 12 | Shaiikh Mantabha | F.Y.B.A | Mantabha |
| 13 | Vandana yadav. | S.Y.Bcom | Vandana yadav |
| 14 | shaiikh K. Anwar | S.Y.BA | Sokanwar |
| 15 | Pooja Mishra | S.Y.Bcom | Pooja |
| 16 | Rajani R. Yadav | F.Y.Bcom | Rajani |
| 17 | Nimti More | F.Y.Bcom | Nimti More |
| 18 | Ankita Tiwari | S.Y.Bcom | Ankita |
| 19 | Patel Furzena | S.Y.J.C | Furzena |
| 20 | Vandana Lupta | F.Y.BA | Vandana |
| 21 | Sorathi mishra | S.Y.J.C | Sorathi |
| 22 | Reena B. Nirwal | S.Y.J.C | Reena |



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