

॥ बहुजन हिताय । बहुजन सुखाय ॥
महाराष्ट्र शासनाचा आदर्श शिक्षण संस्था पुरस्कारप्राप्त

Shri Prince Shivaji Maratha Boarding House's
NEW COLLEGE OF PHARMACY

Approved by Pharmacy Council of India, New Delhi, Directorate of
Technical Education, Mumbai, Affiliated to Maharashtra
State Board of Technical Education, Mumbai,



श्री प्रिन्स शिवाजी मराठा बोर्डिंग हाऊस संचलित
न्यू कॉलेज ऑफ फार्मसी

फार्मसी कौन्सिल ऑफ इंडिया, नवी दिल्ली आणि तंत्रशिक्षण
संचालनालय, मुंबई मान्यताप्राप्त व महाराष्ट्र राज्य तंत्रशिक्षण मंडळ, मुंबई संलग्नित.

Report on

Date-21/06/2024.

“International Yoga Day Celebration”

Coordinator	:	Mrs.Ankita C.Shinde
Accompanying Members	:	Teaching, Non-teaching staff, & students of New College of Pharmacy, Kolhapur.
Venue	:	New College of Pharmacy, Kolhapur.
Day & Date	:	Friday, 21/06/2024
Time	:	09.00am



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Shri Prince Shivaji Maratha Boarding House's, New College of Pharmacy Uchagaon, Kolhapur organized “**International Yoga Day**”on **Friday “ 21st June 2024**” in the college campus. International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.



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Today, on 21st June 2024 New College of Pharmacy (NCP) celebrated 10th International Yoga Day. It was attended by all Professors and All non-teaching staff with great enthusiasm. The event began with a brief Introduction on Yoga Day by Mrs. Mohini S Jadhav and by welcoming the Chief guest of honor Mrs. Sulekha Sutar and Mrs. Urmila Patil on this Occasion along with Principal Dr. S. A. Pishwkar Sir in the College Auditorium.

Dr. S. A. Pishwkar Sir expressed his views about International Yoga day. After that Sulekha Sutar Chief guest of Yoga day event explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will help all of us to achieve better mental and physical health. Again after that Mrs. Urmila Patil mam started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by all Teaching as well as Non-Teaching Staff enthusiastically and the importance of these Asanas was explained simultaneously by both the guests

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All Faculties, Non-Teaching Staff were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. All the staff discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.

International Yoga Day celebrations ended with a huge success under the supervision of these both Yoga Teachers. Again lastly function ended with a vote of thanks by Mrs. Mohini Jadhav mam, Member Cultural Committee as well as Documentation administration

The event was well received by the participants, who expressed their gratitude for the opportunity to learn and celebrate the life skills. Mr. Sujeet Salokhe Sir said College hopes to continue organizing such events to promote the legacy and inspire the younger generation to follow this. Overall, the program was a great success, and college looks forward to organizing similar events in the future



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Programme Outcomes:

- This program was helpful to make peoples aware of physical and mental diseases and its solutions through practicing Yoga
- This helps to create link between protection of health and sustainabale health development.
- This program again helpful to create awareness to reduce the rate of health challenging diseases all over the world.
- To get win over all the health challenges through regular yoga practice.
- All the participants would be preserve and propagate ancient Indian concept of health by celebrating this International Yoga day.

Event Co-ordinator

Mrs.Ankita C Shinde