

**HKE SOCIETY'S**

**SMT. C.B.PATIL ARTS AND COMMERCE  
DEGREE COLLEGE ,CHINCHOLI,**

**INTERNATIONAL  
YOGA DAY  
LOGO MEANING**



**21th June 2019**

**Time 8.00am**

**Venue: College Ground**

**Presiding : Dr. Shrishail Nagaral Principal**

**Chief Guest : Shri. Srinivas Patil chief of Patanjali Yoga Unit**

**: Dr. C. V. KALABURGI NAAC Co-ordinator**

**Anchoring : Sri. Kashinath Hunaje Lecturer in Kannada**

**Vote of Thanks :Dr.Manikamma N. Sultanpur IQAC Co-ordinator**

**ALL ARE CORDIALLY WELCOME**

## **PROCEEDINGS OF INTERNATIONAL YOGA DAY**

Organized International day of Yoga on 21<sup>st</sup> June 2019 by IQAC, NSS unit collaboration with Patanjali Taluka Yoga cell , Chincholi

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**Resource Person Sri. Srinivas Patil** chief of Patanjali Yoga Unit chincholi,

Yoga is a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. Today's Yoga day session started by welcoming the guest with honoring bouquet and chanting the gayatri mantra. Various Asanas such as Anuloma, Viloma Pranayam,, Brahmari Pranayam, Kapal Bhati Pranayam, Shalabasan, Bhujangasan, Tadasan, Vrukshasan, Vajrasan taught along with meditation including physical exercises were taught to the students by Shri. Srinivas Patil, a trained YOGA teacher. Different asanas were demonstrated along with the all faculty dr. Shrishail Nagral Principal, Dr. C.V.Kalaburagi, NAAC Coordinator, Dr. M.N. Sultanpur IQAC Coordinator, Shri Kashinath Hunaje Lecturer in Kannada, Shri. Bheemreddy, Physical Director, Shri Sharat Lecturer in Physics, Sri Bakka Prabhu, Lecturer in History. The session was well received by the students who felt refreshed, energized and created a positive energy within them. There are **different forms of yoga** which offer numerous health benefits.

The theme for IYD 2019 is **Yoga for Climate Action**.

### **Yoga Day Messages**

Yoga is the best fitness regime for your body, heart and mind, Yoga is the best therapy to keep your mind and body calm. Nothing else would help you calm your mind and heart as Yoga does when you are suffering stress and anxiety. Yoga is the practice for a healthy body, mind, soul and heart. So this International Yoga Day 2019, promote Yoga with Yoga Day Messages...

. 'You cannot Always Control what goes on Outside,  
But you can Always Control what goes on inside...'

**\*\*Best Wishes for International Yoga Day\*\***











