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9th International Yoga Day Report

Yoga Day is celebrated among youth and children to make them understand the importance of yoga in their life. It helps the students understand how to maintain harmony between body and mind.

The 9th International Yoga Day was celebrated by Indira College of Commerce and Science combined with Indira College of Arts, Commerce, and Science on 21st June 2023 with great enthusiasm.

All the participants from ICCS and ICACS gathered for the registration at Yoga Hall, Samanvay Building, ICACS, by 9.30 AM.

Prof. Saket Nikalje from ICACS welcomed all the principals, teaching, non-teaching staff, and students. The programme began with a beautiful yoga song, "योग से संजोग" performed by Prof. Prof Nilesh Khalikar.

Ms. Sneha Kale and Priti Atkare conducted a Yoga session as per the protocols, Mantralay, such as loosening practice, Yoga Aasanas, Pranayam, and the Shanti mantra provided by Yoga - Ministry of Ayush.

Sneha Kale (Khelo India Yoga Player) explained the asanas, and Ms. Priti Atkare gave yoga demonstrations. All the students, teaching and non-teaching staff, performed and participated enthusiastically.

The function ended with a vote of thanks by Samriddhi Parihar. The function was organised by Dr. Anil Kamlapure, Prof. Saket Nikalje, Sumit Sasane (NSS Coordinator, ICCS), and Shubham Kshirsagar, along with all the students, teaching staff, and non-teaching staff who put in a lot of effort to make the function successful.

SHREE CHANAKYA EDUCATION SOCIETY'S

INDIRA COLLEGE OF COMMERCE AND SCIENCE

(Affiliated to Savitribai Phule Pune University and Recognized by Gov. of Maharashtra)
Pune – 411033

NOTICE   Date – 19/06/2023

International Yoga Day 2023

All ICCS Students, teaching and Non-teaching staff are hereby informed to be present at the celebration of International yoga day.

Date - 21st June 2023   **Venue-** Yoga Hall, Samanvay Building
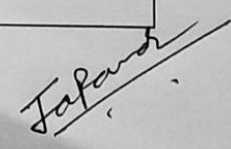
General Rules -

1. Reporting time for the event is 09:00 am.
2. Compulsory Plain White T-shirt and track pants.
3. All participants should perform the activity in a disciplined manner.
4. No footwear is allowed inside the yoga hall.

Agenda

Event	Time
Reporting and Registration	9:00 am to 9:30 am
Song by Prof. Nilesh Khalikar	9:30 am to 9:35 am
Warm up	9:35 am to 9:40 am
Asanas	9:40 am to 10:10 am
Pranayama	10:10 am to 10:20 am
Meditation	10:20 am to 10:30 am
Dispersal	10:35 am

Director of Physical Education   **Principal**

Shree Chanakya Education Society's

Indira Group of Institutes

Indira College of Commerce & Science (ICCS), Pune
Indira College Of Arts, Commerce And Science (ICACS), Pune

Organizing

INTERNATIONAL YOGA DAY

21st June, 2023

Through the Life – Yoga programme seek to raise awareness about yoga and inspire people to prepare for and become active participants.

Participation Guidelines

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- Plain white T-shirt and track pants are compulsory for participants.
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**Date - 21st June 2023
Venue - Yoga Hall,
ICACS, Samanvay
Building**