



विद्या विकास मंडळाचे,

**यशवंतराव चव्हाण महाविद्यालय, करमाळा, जि. सोलापूर**

**YASHWANTRAO CHAVAN MAHAVIDYALAYA**

**KARMALA, DIST-SOLAPUR**

**Accredited by NAAC "B<sup>+</sup>" Grade**

**Website: [www.ycmkarmala.org](http://www.ycmkarmala.org) / Email: [ycmkarmala@gmail.com](mailto:ycmkarmala@gmail.com)**

**Jr. College Code No: - J - 24. 03. 001. Phone/Fax No. (02182) 220552**

**Principal: Dr. Patil L. B. ( M. A., Ph. D. )**

## NOTICE

Date: 25/05/2022

All the students of senior college are hereby informed that, the Department of Physical Education and Sports, NCC, and NSS is going to organize "Yoga Training "Program" from 01 to 21 June, 2022. The details of the program are given in the brochure. Hence all are requested to participate in this training program.

**Coordinator  
IQAC**

**Yashwantrao Chavan Mahavidyalaya  
Karmala 413203, Dist. Solapur**



**Principal**

**Yashwantrao Chavan Mahavidyalaya  
Karmala 413203, Dist. Solapur**

BROCHURE OF  
"YOGA TRAINING PROGRAM"  
(01 To 21 June, 2022)

A.Y. 2021-2022



INTERNATIONAL DAY OF YOGA JUNE 21, 2022

अंतर्राष्ट्रीय  
**योग**  
दिवस  
सामान्य योग अभ्यासक्रम (प्रोटोकॉल)  
21 जून

यशवंतराव चव्हाण महाविद्यालय  
करमाळा, जिल्हा सोलापूर (महाराष्ट्र)

**योग प्रशिक्षण कार्यशाळा**  
दि. ०१ जून २०२२ से २१ जून २०२२

- \* दि. १ जून ते १५ जून योग प्रशिक्षण कार्यशाळा
- \* दि. १६ जून योगा प्रतियोगिता
- \* दि. १७ जून योगा संघोष्ठी (प्राणायाम एवं आसन)
- \* दि. १८ जून योगा सामान्य ज्ञान प्रतियोगिता
- \* दि. १९ जून योगा प्रशिक्षणार्थी घर-घर
- \* दि. २० जून योगा इतिहास पर व्याख्यान
- \* दि. २१ जून अंतर्राष्ट्रीय योग दिवस आयोजन एवं समापन

असुविद, वेग व प्राकृतिक विकिरण, क्लोरो, रिट व टैम्पोरेरी  
(असुविद, वेग व प्राकृतिक विकिरण, क्लोरो, रिट व टैम्पोरेरी)

\* लेफ्टनंट संभाजी किर्वाक  
उपप्रधानाचार्य (कनिष्ठ विभाग)

\* डॉ. अनिल साळुंखे  
उपप्रधानाचार्य (वरिष्ठ विभाग)

\* डॉ. लक्ष्मण पाटील  
प्रधानाचार्य

संयोजक :- राष्ट्रीय छात्र सेना, राष्ट्रीय सेवा योजना एवं शारीरिक शिक्षा एवं खेल विभाग

Details of the program conducted

1. June 1<sup>st</sup> to June 15<sup>th</sup>, 2022 Yoga Training program  
Participants- College students, teaching and non-teaching staff



Karmala, Maharashtra, India  
C53V+647, Karmala, Maharashtra 413203, India  
Lat 18.402899°  
Long 75.192463°  
01/06/22 08:58 AM

Coordinator  
IQAC

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Karmala, Dist. Solapur



Principal

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Karmala 413203, Dist. Solapur

Inaugral Ceremony of "Yoga Training Program"  
on 01 June, 2022.



Karmala, Maharashtra, India  
C53V+647, Karmala, Maharashtra 413203, India  
Lat 18.402899°  
Long 75.192463°  
01/06/22 09:05 AM

Students with Head, Dept. of physical Education, NSS and NCC on  
the occasion of inauguration of yoga training program on 01/06/2022

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Karmala 413203, Dist. Solapur

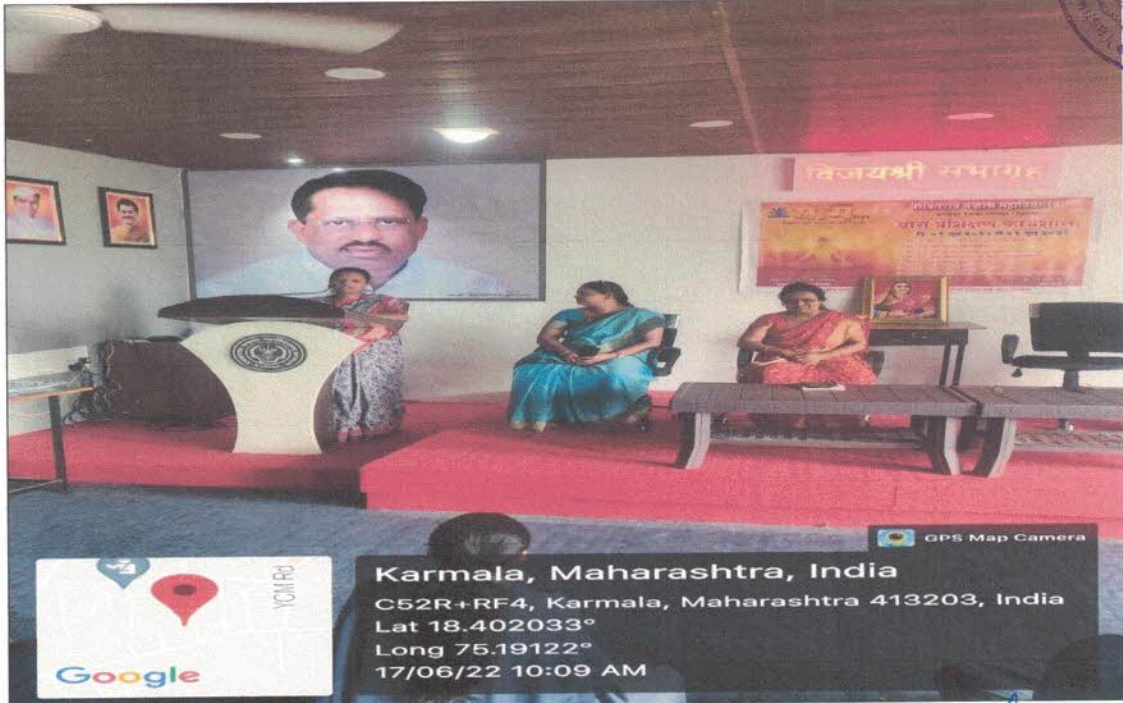


### 3. Seminar on Yoga



Karmala, Maharashtra, India  
C52R+RF4, Karmala, Maharashtra 413203, India  
Lat 18.402035°  
Long 75.191213°  
17/06/22 10:14 AM

Inauguration & Seminar on 'Yoga' on 17/06/2022



Karmala, Maharashtra, India  
C52R+RF4, Karmala, Maharashtra 413203, India  
Lat 18.402033°  
Long 75.19122°  
17/06/22 10:09 AM

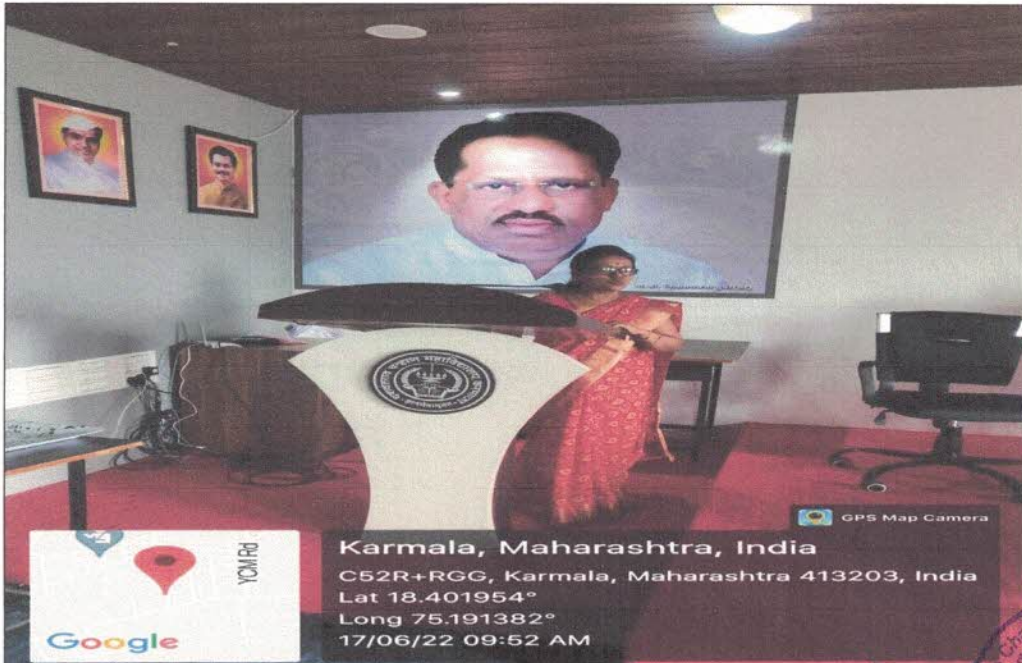
Meet Mrs. Sangeeta Naik, Office Superintendent, Y.C.M. Karmala, while proposing a Vote of thanks on 17/06/2022

*[Handwritten signature]*

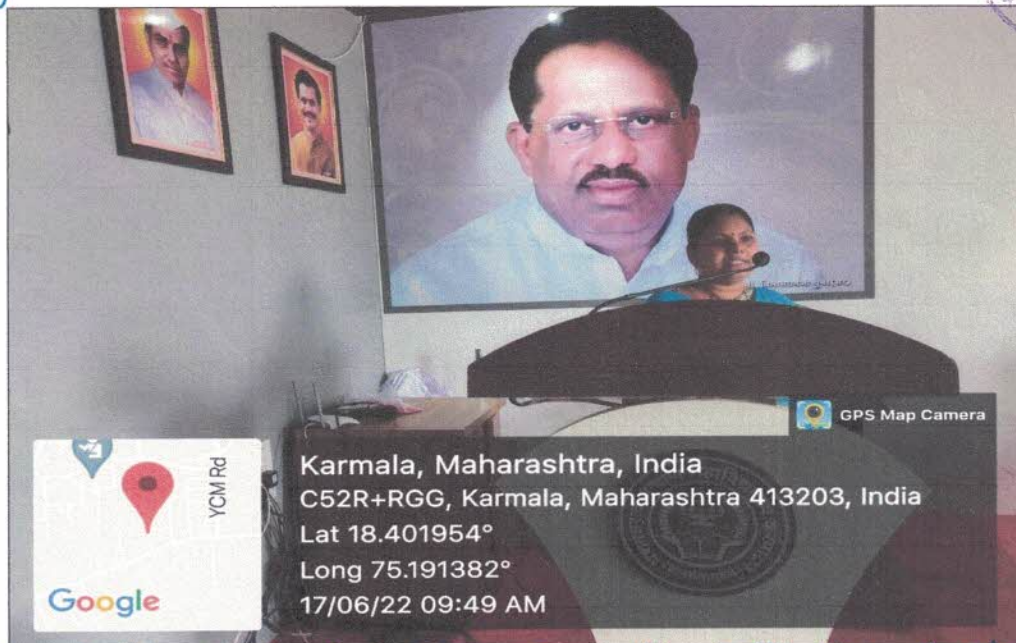
*[Handwritten signature]*

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IQAC  
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Karmala 413203, Dist. Solapur

Principal  
Yashwantrao Chavan Mahavidyalaya  
Karmala 413203, Dist. Solapur



Mrs. Anita Deshmukh ~~is~~ delivering lecture on 'The importance of Yoga' on 17/06/2022.



Dr. Vijaya Gaikwad, Head, Dept. of Geography while delivering her scholarly speech on 'Yoga and Wellness' on 17/06/2022.

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Karmala, Maharashtra, India  
C52R+RGG, Karmala, Maharashtra 413203, India  
Lat 18.402015°  
Long 75.191369°  
17/06/22 10:07 AM

Students participating in General Knowledge Test Inaugural Ceremony on 17/06/2022



Karmala, Maharashtra, India  
C52R+RGG, Karmala, Maharashtra 413203, India  
Lat 18.401954°  
Long 75.191382°  
17/06/22 09:46 AM

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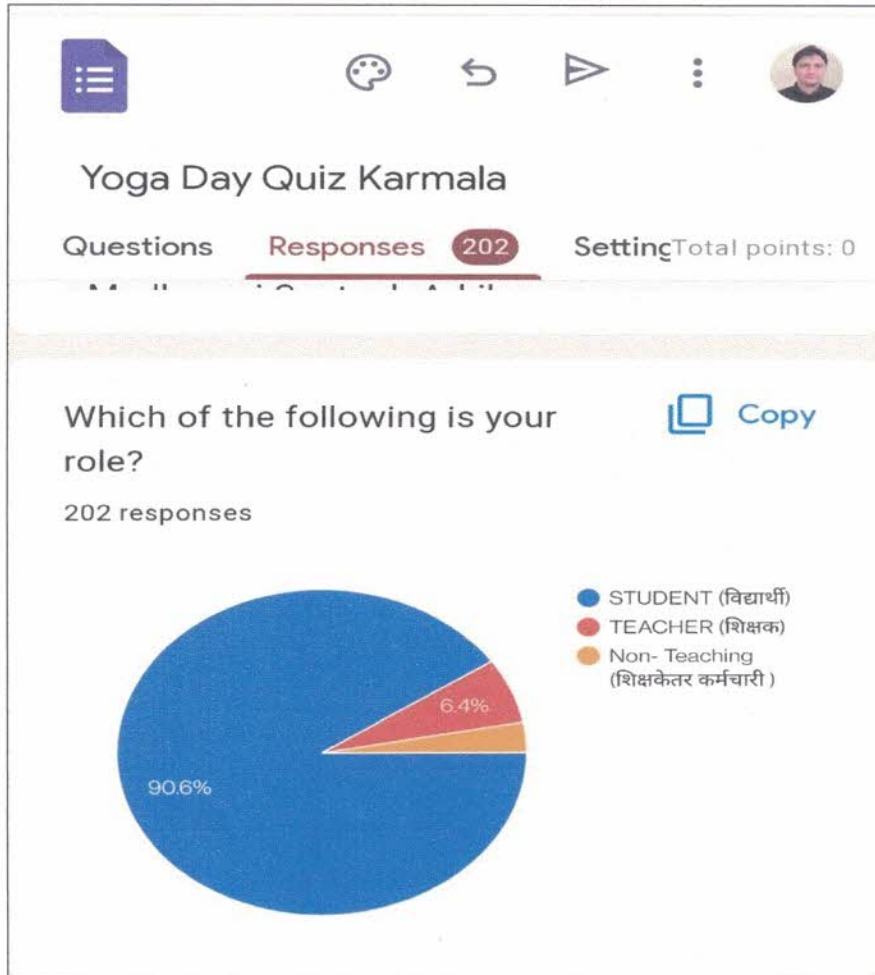
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#### 4. Quiz competition on Yoga



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5. Lecture on "History of Yoga "

by Dr. Sanjay Chowdhari on 20/06/2022



A lecture delivered by Prof. Miss. Sarla Chavan on 'History of Yoga' on 20/6/22



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Principal

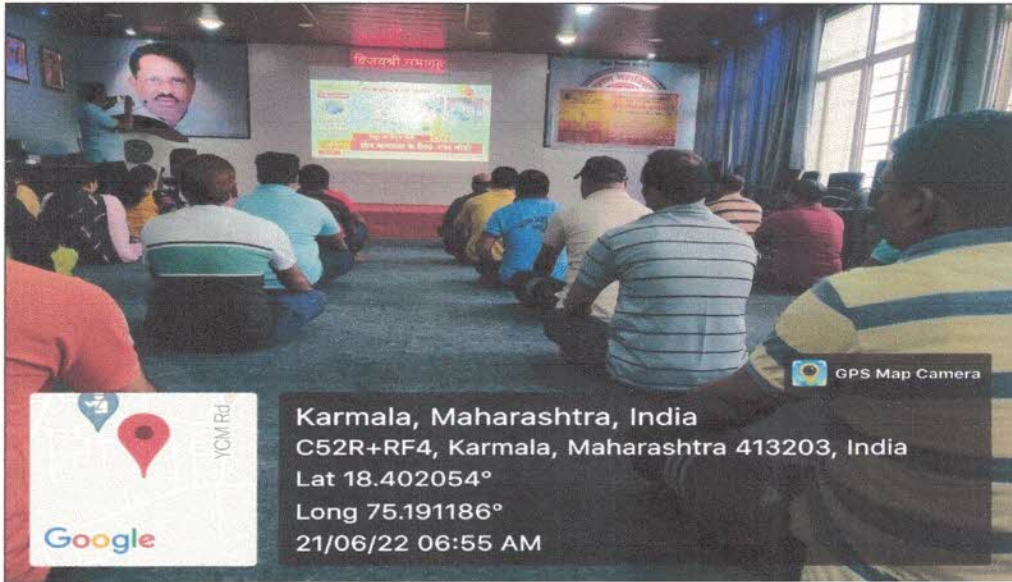
Yashwantrao Chavan Mahavidyalaya  
Karmala 413203, Dist. Solapur






## 6. International Yoga Day Celebration

Hon. Prime Minister. Narendra Modi (Live address) on 21/06/22



students and staff while attending the 'International Yoga Day Celebration on 21/06/2022

  
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Karmala 413203, Dist. Solapur



  
Principal  
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Dr. Atul Lakade, Head, Dept. of Physical Education and Sports

Performing Yoga and Asana's on 21/06/2022



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International Yoga Day Celebration on 21/06/2023



Close of the Session with National Anthem

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Web Site: [www.ycmkarmala.org](http://www.ycmkarmala.org)

Email: [ycmkarmala@gmail.com](mailto:ycmkarmala@gmail.com)

Jr. College Code No: J-24.03.001 Phone/Fax No. 02182 - 220552

Principal: Dr. Shri. L. B. PATIL (M.A., Ph.D.)

Ref. No./ /

Date: 22/06/2022

**REPORT**

To,

The principal  
Yashwantrao Chavan Mahavidyalaya Karmala  
Dist. Solapur



Dear Sir,

We are submitting here with the report of YOGA TRAINING PROGRAM organised by NCC, NSS and Dept. of Physical Education and Sports from 1st June to 21st June 2022. During this program various activities were done. The details of the activities are given below:

1. June 1st to June 15 Yoga Training Workshop.
2. June 16 Yoga Day Quiz
3. June 17 Seminar on Yoga (Pranayam and Aasana)
4. June 29, Yoga Trainers Door to Door
5. A lecture on the History of Yoga
6. June 21, International Yoga Day and Valedictory Function.

Thanking you,

Yours faithfully,

Organising Committee

Head, Dept. of NCC

Head, Dept. of NSS

Head, Dept. of Physical Education and Sports

**Coordinator  
IQAC**

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Karmala 413203, Dist. Solapur**

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