



OMKAR SHIKSHAN PRASARAK MANDALS

ARTS, COMMERCE AND SCIENCE COLLEGE, GADHINGLAJ,
DIST. KOLHAPUR (MH)

DEPARTMENT OF SPORTS

Report of International Yoga Day (2021 -2022)

Date : 21 /06/2022
 Level : College
 Type of Event : Lecture on Yoga for Stress Management
 Skill/Value : Yoga
 Coordinator : Shri. Suresh Dhure
 Organizer : Dept. of Sports and NSS

Objectives: 1. To propagate and promote yoga.
 2. To gain stress free life with the help of Yoga.

Outcome	No. of participants:
1. Yoga was created in all students	30



Lecture on Yoga

(Signature)
Shri. Suresh G. Dhure
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 Coordinator



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