



Guru Vishanmbhar Krupa Bahuudeshiy Shikshan prasarak mandal Lakadjawalga,

**Shivneri Mahavidyalay, Shirur Anantpal**  
**Dist. Latur-413544**

**Gymnasium Reports**

**Academic Year 2018-19 to 2022-23**

*Submitted to*

**Internal Quality Assurance Cell (IQAC)**

*Submitted*

*by*

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### **Introduction:**

Shivneri Mahavidyalaya in Shirur Anantpal has been actively participating in the celebration of International Yoga Day every year. This annual event serves as a platform to promote the holistic benefits of yoga among students, faculty, and the local community.

### **Event Highlights:**

**Yoga Workshops:** The college organizes interactive yoga workshops conducted by experienced instructors. These workshops cover various yoga asanas, breathing techniques, and meditation practices, catering to individuals of all skill levels.

**Awareness Campaigns:** Leading up to International Yoga Day, awareness campaigns are organized within the college premises and surrounding areas. Posters, flyers, and social media promotions are utilized to highlight the significance of yoga for physical, mental, and spiritual well-being.

**Special Sessions:** On the day of the event, special yoga sessions are conducted where participants engage in collective yoga practice. These sessions foster a sense of unity and mindfulness among attendees, promoting a culture of health and wellness.

**Guest Speakers:** Renowned yoga practitioners and experts are often invited to deliver talks and lectures on the philosophy and benefits of yoga. Their insights inspire participants to incorporate yoga into their daily lives for overall wellness.

**Community Outreach:** The college extends its celebration beyond its campus by organizing yoga camps in nearby communities. This outreach initiative aims to make yoga accessible to individuals who may not have regular access to such practices.





Impa

The celebration of International Yoga Day at Shivneri Mahavidyalaya has had a significant impact on the college community and the wider society. It has:

Raised awareness about the importance of yoga in maintaining physical fitness and mental health.

Encouraged students and faculty to adopt yoga as a regular practice for stress relief and overall well-being.

**Conclusion:**

The annual celebration of International Yoga Day at Shivneri Mahavidyalaya, Shirur Anantpal, continues to be a resounding success, promoting the timeless tradition of yoga and its manifold benefits. Through workshops, awareness campaigns, special sessions, guest lectures, and community outreach efforts, the college remains committed to spreading the message of health, harmony, and inner peace through yoga.

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