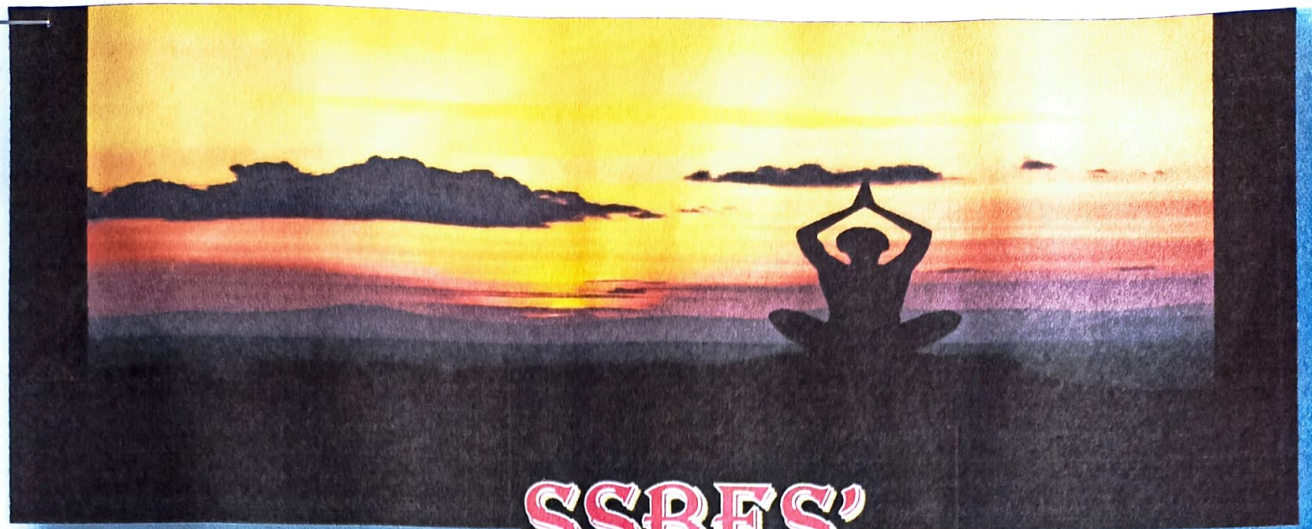




SSBES' INSTITUTE OF TECHNOLOGY & MANAGEMENT

▶▶▶ INTERNATIONAL YOGA DAY
21 JUNE, 2023

*Yoga is the Journey Of the self,
To the self, Through the self.*



International
YOGA
DAY

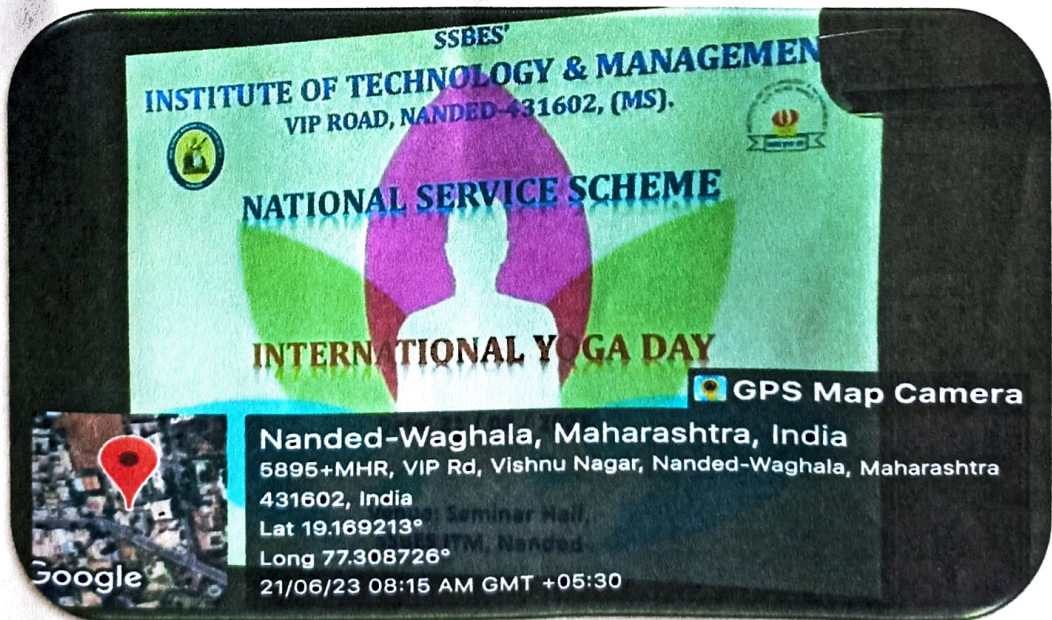
Director

Shri Sharda Bhavan Education Society's
Institute of Technology and Management,
NANDED.

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

Every year on June 21, the globe celebrates International Yoga Day to bring attention to this age-old discipline and to recognise the benefits yoga has had on people's physical and spiritual well-being. Yoga is a practice that is effective for calming the body and mind and enhancing one's immune system.

The 9th International Yoga Day was observed at SSBES' ITM, Nanded under National Service Scheme on June 21, 2023. Director, all eminent professors, non-teaching staff members, and students enthusiastically participated in it. Dr. S. B. Thorat sir, Director, SSBES' ITM, Nanded gave a quick introduction to Yoga Day before greeting the honouree, Mr. Sandeep Nikhate sir, the teacher and instructor at Art of Living Centre, Nanded.



Director

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Department of Computer Science



IMPORTANT NOTICE

Date:17/06/2023

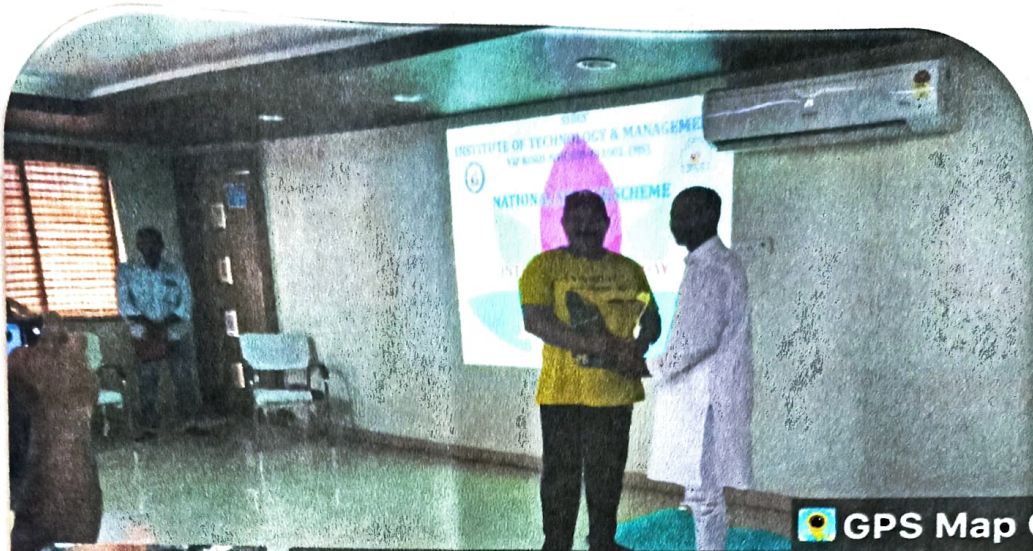
International Yoga Day Celebration

All students of SSBES' ITM, Nanded are hereby informed that the International Yoga Day Celebrations are going to be held by NSS UNIT with IQAC on June 21,2023 from 7 a.m. onwards in the seminar assembly hall. The programme will include talks and slide shows on the benefits of yoga, besides demonstrations by renowned Yoga experts. All the esteemed faculty members and students are requested to be present in the aforementioned programme.

Director
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HOD

Dept. of Computer Science,
SSBES' ITM, Nanded



 GPS Map



Nanded-Waghala, Maharashtra, India

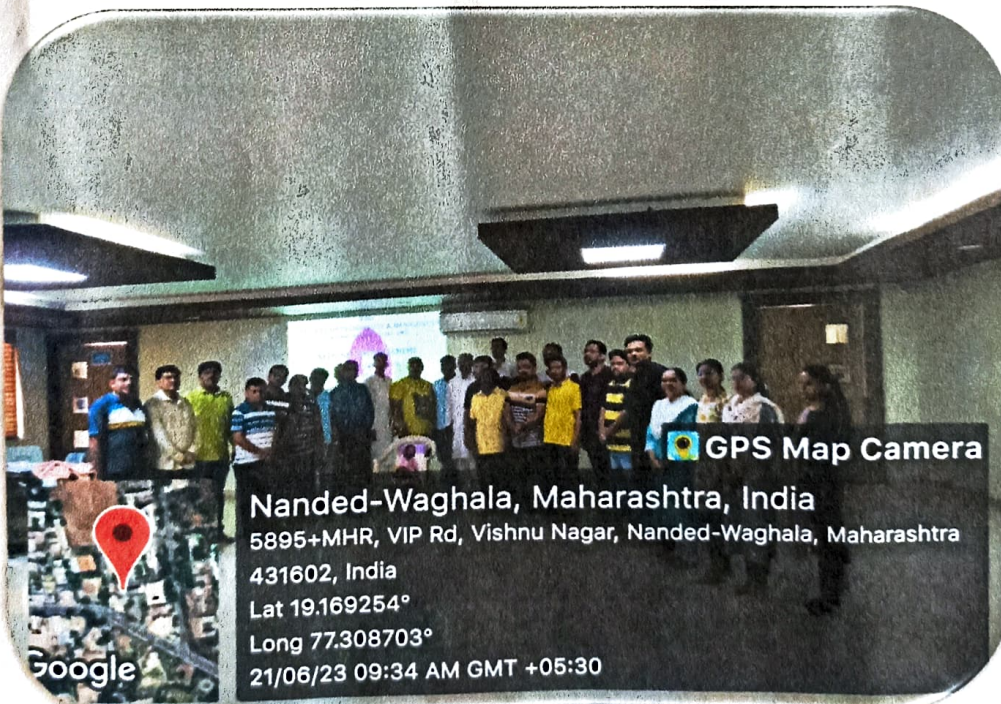
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431602, India

Lat 19.169195°

Long 77.308687°

21/06/23 09:31 AM GMT +05:30



 GPS Map Camera



Nanded-Waghala, Maharashtra, India

5895+MHR, VIP Rd, Vishnu Nagar, Nanded-Waghala, Maharashtra

431602, India

Lat 19.169254°

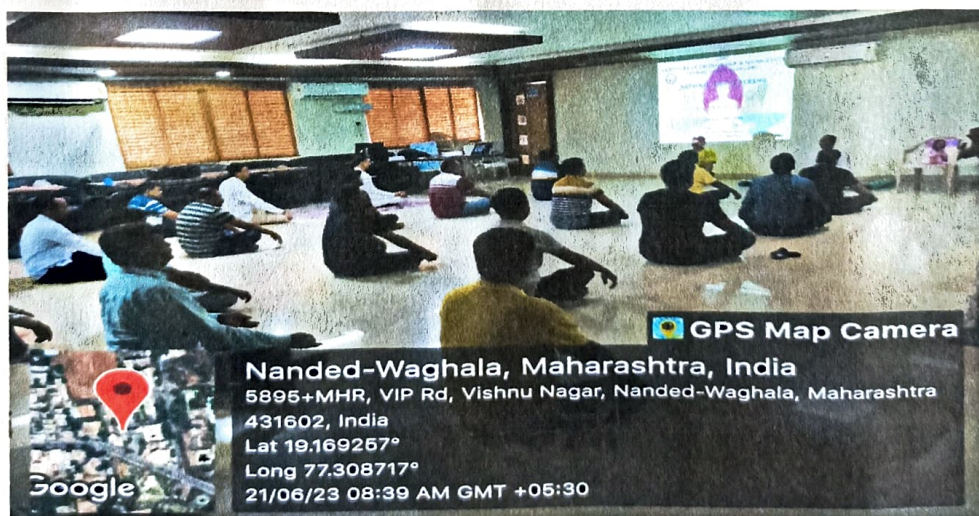
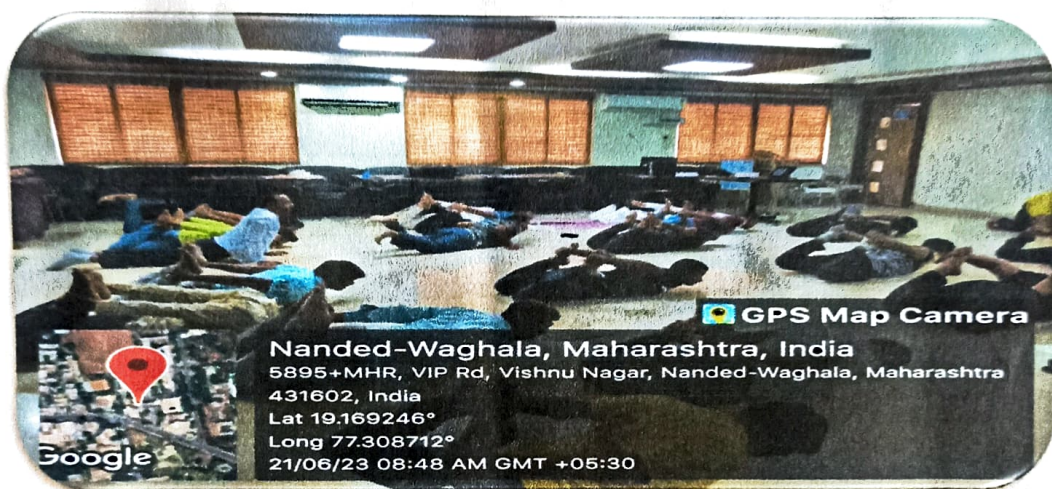
Long 77.308703°

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Director

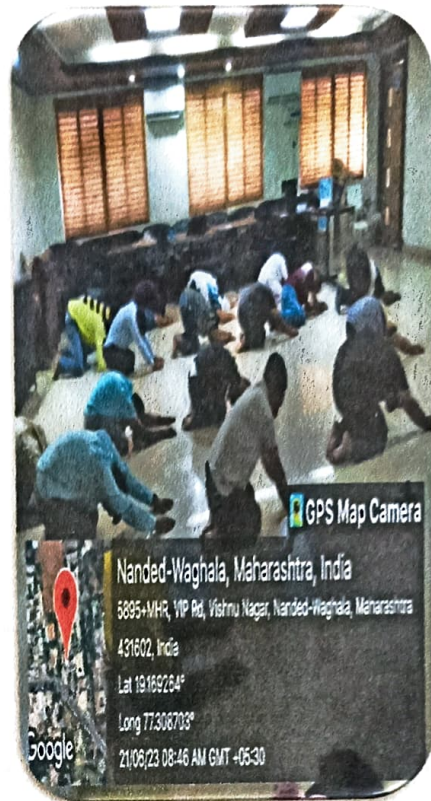
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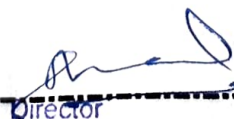
All of the participants participated in warm-up activities and practised both sitting and standing asanas while simultaneously hearing explanations of their significance. The speech delivered by our esteemed Director, Dr. S. B. Thorat sir, brought the celebration to a close. He urged everyone present to regularly practise yoga in order to stay in shape and sharpen their focus. He also talked about the value of yoga practice in our lives.



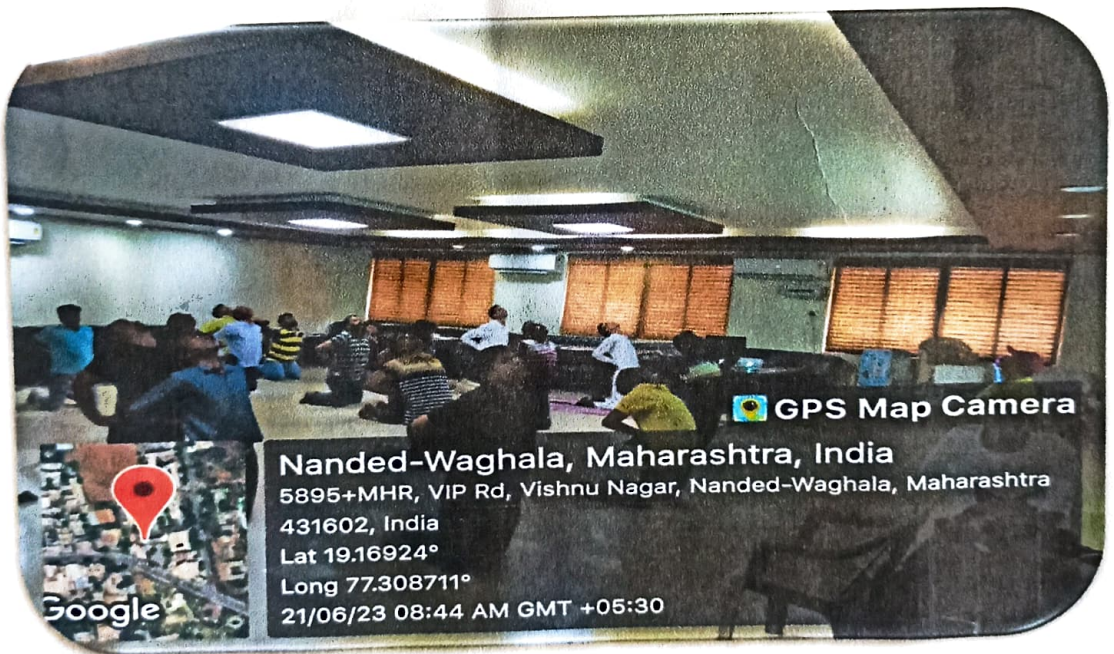

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 Director

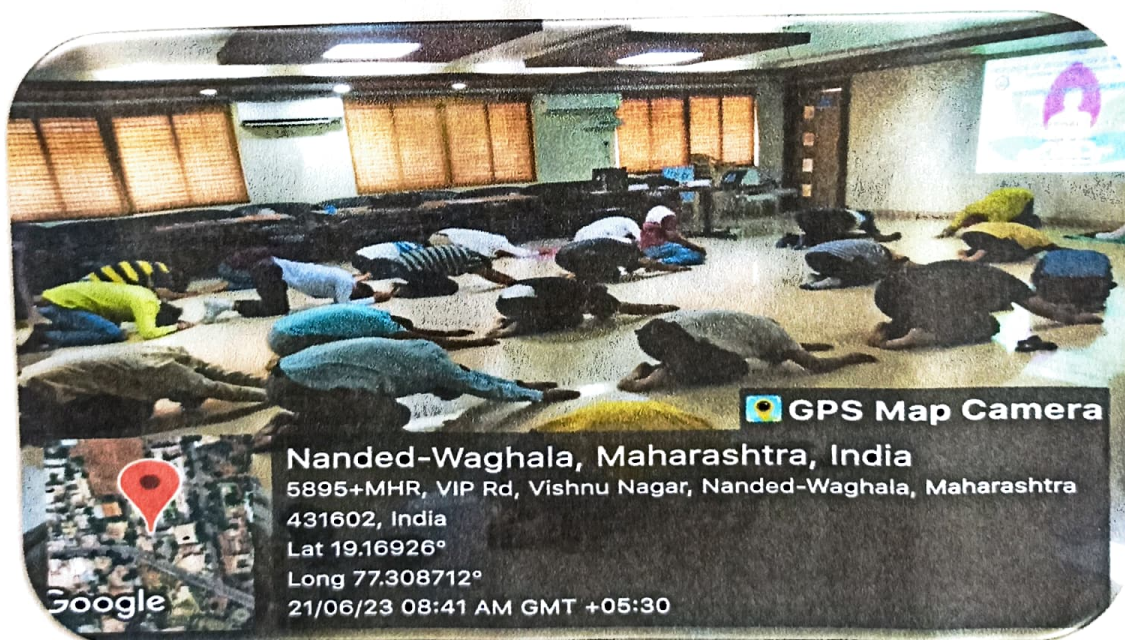
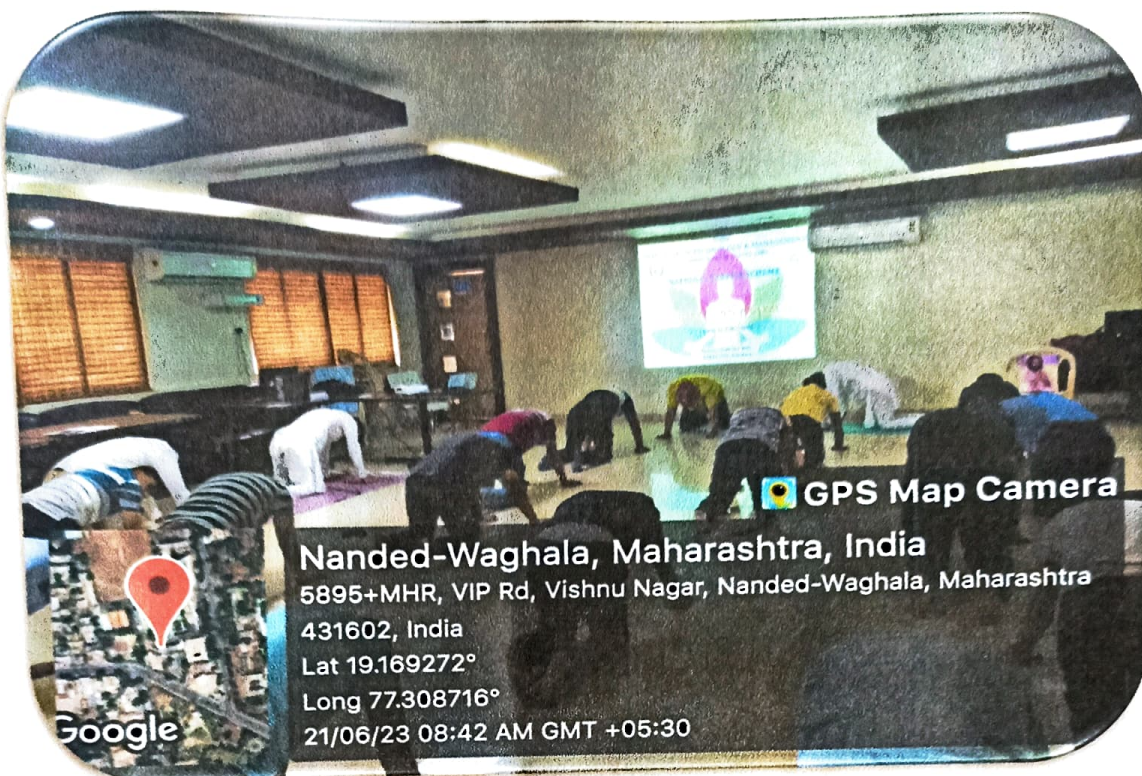
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Faculty members while performing Yogasanas.

[Signature]
 Director

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Faculty members while demonstrating various poses.

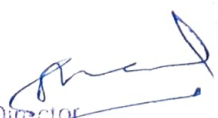

 Director

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The value of yoga in one's life and how to maintain body-mind harmony were taught to all faculties, staff, and students. The students and faculty members committed to include yoga into their daily lives as they talked about its significance and demonstrated various poses.

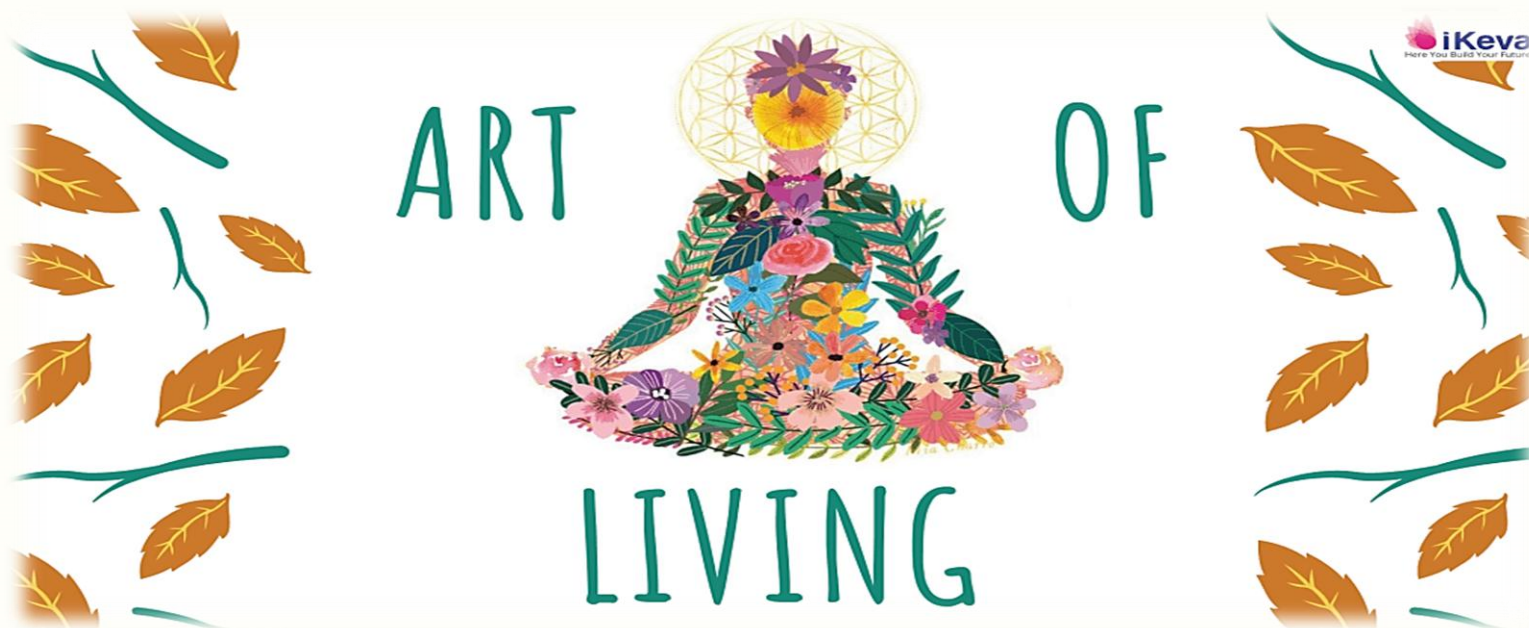


A vote of thanks was given by Dr. S. N. Kokate sir, a member of the cultural committee, to conclude the event and the International Yoga Day activities came to a successful conclusion.


Director
Shri Sharda Bhavan Education Society's
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REPORT

AY:2023-24



iKeva
Here You Build Your Future

Shobha
Co-ordinator
IQAC

Shri Sharda Bhavan Education Society's
Institute of Technology and Management
Nanded

Shal
Director

Shri Sharda Bhavan Education Society's
Institute of Technology and Management
Nanded

Content

Introduction of conductor

Importance

Activity

- a. Mind Concentration
- b. Meditation

Thank session

SSBES' Institute of Technology & Management, Nanded



INTRODUCTION

THIS SESSION WAS CONDUCTED ON 2/9/2023 AT THE SAME COLLEGE BY RESPECTED MR. SHIVA BIRKALE SIR - MBA FROM PUNE UNIVERSITY, WORKED IN IT & MEDIA (HINDUSTAN TIMES), YCB CERTIFIED & THE YOGA TEACHER - MINISTRY OF AYUSH, ART OF LIVING TEACHER & LIFE COACH. THEY PROVIDED LINK [HTTP://AOLT.IN/730942](http://AOLT.IN/730942) TO FURTHER PROCESS FOR THE STUDENT.

OUR FACULTY MEMBER MR. P.P. JOSHI INTRODUCES THEM WITH THE IMPORTANCE OF THE PROGRAMME TOPIC. THE MAIN CHIEF, MR. M.M. BOKARE SIR, AND SOME OTHER STAFF MEMBERS WERE ALSO PRESENT.



Nanded, Maharashtra, India

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Vishnu Nagar, Nanded-Waghala, Maharashtra 431602, India

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02/09/23 11:15 AM GMT +05:30

 GPS Map Camera



IMPORTANCE

The Benefits of Meditation for Students



The Art of Living offers numerous, highly effective educational and self-development programs and tools that facilitate the elimination of stress. These tools also foster deep and profound inner peace, happiness, and well-

being for all individuals. here programs include breathing techniques, meditation, yoga, and practical wisdom for daily living, which has helped millions around the world to completely transform their lives.

Much as making individual lives a little less stressful and a bit happier, the Art of Living is devoted to sweeping development through social initiatives as well. Some of the key reform steps taken by AOL in developing individual communities and society are:

- Initiatives in Integrated Community Development projects
- Education
- Health and hygiene
- Environment protection and sustainability
- Women empowerment and child protection
- Disaster relief management
- Prisoner rehabilitation and conflict resolution

The Art of Living community is proud and happy to be seen as a diverse platform that is inclusive and that believes in world harmony. Over the decades, its dedicated efforts in mitigating stress from people's lives and making the world a better place to live in have attracted people from all walks of life.

ACTIVITY

There were two activities had to be taken. One was Clapping game to check self-concentration and a meditation in a proper manner with guidance . Student were more happy and felt relaxed.





GPS Map Camera



Nanded, Maharashtra, India

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Co-ordinator
IQAC
Shri Sharda Bhavan Education Society's
Institute of Technology and Management
Nanded


Director
Shri Sharda Bhavan Education Society's
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