



#### **INSTITUTE OF TECHNOLOGY & MANAGEMENT**

VIP Road, Nanded-431 602(M.S.), INDIA

Website: www.ssbesitm.org E-mail ssbesitm@gmail.com Phone:02462-254850



## Department of Computer Science

#### 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 recognize 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 3<sup>rd</sup> International Yoga Day was observed at Shri SSBES's ITM, Nanded on June 21, 2017. All the faculty members and students enthusiastically participated in it. The program was conducted by Shri Sharda Bhavan Education Society in association with The Art of Living.

The program began with the felicitation of the Yoga Teacher from The Art of Living. The team members form the Art of Living explained the importance of yoga in our day to day life for the physical and spiritual wellbeing.

All of the students participated in warm-up activities and practised both sitting and standing asanas while simultaneously hearing explanations of their significance. The speech delivered by our hon. Secretary, Shri D.P. Sawant, brought the celebration to a close. He urged pupils to regularly practice yoga in order to stay in shape and sharpen their focus.





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### **NOTICE**

All the faculties and the students of SSBES's ITM, Nanded are hereby informed to attend the International Yoga Day celebration organized by SSBES and in association with The Art of Living on 21/06/2017 at 6:30 am on the Yeshwant Mahavidyalaya's ground.

Students are requested to take benefit of this event in majority and make it convenient to attend the same.

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HOD,
Dept. of Computer Science,
SSBES's ITM, Nanded

Comp. Sci. Dept.
SSBES's
Institute of Tech & Mgt







Comp. Sci. Dept.
SSBES'S
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The International Yoga Day was observed at SSBES's ITM, Nanded on June 21, 2021. The theme for the Yoga Day was "Yoga for Wellness". All the faculty members and students actively participated in it.

The program began with warm-up activities and practised both Asanas and Pranayam. At the end Director Dr. S. B. Thorat, motivated all the participants regarding practicing Yoga for the wellness.





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## Department of Computer Science

### NOTICE

All the faculties and the students of SSBES's ITM, Nanded are hereby informed to attend the International Yoga Day celebration organized by SSBES ITM, Nanded on 21/06/2021 at 11:00 am in seminar hall.

Students are requested to take benefit of this event in majority and make it convenient to attend the same.

> Dept. of Computer Science, SSBES's ITM, Nanded

> > H. U. D. Comp. Sci. Dept. SSBES'S stitute of Tech & Mgt

VIP Road Nanded







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The 4<sup>th</sup> International Yoga Day was celebrated at SSBES's ITM, Nanded on June 21, 2018. The theme for the Yoga Day was "Yoga for Peace". All the faculty members and students actively participated in it.

The program began with warm-up activities and practised both Asanas and Pranayam. At the end Asst. Prof. S. N. Kokate particularized the significance of meditation and pranayama for peaceful of mind.

H. U. D.
Comp. Sci. Dept.
SSBES's.
Institute of Tech & Mgt
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#### **NOTICE**

All the faculties and the students of SSBES's ITM, Nanded are hereby informed to attend the International Yoga Day celebration organized by SSBES ITM, Nanded on 21/06/2018 at 10:30 am in seminar hall.

Students are requested to take benefit of this event in majority and make it convenient to attend the same.

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VIP Road! Nanded





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H. U. D. Comp. Sci. Dept. SSBES's Institute of Tech & Mgt VIP Road, Nanded





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President Hon, Ashok Shankarraoji Chavan B.Sc., MBA

Vice-President Mrs. Amita Ashokraoji Chavan

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Director Dr. S.B.Thorat M.E.(Comp.Sci, & Engg.)Ph.D.

College has been included under section 2 (f) & 12 (B) of the UGC Act, 1956 Recognized by Govt, of Maharashtra, Approved by A.I.C.T.E., New Delhi & Affiliated to S.R.T.M. University, Nanded

Ref. S.S.B.E.S'I.T.M.201 -201 /

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