



**Bharati Vidyapeeth
(Deemed to be University)
Institute of Hotel Management & Catering Technology, Pune**

International Yoga Day (21/6/2022)

Yoga is a 5,000-year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came at the behest of the Indian Prime Minister, Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature". In Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Narendra Modi had said: "the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world."

The theme of year 2022 of International Day of Yoga was be "Yoga for Humanity". The main event of the IDY- 2022 demonstration was held at Mysuru, Karnataka led by Prime Minister Narendra Modi.

The core purpose of IDY is to create mass awareness regarding the Health Benefits of Yoga for the people. Over the years, IDY has become a mass movement for health.

The 8th edition of International Day of Yoga (IDY2022) is being promoted through multiple programs by the Ministry of Ayush, in association with Morarji Desai National Institute of Yoga. A curtain raiser event to mark the 100 days countdown was celebrated on 13th March 2022, which started the campaign: 100 days, 100 cities, and 100 organizations from 13th March to 21st June 2022, across the globe. A 75th-day countdown event was organized at the Red Fort in New Delhi. The 50th Days countdown was celebrated at Sivasagar, Assam and the 25th-day countdown was celebrated in Hyderabad, Telangana.

In Keeping with the initiative the BVDUNSS Cell proposed , to carry out the yoga session at 7:20 am after the Prime Ministers Address live telecast from Mysuru. The Institute had 40 volunteers including Teaching and Nonteaching staff for performing Yoga. The Student Volunteers of BVDU College of Ayurved Ms. Siddhi Yewale, Ms.Rama Bendale & Ms. Anushka Kanki demonstrated various yoga asnas and asked the volunteers to follow them as per the yoga day protocol.



BVDU
College of Ayurved
Volunteers Demonstrating
Yog Asnas.

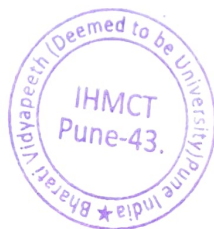


Volunteers performing Yog
Asnas

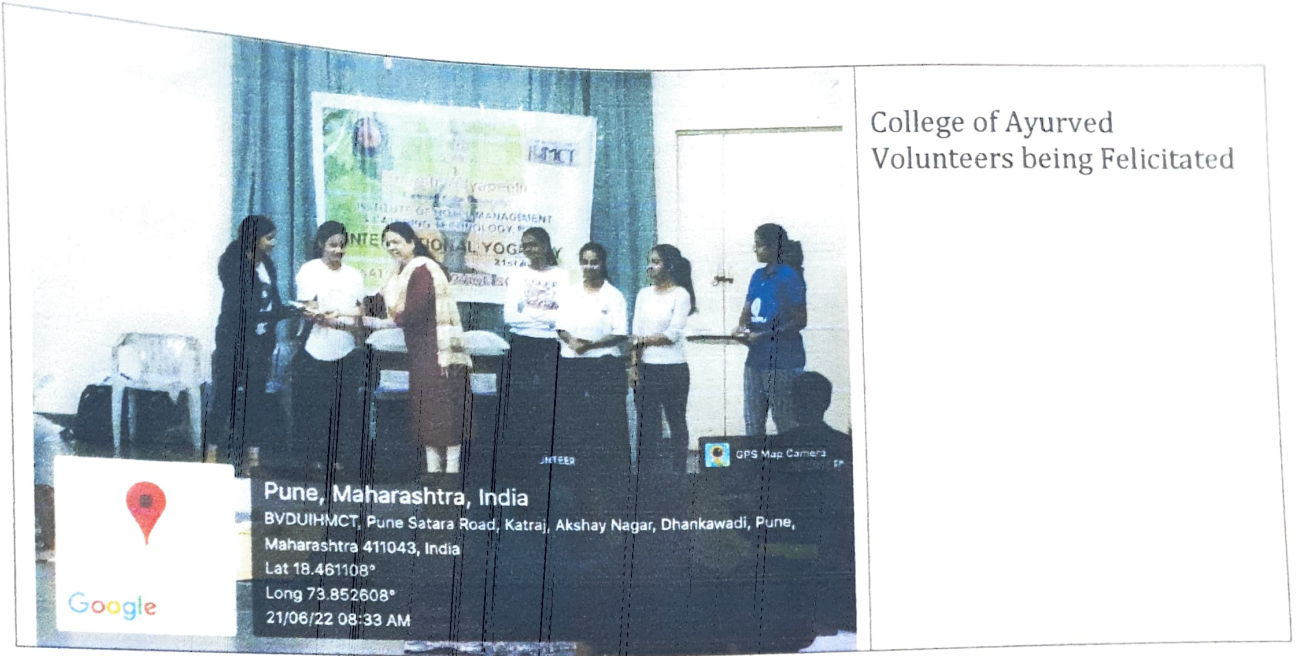


Volunteers performing Yog
Asnas

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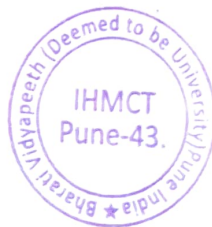
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College of Ayurved
Volunteers being Felicited

No. of Female Volunteers	10
No. of Male Volunteers	30
Total No. of Volunteers	40


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INSTITUTE OF HOTEL MANAGEMENT AND CATERING TECHNOLOGY
KATRAJ - DHANKAWADI, PUNE - 411043.
International Yoga Day 21/6/2022

Sr.No	Name	Designation	Sign
1	Mr. Allan Fernandes	Asst. Prof	[Signature]
2	Mrs. Muelulga Jadhav	- 11 -	[Signature]
3	Dr. Jyoti Peshkar	ASSO. Prof.	[Signature]
4	Dr. Lalita S. Chirmale	Principal	[Signature]
5	Mrs. Nirmala Kolekar	Sr. Clerk	[Signature]
6	Mrs. Vanita Saindar	Sr. Clerk	[Signature]
7	Ms. Bhagyashree J. Jadhav	Jr. Clerk	[Signature]
8	Mr. Pratap Y. Yadav	Tr. Clerk	[Signature]
9	Mr. Abhijeet M. Mokale	Tr. Clerk	[Signature]
10	Ms. Smita V. Mane	Asst Librarian	[Signature]
11	Rama Bendale	Resource Person	[Signature]
12	Siddhi Yewale	- 1 - Person	[Signature]
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Sr.No	Name	Class	Sign
1	Abiket Thorat	FYBSC	Abiket
2	Ameya Kamat	FYBSC	Akamot
3	Gurudev Tapkir	FYBSC	Gurudev
4	Prak Kalantri	FYBSC	Prak
5	Kaushal Kamble	FYBSC	Kamble
6	Shrinaj Jashi	FYBSC	Jashi
7	Nirajan Barase	FYBSC	Barase
8	Yatinaj Choughe	FYBSC	Choughe
9	Saket Shingankar	FYBSC	Saket
10	Piyush Kumbhar	FYCT	Piyush
11	Shreya Kumar	FYBSC	Shreya
12	Sanskrutli Potdar	FYBSC	Sanskrutli
13	Dipika Kalel	FYBSC	Dipika
14	GAUTAM LUNDANI	FYBSC	Gautam
15	NIRAJAN RASHKAR	FYBSC	Nirajan
16	DISHA SHAH	FYBSC	Disha
17	AMRUTA DADAR	FYCT	Amruta
18	PRANAV KADU	FYCT	Pranav
19	Richard Lawrence	FYBSC	Richard
20	Isha Pawar	FYCT	Isha
21	Aikshay Kurhade	T.Y.BSC	Aikshay
22	Sheerwari mahadik	S.Y.BSC	Sheerwari
23	Chaitanya Kothawale	S.Y.BSC	Chaitanya
24	Ruchita Shetty	S.Y.BSC	Ruchita
25	AvinPTPlekar	S.Y.BSC	Avin
26	Sakshat Sarde	S.Y.BSC	Sakshat
27	Koustubh Pore	S.Y.BSC	Koustubh
28	Abhay chitoka	S.Y.BSC	Abhay
29	Palve Ankush	S.Y.BSC	Palve
30	Maitreyee Joglekar	S.Y.BSC	Maitreyee

Siddhi Lewale - Lewale

Rama Bendale - Ramab


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