





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

International Yoga Day (21/6/2022)

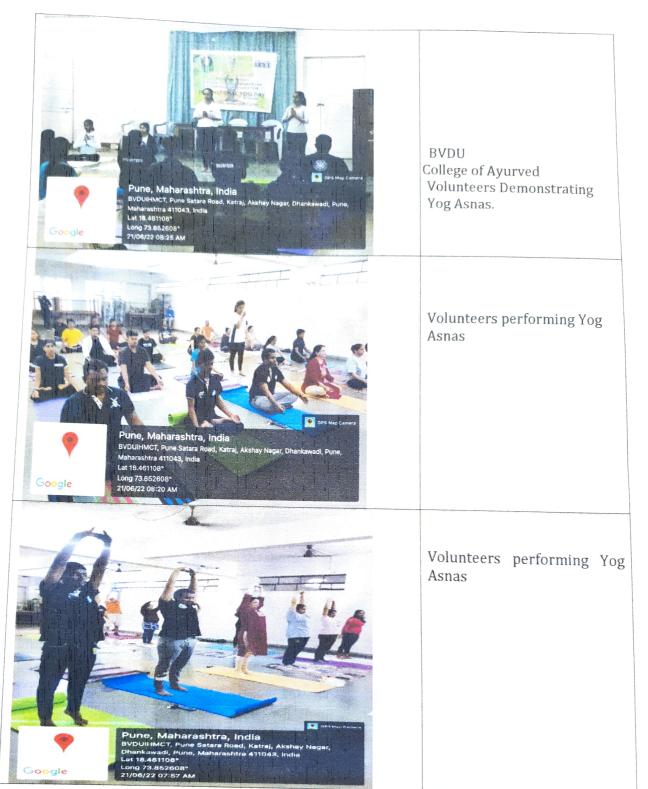
Yoga is a 5,000-year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came at the behest of the Indian 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.



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Katrej, Dhankawadi, Pune-43.



College of Ayurved Volunteers being Felicitated

| 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

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| Sr.l | No Name | Class | Sign |
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| 3 | Guradeo Tonkir | FYRSC | Contra |
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| 5 | Sustan James IC | FYBSc | Kandra |
| 6 | String Jashi | FYBSC | 403 |
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| 10 | Pryush Kumbhan | FYCT | Pish: |
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| 12 | Sonskrutty Potolar | FYBSc | Sans Rust |
| 13 | Dipika Kalel | FYBSC | Frai |
| 14 | GAUTAM LUNDANI | TYBSC | (6) |
| 15 | NJRANDAN RASKAK | TYBSC | |
| 16 | DISHA SHAH | TYBSC. | B |
| 17 | AMRUTA DADAR | TYCT | AS |
| 18 | PRANAV KADU | PYCT | RD. |
| 19 | Richard Lawrence | FYBSC | |
| 20 | Isha Pawar | EYCT | This |
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| 22 | Sherwari Mahadik | S.Y. BSC | |
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| 6 | Sakshed Sarde | S.Y. B.S.C. | Wilhab |
| 7 | Koustubh PORC | 5. y. BSC. | V R Dee |
| 8 | Abhay chilola | SU.BSC | Abbert. |
| 9 | Palve Ankush | sy BSC | Salice |
| | Maitreyae Toglekar | SH B54 | traineyer. |

Siddhi Kewele - Rouse.

Rama Bendale - RouseB

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