



Shri Hurakadli Ajja Shikshana Samiti's

SMT. K. S. JIGALUR ARTS & DR. (SMT) S. M.
SHESHGIRI COMMERCE COLLEGE FOR WOMEN,
DHARWAD



9

**DEPARTMENT OF PHYSICAL EDUCATION &
N.S.S UNITS**

Jointly Organize

INTERNATIONAL YOGA DAY

(Online - Zoom)

Date: 21-06-2020

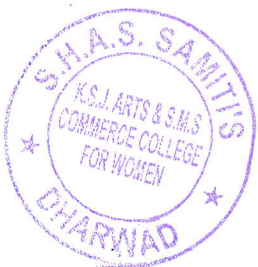
Time: 8.30 am

RESOURCE PERSON



SHRI. MANJUNATH JADAR

Yoga Master



ALL ARE CORDIALLY INVITED

guy

Principal

S.H.A.S. Samiti's

**Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dhawwad**



Shri Hurakadli Ajja Shikshana Samiti's
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College for Women's, Dharwad




6TH INTERNATIONAL YOGA DAY

On 21st June, 2020



Yoga for Harmony & Peace




Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dharwad



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NSS Units and Sports Department
Jointly Organizes

6th International Yoga Day During COVID - 19 on ZOOM Meeting


Date: 21-06-2020

Time: 7 AM

PROGRAMME LIST

1. Prayer : College prayer by all students
2. Welcome Address : **Dr. Girija M.Yabannavar**
Principal
2. Introduction : **Dr. Rajeshwari M. Shettar**
NSS Officer, Unit - I
3. Resource Person : **Shri Manjunath Jadar**
Physical Director
Shri Satya Sai Institute, Dharwad
4. Vote of Thanks : **Smt. Shakuntala S. Biradar**
Physical Director & NSS Officer, Unit -II




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Report

The year 2020 marks the 6th International Yoga Day. The United Nations theme for the year is “Yoga for Health – Yoga at Home”, which takes into account the social distancing measures announced by most countries. Our Prime Minister Shri Narendra Modi today shared his remarks on this occasion.

The word yoga is derived from Sanskrit it means to join or to unite, symbolizing the union of a person's body and consciousness. Yoga is an ancient physical, mental and spiritual practice that originated in India. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions.

Yoga includes Ayurveda, Yoga and Naturopathy. Unani Sidda and Homoeopathy (AYUSH) list Yama, Niyama, Asana, Pranayama. Pratyhara, Dharana, Dhayana, Samadhi, Bandhas and Mudras, Satakarmas, Yukataharas, Mantra, Japa, Yukta - Karma among popular yoga sadhanas.

NSS units and Sports department of our college organize 6th International Yoga Day on 21st June, 2020 during COVID -19 on ZOOM meeting. Dr. Girija M. Yabannavar, Principal, welcomed the Guest. Dr. Rajeshwari M. Shettar gave the introductory speech. In this programe Chief guest Shri Manjunath Jadar, Physical Director demonstrated asanas and explained Yama, Niyama, Asana. Pratayama. Pratyhara Dharana .Dhayana. Samadhi. Bandhas and Mudras, Satakarma Smt. Shakuntala S. Biradar, Physical Director, gave the vote of thanks. In this COVID-19 Pandemic situation, it is necessary to maintain social distancing and online meeting technology helped in conducting the Yoga Session online.



Girija
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NATIONAL SERVICE SCHEME (NSS) UNIT - I & II



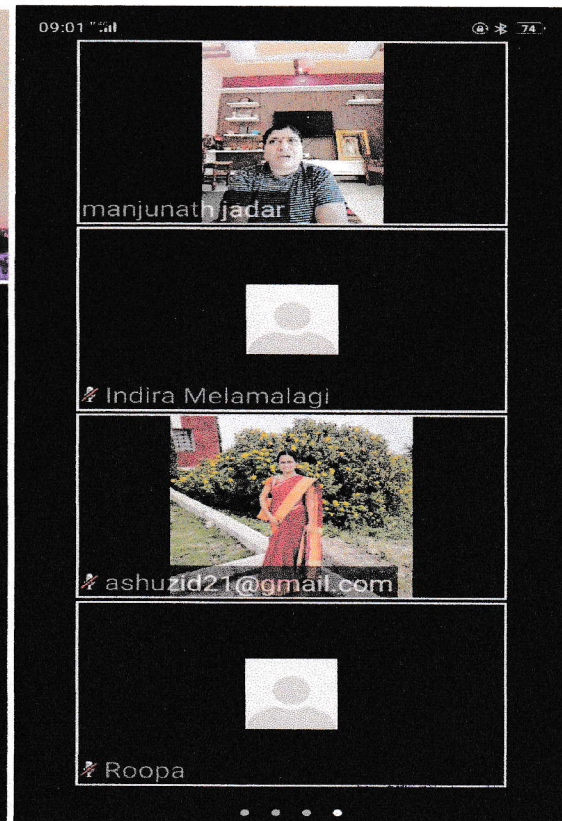
Title of Activity: World Yoga Day (Zoom App)

Date and Venue: 21st June, 2020 Online through Zoom App

Description of Event: On 21st June, 2020 NSS units and Sports Department of our college organized 6th International Yoga Day during COVID-19 on ZOOM meeting. Principal, Dr. Girija M. Yabannavar, welcome the Chief Guest. Programme Officer Unit-I Dr. Rajeshwari M. Shettar, gave the introductory speech. Chief guest Shri Manjunath Jadar, Physical Director demonstrated *asanas* and explained Yama, Niyama, Asana, Pratayama, Pratyhara, Dharana, Dhayana, Samadhi, Bandhas and Mudras. Satakarma Smt. Shakuntala S. Biradar, Programme Officer Unit-II gave the vote of thanks. In this COVID-19 Pandemic situation, it is necessary to maintain social distancing and online meeting technology helped in conducting the Yoga Session online.



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