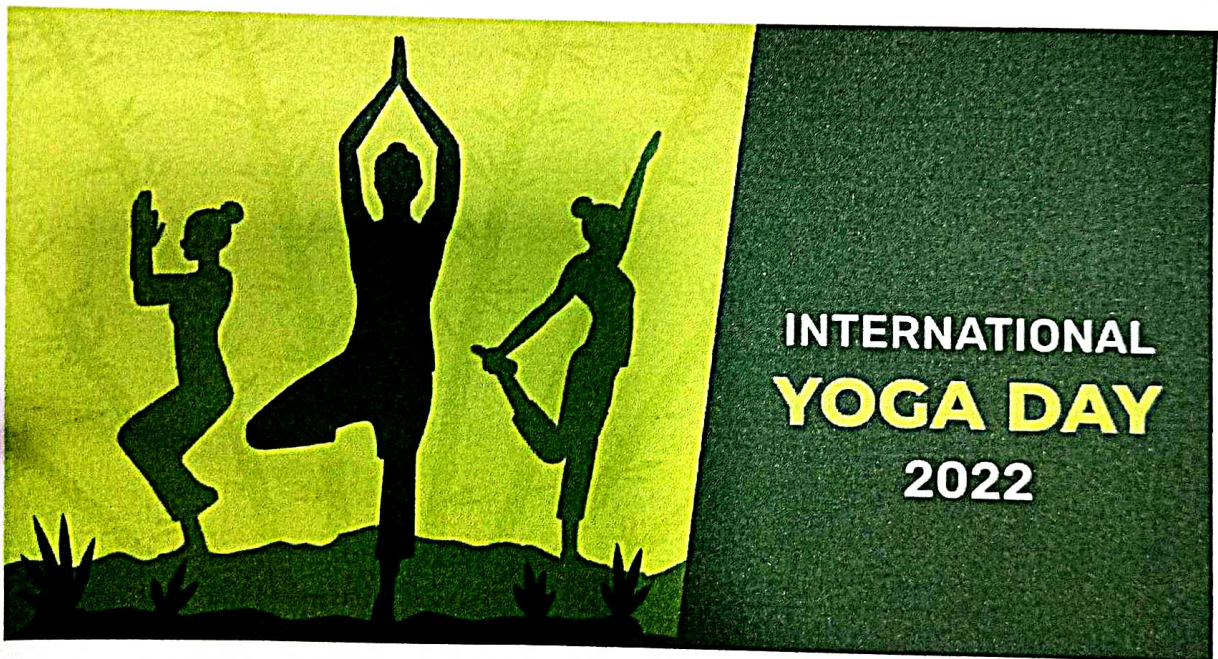


Shri Balasaheb Tirpude College of Hotel Management and Catering Technology

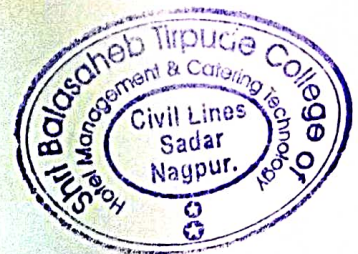
International Yoga Day

21st June 2022



Aakshay Dandale

AKSHAY DANDALE
OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur



YUGANTAR EDUCATION SOCIETY'S



**SHRI BALASAHEB TIRPUDE COLLEGE OF
HOTEL MANAGEMENT & CATERING TECHNOLOGY**

(Approved by AICTE, New Delhi, Govt. of India, Govt. of Maharashtra & RTM Nagpur University, Nagpur)

1, Shri Balasaheb Tirpude Marg, Civil Lines, Sadar, Nagpur - 440 001

Phone : (O) +91 712 2550695 Fax : +91 712 2550695

Email : tirpudehmct@gmail.com, Visit us at www.tirpudehmct.ac.in

AICTE Permanent Institute Id : 1-14318331 • DTE Institute Code : HM4219 • RTM NU College Code - 007 AISHE Code : C-18976

Date: 22/06/2022

To,

The Principal,

Shri Balasaheb Tirpude College of

Hotel Management and Catering Technology,

Nagpur.

Subject: Submission of report on 'Celebration of International Yoga Day' held on 21th June, 2022 for the Academic Year 2021-22 at 9.30hrs onwards.

Respected Sir,

I undersigned, submit the report 'Celebration of International Yoga Day' held on 21th June, 2022 for the Academic Year 2021-22 at 9.30hrs onwards.

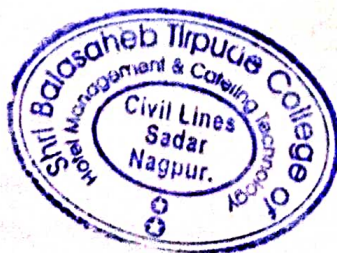
Kindly acknowledge the receipt & oblige

Thanking you,

Yours Faithfully,

Event Co-Ordinator

Event Co-Ordinator

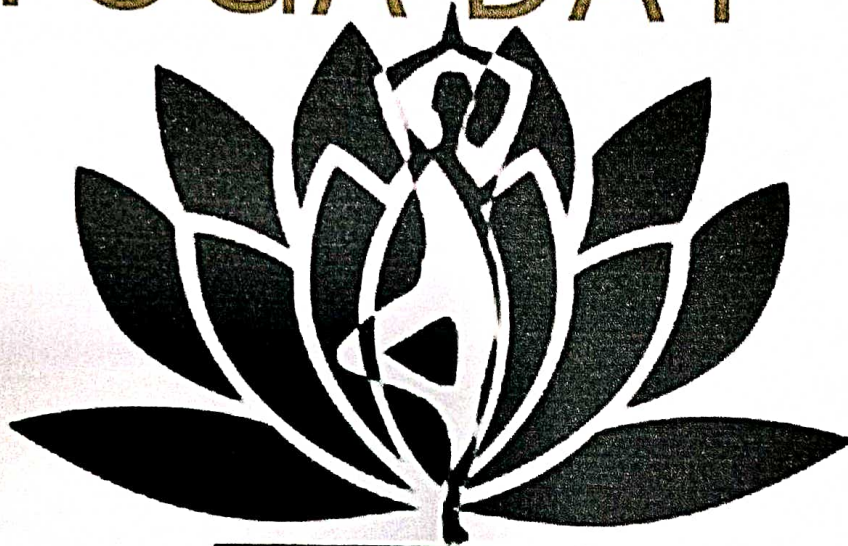


AKSHAY DANDALE
OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur

**Shri Balasaheb Tirpude College of Hotel Management
and Catering Technology**



**CELEBRATING
INTERNATIONAL
YOGA DAY**



With Coach Rashmi Iyer

International Fitness Coach, Yoga Instructor, International Zumba
Instructor, Athlete, National Powerlifting Champion

Aakshay Dandale

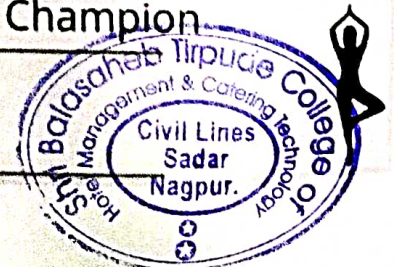
TUESDAY, 21 JUNE 2022

9:30 AM

AKSHAY DANDALE

OFFICIATING PRINCIPAL

Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur.



INTERNATIONAL YOGA DAY HISTORY:

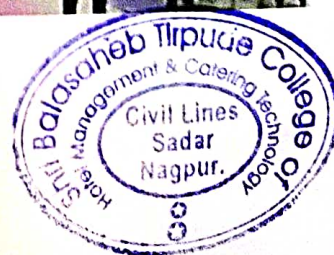
The concept of the International Day of Yoga was first proposed by Prime Minister Modi during his speech at the UN General Assembly (UNGA), on September 27, 2014. The United Nations General Assembly on December 11, 2014, announced that June 21 will be seen as International Yoga Day or World Yoga Day

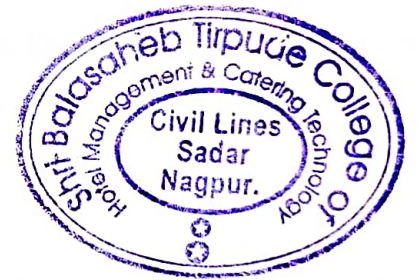
Every year International Yoga Day 2022 observed on June 21 across the globe. This year the world celebrated the 8th International Yoga Day.

International Yoga Day is celebrated on June 21 every year to spread awareness about the invaluable benefits of Yoga. Practicing yoga might seem like just stretching, but it can do much more for once body than the way e or she feel, look and move. It even helps he/she with increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Seeing these outcomes, the Institute with Yoga Instructor Ms. Rashmi Iyer, celebrates the International Yoga Day at Training Banquet between 9.30-11.00 hrs. as World Yoga Day is celebrated internationally with a unique theme every year. This year's theme was "Yoga for Humanity".



Akshay Dandale
AKSHAY DANDALE
OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur





A. D. Kumbhar



YUGANTAR EDUCATION SOCIETY'S

SHRI BALASAHEB TIRPUDE COLLEGE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY

(Approved by AICTE, New Delhi, Govt. of India, Govt. of Maharashtra & RTM Nagpur University, Nagpur)

1, Shri Balasaheb Tirpude Marg, Civil Lines, Sadar, Nagpur - 440 001
Phone : (O) +91 712 2550695 Fax : +91 712 2550695
Email : tirpudehmct@gmail.com, Visit us at www.tirpudehmct.ac.in

AICTE Permanent Institute Id : 1-14318331 • DTE Institute Code : HM4219 • RTM NU College Code - 007 AISHE Code : C-18976

Date: 22/06/2021

To,

The Principal,
Shri Balasaheb Tirpude College of
Hotel Management and Catering Technology,
Nagpur.

Subject: Submission of report on 'Celebration of International Yoga Day' online mode held on 21th June, 2021 for the Academic Year 2020-21 at 9.30hrs onwards.

Respected Sir,

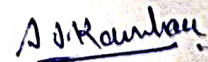
I undersigned, submit the report Celebration of International Yoga Day' online mode held on 21th June, 2021 for the Academic Year 2020-21 at 9.30hrs onwards.

Kindly acknowledge the receipt & oblige

Thanking you,

Yours Faithfully,


Event Co-Ordinator

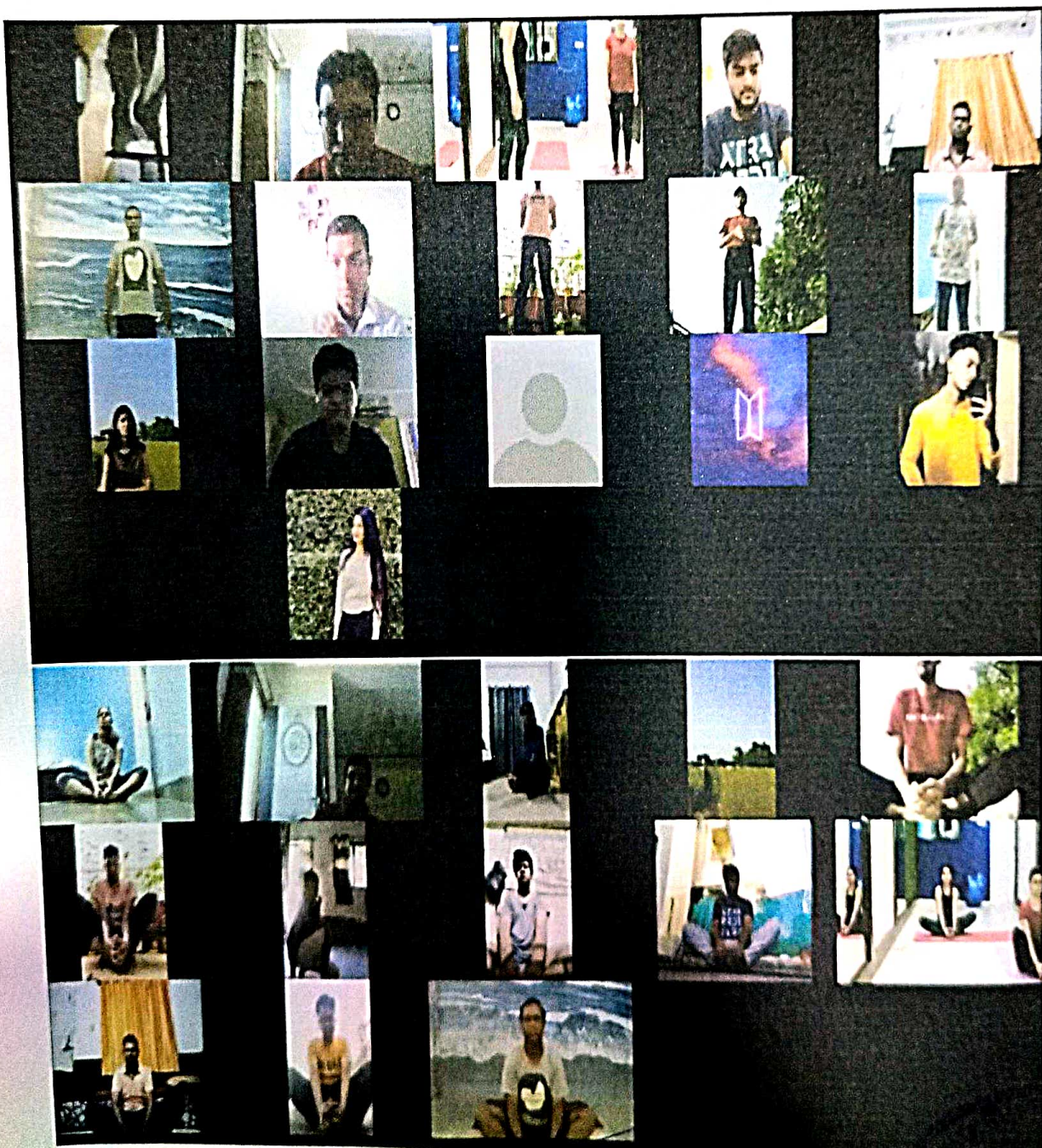

Event Co-Ordinator





AKSHAY DANDALE
OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur

Over the last few decades, there has been an upsurge in the prevalence of yoga. Medical professionals and celebrities are also adopting and recommending the regular practice of yoga due its various benefits. To live through this lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps students to build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul. There are different forms of yoga that can help students to stay physically strong and mentally balanced. This year Shri Balasaheb Tirpude college of Hotel Management and Catering Technology celebrated International Yoga Day on Zoom Platform so that it brought its own flavour and benefits to the table, which was performed by Students and Faculty of the College, and provides them with a holistic sense of health, which was especially required during these times.



AKSHAY DANDALE
OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur





Ashella

AKSHAY DANDALE
 OFFICIATING PRINCIPAL
 Shri Balasaheb Tirpude
 College of Hotel Management
 & Catering Technology, Nagpur.
AKSHAY DANDALE

