



**SHRI BALASAHEB  
TIRPUDE COLLEGE  
OF HOTEL**



**MANAGEMENT And CATERING TECHNOLOGY**

**And**

**TIRPUDE INSTITUTE OF HOSPITALITY  
MANAGEMENT**

**Organize**

# **INTERNATIONAL YOGA DAY**

**Date : 21<sup>st</sup> June – 24<sup>th</sup> June 2023**

**Days : WED to SAT**

**Time : 8:30 am to 9:30 am**

**Participants : Hotel Management Students**

**Venue : TIRPUDE FITNESS CLUB HALL**

**Organized by**

**Dr. Pallavi Bhagat**

**“Give your body, mind and soul  
the dose of yoga every day to live  
your life to the fullest.”**

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

## NATIONAL SERVICE SCHEME ACTIVITY

**NAME OF THE EVENT: - INTERNATIONAL YOGA WEEK**

**DATE: - 21/06/2023 to 24/06/2023**

**NUMBER OF STUDENTS: - 11 & 14**

**NUMBER OF PARTICIPATING FACULTY MEMBERS: - 02**

**CONTRIBUTION MADE BY: - NSS Fund**

**ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology and Tirpude Institute of Hospitality Management**

**TASKS UNDERTAKEN: - Light warm up, squats, lunges, plank, and pushups.**

**FEEDBACK FROM THE ORGANISATION:-**

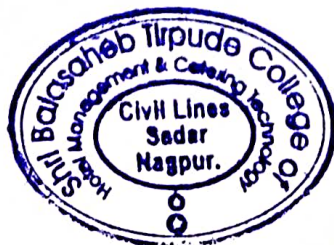
Positive feedback

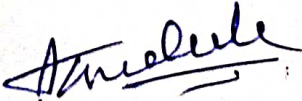
### **Introduction:**

The International Yoga Week, organized from 21/06/2023 to 24/06/2023, aimed to promote the practice of yoga and raise awareness about its numerous physical and mental health benefits. The event brought together yoga enthusiasts from various backgrounds, creating a platform for learning and sharing experiences. This report provides an overview of the activities conducted during the four-day event.

### **Day 1 - Balance Yoga:**

On the first day of the International Yoga Week, students gathered at the designated venue to commence the event. As the NSS co coordinator, I took the opportunity to introduce Dr Pallavi Bhagat, Assistant Professor and welcome her for the yoga week. She with her assistance starts explaining the student's concept of Balance Yoga. This style of yoga emphasizes the development of stability, both physically and mentally, through a series of poses and breathing techniques.



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



# 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

During the session, the students demonstrated exceptional dedication and enthusiasm. They actively participated in various balancing asanas, such as Tree Pose,( Vrikshasana) Eagle Pose(Garudasana), and Half-Moon Pose(Ardha Chandrasana). The instructor provided them with detailed instructions and corrected their postures when necessary. The students displayed remarkable progress in their ability to maintain balance and focus.

61

## Day 2 - Yoga based on Elements and Pranayama:

On the second day, we had the privilege of welcoming Mr. Sanjay Khode, a renowned yoga practitioner and expert in yoga philosophy. Mr. Khode conducted a session on yoga based on the elements and pranayama techniques. This session aimed to deepen the students' understanding of the different elements and their influence on our mind and body.

Mr. Khode's session was enlightening and informative. He explained the connection between the five elements (earth, water, fire, air, and space) and our physical and mental well-being. The students actively participated in the practice of pranayama, which involved various breathing exercises to enhance breath control and vitality. It was a transformative experience for all the participants.

## Day 3 - Cancellation due to Heavy Rain:

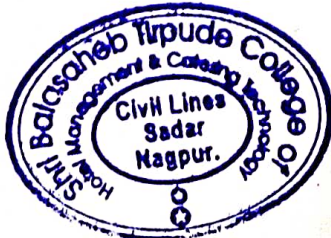
Unfortunately, on the third day of the International Yoga Week, the scheduled session had to be canceled due to heavy rainfall and unfavorable weather conditions. Ensuring the safety of the participants, it was decided that it would be best to reschedule the session for a later date.

62

## Day 4 - Zumba and Yoga:

On the final day of the event, as a replacement for the canceled session, the college led a combined session of Zumba and Yoga. This fusion class aimed to provide a fun and energetic experience while incorporating elements of yoga into a dynamic dance workout.

The participants thoroughly enjoyed the session, as it brought a refreshing change to the program. The lively Zumba routines boosted their energy levels and set the tone for the subsequent yoga practice. We incorporated a variety of asanas and stretches, ensuring a holistic workout that improved flexibility, strength, and overall well-being.



*Akshay 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

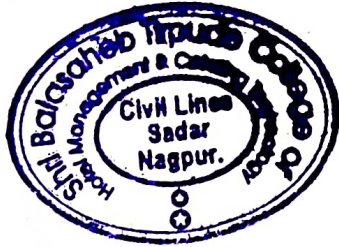
Email : tirpudehmct@gmail.com, Visit us at www.tirpudehmct.ac.in

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

## Conclusion:

The International Yoga Week, held from 21/06/2023 to 24/06/2023, provided an enriching experience for all the participants. The event successfully promoted the practice of yoga, and participants gained valuable insights into different aspects of yoga, including balance yoga, elements-based yoga, pranayama, and even a fusion session with Zumba.

Despite the unfortunate cancellation of a session due to heavy rain, the event remained a resounding success. The dedication and enthusiasm displayed by the students throughout the week were commendable. The International Yoga Week served as a reminder of the importance of yoga in maintaining physical fitness, mental well-being, and overall harmony in life.

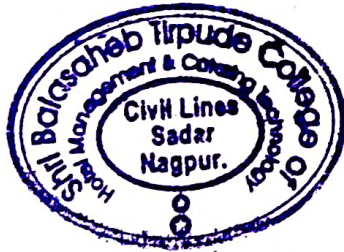


**AKSHAY DANDALE**  
OFFICIATING PRINCIPAL  
Shri Balasaheb Tirpude  
College of Hotel Management  
& Catering Technology, Nagpur

## Rules and Regulations

All the students who have taken an initiative by participating in International Yoga Week for reforming and remoulding their mind and body are supposed to report in Banquet Hall THIRD FLOOR at 8.15 am sharp daily from 21/06/2023 to 24/06/2023.

**Note:** It is mandatory to bring a yoga mat/mattress, wear sport shoes along with the track suit. If not Available then you can wear lower pants, t-shirts 3/4 pants, Joggers and sweats are also allowed.



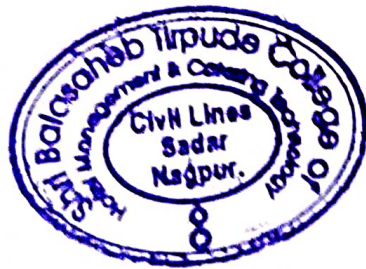
**AKSHAY DANDALE**  
OFFICIATING PRINCIPAL  
Shri Balasaheb Tirpude  
College of Hotel Management  
& Catering Technology, Nagpur

## International Yoga Week

BHMCT Semester II 2022-23

### Attendance Sheet

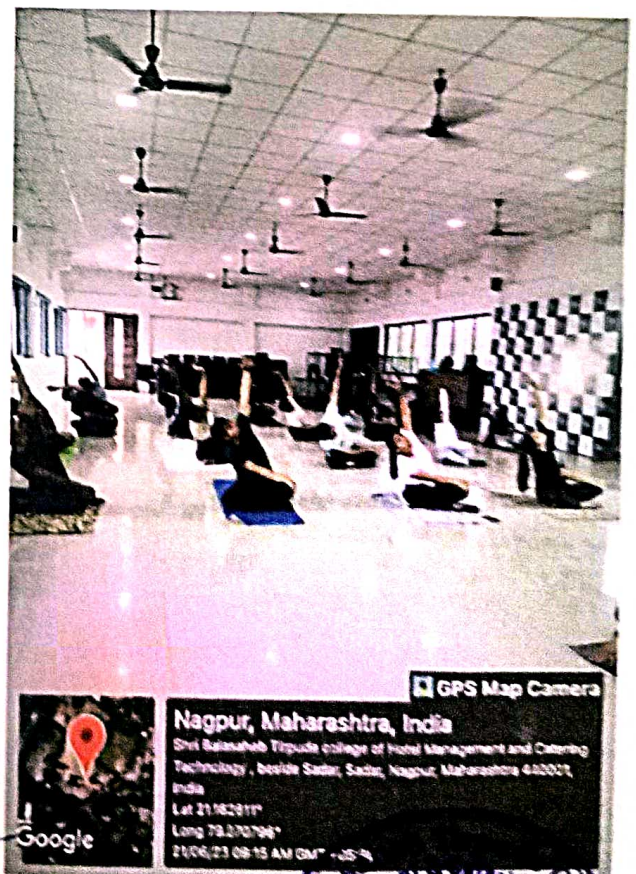
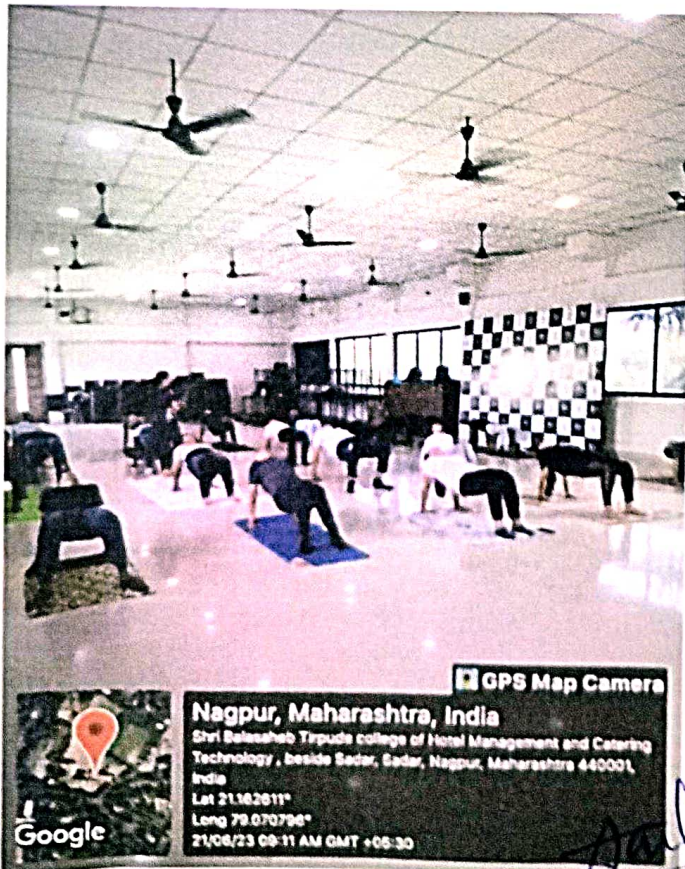
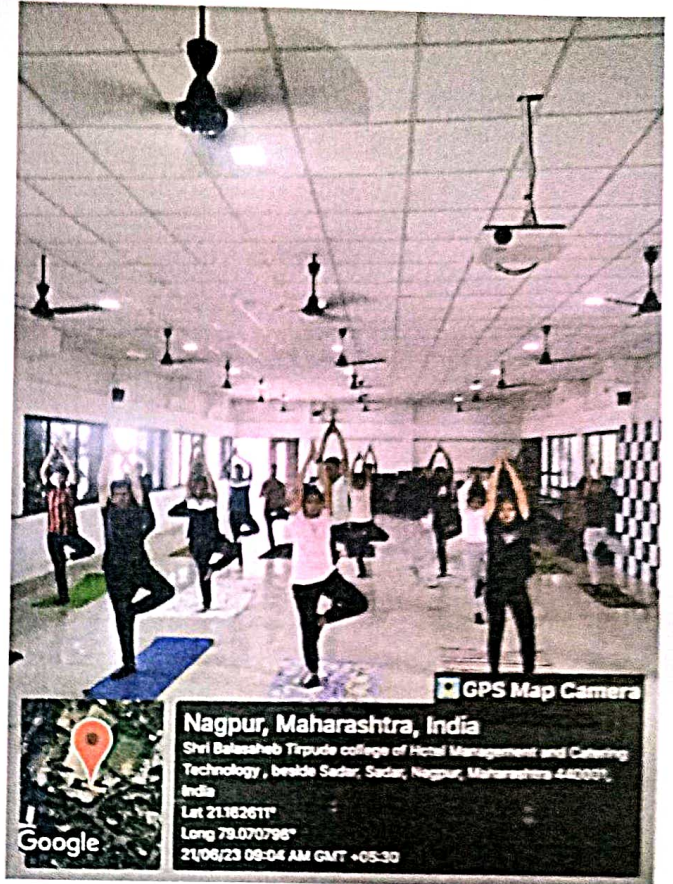
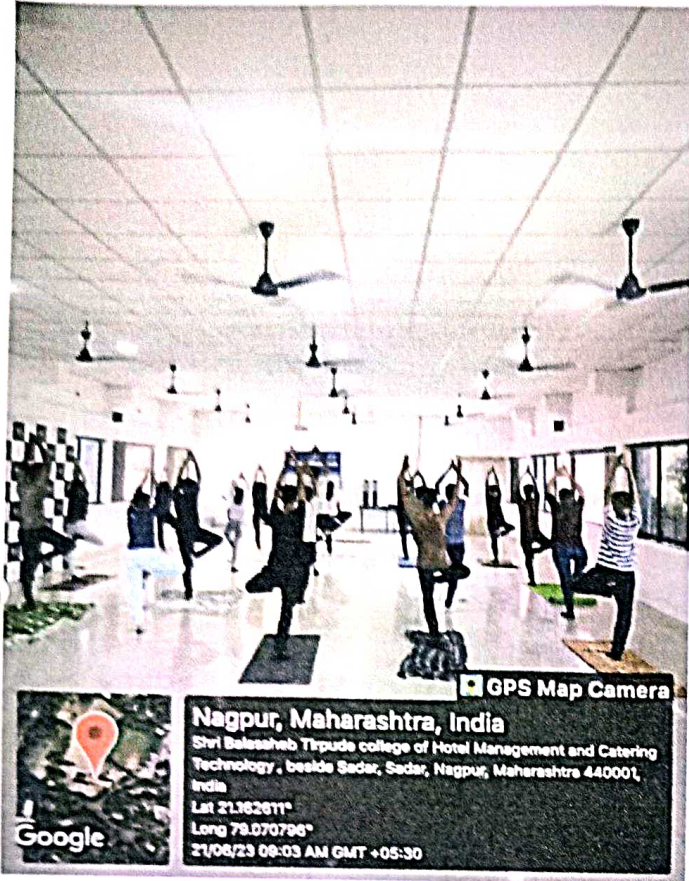
S.NO.	NAME OF STUDENT	21-06-2023	22-06-2023	23-06-2023	24-06-2023
		Signature	Signature	Signature	Signature
1	Alok Sharma				
2	Ayush K. Kalamkar				
3	Gaurav Mehta				
4	Kajal Deepak Dhapodkar	<i>Kajal</i>	<i>Kajal</i>		
5	Nayan S. Ghugare	<i>Nayan</i>			
6	Pooja Rakesh Sharma	<i>Pooja</i>	<i>Pooja</i>		
7	Priyanshu Lohakare	<i>Priyanshu</i>	<i>Priyanshu</i>		
8	Rash Kurve	<i>Rash</i>	<i>Rash</i>		<i>Priyanshu</i>
9	Sakshi S. Pantawane	<i>Sakshi</i>	<i>Sakshi</i>		<i>Priyanshu</i>
10	Shabdali Nagrare	<i>Shabdali</i>	<i>Shabdali</i>		
11	Shubham Hingnekar		<i>Shubham</i>	<i>Shubham</i>	<i>Shubham</i>
12	Somesh Dakaha	<i>Somesh</i>	<i>Somesh</i>	<del>Somesh</del>	<i>Somesh</i>
13	Sujal Gaikwad		<i>Sujal</i>	<del>Sujal</del>	<i>Sujal</i>
14	Sumit Deshmukh	<i>Sumit</i>	<i>Sumit</i>	<del>Sumit</del>	<i>Sumit</i>
15	Tejas R. Haware	<i>Tejas</i>	<i>Tejas</i>		<i>Tejas</i>
16	Vishrut Vishal Mahule	<i>Vishrut</i>	<i>Vishrut</i>		<i>Vishrut</i>
17	Yash Dhadkar				
18	Yashika Patre				
	Signature of Incharge	<i>A. Kumbhar</i>	<i>A. Kumbhar</i>	<i>A. Kumbhar</i>	<i>A. Kumbhar</i>



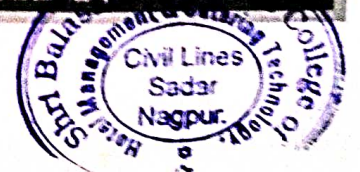
*A. Kumbhar*

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

# DAY 1



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





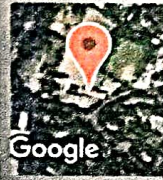
GPS Map Camera



**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
21/06/23 08:52 AM GMT +05:30



GPS Map Camera



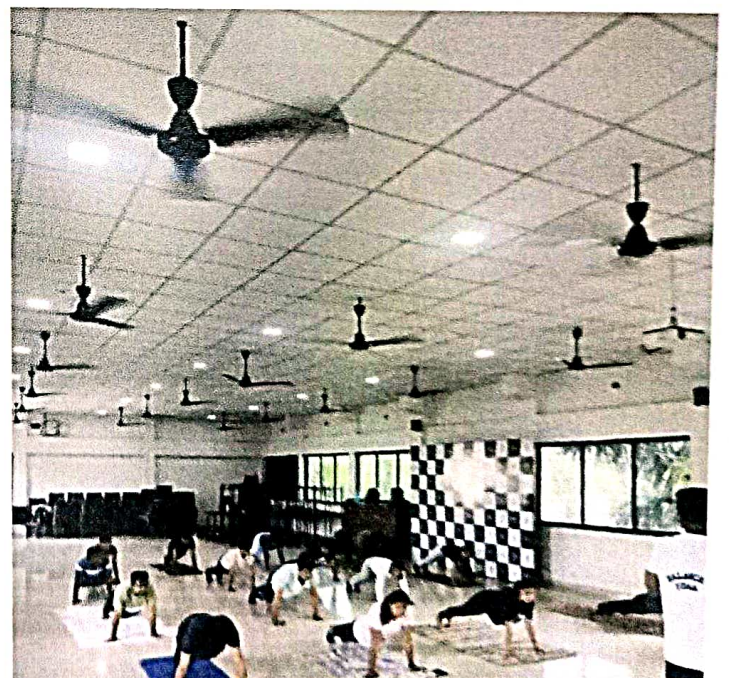
**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
21/06/23 08:54 AM GMT +05:30



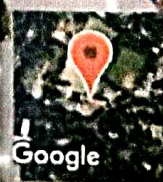
GPS Map Camera



**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
21/06/23 08:58 AM GMT +05:30



GPS Map Camera



**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
21/06/23 08:59 AM GMT +05:30

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



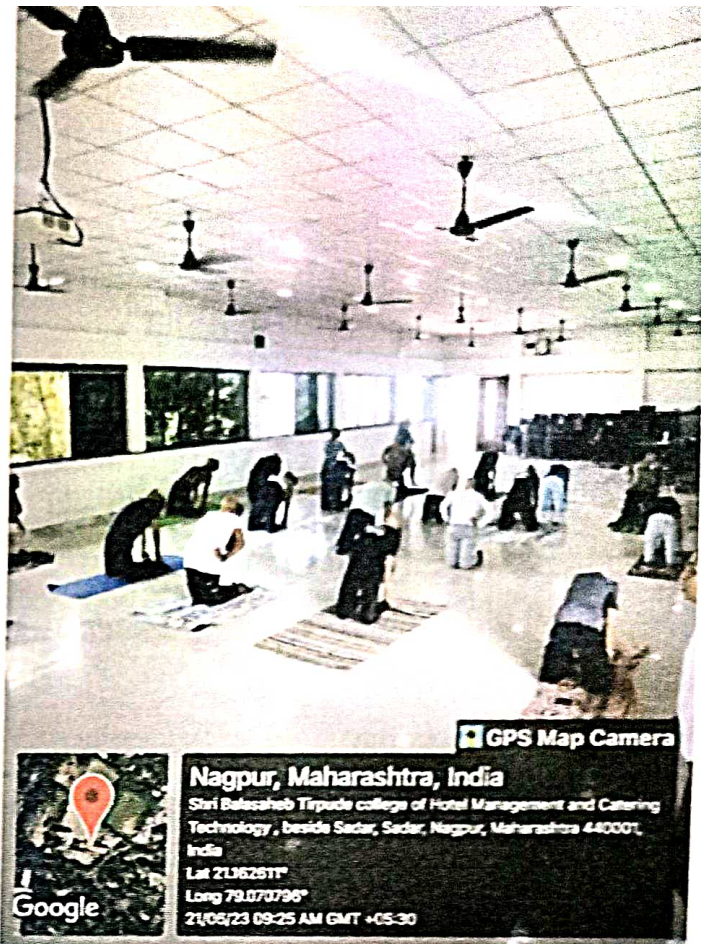




GPS Map Camera



**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering  
 Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001,  
 India  
 Lat 21.162611°  
 Long 79.070796°  
 21/06/23 09:29 AM GMT +05:30



GPS Map Camera



**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering  
 Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001,  
 India  
 Lat 21.162611°  
 Long 79.070796°  
 21/06/23 09:25 AM GMT +05:30



GPS Map Camera



**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering  
 Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001,  
 India  
 Lat 21.162611°  
 Long 79.070796°  
 21/06/23 09:38 AM GMT +05:30

*Akshay Dandale*



GPS Map Camera

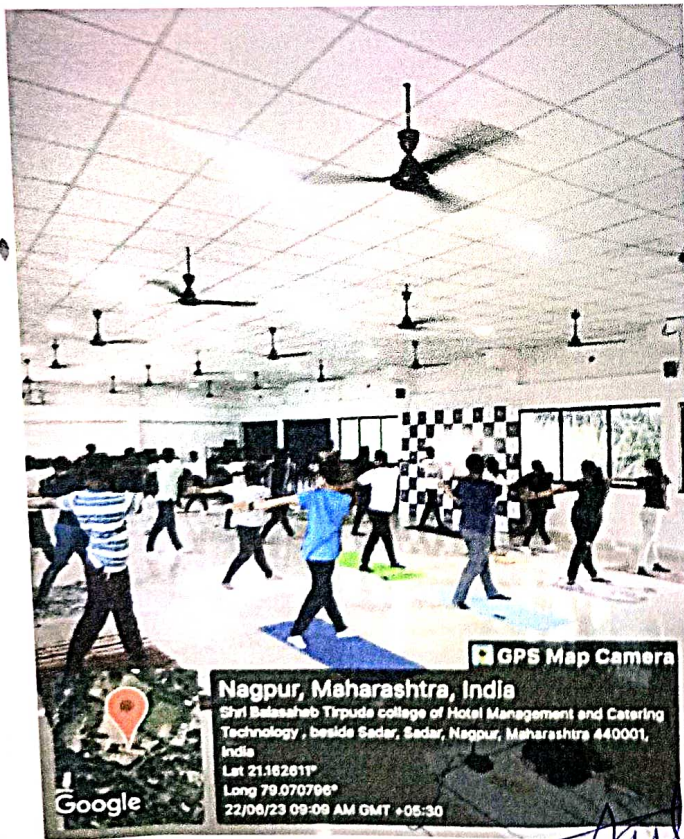
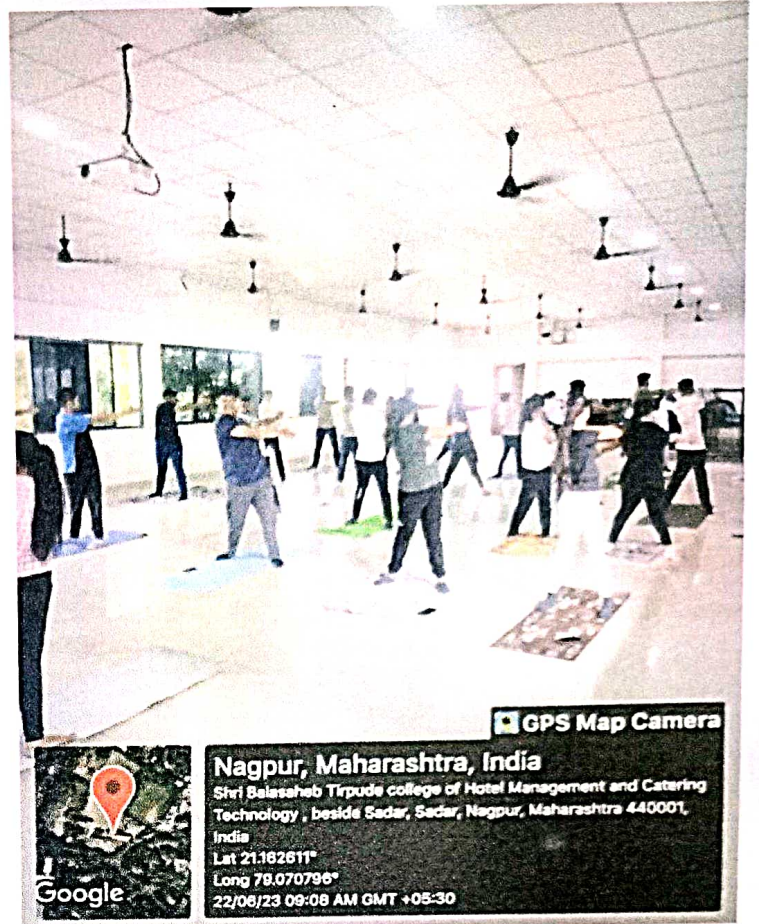
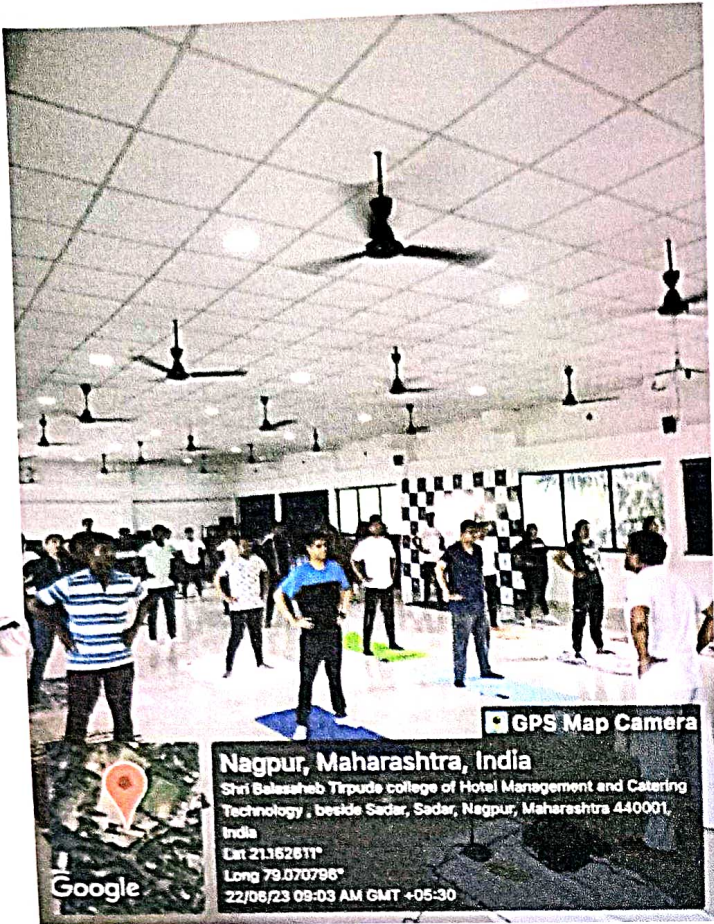


**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering  
 Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001,  
 India  
 Lat 21.162611°  
 Long 79.070796°  
 21/06/23 09:38 AM GMT +05:30

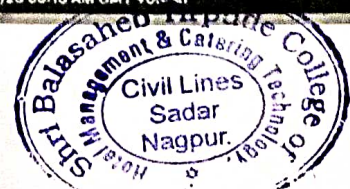
**AKSHAY DANDALE**  
 OFFICIATING PRINCIPAL  
 Shri Balasaheb Tirpude  
 College of Hotel Management  
 & Catering Technology, Nagpur

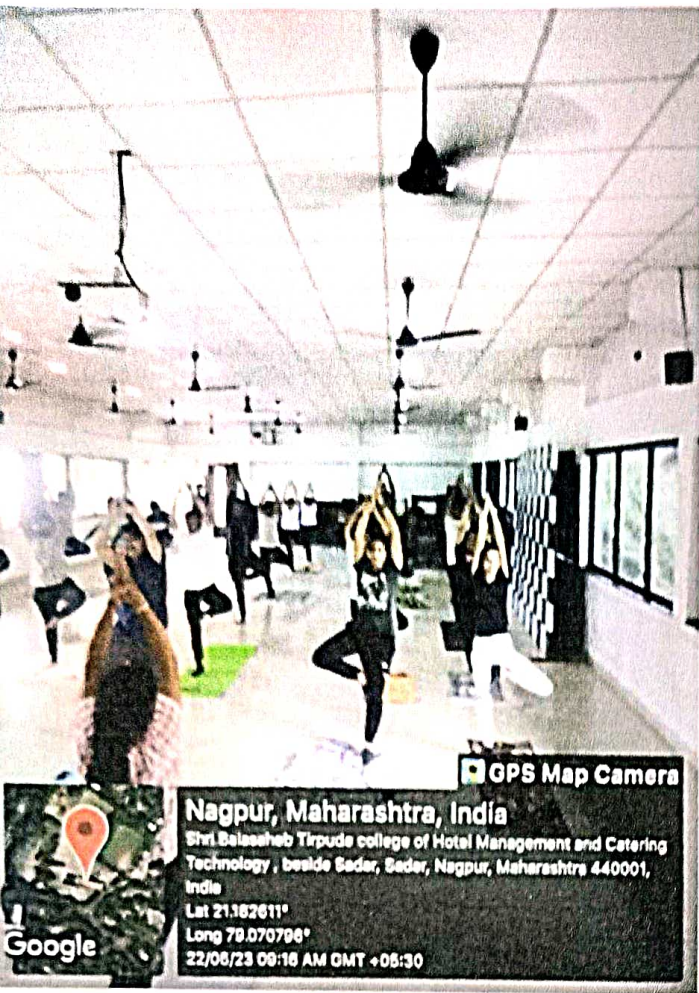


# DAY 2



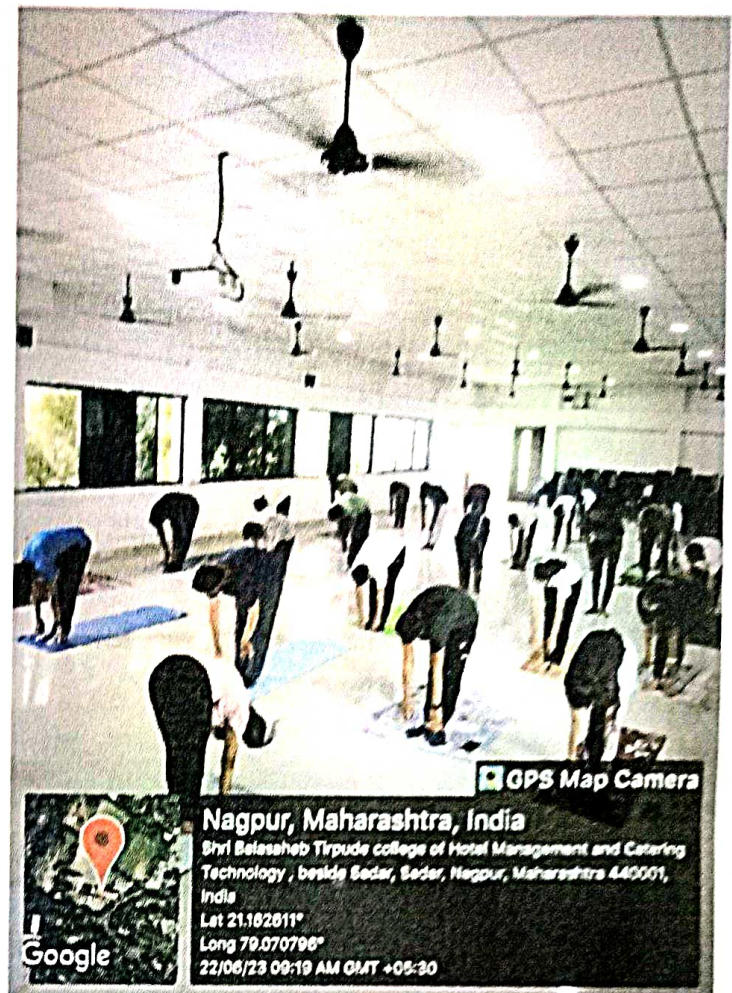
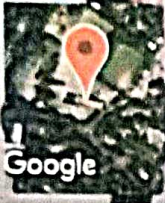
*Arunal*  
**AKSHAY DANDALE**  
OFFICIATING PRINCIPAL  
Shri Balasaheb Tirpude  
College of Hotel Management  
& Catering Technology, Nagpur





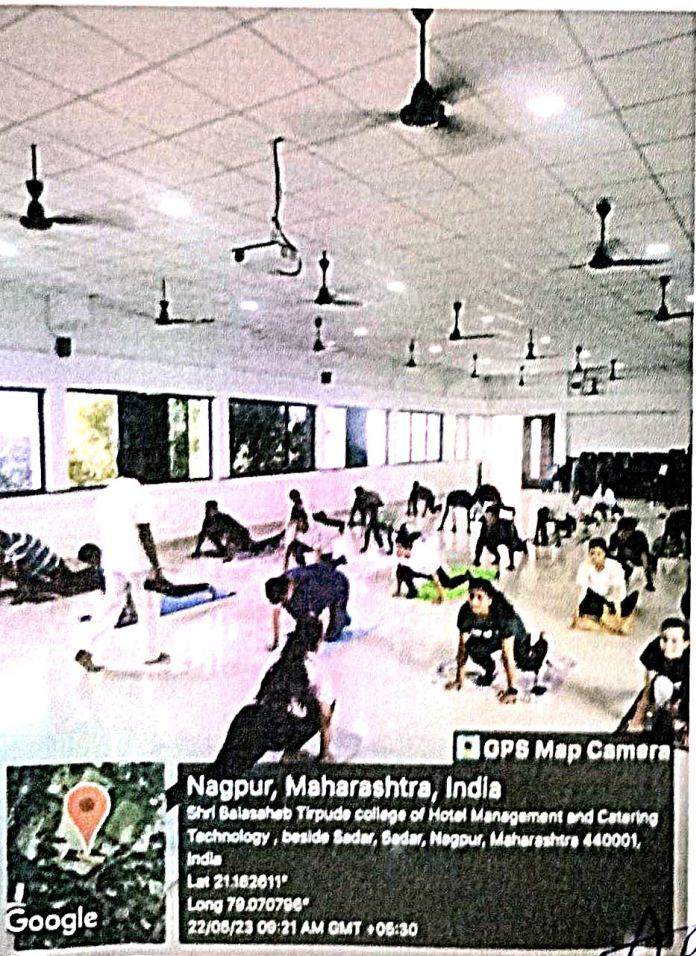
GPS Map Camera

**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sedar, Sedar, Nagpur, Maharashtra 440001, India  
 Lat 21.162611°  
 Long 79.070796°  
 22/06/23 09:18 AM GMT +05:30



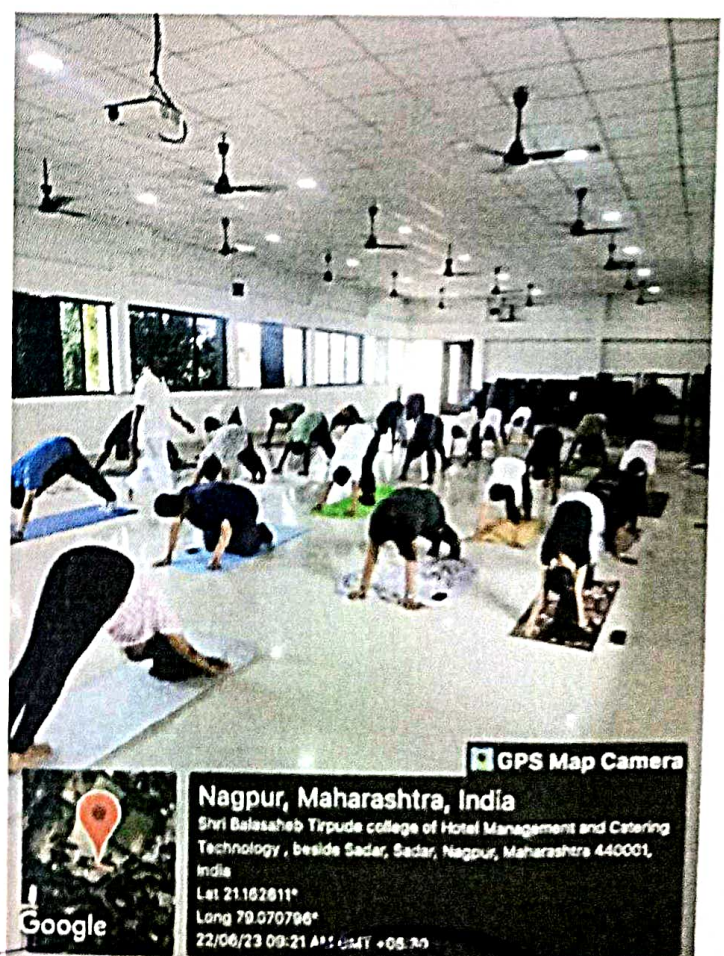
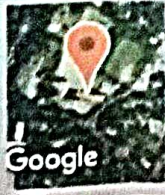
GPS Map Camera

**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sedar, Sedar, Nagpur, Maharashtra 440001, India  
 Lat 21.162611°  
 Long 79.070796°  
 22/06/23 09:19 AM GMT +05:30



GPS Map Camera

**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sedar, Sedar, Nagpur, Maharashtra 440001, India  
 Lat 21.162611°  
 Long 79.070796°  
 22/06/23 09:21 AM GMT +05:30



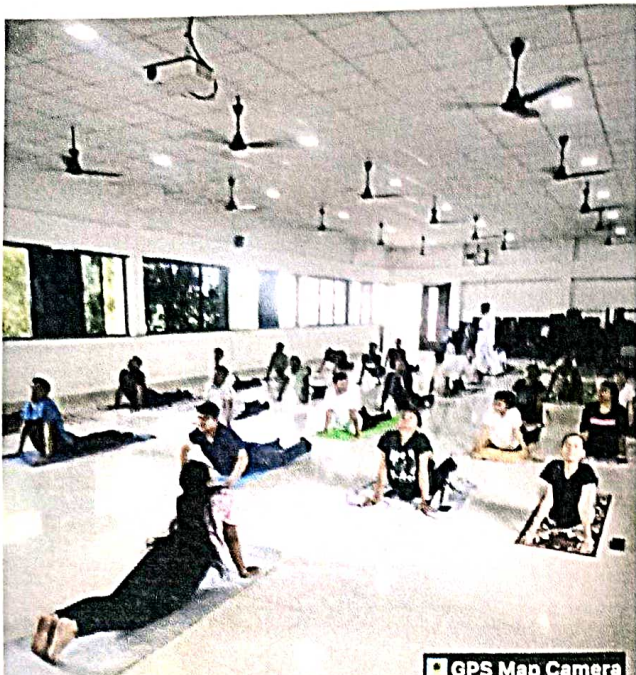
GPS Map Camera

**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sedar, Sedar, Nagpur, Maharashtra 440001, India  
 Lat 21.162611°  
 Long 79.070796°  
 22/06/23 09:21 AM GMT +05:30

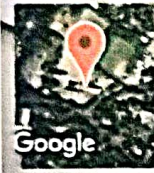


**AKSHAY DANDALE**  
 OFFICIATING PRINCIPAL  
 Shri Balasaheb Tirpude  
 College of Hotel Management  
 & Catering Technology, Nagpur

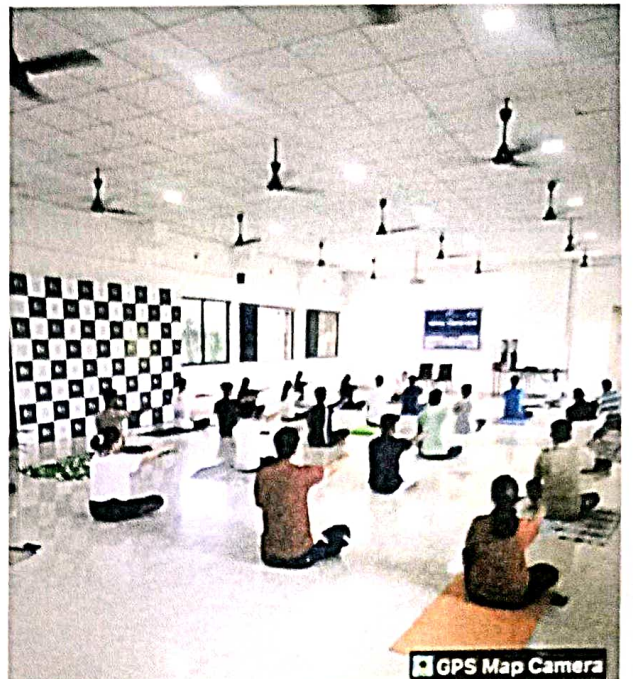




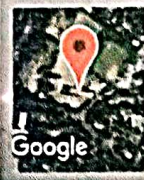
GPS Map Camera



**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
22/06/23 09:23 AM GMT +05:30



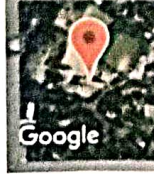
GPS Map Camera



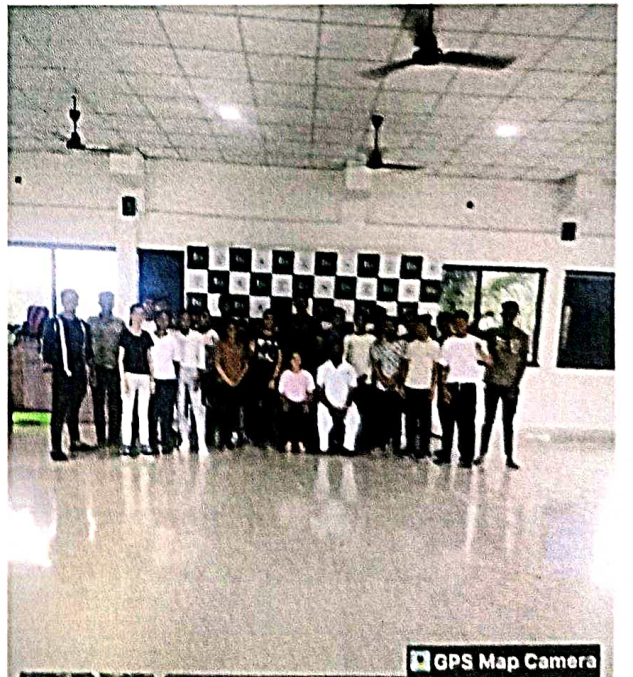
**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
22/06/23 09:25 AM GMT +05:30



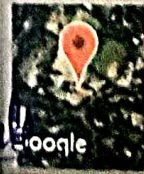
GPS Map Camera



**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
22/06/23 09:26 AM GMT +05:30

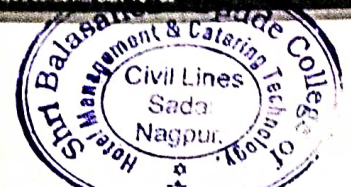


GPS Map Camera

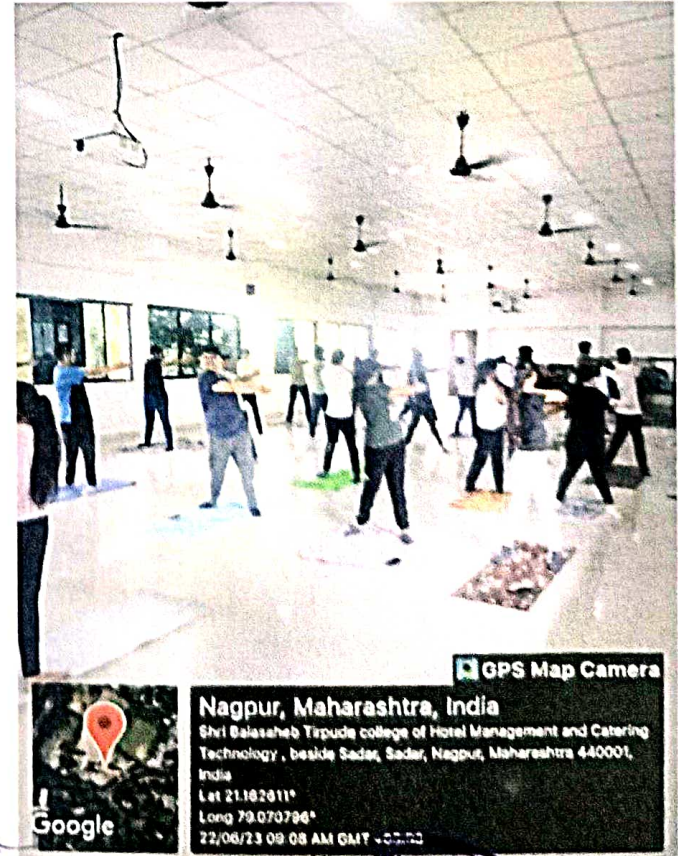
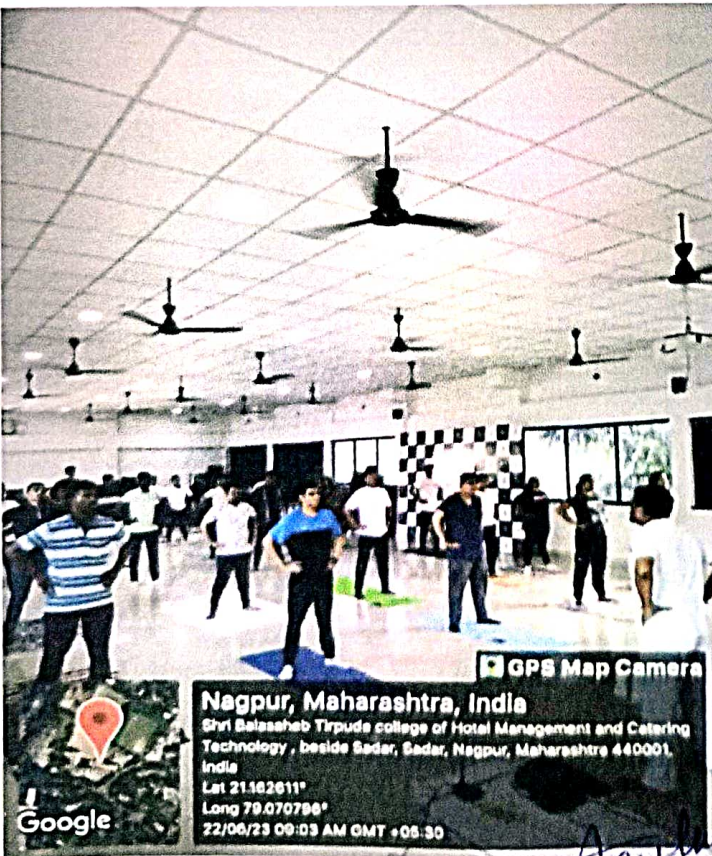
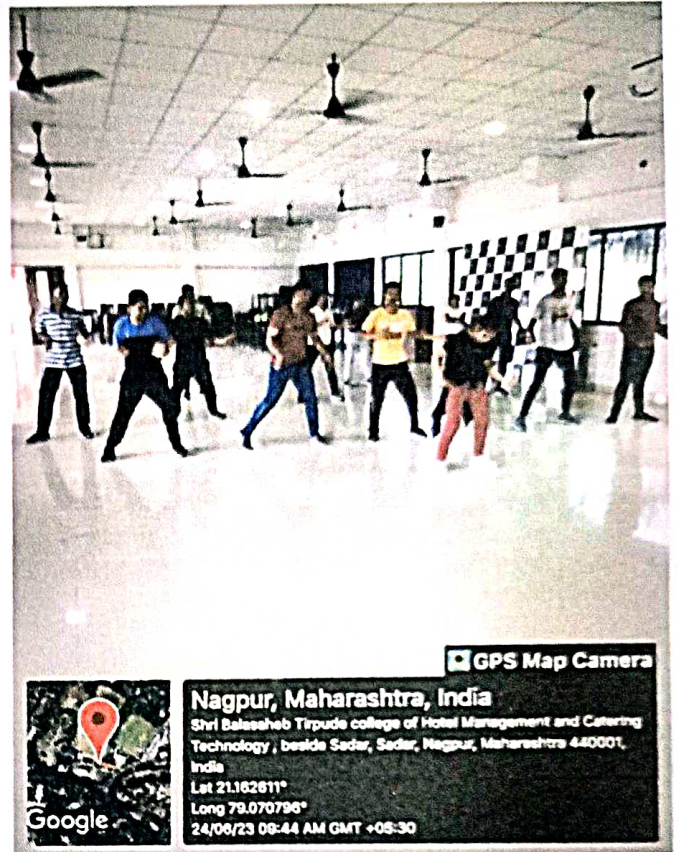
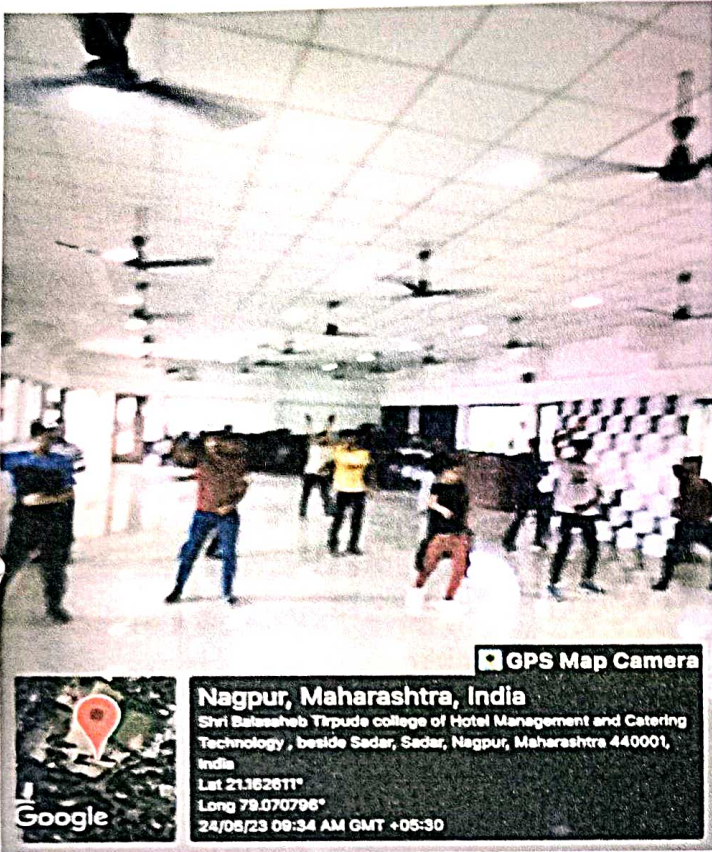


**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
22/06/23 09:30 AM GMT +05:30

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



# DAY 4

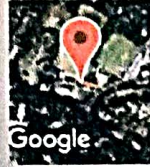


GPS Map Camera

GPS Map Camera



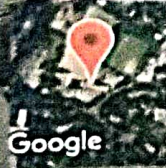
**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
 Lat 21.182611°  
 Long 79.070796°  
 24/06/23 09:34 AM GMT +05:30



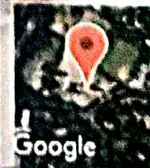
**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
 Lat 21.182611°  
 Long 79.070796°  
 24/06/23 09:44 AM GMT +05:30

GPS Map Camera

GPS Map Camera



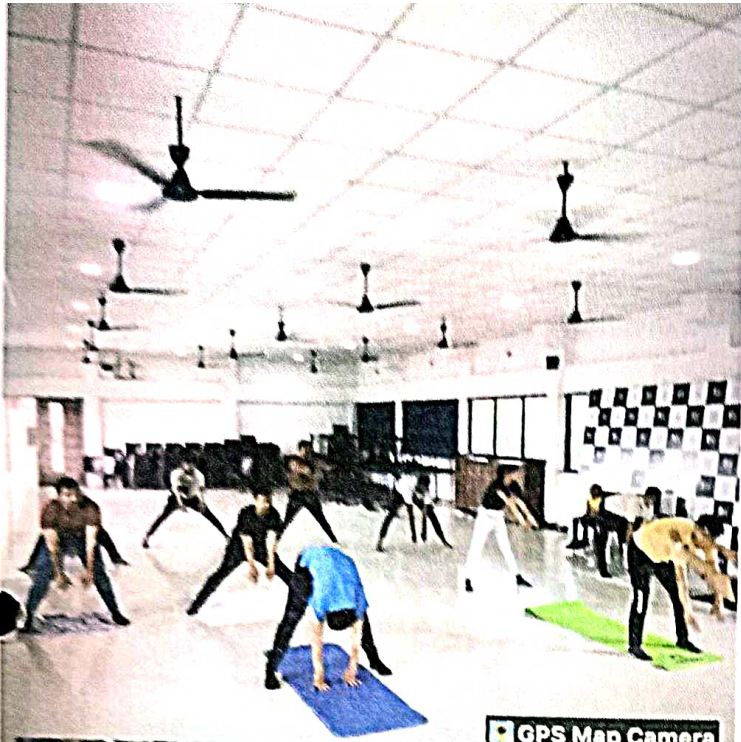
**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
 Lat 21.182611°  
 Long 79.070796°  
 22/06/23 09:03 AM GMT +05:30



**Nagpur, Maharashtra, India**  
 Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
 Lat 21.182611°  
 Long 79.070796°  
 22/06/23 09:08 AM GMT +05:30

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

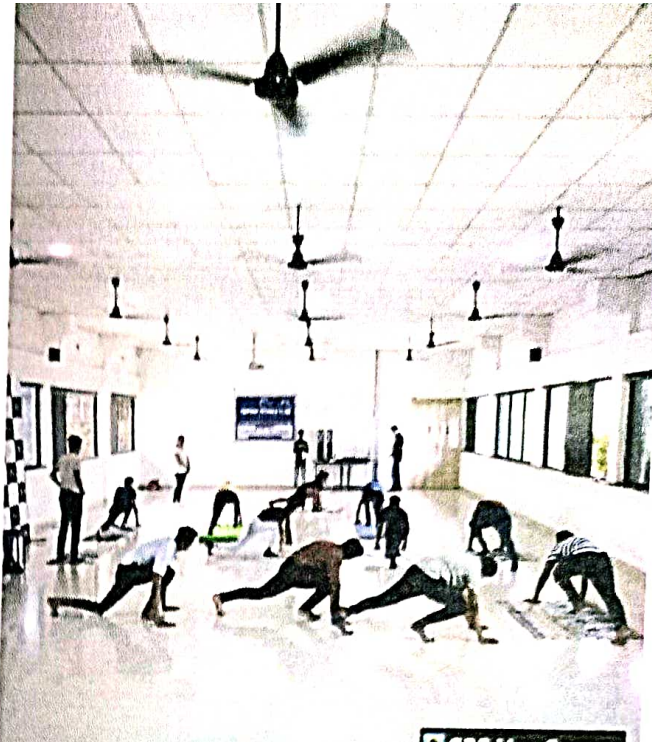




GPS Map Camera



**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
24/08/23 09:10 AM GMT +05:30



GPS Map Camera



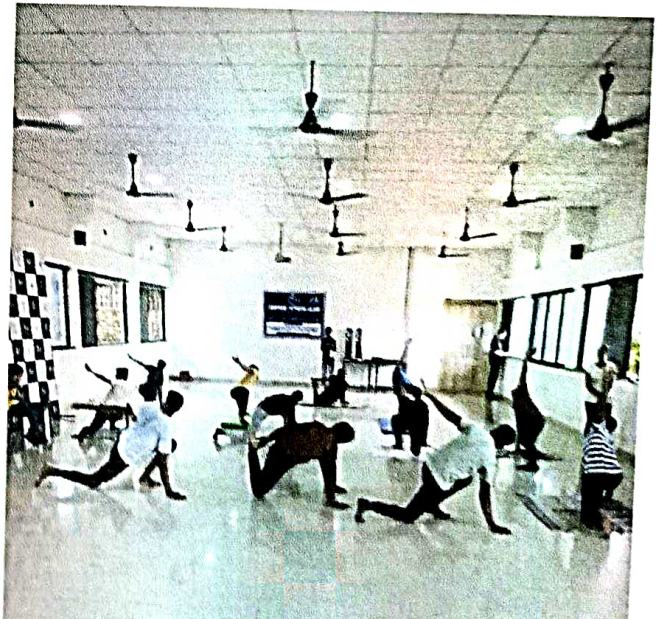
**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
24/08/23 09:11 AM GMT +05:30



GPS Map Camera



**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
24/08/23 09:11 AM GMT +05:30



GPS Map Camera



**Nagpur, Maharashtra, India**  
Shri Balasaheb Tirpude college of Hotel Management and Catering Technology , beside Sadar, Sadar, Nagpur, Maharashtra 440001, India  
Lat 21.162611°  
Long 79.070796°  
24/08/23 09:12 AM GMT +05:30

*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

SBTC/HMCT/Yoga Session /Ref No: 490

Date: - 24/06/2023

To,

Dr Pallavi Bhagat,

Assistant Professor,

Kavikulguru Kalidas Sanskrit University,

Ramteke

Thanks Letter.

Dear Sir

On Behalf of Management, Staff and Students of this Institute I, undersigned would like to extend my sincere thanks towards encouraging the students enhancing their mind and body through yoga.

On the occasion of International Yoga Week your presences made the whole environment warm and excited.

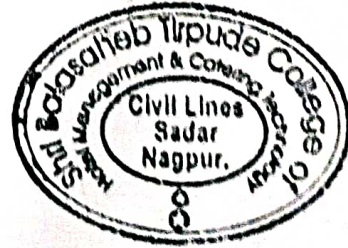
Looking ahead for a long and meaningful association.

Thanking You,

Yours Faithfully,

Mr. Akshay Dandale

(Officiating Principal)  
**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

SBTC/HMCT/Yoga Session /Ref No: 489

Date: - 22/06/2023

Certificate

This is to certify that **Mr Sanjay Khonde** Has delivered four day session on Yoga, Pranayam and Breathing Practices on 22/06/2023. The program was conducted under the Tirpude Fitness Club (An Initiative of NSS Cell) belonging to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.

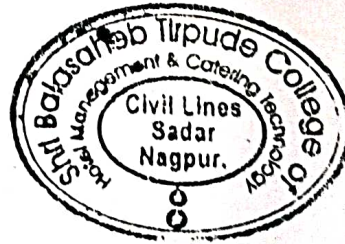
Looking ahead for a long and meaningful association.

Thanking You,

Yours Faithfully,

Mr. Akshay Dandale

**AKSHAY DANDALE**  
(Officially Principal)  
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

SBTC/HMCT/Yoga Session/Ref No: 483

Date: - 19/06/2023

To,

Dr Pallavi Bhagat,

Assistant Professor,

Kavikulguru Kalidas Sanskrit University,

Ramteke

Invitation Letter.

Dear Sir

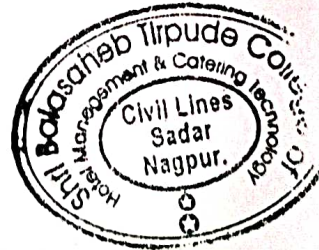
I, the undersigned would like to invite you for conducting a Yoga Session on the Occasion of International Yoga Week from 21/0/2023 & 24/06/2023 at Shri Balasaheb Tirpude College of Hotel Management & Catering Technology, Nagpur. The venue for the session will be Banquet Hall, third floor at 8.15am.

We will be Happy to receive you and would want your expertise to be delivered to our students.

Thanking You,

Yours Faithfully,

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





# International Yoga Week



## Feedback Form

Name of the student: Somesh Dakaha

Email Id: Sam21somesh@gmail.com

Mobile Number: 7559142054

BHMCT

BSCHS

Semester: II Sem

Date: 24/06/2023

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
		1	2	3	4	5
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5

Somesh

Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: Prityanshu S. Lohakate

Email Id: Prityanshulohakate

Mobile Number: 8459058818

BHMCT

BSCHS

Semester: 2<sup>nd</sup> sem

Date: 28.06.2023

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
Day 1 Instructor						
1.	The instructor was able to convey	1	2	3	4	5 ✓
2.	Personal Attention	1	2	3	4 ✓	5
3.	Appropriate Exerise	1	2	3	4 ✓	5
4.	Overall Satisfaction	1	2	3	4	5 ✓
Day 2 Instructor						
1.	The instructor was able to convey	1	2	3	4	5 ✓
2.	Personal Attention	1	2	3	4	5 ✓
3.	Appropriate Exerise	1	2	3	4 ✓	5
4.	Overall Satisfaction	1	2	3	4 ✓	5
Day 3 Instructor						
1.	The instructor was able to convey	1	2	3	4	5 ✓
2.	Personal Attention	1	2	3	4	5 ✓
3.	Appropriate Exerise	1	2	3	4	5 ✓
4.	Overall Satisfaction	1	2	3	4	5 ✓

Prityanshu  
Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: Tejas Hawase

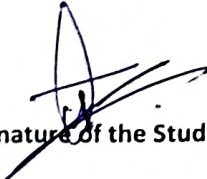
Email Id: hawasetejas19@gmail.com

Mobile Number: 9022955104

BHMCT  BSCHS  Semester: 2<sup>nd</sup> sem Date: 24/06/2023

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
		1	2	3	4	5
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5

  
Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: POOJA SHARMA

Email Id: Poojasharma01611@gmail.com

Mobile Number: 9766598901

BHMCT

BSCHS

Semester: 2<sup>nd</sup> Date: 24/06/23

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exercise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5

Pooja

Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: Shabkali nagare  
Email Id: shabkalinagare@gmail.com  
Mobile Number: 7972930866

BHMCT  BSCHS  Semester: II Date: 24/6/23

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
Day 1 Instructor						
1.	The instructor was able to convey	1	2	3	(4)	5
2.	Personal Attention	1	2	3	4	(5)
3.	Appropriate Exercise	1	2	3	(4)	5
4.	Overall Satisfaction	1	2	3	4	(5)
Day 2 Instructor						
1.	The instructor was able to convey	1	2	3	4	(5)
2.	Personal Attention	1	2	3	4	(5)
3.	Appropriate Exercise	1	2	3	(4)	5
4.	Overall Satisfaction	1	2	3	4	(5)
Day 3 Instructor						
1.	The instructor was able to convey	1	2	3	4	(5)
2.	Personal Attention	1	2	3	4	(5)
3.	Appropriate Exercise	1	2	3	4	(5)
4.	Overall Satisfaction	1	2	3	4	(5)

*Shabkali Nagare*

Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: Rash Kueve

Email Id: rashkueve80@gmail.com

Mobile Number: 9378555811

BHMCT

BSCHS

Semester: II SEM

Date: 24/06/23

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
		1	2	3	4	5
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exerise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exerise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exerise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5

  
Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: Sujal Gaikureel

Email Id: gaikureel.sujal598@gmail.com

Mobile Number: 7558714348

BHMCT

BSCHS

Semester: II sem

Date: 24/06/23

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	3	(4)	5
2.	Personal Attention	1	2	3	(4)	5
3.	Appropriate Exercise	1	2	3	4	(5)
4.	Overall Satisfaction	1	2	3	4	(5)
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	(4)	5
2.	Personal Attention	1	2	3	4	(5)
3.	Appropriate Exercise	1	2	3	(4)	5
4.	Overall Satisfaction	1	2	3	4	(5)
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	(5)
2.	Personal Attention	1	2	3	4	(5)
3.	Appropriate Exercise	1	2	3	4	(5)
4.	Overall Satisfaction	1	2	3	4	(5)

Signature of the Student





# International Yoga Week



## Feedback Form

Name of the student: Nayan Gihugare

Email Id: nayanghugare71@gmail.com

Mobile Number: 7410525409

BHMCT  BSCHS  Semester: II<sup>nd</sup> Date: 27/6/2023

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	3	④	5
2.	Personal Attention	1	②	3	4	5
3.	Appropriate Exercise	1	2	3	4	⑤
4.	Overall Satisfaction	1	2	3	④	5
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	④	5
2.	Personal Attention	1	②	3	4	5
3.	Appropriate Exercise	1	2	3	4	⑤
4.	Overall Satisfaction	1	2	3	4	⑤
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	⑤
2.	Personal Attention	1	②	3	4	⑤
3.	Appropriate Exercise	1	2	3	4	⑤
4.	Overall Satisfaction	1	2	3	4	⑤

Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: Kajal . Deepak dhapodkay

Email Id: kajaldhapodkay3@gmail.com

Mobile Number: 8262914854

BHMCT  BSCHS  Semester: II<sup>nd</sup> Date: 27<sup>th</sup> June 2023

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exerise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exerise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5
2.	Personal Attention	1	2	3	4	5
3.	Appropriate Exerise	1	2	3	4	5
4.	Overall Satisfaction	1	2	3	4	5

  
Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: Shubham G. Kingrekar

Email Id: Shubham.kingrekar.0732@gmail.com

Mobile Number: \_\_\_\_\_

BHMCT

BSCHS

Semester: I

Date: 29/6/23

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4✓	5
2.	Personal Attention	1	2	3	4✓	5
3.	Appropriate Excerise	1	2	3	4✓	5
4.	Overall Satisfaction	1	2	3✓	4	5
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5✓
2.	Personal Attention	1	2	3	4	5✓
3.	Appropriate Excerise	1	2	3	4	5✓
4.	Overall Satisfaction	1	2	3	4✓	5
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	5✓
2.	Personal Attention	1	2	3	4	5✓
3.	Appropriate Excerise	1	2	3	4	5✓
4.	Overall Satisfaction	1	2	3	4	5✓

Signature of the Student



# International Yoga Week



## Feedback Form

Name of the student: Sumit P. Deshmukh

Email Id: deshmukhsumit176@gmail.com

Mobile Number: 7498508062

BHMCT  BSCHS  Semester: (I sem) Date: 24/06/2023

Please Circle a number to Rate (Where 1 = Poor, 2 = Average 3 = Good 4 = Very Good 5 = Excellent)

Sr.NO	Criteria	Rating Scale				
<b>Day 1 Instructor</b>						
1.	The instructor was able to convey	1	2	<u>3</u>	4	5
2.	Personal Attention	1	2	3	<u>4</u>	5
3.	Appropriate Exerise	1	2	3	<u>4</u>	5
4.	Overall Satisfaction	1	2	3	<u>4</u>	5
<b>Day 2 Instructor</b>						
1.	The instructor was able to convey	1	2	3	<u>4</u>	5
2.	Personal Attention	1	2	3	<u>4</u>	5
3.	Appropriate Exerise	1	2	3	<u>4</u>	5
4.	Overall Satisfaction	1	2	3	<u>4</u>	5
<b>Day 3 Instructor</b>						
1.	The instructor was able to convey	1	2	3	4	<u>5</u>
2.	Personal Attention	1	2	3	4	<u>5</u>
3.	Appropriate Exerise	1	2	3	4	<u>5</u>
4.	Overall Satisfaction	1	2	3	4	<u>5</u>

Deshmukh  
Signature of the Student