



S.P. Mandali's
R. A. PODAR COLLEGE OF COMMERCE AND ECONOMICS
(AUTONOMOUS),
MATUNGA, MUMBAI- 19

REPORT
100 DAYS RUN-TO THE INTERNATIONAL YOGA DAY 21ST, JUNE, 2022

“Yoga is the journey of the self, through the self, to the self.” ~The Bhagavad Gita

R.A Podar College of Commerce and Economics (Autonomous), organized “100 day run-to the international yoga day” through several activities.

Activity 1 - Essay Writing Competition

Date - 29th May, 2022.

An essay writing competition was conducted as being one of the many activities under the International Yoga Day events.

Students participated by submitting an essay on any one of the below given topics:

1. Yoga: Key to true health
2. Healthy mind in a healthy body
3. Yoga and Me
4. Yoga for the body and mind
5. Yoga for peace and harmony

Saras Sali and Vaidehi Kumavat were declared as the winners of the competition. All students participated with great zeal and zest.

Activity 2 - Poster Making Competition

Date - 29th May, 2022.

A poster making competition was conducted on the occasion of 100 day countdown to the International Yoga Day from 27th April to 30th April.

The topic for the Poster Making event was Yoga and Well-being. Participants were supposed to submit hand-made posters on the given theme. The judge for the competition was Dr. Amruta Patil.

Shrawani Nirmale and Antara Khatavkar were the winners of the Competition. Students took part in the poster making competition with great enthusiasm, showcasing their innovative ideas to help spread awareness about the importance of yoga.

Activity 3 - 4 Day Yoga Workshop

Date - 20th, 25th, 27th of May, 1st June

A four day Yoga Workshop was arranged under the mentorship of Dr. R Prasann Lakshmi Madam, a counsellor and professional Yoga practitioner. Volunteers gained valuable insights on mantras, pancha koshas, meditation, breathing techniques and several other breathing practices. Theoretical as well as practical demonstration was carried out through virtual medium.

Activity 4 - 10 Day Yoga Training Programme

Date – 6th, 7th, 10th, 11th, 13th, 14th, 15th, 16th, 17th, 18th of June.

10 Day Yoga Training Programme was organized as a part of 100 day run-to the International Yoga Day (21st June, 2022). The resource person for the activity was Dr. R. Prasanna Laxmi, a certified counselor and yoga expert. The activity was conducted daily for 10 days, in the college auditorium from 8:30 a.m to 9:30 a.m. Participants gained valuable insights on Pranayam, Asanas, Shlokas and several other yogic practices.

Activity 5– Yoga Pose with family

Date – 17th June

8th Activity was conducted “Yoga pose with family”. Volunteers actively participated by engaging their family members into performing yogasanas .

Activity 6– Slogan Making

Date – 18th June, 2022

Slogan making activity was organized. Volunteers submitted hand-made slogans based on the theme of ‘Yoga for Humanity’.

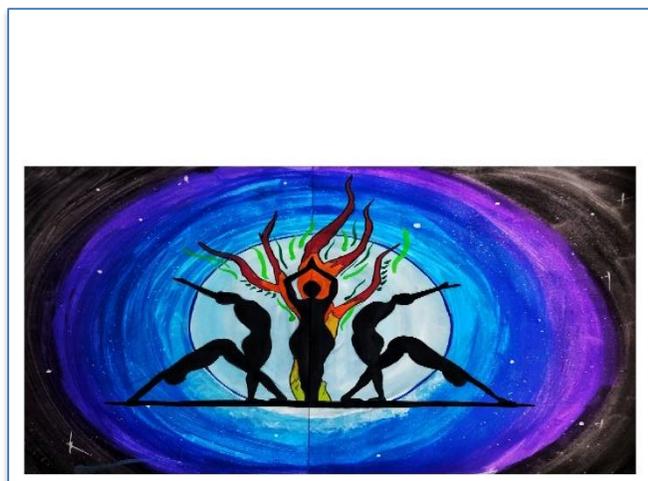
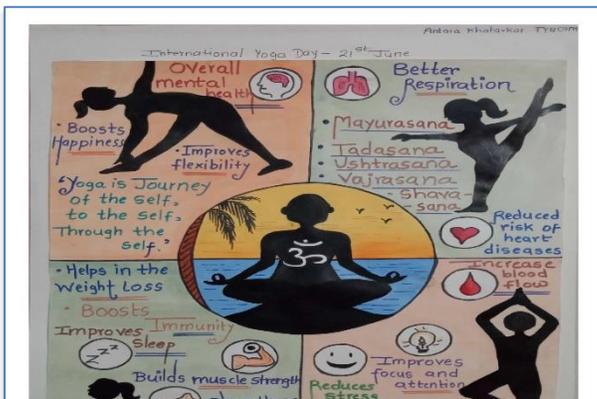
Activity 7– International Yoga Day

Date – 21st June, 2022

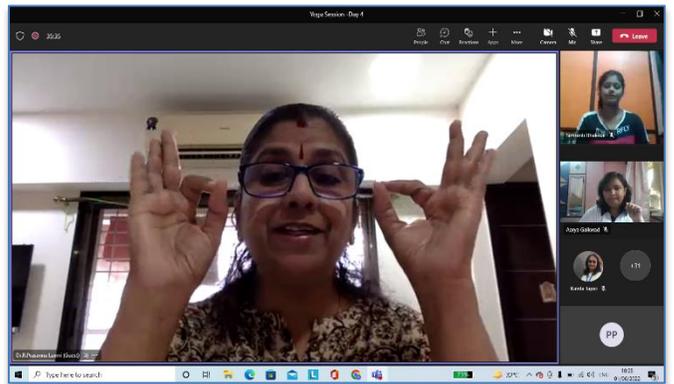
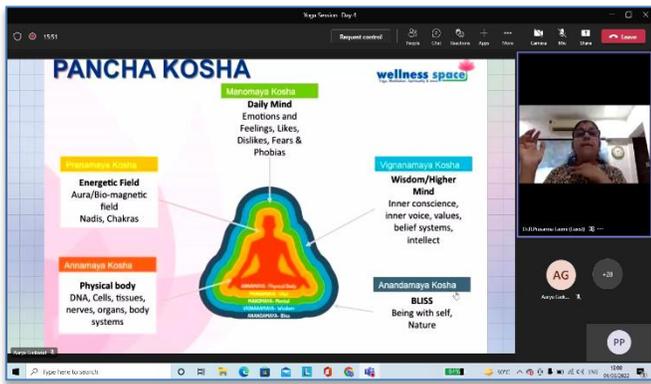
7th activity was organized as practical yoga session on the occasion of International Yoga Day, 21st June, 2022.

The resource person for the yoga session was Dr R. Prasanna Laxmi, a certified counselor and yoga expert. Students and faculty members attended the session. The event was conducted at the college auditorium from 8:30 am to 10:30 am. The tailored yoga session was a great mix of strength, flow, deep breathing, and relaxation. The session concluded with felicitation and presentation of the memento to Dr. R Prasanna Laxmi by the Principal of R A Podar College, Dr. Mrs Shobana Vasudevan Madam

Poster Making



4 Day Yoga Workshop



Yoga Pose With Family



10 Day Yoga Training Programme





International Yoga Day

