



Report on International Yoga Day Celebration 2025

Organized by: Department of Physical Education and IQAC, SSMC

President of the Function: Dr. Basavaraj. H. Principal SSMC

Chief Guest: Shri Mohan Gantale

Convener of the event: Dr. Kaveri H

Date & Time: 21 June 2025 9:00 AM

Venue: Auditorium Hall, S S Margol College, Shahabad

Overview:

International Yoga Day was celebrated at SSMC on 21 June 2025 at 8:30 AM in the Auditorium Hall under the presidency of the Principal. The event was graced by Chief Guest Sri Mohan Gantale and convened by Kaveri H. The program aligned with this year's theme, "Yoga for Self and Society," to promote holistic health among students and staff.

Program Details:

The session began with the lighting of the lamp by Chief Guest Sri Mohan Gantale, followed by a welcome address by Convener Kaveri H. The Principal, SSMC presided over the function and spoke about integrating yoga into academic life for better focus and stress management.

Under the guidance of certified yoga instructor participants performed the Common Yoga Protocol including:

1. Loosening Practices: Neck and shoulder movements
2. Standing Asanas: Tadasana, Vrikshasana
3. Sitting Asanas: Padmasana, Vajrasana



4. Pranayama: Anulom Vilom, Bhramari
5. Dhyana: Guided meditation

Highlights:

1. Live Surya Namaskar demonstration by NSS volunteers.
2. Chief Guest Sri Mohan Gantale participated in Pranayama and shared his personal experience with yoga.
3. The Principal distributed yoga practice booklets to attendees.

Chief Guest Address:

Sri Mohan Gantale appreciated the efforts of Convener Kaveri H and the SSMC team. He emphasized that regular yoga practice builds resilience and clarity of thought, essential for both students and professionals.

Vote of Thanks:

The program concluded at 10:30 AM with a vote of thanks delivered by Convener Kaveri H. The celebration was a success and encouraged everyone to adopt yoga as a daily habit.

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NOTICE

హైదరాబాద్ కర్నాటక విద్యా సమాజం
హి.కె.ఎస్.ఎస్.ఎం. మర్గోల కళా, విజ్ఞాన
మర్గాల కళాశాల, మహావిద్యాలయ
కళాశాల - 585 228 - టి. కలబురగి
(అనుబంధ విజ్ఞాన విద్యాలయ కళాశాల)
సర్కార్ ఆఫ్ కర్నాటక





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NAAC ACCREDITED - B COLLEGE


Date: 20/06/2025


NOTICE

All the teaching, non-teaching staff members and students are hereby informed that "**International Yoga Day**" will be celebrated on **21st June, 2025 at sharp 8.30 AM** in the college auditorium hall. Hence, all PUC, Degree and Pharmacy faculties and students are informed to attend the same and make it as grand success.


20/06/25
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Attendance

ಹೈದರಾಬಾದ್ ಕರ್ನಾಟಕ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆಯ
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Name of the Activity: International
Yoga Day

Date: 20/06/25

SL. NO.	NAME OF THE FACULTY	DEPARTMENT	SIGNATURE
1	G. P. Shrinivas	English	[Signature]
2	Dr. H. B. Sedamker	Sociology	[Signature]
3	Dr. Lakshmi. T	Commerce	[Signature]
4	Dr. Nitya C. Venkat	Library	Nitya
5	Smt. Lalitha S	Library	[Signature]
6	Dr. Kavani H	P.D	[Signature]
7			
8	Dr. Anandababu M	Commerce	[Signature]
9	Dr. Subudra - M	Economics	[Signature]
10	Smt. Geeradevi B. Sheri	Sociology	[Signature]
11	Dr. Prasad Kumar	Commerce	[Signature]
12	Dr. Suresh Kumar	Sociology	[Signature]
13	Dr. Jyoti. Gantimath	Post Science	[Signature]
14	Dr. Anurag. Keshal	Botany	[Signature]
15	Savitri Patil	Physics	[Signature]
16	Smt. Pratima. Y	H. Hosp	[Signature]
17	Kushnara Churnu	Hindi	[Signature]
18	Dr. Ravi	Zoology	[Signature]
19	Vishal Pathak	Comp. Science	[Signature]

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Date: 21/06/25

SL. NO.	NAME OF THE FACULTY	DEPARTMENT	SIGNATURE
1	P. VENKATARAJU	History	
2	Mamata S. Rajapur	Hindi	
3	Smt. Shruti A.P	English	
4	Sri Praveen Kumar S.C	Geology	
5	Dr. G. R. Sharanappa	English	
6	Siddaramappa. Banashetty	History	
7	Sarita Patil	PVC physics	
8	Priyanka wale	PVC Economics	
9	Rikha. B.	PVC Business Studies	
10	Dr. Susecha -M	Economics	
11	Payal. Retnod	Commerce	
12	Ramathi	Maths	
13	Shrinivas Kumar H.	Remedy	
14	Naghy, C. Devraj	Library	
15	Dr. H. B. Sedankar	Sociology	
16	Dr. Koushi H	P.D	
17	Dr. Lakshman	Commerce	

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Name of the Activity: Yoga Day Date: 21/06/25

SL. NO.	REGISTER NO.	NAME OF THE STUDENT	COURSE/SEM	SIGNATURE
1)		Rohan Patil	B.com I	Rohan
2)	004671250004	Shubham	B.com I	Shubham
3)		Shivakumar		
3)	004671250008	Ramech. B.V	B.com I	Ramech
4)	004671250005	Amburash	B.com I	Amburash
5)	004671250004	Saleh	B.com I	Saleh
6)	004671250008	MILITA KOMAR	B.com I	Milita
7)		ROHAN PAWAR	B.com I	Rohan
8)		Kushal. B. Majur	B.com I	Kushal
9)		Shivakumar	B.com I	Shivakumar
10)		Mudhan Nigam	B.SC I Sem	Mudhan
11)		Tanzila Siddiqui	B.SC I Sem	Tanzila
12)		Anjali Sharma	B.CO I Sem	Anjali
13)		Alfiya	B.com I Sem	Alfiya
14)		Bhavana	B.com I Sem	Bhavana
15)		Bhavana	B.com I Sem	Bhavana
16)	004671250001	ANISHA	B.com I Sem	Anisha
17)	004671250001	SHRIDEVI	"	Shrivedi
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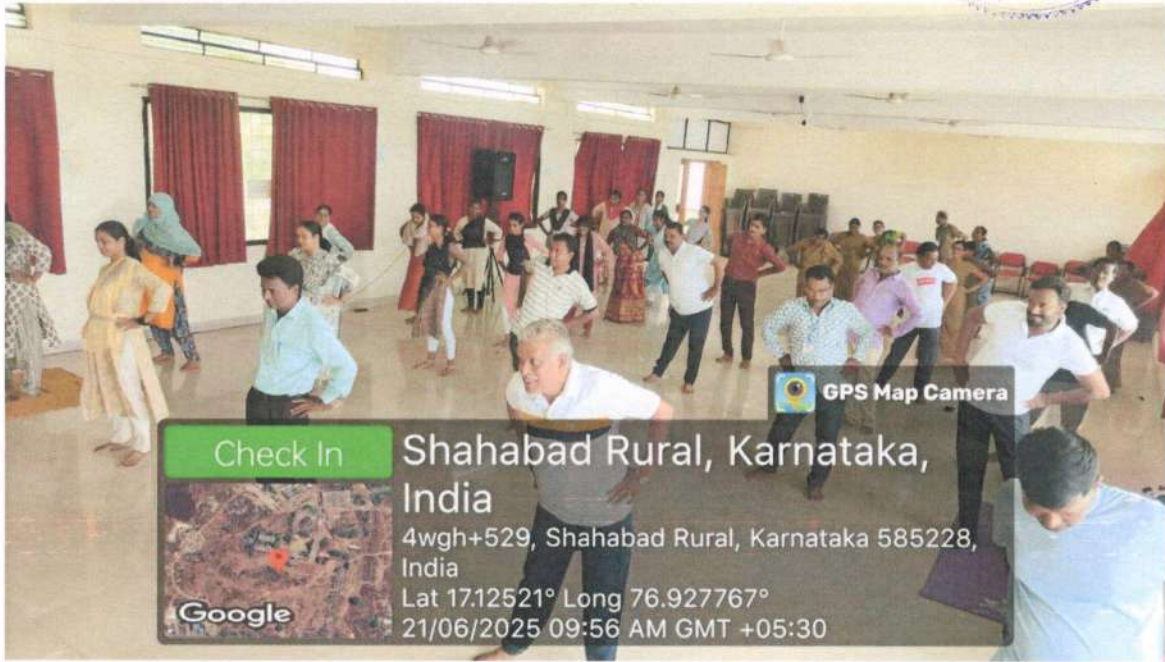
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