



Dr. Sukumar J. Magdum Foundation's, Jaysingpur.  
**Late Mrs. Housabai Homoeopathic Medical College  
& Hospital, Nimshirgaon.**

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## **Celebration of 6<sup>th</sup> International Yoga Day on 21<sup>st</sup> June 2020**

As part of worldwide celebration of 6<sup>th</sup> International Yoga Day on 21<sup>st</sup> June 2020, **Late Mrs Housabai Homoeopathic college Nimshirgaon, Kolhapur** has also celebrated this day on June 21, 2020 in its campus. Yoga session of around forty minutes was organized online also with help of zoom meeting app due to present scenario of COVID-19. In this session students, faculty, officers and staff took part enthusiastically and practiced various '*asanas*' of Yoga and *pranayama*. A Yoga Expert was invited to demonstrate various Yoga postures and explain correct way of doing *asanas*.



Yoga session was started with chanting of '*Pranay Mantra OM*' followed by *Sookshma Vyayam*, *Vajrasana*, *Tadasana*, *Vrikshashana*, *Surya Namaskar*, *Nadi Shodhan Pranayama* and *Bhramaree Pranayama*. Members present in the session expressed their experiences and stated that they were feeling relaxed, refreshed and calm after the session. A lecture by Yoga Expert

Mrs. Vaishali Nimbalkar on Bhakti Yoga and Mr Kathale on Laughing Yoga has also been delivered. During the yoga session Director & Prof. Sukumar Magdum, Principal & Prof Shubhangi Magdum, Dr. Arun Chougule, Dr. Pradeep Patil, Dr Mrs. Gujar, Dr. Mrs. Vaijayanti Akalekar were also presented their views.

The morning practical session was attended by faculty members, officers, Hospital & college staff and students on that day.

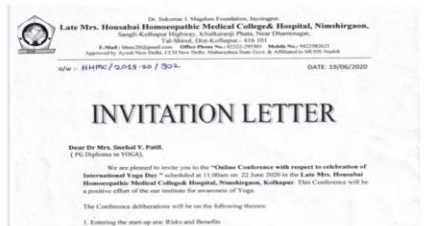
Also as per guidelines morning yoga session was arranged for available teaching, nonteaching faculties & hospital medical & paramedical staff for successive fifteen days following the social distancing as per the guidelines given by government.

**The following competitions and event were organized related with yoga during June 23<sup>rd</sup> -26<sup>th</sup> , 2020**

<b>Date</b>	<b>Competition</b>	<b>Total Participants ( Online + Offline)</b>
22 <sup>nd</sup> June 2020	Webinar on topic “ Yoga for Emotional Stability”	31
23 <sup>rd</sup> June 2020	Rangoli Competition	08
24 <sup>th</sup> June 2020	Prashna Manjusha ( Quiz Competition)	42
25 <sup>th</sup> June 2020	Drawing Competition	14
26 <sup>th</sup> June 2020	Poster Competition	08

Herewith we are providing you the images of competition and events participation.

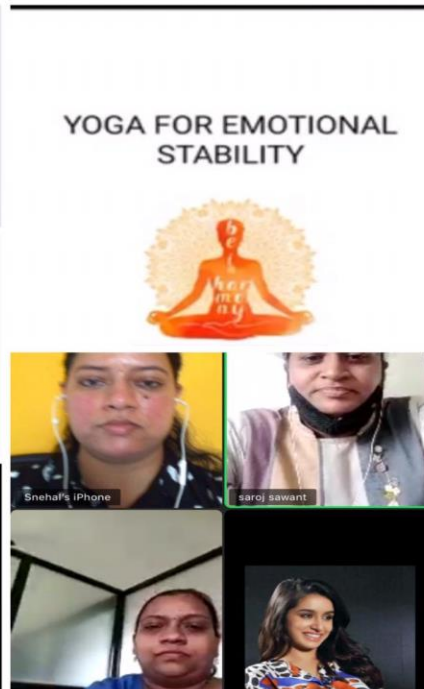
**A) 22/06/2020**



Time: Jun 22, 2020 11:00 AM  
Mumbai, Kolkata, New Delhi

Join Zoom Meeting

[https://us04web.zoom.us/j/72909783671?](https://us04web.zoom.us/j/72909783671?pwd=QTM0RFRsM083RG0vOEFfbG9uZW50aWZlc0p1bWVudD09)  
[pwd=QTM0RFRsM083RG0vOEFfbG9uZW50aWZlc0p1bWVudD09](https://us04web.zoom.us/j/72909783671?pwd=QTM0RFRsM083RG0vOEFfbG9uZW50aWZlc0p1bWVudD09)



B) 23/06/2020



C) 24/06/2020





D) 25/06/2020



E) 26/06/2020

