



8TH INTERNATIONAL YOGA DAY CELEBRATION 2022

YOGA ABHYAS

With Joint Collaboration

Government Arts and Science College Karwar & NSS Units 1& 2 ,
Nehru Yuva Kendra Sangathan Karwar and Kadalsiri Youth Club Karwar

REPORT OF IYDC 2022

Summited To : Government Arts and Science College, Karwar

Summited By : Kadalsiri Youth Club Karwar

ABOUT THE PROGRAM OF INTERNATIONAL YOGA DAY CELEBRATION 2022(IYDC2022)

India has made a wonderful contribution to the world called Yoga. Yoga is not confined to India, but the entire world celebrates the importance of yoga by celebrating the World Yoga Day on June 21. In the same vein, on June 21, the NSS Units of the Government Arts and Science College Karwar organized a yoga abhyas program with joint collaboration Nehru Yuva Kendra and Kadalasiri Youth Club Karwar. Shri Kamalakar Kamble arrived as resource person for the event and taught the students the importance of yoga, the dimensions and the practice of yoga. 43 students participated in the program and a certificate was issued to the students who participated. The program was chaired by Prof. Vidya Nayak Principal of the college, Shri Yashwant Yadav District Officer of the Nehru Yuva Kendra, Professor Geeta Wallikar, Senior Professor and College Welfare Officer, Vijayashree Gaokar, NSS Unit 1 Program Officer, NSS Unit 2 Program Officer Lokesh N P, ATC of NYKS Meera Naik and Prakash Bhovi, president of Kadalasiri Youth Club all these all honorable present in the program. The program ended with the Refreshment distribution among the participants.

- Number of Total participants : 43
- Duration Section : 40 minutes
- Number of Covered asanas : 13

INVITATION OF IYDC2022



GOVERNMENT ARTS AND SCIENCE COLLEGE (AUTONOMOUS) KARWAR

*Collaboration with Nehru Yuva Kendra Karwar And
Kadalasiri Youth Club Karwar*



8TH INTERNATIONAL YOGA DAY CELEBRATION

YOGA ABHYAS

Venue : A.V Room

Date : 21 /06/ 2022

Time : 8 Am

Presides

Prof. Vidhya D Nayak

Principal

Govt Arts and Science College, Karwar

Resources Person

Shri Kamalakar Kamble

Yoga Expert

All are Cordially Invited

Smt Vijayashree Gaonkar

NSS Program Officer
Unit 1

Shri Lokesh N P

NSS Program Officer
Unit 2

Shri Yashwant Yadav

District Youth Officer
Nehru Yuva Kendra Karwar

मनः प्रशमनोपायो योग इत्यभिधीयते ।

The recourse to pacify the mind is called yoga.



stage program of IYDC2022



brief note by the Resource person on yoga

The Picture Of Yoga Abhyas





Participation certificate distribution

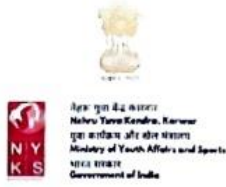


The presence of Honorables

THE MODEL OF PARTICIPATION CERTIFICATE



THE LIST OF PRESENCE OF HONORABLES



INTERNATIONAL YOGA DAY CELEBRATION 2022

THE PRESENCE OF HONORABLES

Date: 21/06/2022

Venue : A.V Room

Serial number	Name of Honourable	Designation	Signature
1.	Prof. GEETA. S. WALIKAR	Assoc. Prof	
2.	YASHWANT JADAV	District Yacharya	
3.	Mrs. Meera Naik	APA NYK	
4.	Kamalakhar V. Kamble	Yoga Teacher	
5.	Basavaraj H. Nimbur	Asst. Prof	
6.	Lokesh N P	Asst Prof	
7.	Vijayashree S Gaoerkar	Asso. Prof	
8.	Shivam Naik	KSYCK	
9.	Prakash Bhoi	KSYCK	
10.	Vidya D. Nargak	Principal	



PARTICIPATION LIST OF IYDC 2022



INTERNATIONAL YOGA DAY CELEBRATION 2022

The List Of Participants

Date: 21/06/2022

Venue : A.V Room

Serial number	Name of the student	class	signature
1.	Shivraj. S. Wadkar	B.com III rd year	Shivraj
2.	UMESH. D. Gouda	B.Com IV th year	Umesh
3.	veeresh R. Rathod	B.com II nd year	veeresh
4.	Vasanthumasi H, Malespet	ISA II nd year	Vasanthumasi
5.	Ypallappa	B.com II nd year	Ypallappa
6.	Shubha P. Shetti	BSc II nd year	Shubha
7.	Sankalpa. S. Harikantia	BSc I st year	Sankalpa
8.	Pratiksha .G. Ramse.	Bsc I st year	Pratiksha
9.	Pravita . P. Naik	Bsc I st year	Pravita
10.	Vedika D kankonkar	BSc II nd year	Vedika





आयुष्मन् आरोग्यम्
Maha Yava Kendra, Karwar
युवा विभाग और खेल विभाग
Ministry of Youth Affairs and Sports
भारत सरकार
Government of India



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11.	Soumya. B. Naik	Bsc II nd year	Harek
12.	Vidya. V. Banavalkar	Bsc I st year	Beel
13.	Riya. R. Naik	B. Sc I st year	Rahul
14.	Divya M. Poojar	B. Sc. I st year	DD.
15.	Neha. M. Kalgutkar	B.Sc II nd year	Ambe
16.	Yashaswi V. Kolambkar	BSc II year	Yash
17.	Avantika. M. Chipkar	BSc II year	Atish
18.	Shruti. S. Naik	BSc I st year	Shruti
19.	Priya. K. Shet	Bcom I st	Priya
20.	Prachi. S. Vernekar	Bsc III year	Prachi.
21.	PRADYUMNA - D. APSAPUR	Bcom II nd yr	PDE
22.	Gagana Nayak	BSC I st yr	Gagana
23.	Sindhu. P. Shet	B.com I st	Sindhu
24.	Shradha. S. Shirodkar	Bsc III yr	Shra.
25.	Radhika. I. Gouda	BSc II yr	Riy





युवा, युवा श्रम, खेल
Nehru Yuv Kendra, Karwar
युवा केंद्रों और खेल प्रसारण
Ministry of Youth Affairs and Sports
योग आयोग
Government of India



INTERNATIONAL YOGA DAY CELEBRATION 2022

26.	Kavya . C . Nandyal	BSc II nd year	Kavya
27.	Prajna . S. Chendekar	Bsc II nd year	Prajna
28.	Shelal .S. Horikantra	BSc II nd year	Shelal
29.	Spoonita . S. Pednekar	Bsc I st year	Spoonita
30.	Namita . V. Naik	BSC I st Year	Namita
31.	Neha . G. Naik	Bsc I st Year	Neha
32.	Penuka . V. Asnotakar	Bsc I st year	Penuka
33.	Asha . K. Marathe	B-SC I st year	Asha
34.	Shreya . C. Dandekar	BSc I year	Shreya
35.	Prityanka . P. Mukhi	Bsc I year	Prityanka
36.	Soujanya M Naik	BSc I year	Soujanya
37.	Revansiddappa	B.Sc I year	Revansiddappa
38.	Mayur . M. Chendekar	B.sc . I year	Mayur
39.	Rishul M. Puckar	B. Com III year	Rishul
40.	Santosh . S. Lamani	B.Com III rd	Santosh





आयुष्मन् केंद्र
Nehru Yuvak Kendra, Karwar
युव केंद्र
Ministry of Youth Affairs and Sports
वेल्ल केंद्र
Government of India



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41.	Bhameshwara D. Gouda	B.A 11 th year	
42.	M. Amran. Shabbir	BSc 1 st year	
43.	Rohan Kudalkar	BSc 1 st year	
44.			
45.			
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55.			



V.S. Gantagor
NSS-I. P.O

L. S. S. - II P.O



8TH INTERNATIONAL YOGA DAY CELEBRATION 2022

YOGA ABHYAS



मनः प्रशमनोपायो योग इत्यभिधीयते ।
The recourse to pacify the mind is called yoga.