

BUNTS COLLEGE OF HIGHER EDUCATION (Night College)

JUINAGAR

Report on International Yoga Day

Date: June 21, 2023

Time: 6:00 PM to 7:30 PM

Venue: Mini Hall

Bunts College of Higher Education (Night College) joyfully celebrated International Yoga Day on 21st June, 2023. The event aimed to promote the importance of yoga in maintaining physical, mental, and spiritual well-being. Under the esteemed guidance of Principal Dr. S.S Bhandari, the college organized an enlightening session featuring Dr. Priti Yamdagini as the guest speaker. The event took place in the college's mini hall, where 15 students and 11 staff members enthusiastically participated in the Yoga.

The program commenced at 6:00 PM with the energetic hosting skills of Liza Ansari, a student of TYBCOM, who captivated the audience with her warm welcome. The function began with lightening the lamp of goddess Saraswati. The Principal Dr. S.S Bhandari felicitated the chief guest with Tulsi plant. He acknowledged the transformative power of yoga and expressed his gratitude to Dr. Yamdagini for sharing her insights. The audience was eager to hear from Dr. Priti Yamdagini, a renowned expert in yoga and its therapeutic benefits.



Dr. Priti Yamdagini delivered an inspiring speech that highlighted the significance of yoga in modern life. She emphasized the role of yoga in stress reduction, improving mental clarity, enhancing physical strength, and cultivating inner peace. Dr. Yamdagini shared her personal experiences and expertise, making the session both informative and relatable to the audience.



The event concluded with the vote of thanks by student Neeranjan Tike from TYBMS. He expressed gratitude to Dr. Priti Yamdagini for her enlightening session and thanked Principal Dr. S.S Bhandari for his continuous support and guidance. Neeranjan also extended appreciation to the organizing committee and participants for their active involvement.

To conclude the celebration on a positive note, refreshments were provided to all participants, fostering a sense of community and camaraderie among attendees.

Cultural Incharge

Principal