

**DCT's  
Dhempe College of Arts and Science  
Miramar-Panaji- Goa**

**Yoga Report  
Academic Year 2015-2020**

## 2015 - 2016

**International Yoga Day** - International Yoga Day was celebrated on 21<sup>st</sup> June 2015. 60 students participated and were benefitted from the same.



## 2016-2017

**Celebration of Yoga Day:** As part of the International Yoga Day on 21<sup>st</sup> June 2016, a yoga training session was organised for NSS Volunteers and students of the college at Clube Tennis de Gaspar Dias. 11 NCC cadets participated in the “International Yoga Day “ on 21<sup>st</sup> June 2016



## 2017-2018

**Celebration of International Yoga Day** – On the occasion of the celebration of International Yoga Day, NSS volunteers participated in the yog session organised in the institution on 21<sup>st</sup> June 2017. This event marked the beginning of the NSS activities in the College.



## 2018-2019

**Celebration of International Yog Day:** In recognition of the holistic significance of yog in the lives of individuals, the International Yog Day was celebrated in DCT's Dhempe College of Arts and Science, Miramar-Goa on 21st June 2018. The yog session started at 8.00 a.m. with the Principal, faculty members and students who were in attendance in large numbers, performing various aasanas and understanding the significance of yog under the expert guidance of Director of Physical Education of the institution, Shri. Pandurang Naik.



The session started with a prayer followed by warm-up after which aasanas such as Tadasan, Vrikshasan, Ardhashakrasan, Trikonasan were performed in standing position. In sitting position, Vajrasan, Ushtasan and Shasakasan were undertaken. Kapaalbhati, Anulom-vilom and Bhastrika Pranayam were also performed by the students and staff. Surya Namaskar was performed step-by-step by everyone gathered. The Director also taught participants relaxation exercises such as Shavasana which were performed at the end of the session. The Director explained the health benefits of yog to the students.



The Principal reinforced the importance of yog in enhancing the physical, mental as well as social well-being of individuals. She urged students to perform yog everyday to promote balance and harmony in their lives. The session ended with the singing of the National Anthem. 250 students including 16 NCC cadets and 50 NSS volunteers along with 25 faculty members participated actively in the session. After the yog session the students undertook an Awareness Rally from Miramar circle to Bhagwan Mahavir Park. The Director of the Directorate of Sports and Youth Affairs, Goa, Shri. V.M. Prabhudessai addressed the gathered volunteers. He gave students an informed insight into the origin and importance of yog in contemporary life. He emphasized the significance of individual fitness as well as collective responsibility. The students participated in the rally enthusiastically holding placards and saying slogans informing the passer-bys of the importance of yog in life.

**2019-2020**

### **International Yoga Day Celebration**

In recognition of the holistic significance of yoga in the lives of individuals, the International Yoga Day was celebrated in DCT's Dhempe College of Arts and Science, Miramar-Goa on June 21, 2019. 195 participants including NSS and NCC students along with Principal, Dr. Vrinda Borker and faculty members of the institution participated actively and performed various āsana under the expert guidance of Director of Physical Education of the institution, Shri. Pandurang Naik. **151 NSS volunteers (100 Female, 51 male)** participated in the Yoga Demonstration and **51 volunteers (43 Female, 08 Male)** took part in the Yoga Awareness rally.

The session started with prayer followed by warm-up after which several uplifting āsana, breathing exercises and relaxation techniques were practiced. Participants also performed surya namaskār and partook its enriching benefits. The Director emphasised the relevance of everyday yoga in preventing ailments, strengthening core and keeping oneself calm.



Principal requested students to enrich their lifestyle by performing yoga and engaging in outdoor exercises. She also emphasized that breathing exercises and relaxation techniques can play a huge role in enhancing their proficiency while leading a stress-free life.

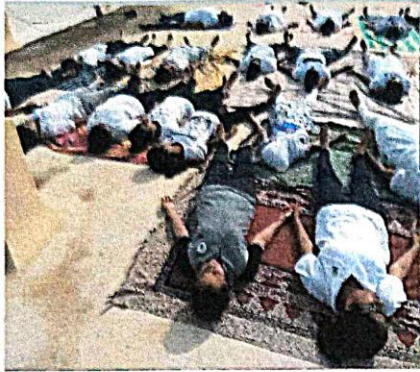


After the yoga session the students undertook an Awareness Rally from Miramar circle to Bhagwan Mahavir Park. The Registrar of Goa University, Prof. Y.V. Reddy interacted with the volunteers at the rally and told them that the knowledge of yoga is a gift which we have inherited and need to pass on to younger generations in order to ensure a healthy future. NSS Coordinator of Goa University Shri. Sanjeev Shirodkar reinforced the relevance of yoga and the need to practice it every day in order to remain fit holistically. The students recited slogans denoting the significance of yoga in contemporary life in order to create awareness among people.

Our college NCC cadets celebrated International Yoga Day on 21<sup>st</sup> June 2019. Nineteen cadets participated, along with Principal, ANO, teachers and NSS students. Our college Physical education director Mr. Pandurang Naik was the instructor.







*Parab*  
Mr. Dimanathi Parab (N.S.S.)

Dr. K.K. Therisa (N.C.C.) *Therisa.c*

Mr. Pandurang Naik (Dept. of Physical Education) *Naik*