

**G.S.COLLEGE OF COM. & ECO. NAGPUR (AUTONOMOUS)  
DEPARTMENT OF PHYSICAL EDUCATION**

❖ **DEPARTMENT ACTIVITIES:**

➤ **INTERNATIONAL YOGA DAY:** The Sixth International Yoga Day was observed on 21<sup>st</sup> June 2020 on online mode through Zoom Meeting due to COVID-19 pandemic. On this occasion, Mr. Ravi Ramteke, (Qualified UGC NET in Yog) was invited to deliver an online lecture on “Yog during COVID-19 pandemic”.

Mr. Ravi Ramteke from his home, started his lecture with mild warm up exercises which were followed by all the staff members and students through online mode. He explained and performed various Asanas. He also elaborated various pranayamas that would be beneficial during COVID-19 pandemic. All the staff members and students followed his instructions keenly and performed various asanas and pranayamas staying connected though online Zoom Meeting.

Principal Dr. N.Y. Khandait appreciated the efforts of one and all for the active online participation and successful conduct of the programme. IQAC co-ordinator Mr. P.J.Yadao, N.S.S. incharge Dr. A.B.Patle, encouraged the students by their online participation & presence. Sports Director Prof. Ashutosh Tiwari compered the programme while Dr. A.H.Sakalkale proposed vote of thanks. About 100 teaching and non-teaching staff members, players and N.S.S., N.C.C. students of the college performed online Yogic Asanas to make the programme a grand success.

**Observation of International Yoga Day - Online lecture on “Yog during COVID-19 pandemic”**



