

INTERNATIONAL YOGA DAY CELEBRATED AT SHAIKH GROUP OF INSTITUTIONS

Yoga is an ancient practice that builds strength and awareness and brings together the mind and body. All the Institutes at Shaikh Group of Institutions celebrated Yoga Day.

Shaikh Central School, teachers and students actively participated and performed different asanas. Dr. Ratna Bendigeri, Principal mentioned that Yoga is very beneficial for children and is helpful in calming the mind.

Yoga Competition was held at Shaikh College of Education on account of International Yoga Day. Principal Dr. I P Sutar spoke about the importance of yoga in everyone's life and shared her own experience about how it is helping in keeping her healthy.

Students and staff of Belgaum Institute of Management Studies (BCA) celebrated Yoga Day by performing yoga lead by Prof. S.B Kulkarni Yoga Expert who showed the various Yoga Exercises.

With the Theme “YOGA FOR HUMANITY”, International Yoga day celebration commenced from 7-6-2022 to 21-06-2022 by the Department of Materia Medica. It was conducted under the guidance of Assistant Professor Dr. Swapna A Pujari .Yoga should not be a practice just for the day but a routine & way of life. On 21-6-2022 Asanas and Pranayama were presented by Students and meditation was done by UG, PG students, Staff.

With the support of the Management and Active participation by Director Dr V.V Vernekar, Principal Dr Saeed Ahmed Dept of Materia medica HOD, Dr Afshan Balekundri, Associate Professor Dr Archana Kulkarni and Department staff Dr Nusrat Jamadar also supported event throughout. The Yoga presentation was appreciated for successfully organising the event.

Students of Shaikh Pre University College performed various posture of Yoga under the Guidance of Principal Mr. Gajendra Pawar.

International Yoga day was celebrated successfully at all units of Shaikh Group.



