

## सुचना

दि.१८/०६/२०२२

सर्व शिक्षक व शिक्षकेत्तर कर्मचारी यांना सुचित करण्यात येते की, दि.२१/०६/२०२२ रोजी आंतरराष्ट्रीय योगा दिवस असून आपण तो आपल्या महाविद्यालयात साजरा करत आहोत. या कार्यक्रमाच्या समन्वयाची जबाबदारी प्रा. श्री. तांदळे एस.आर.यांच्याकडे देण्यात येत आहे. तरी सर्व शिक्षक, शिक्षकेत्तर कर्मचाऱ्यांनी दि. २१/०६/२०२२ सकाळी ठिक ७:०० वा. महाविद्यालयात उपस्थित राहणे बंधनकारक आहे. कार्यक्रमाच्या समन्वयकांनी सदर कार्यक्रमाचे फोटो व व्हिडीओ प्रा. डॉ. श्री. हलगरे एन.एम. यांच्याकडे सुपूर्द करावेत.

दि. २१/०६/२०२२ .

वेळ :- सकाळी ७:०० ते ७:४५ वा.

ठिकाण :- फंक्शन हॉल

### माहितीस्तव सादर

१. मा. प्राचार्य साहेब
२. मा. प्रा. श्री. तांदळे एस. आर.
३. मा. प्रा.डॉ. श्री. हलगरे एन.एम.

  
रजिस्टार

**Registrar**  
**M. S. Bidve Engg. Coll.**  
**Latur**

### EVENT3

Name of College / Institute – M.S.Bidve Engineering College

Name of Contact person / TPO –Dr.Nanasaheb M.Halgare

Mobile no. of TOP officer - 7588547071

3. No. of Event - 3<sup>rd</sup> Event

Title of Event – International Yoga Day

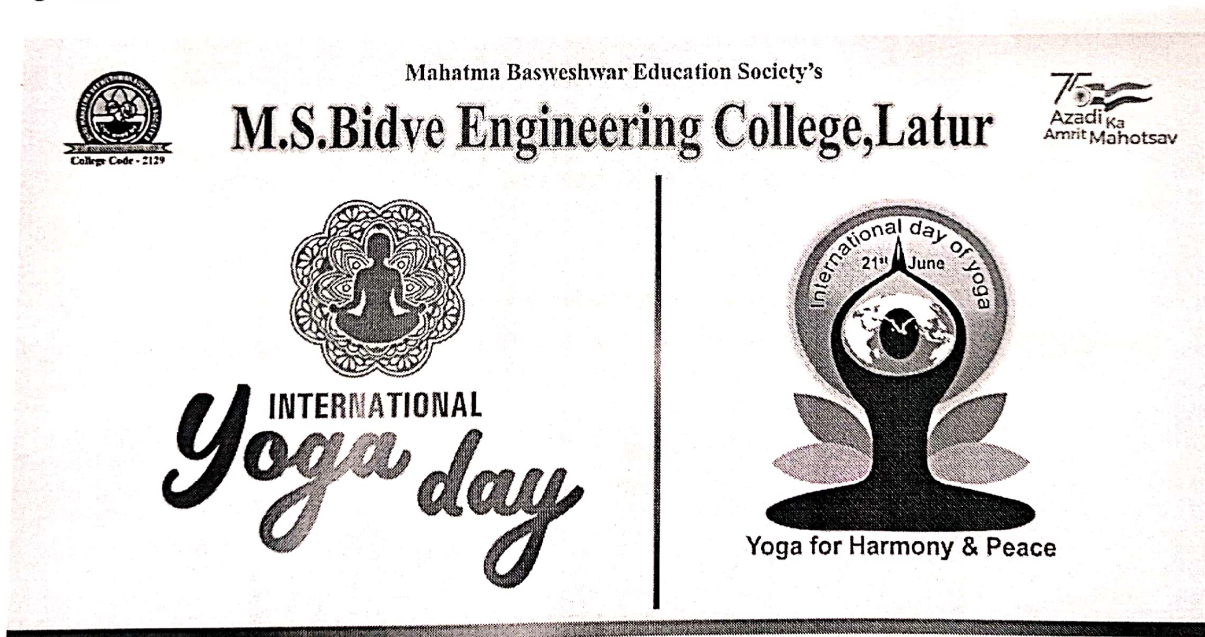
Date – 21 june 2022

Venue – M.E.Building (M.S.Bidve Engineering College)

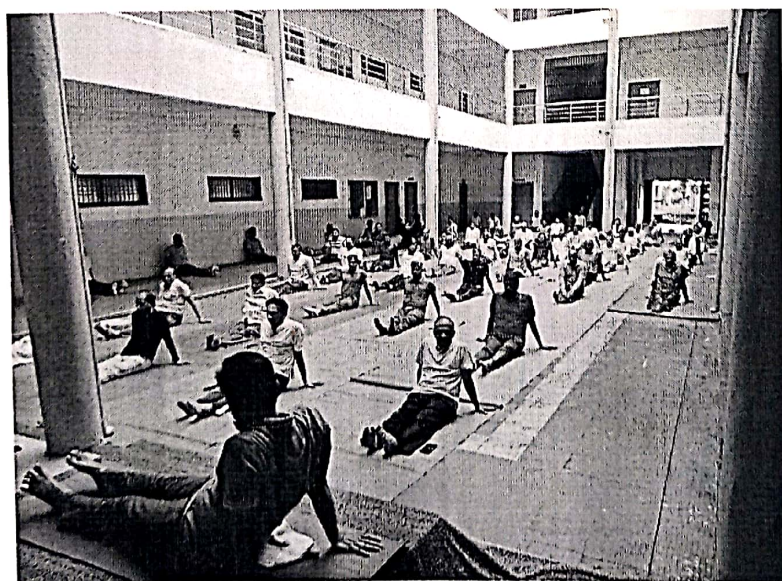
Detailed Information : The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path for sustainable living.

Yoga can be an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony with planet Earth. In keeping with this spirit, the theme for this year's Yoga Day celebrations is "Yoga for Humanity."

By considering above thing our institute celebrate International Yoga day as per DTE direction. This activity is carried out by Yoga Expert Prof.S.R Tandale that working in institute followed by all Teaching and Non-Teaching faculties.









Mahatma Basweshwar Education Society's

## M.S. Bidve Engineering College Latur - 413531

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Tel: (02382) 221846, 221255 Fax: (02382) 221455 Email : [principal@msbecl.ac.in](mailto:principal@msbecl.ac.in)

### सुचना

दि. २०/०६/२०२३

सर्व शिक्षक व शिक्षकेत्तर कर्मचाऱ्यांना सूचित करण्यात येते की, दि. २१/०६/२०२३ रोजी अंतरराष्ट्रीय योगा दिवस साजरा करण्यासाठी सर्व कर्मचाऱ्यांनी एम.ई बिल्डींगमध्ये सकाळी ठीक ७:०० ते ८:३० या वेळेत उपस्थित राहणे बंधनकारक आहे. याची सर्व कर्मचाऱ्यांनी नोंद घ्यावी.

PRINCIPAL

M.S. Bidve Engineering College,  
Latur.



**Title of Event:** Yoga & Meditation (International Yoga Day Celebration) For Faculty

**Date:** 21/06/2023

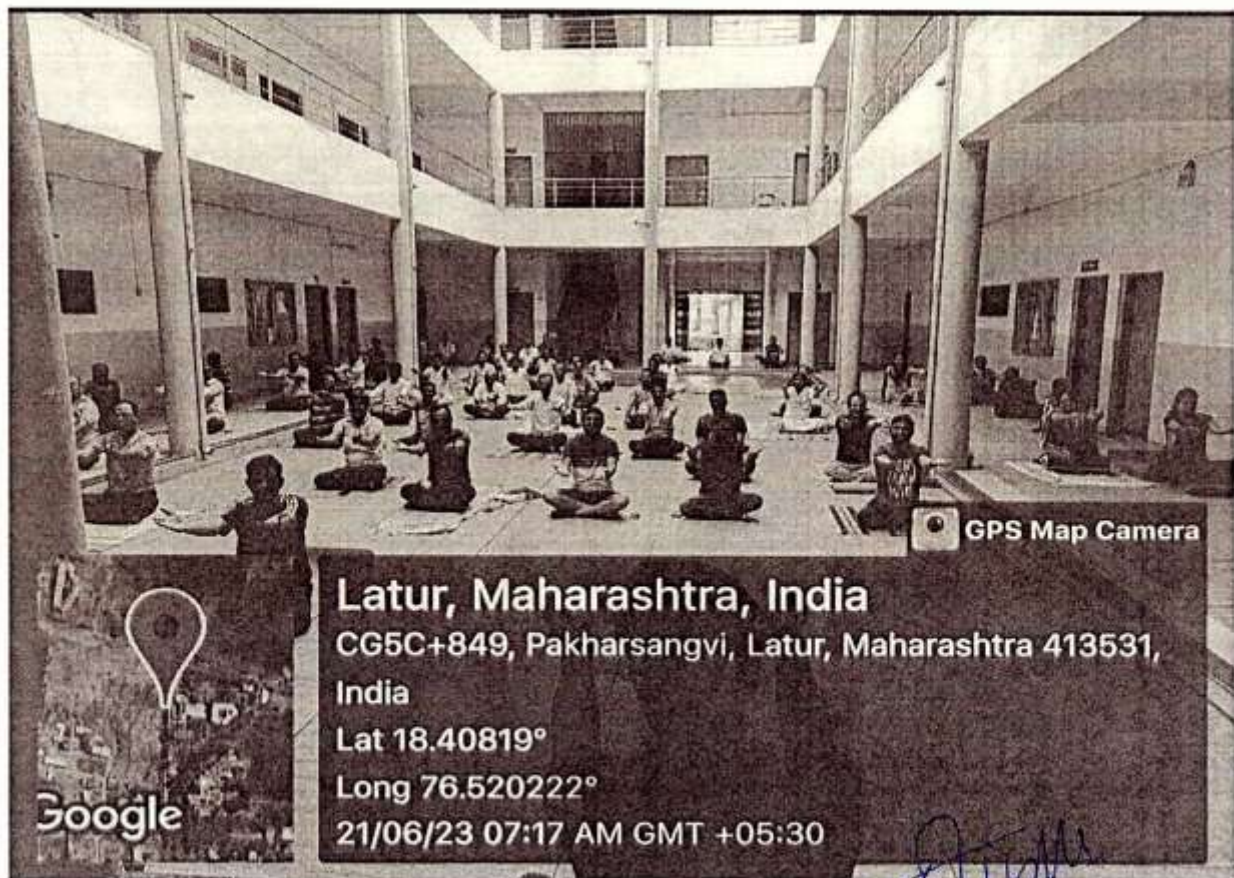
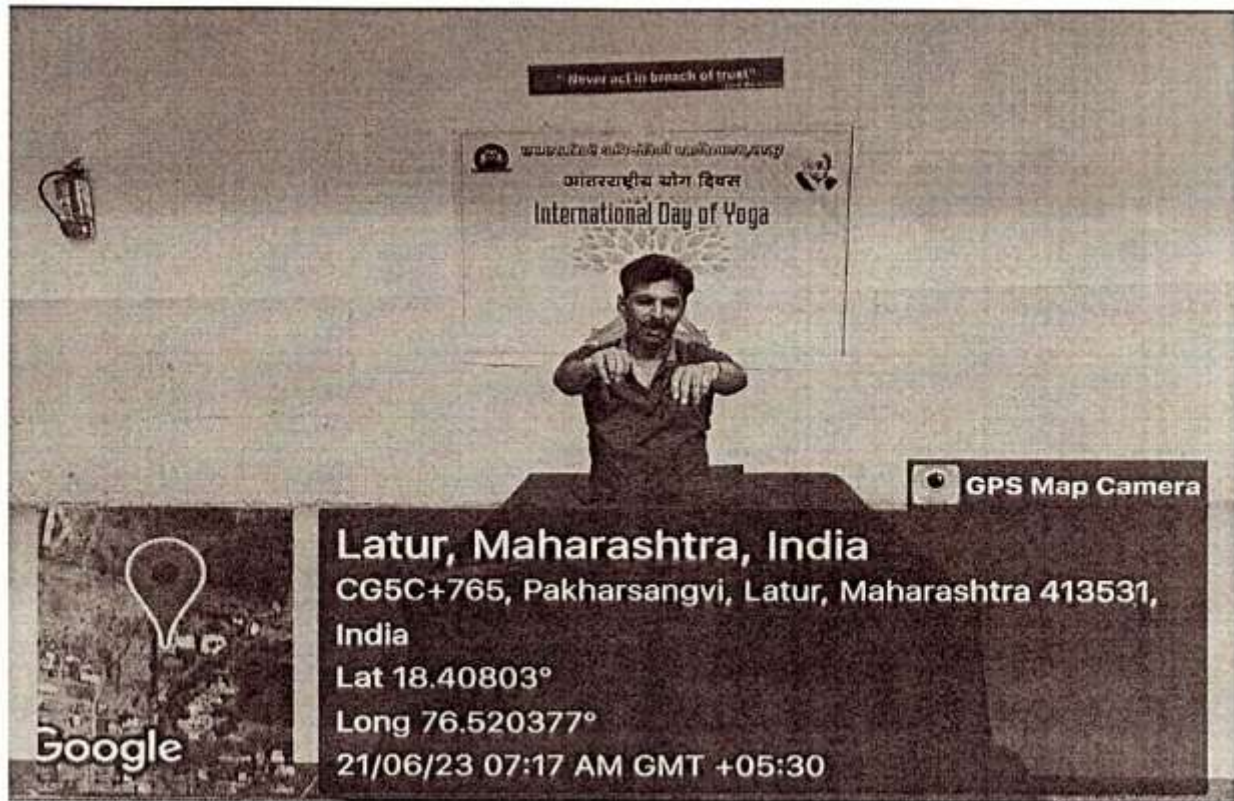
**Venue:** ME Building M. S. Bidve Engineering College Latur.

**Detailed Information:**

In celebration of **International Yoga Day**, the institution organized a program focused on promoting physical and mental well-being through yoga practice. The event included informative sessions on the benefits of yoga, practical demonstrations of basic asanas, and interactive discussions. This initiative aimed to raise awareness among students and staff about the holistic approach of yoga, fostering a culture of mindfulness and overall health within the institution.

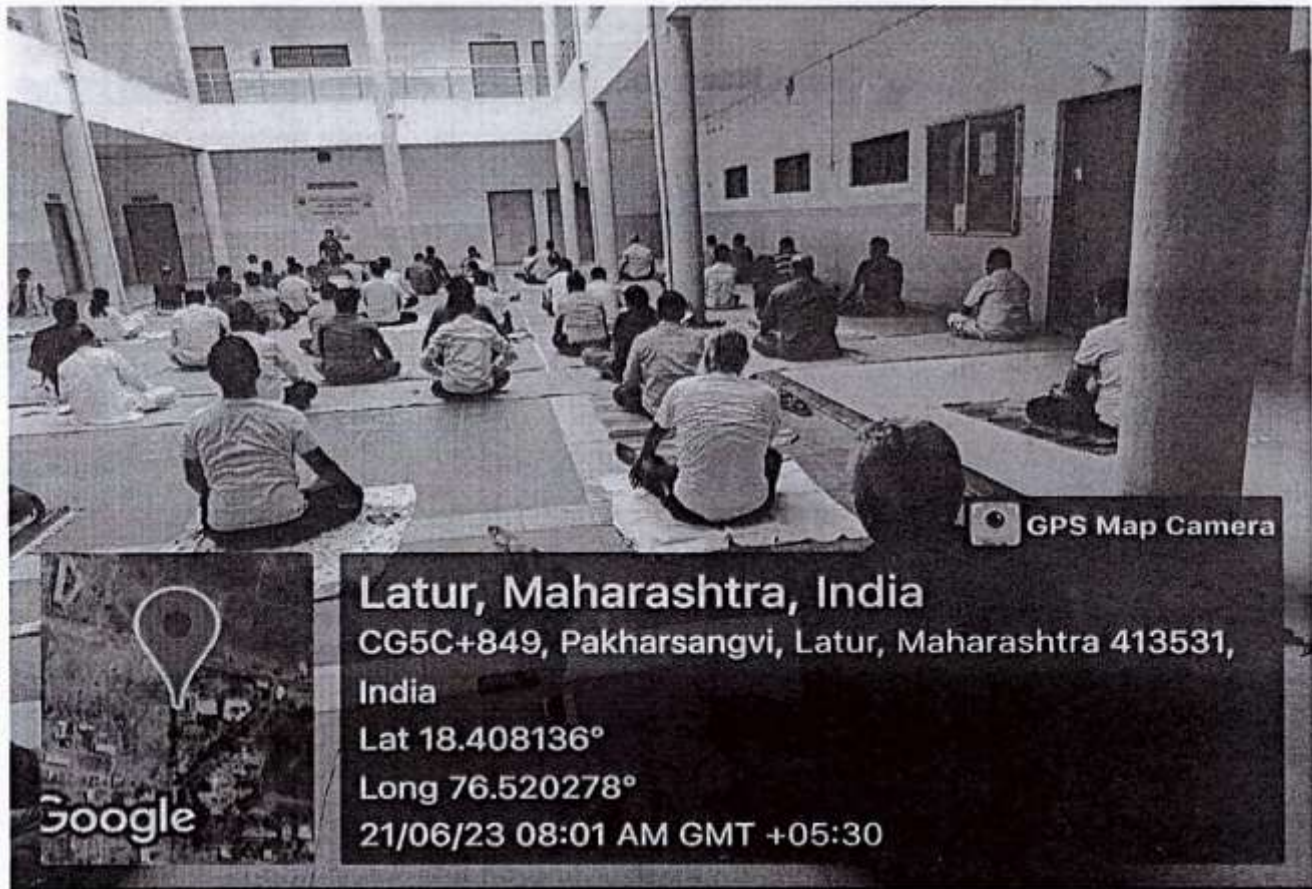
The yoga session conducted as part of the NAAC initiative was held on **21/06/2023** at **ME Building M. S. Bidve Engineering College Latur**. The event aimed to promote physical and mental well-being among students and staff. Led by certified instructor **Prof. S.R. Tandle**, the session included various asanas, pranayama, and meditation techniques. Participants reported enhanced relaxation, improved flexibility, and reduced stress levels. The session underscored the importance of incorporating yoga into daily routines for holistic health. Feedback was overwhelmingly positive, with requests for regular sessions. The event successfully fostered a sense of community and highlighted the institution's commitment to overall wellness.

  
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