



## MURGAON EDUCATION SOCIETY'S COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa – 403726

Affiliated to Goa University Accredited by NAAC with B+ Grade (4<sup>th</sup> cycle)

**ACADEMIC YEAR 2021 – 2022**

### **REPORT OF THE ACTIVITY:** Celebration of International Day of Yoga (IDY 2022)

- Committee: Health Centre
- Date: April 2022 to May 2022
- Audience: Students of M.E.S. College of Arts and Commerce, Zuarinagar- Goa.

Report in brief: The Health Centre of M.E.S. College of Arts and Commerce, Zuarinagar in collaboration with NSS Unit, NCC Unit and the Department of Sports of the College organized a series of activities for the students of the college. The activities were organised to commemorate the celebration of the International Day Yoga to be held on 21<sup>st</sup> June 2022. The proposed activities were scheduled from April 2022 to June 2022.

**One week Yoga Classes** in two batches were organized for students and faculty of the college in the month of April and May from 18<sup>th</sup> – 23<sup>rd</sup> April 2022 and 16<sup>th</sup> May to 21<sup>st</sup> May in the M.S.Kamat Seminar hall from 7.00 am. to 8.00 a.m. The objective of conducting the One week yoga classes was to teach students various yoga postures, breathing techniques, and meditation or relaxation techniques that they can use practice every day in their homes. The resource person was Mr. Namdeo Chopdekar (Yoga Expert). A total of 25 students and 10 faculties participated in the programme. All students who completed the 6 days training were provided an e-certificate. Ms. Maria Fatima D'Costa and Mr. Dataprasad Shirgurkar were the coordinators for the yoga classes held in April while Ms. Swati Shigaonkar and Mr. Atmaram Tarpe were the coordinators for the yoga classes held in May 2022. The flyers were prepared by Dr. Savio Fernandes (Director of Sports).

**Orientation talk on benefits of yoga** was conducted on 20th April 2022 in the seminar hall for the students. The resource person was Mr. Vishwanath Swar (Yoga Expert). The objective of the talk was to enhance students understanding of the benefits of practicing daily yoga which would also help to reduce their stress and lead a healthy life. The duration of the talk was from 12.35 p.m to 1.45 p.m. A total of students participated in the talk. The NSS Unit of the college along with the NCC Unit (Army and Navy Boys and Girls) coordinated in organizing the talk. The flyer was prepared by Dr. Savio Fernandes (Director of Sports).

**Online Quiz Competition** on yoga was held between 6<sup>th</sup> to 10th May 2022 using google forms. The objective of the quiz was to test students' knowledge on the health benefits of yoga and also increase their curiosity on a relevant topic that can enhance their mental and physical health. A

total of 35 students participated in the quiz. The Quiz aimed to test the knowledge of students on Yoga. It comprised of 10 questions of 1 mark each and the passing percentage was set to 40%. E-certificates were auto generated and sent to all the students who passed the Quiz. Dr. Savio Fernandes, Director of Sports and Dr. Atmaram Tarpe (NSS Unit- Army wing) were the coordinators for organising the event. The flyer was prepared by Dr. Savio Fernandes (Director of Sports).

Remarks of the Coordinator: The various programmes for the celebration of international yoga day were well planned and disseminated by the team. It was successfully organised and received maximum participation from students. Students displayed great enthusiasm as they attended the yoga classes and actively participated in the quiz and the orientation talk on benefits of yoga. Both the resource persons were able to engage the students and delivered an elaborate and educational presentation which was enjoyed by all participants. The team which included the health Centre, NSS Unit, NCC and Sports worked together in collaboration to organise the various activities which proved to be a great success in meeting the objectives of the celebration of the international yoga day. The daily yoga classes were recorded and posted on Youtube. Students were encouraged to continue practicing yoga in their respective homes to obtain maximum health benefits.

Students were informed and encouraged to download the Y- break mobile application and other Yoga applications like M-Yoga and Namaste Yoga for Yoga practices/ activities. Digital Poster Competition, short videos on performing yoga with their family members, guest lecture on yoga and pledge taking activities have been scheduled in the month of June. The various programmes were organized as per the guidelines provided by UGC for international yoga Day celebration.





## **M.E.S. College of Arts and Commerce Zuarinagar -Goa**

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**Health Centre, Department of Physical Education and  
Sports, NCC Wings, and NSS UNIT**

**Jointly Organises**

# **One-week YOGA Course**

From

**16th May 2022 to 21st May 2022**

Registration Link : <https://forms.gle/U7iTXnQaEVBGTK1J88>

**Dr. Manasvi M. Kamat  
(Principal)**



# Quiz on Yoga



Organised by  
 Department of Physical Education and Sports  
 In Collaboration with Health Centre & NCC Wing  
 of  
**M.E.S. College of Arts and Commerce**  
 Accredited by NAAC with B+ grade (4th Cycle)

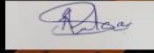
This Certificate is presented to {{Full Name}}  
 for participating in the Quiz on Yoga held from 6th - 14th May 2022



**Dr. Savio Fernandes**  
 (Director of P.E. and Sports)



**Lt (Dr.) Atmaram Tarpe**  
 ANO NCC Army Boys



**Sub. Lt. Rajesh Shetgaonkar**  
 ANO NCC Naval Wing



**Lt. Swati Shigaonker**  
 ANO NCC Army Girls



**Dr. Manasvi M. Kamat**  
 (Principal)

