

Yashwantrao Chavan College of Science, Karad

Date of activity: Sunday - 21/06/2026

Name of the activity: Yoga Session on the Occasion of International Yoga Day...

Chief Guest: Ms. Supriya Sanjay Gharge

Purpose:	To promote physical fitness, mental well-being, and a healthy lifestyle by encouraging the regular practice of yoga on the occasion of International Yoga Day.
No. of participants	250
Outcome:	Participants experienced improved physical flexibility, mental relaxation, increased awareness of the benefits of yoga, and greater motivation to adopt yoga as a regular part of a healthy lifestyle.

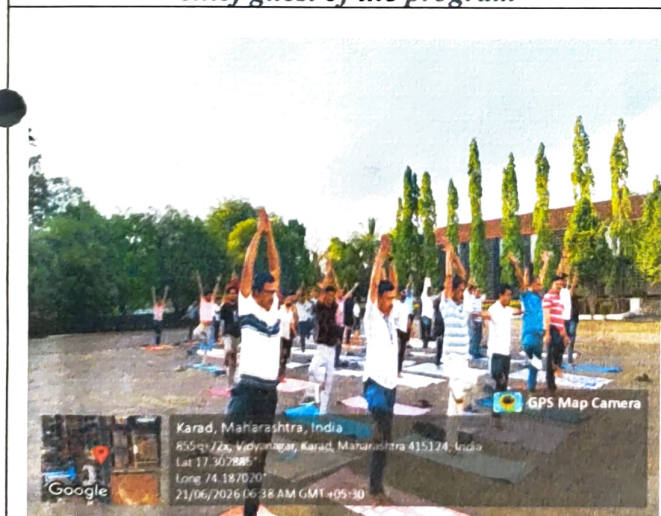
Photo Plates



Principal Prof. (Dr.) S. H. Burungale welcome chief guest of the program



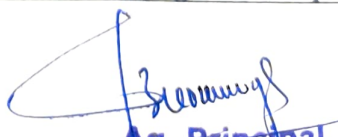
Chief Guest Ms. Supriya Sanjay Gharge trains the audience about Yoga.



Experienceing yoga session practical



Experienceing yoga session practical


Ag. Principal
 Yashwantrao Chavan College
 of Science, Karad