

International Yoga Day

Shri Bhimashankar B.ED college celebrated International Yoga Day on **21st June 2023** at the College Lawns. Following are the glimpses:

Ms. Kirti Indore, Physical Instructor, was invited as a resource person for the event. The program started by offering flowers to a photo of Om and Patanjali Muni.

Ms. Kirti Indore explained the importance of celebrating International Yoga Day. She also narrated the reason to celebrate on 21st June every year.

She explained importance of Yoga, Pranayama, and Meditation in today's stressful life.

The participants were trained by the resource person in some simple but extremely beneficial Yoga Postures. Vrukshasan, Pashchimottasan, Bhujangasan, Dhnurasan, etc.,with specific benefits of each of them.

She even demonstrated some innovative postures especially to resolve musculo-skeletal disorders occurring due to use of mobile phones and laptops.

The program was attended by 20 participants; students, Principal Dr. Sanjay Chodhary, staff members of B.ED College. All the participants resolved that they will practice Yoga, Pranayama and Meditation on daily basis to keep themselves physically as well as mentally fit.

GLIMPSES OF PROGRAMME



SEMINAR ON OVER USE OF MOBILE

Seminar on ‘**Overuse of Mobile**’ was conducted on 15th July, 2023 in campus by SBSPM to educate about its disadvantages of it. The speaker person for this program was Mrs. Mukta Chaitanya.

She highlighted that Technology has made our life easy. We have gadgets that save our time and energy, entertain and inform us and play the role of companions, too. These gadgets, like mobile phones, the, etc. are a boon for human beings.

On the flip side, though, these gadgets are also the bane of our lives. Not only do these gadgets make us lazy and inactive but they are also harmful to our physical and mental well-being. Take the Smartphone, for example. Everywhere you see, people are glued to their phones, scrolling through social media, and wasting precious hours doing nothing productive.

Kids, especially, have become victims of smartphones, and if we don’t take steps soon, then these smart gadgets will completely ruin their lives.

To avoid such problems, she suggested some measures that can be useful.

Students participated in this programme with zeal asked some queries.

Principal-Dr. Sanjay Choudhary gave vote of thanks for such informative session.



TEACHERS DAY CELEBRATION

Teachers' day was celebrated 5th September, 2023 through online mode by Shri Bhimashankar B.Ed College Landewadi order to mark the birth anniversary of Dr. Sarvapalli Radhakrishnan.

On this occasion, Vratrat Tikakar & Poet – Ramdas Futane as well as Upcoming Poet -Mr. Bharat Daundkar was invited to show appreciativeness towards staff of Shri. Bhairavnath Shikshan Prasarak Mandal. He shared his opinions about today's education system and its changing pattern. Also he highlighted his experiences as a teacher and made comments through his poetry on education system, politics and society where teacher's role is very important to prepare good citizens.

President of SBSPM, Hon. Shri Shivajirao Adhalrao Patil sir spoke on this occasion and appreciated the chief guest for contribution to guide the teachers. The speech was very interesting and motivational. He gave an example of ancient teachers and compared the same with the recent ones.

On this occasion all teachers were appreciated for conducting online lectures.

GLIMPSES OF PROGRAMME



Celebration of Mahatma Gandhi Jayanti

Gandhi Jayanti was celebrated on 3rd of October, 2023 on birth anniversary of Father of Nation –Mahatma Gandhi.

The programme was started with garlanding the portrait of Mahatma Gandhi. Prof. Yogita Adhalrao was the Anchor the programme.

The principal Dr. Sanjay Choudhary highlighted the values of Mahatma Gandhi and his contribution to achieve freedom in unique way. He also focused the work of Mahatma Gandhi to give education to student in the nature. Speech was delivered by Prof. Yogita Adhalrao stressing upon the values of self-dignity & Dignity of labour.

The students- Miss Kokane Savita and Miss. Ugale Pratksha, Miss Mate Supriya , Zarekar swati also gave their speeches on the occasion.

Ek Tarikh Ek Ghanta Swachhata Abhiyan

GLIMPSES OF PROGRAMME

