



Goa University

School of Earth, Ocean and Atmospheric Sciences

Report on International Yoga Day celebration as part of Jan Bhagidari Events during India's G20 Presidency

1. Title of the Event/Activity/program	International Yoga Day celebration as part of Jan Bhagidari Events during India's G20 Presidency
2. Date and Time	23/06/2023; 3.30 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	School of Earth, Ocean and Atmospheric Sciences
5. Collaborating Agency/School/Directorate	NA
6. Detail of the Resource Person (Judges)	Ms. Mitali Chodankar M.Sc. Marine Sciences (2022-23) Ms. Mitali is a silver medalist in Yoga at the Skill India program (2022). She has been actively participating in Yogasana competitions from 2015 onwards and has been a prize winner in most of the competitions she participated.
7. Number of Faculty (Teaching and non-teaching) attended/participated	18
8. Number of Student attended / participated	10
9. No. of external students/faculty/other participants	Nil
10. The objectives of the Program/activity/event	1. Create awareness of health benefits of Yoga 2. Yoga and Pranayam exercises 3. Yogasana demonstrations
11. Description of the Program/activity/event	The activity was conducted to celebrate International Yoga Day as well as a part of Jan Bhagidari Events during India's G20 Presidency.

	Yoga asanas and exercises were demonstrated by Yoga expert Ms. Mitali Chodankar. Faculty members, non-teaching staff members as well as students participated. Total 29 participants benefitted from this activity.
12. Benefit/Key outcomes of the Program/activity/event	Awareness about the health benefits of Yoga were discussed and Yoga exercises were conducted along with a demonstration of Yoga asanas.
13. Enclosures with report	Geo-tag photos, Attendance, Brochure are attached.

Coordinators
Dr. Chanda Berde

Chanda
30/6/23

Dr. Sangeeta Naik

S. Naik
30/06/23

[Handwritten Signature]

31.6.2023
Dr. DEAN RIVONKER
SEOAS Professor and Dean,
School of Earth, Ocean
& Atmospheric Sciences,
Goa University,
Goa - 403 206.



Goa University

School of Earth, Ocean and Atmospheric Sciences

Report on International Yoga Day celebration as part of Jan Bhagidari Events during India's G20 Presidency

School of Earth, Ocean and Atmospheric Sciences, Goa University celebrated the International Yoga Day on 23rd June 2023, as part of Jan Bhagidari Events during India's G20 Presidency. Ms. Mitali Chodankar, ex-student, M.Sc. Marine Sciences (2022-23), Goa University, was invited as an expert to conduct the session. Ms. Mitali is a silver medalist in Yoga at the Skill India program (2022). She has been actively participating in Yogasana competitions from 2015 onwards and has been a prize winner in most of the competitions she participated.

The main objectives of the activity were:

1. Create an awareness of health benefits of Yoga
2. Yoga exercises
3. Yogasana demonstrations

Yoga expert Ms. Mitali Chodankar discussed health benefits of Yoga, demonstrated yoga asanas and exercises with a total of 28 participants consisting of 18 Faculty members and non-teaching staff members along with 10 M.Sc. students benefitted from this activity.

Coordinators

Dr. Chanda Berde

Chanda
30/6/23

Dr. Sangeeta Naik

Sangeeta
30/06/23

Mitali

DEAN

M.B.M.S.

SEAS

Dr. C. U. Rivonker

Senior Professor and Dean,

School of Earth, Ocean

& Atmospheric Sciences,

Goa University,

Goa - 403 206.

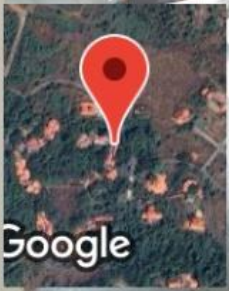
International Yoga Day 2023

Expert: Ms. Mitali Chodankar, M.Sc. II (2022-23), Marine Sciences Program, SEOAS, Goa University.
 Topic: Yoga for Health
 Time: 23rd June, 2023; 1530 PM IST
 Venue: First Floor, SEOAS, Goa University.

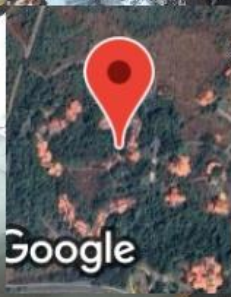
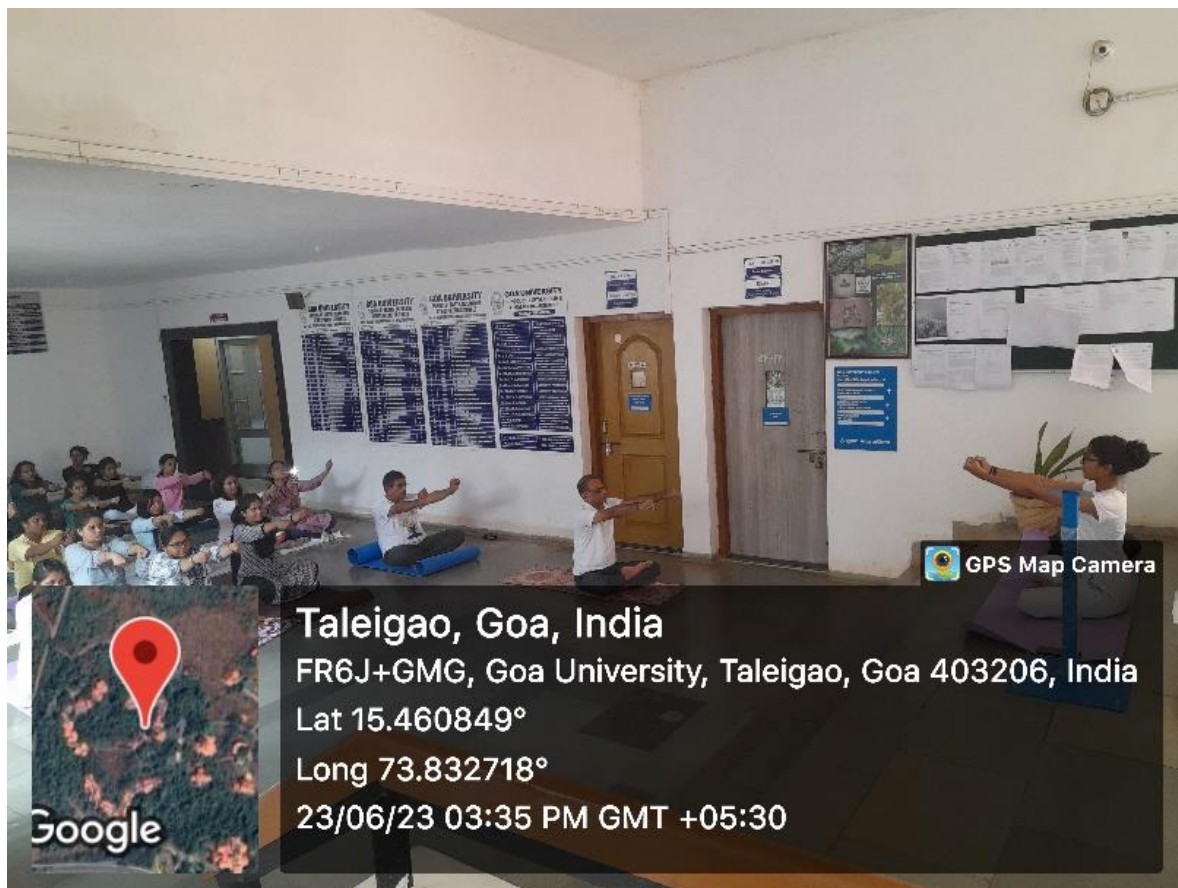
1.	Dr. Purnima Sawant	Mitali	TF
2.	Pooja P. Ghadi	Pooja	TF
3.	Dr. Niyati Kalangutkar	Niyati	TF
4.	Anthony Viegas	Anthony	TF
5.	Gayatri Kekkar	Gayatri	S
6.	Sidhant R. Gawande	Sidhant	S
7.	Nandita N. Naik	Nandita	S
8.	Anushka A. Naik	Anushka	S
9.	Sanisha V. Satarkar	Sanisha	S
10.	Anisha Prakash Gaunekar	Anisha	S
11.	Sejal Sanjay Fardte	Sejal	S
12.	Dr. Sheryl O. Fernandes	Sheryl	TF
13.	Dr. Varada S. Damare	Varada	TF
14.	Dr. Nikita Lottikar	Nikita	TF
15.	Akhila A. Pednekar	Akhila	S
16.	Prerana P. Murgaonkar	Prerana	S
17.	Shaina Rebelo	Shaina	S
18.	Mruna Cardoso	Mruna	NT
19.	Namita Naik	Namita	NT
20.	Dr. Diviya Vaigankar	Diviya	TF

Coordinators:
 Dr. C.V. Berde *C.V. Berde*
 Dr. Sangeeta Naik *Sangeeta Naik*

Mitali
 DEAN 20.6.2023
 SEOAS



Taleigao, Goa, India
FR6M+P8H, Goa University, Taleigao, Goa 403206, India
Lat 15.461196°
Long 73.83303°
23/06/23 03:48 PM GMT +05:30

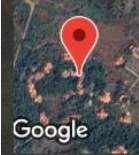


Taleigao, Goa, India
FR6J+GMG, Goa University, Taleigao, Goa 403206, India
Lat 15.460849°
Long 73.832718°
23/06/23 03:35 PM GMT +05:30

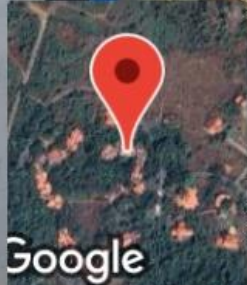




Taleigao, Goa, India
FR6M+P2F, Goa University, Taleigao, Goa 403206, India
Lat 15.461208°
Long 73.832923°
23/06/23 03:57 PM GMT +05:30



Taleigao, Goa, India
FR6M+P2F, Goa University, Taleigao, Goa 403206, India
Lat 15.461208°
Long 73.832923°
23/06/23 04:01 PM GMT +05:30



Taleigao, Goa, India
FR6M+P2F, Goa University, Taleigao, Goa 403206, India
Lat 15.461265°
Long 73.832797°
23/06/23 03:27 PM GMT +05:30



**School of Earth, Ocean and Atmospheric Sciences,
Goa University
is organizing**

**International Yoga Day
Enjoy a session of Yoga**

Yoga Instructor: Ms. Mitali Chodankar



**June 23, 2023 | 3.30 PM
Venue: SEOAS, Goa University**

