



Chanda Berde &lt;chanda.berde@unigoa.ac.in&gt;

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## The International Yoga Day celebration

4 messages

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**Chanda Berde** <chanda.berde@unigoa.ac.in>

Mon, Jun 20, 2022 at 12:41 PM

To: School of Earth Ocean and Atmospheric Sciences &lt;seoas.office@unigoa.ac.in&gt;, "Faculty @ SEOAS"

&lt;faculty.seoas@unigoa.ac.in&gt;

Cc: Vice Chancellor &lt;vc@unigoa.ac.in&gt;, Registrar Goa University &lt;registrar@unigoa.ac.in&gt;, "Joint Registrar (Administration)" &lt;jointregadmin@unigoa.ac.in&gt;, "School of Earth, Ocean and Atmospheric Sciences" &lt;dean.seoas@unigoa.ac.in&gt;

Dear All,

Good afternoon!

As a part of The International Day of Yoga celebrations (21<sup>st</sup> June 2022), SEOAS is organising a three days activity commencing from 21<sup>th</sup> June 2022 for the benefit of teaching and non-teaching staff of the School.

The IDT will be celebrated at the School on 21<sup>st</sup> June 2022 (1500 hrs). The first session will be conducted by Ms. Mitali Chodankar, student of M.Sc. (Marine Sciences).

Ms. Mitali is a silver medalist in Yoga at the recently held 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 participated by her.

Following this, the first session of a three day 'Happiness Course' will be conducted by Mr. M. Shreedhara, Joint Registrar (Administration) in the Conference Hall commencing from 1630 hrs.

All participants are requested to have proper dress code.

This email is marked to the Honourable Vice Chancellor and the Registrar for information.

Dr. Chanda Berde and Dr. Niyati Kalangutkar

Co-ordinators

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**Chanda Berde** <chanda.berde@unigoa.ac.in>

Mon, Jun 20, 2022 at 2:47 PM

To: "Joint Registrar (Administration)" &lt;jointregadmin@unigoa.ac.in&gt;

Dear Sir,

With reference to the above mail, the yoga session at Conference hall will start at 4pm as decided, though in the mail we have said 4.30 pm.

Kind regards,

Chanda Berde

[Quoted text hidden]

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**Chanda Berde** <chanda.berde@unigoa.ac.in>

Fri, Jun 24, 2022 at 10:17 PM

To: School of Earth Ocean and Atmospheric Sciences <seoas.office@unigoa.ac.in>, "Faculty @ SEOAS" <faculty.seoas@unigoa.ac.in>

Dear All,  
'Happiness Course' will be initiated again tomorrow at 9 am.  
All interested can join the same.

Note:  
Be present 10 minutes before.  
Have light breakfast.

Regards,  
Chanda and Niyati  
[Quoted text hidden]

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**Chanda Berde** <chanda.berde@unigoa.ac.in>  
To: NAAC Goa University <naac2019.pai@unigoa.ac.in>

Wed, Jun 29, 2022 at 3:02 PM

Notice/ Invitation mail for International Yoga day celebrations.  
[Quoted text hidden]

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**Dr. Chanda Vikrant Berde**  
Assistant Professor,  
Marine Microbiology,  
School of Earth, Ocean and Atmospheric Sciences (SEOAS),  
Goa University,  
Taleigao Plateau, Goa. 403206  
Phone no:7030965966

School of Earth, Ocean and Atmospheric Sciences

Goa University

Report of activities carried out for The international Day of Yoga celebration:

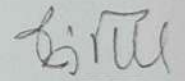
The first yogasna session was conducted by Ms. Mitali Chodankar, student of M.Sc. (Marine Sciences) on 21<sup>st</sup> June 2022 at 1500 hrs at the School of Earth, Ocean and Atmospheric Sciences premises. Ms. Mitali is a silver medalist in Yoga at the recently held Skill India program (2022). She has been actively participating in Yogasana competitions from 2015 onwards and has been a prize winner in most of the competitions participated by her.

SEOAS also organised a three day 'Happiness Course' conducted by Mr. M. Shreedhara, Joint Registrar (Administration) in the Conference Hall commencing from 1630 hrs on 21<sup>st</sup> June 2022.

Teaching and non-teaching staff of the School participated in the activities.

Attendance and photos of the activities are attached.

All these details may be kept in office, however the soft copy may be marked to Dr. Poojima Dhawankar, NAAAC coordinator for necessary compliance to IQAC.

  
29.6.2022

Dr. Chanda Berde / Dr. Niyati

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## SEOAS

The international Day of Yoga celebration: "Happiness Course" conducted by Mr. M. Shreedhara, Joint Registrar (Administration) in the Conference Hall from 21<sup>st</sup> to 26<sup>th</sup> June 2022.

Sr. No.	Name of Participant	Signature		
		21/06/2022	25/06/2022	26/06/2022
1	Dr. Sangeeta Naik			
2	Dr. Nikita Lotlikar			
3	Dr. Niyati Kalangutekar			
4	Dr. Chanda Berde			
5	Dr. Varada Damare	—		
6	Mrs. Sangeeta Tilve		—	—
7	Mrs. Heena Mulla		—	—
8	Mrs. Vandana Naik		—	—
9	Mr. Madhukar Parulekar		—	—

### Coordinators

Dr. Chanda V. Berde

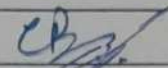

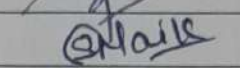
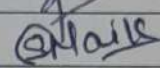
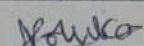
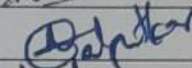
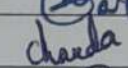
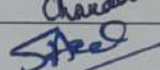
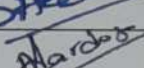

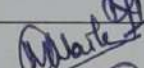

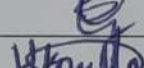
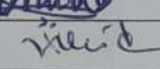


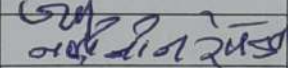
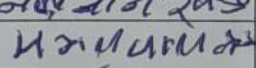


Dr. Niyati Kalangutekar

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29.6.2022

## SEOAS

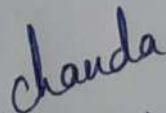
The International Day of Yoga celebration: **Yogasana session** conducted on **21<sup>st</sup> June 2022** by **Ms. Mitali Chodankar** at SEOAS.

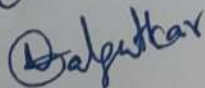
Sr. No.	Name of Participant	Signature
1	Prof. C. Rivonker	
2	Dr. Sheryl Fernandes	
3	Ms. Pooja Ghadi	
4	Dr. Sangeeta Naik	
5	Dr. Nikita Lotlikar	
6	Dr. Niyati Kalangutekar	
7	Dr. Chanda Berde	
8	Mrs. Sangeeta Tilve	
9	Ms. Mruna Cardoso	
10	Mrs. Namita Naik	
11	Ms. Madhuri Naik	
12	Mrs. Utkarsha Arondekar	
13	Mrs. Heena Mulla	
14	Mrs. Vandana Naik	
15	Ms. Sitam Gaonkar	
16	Mrs. Gulabi Desai	
17	Mrs. Nalini Revadkar	
18	Mrs. Mangal Palkar	
19	Mr. Madhukar Parulekar	
20	Mr. Deepam Tilve	

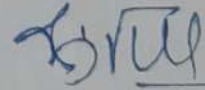
### Coordinators

Dr. Chanda V. Berde

Dr. Niyati Kalangutekar

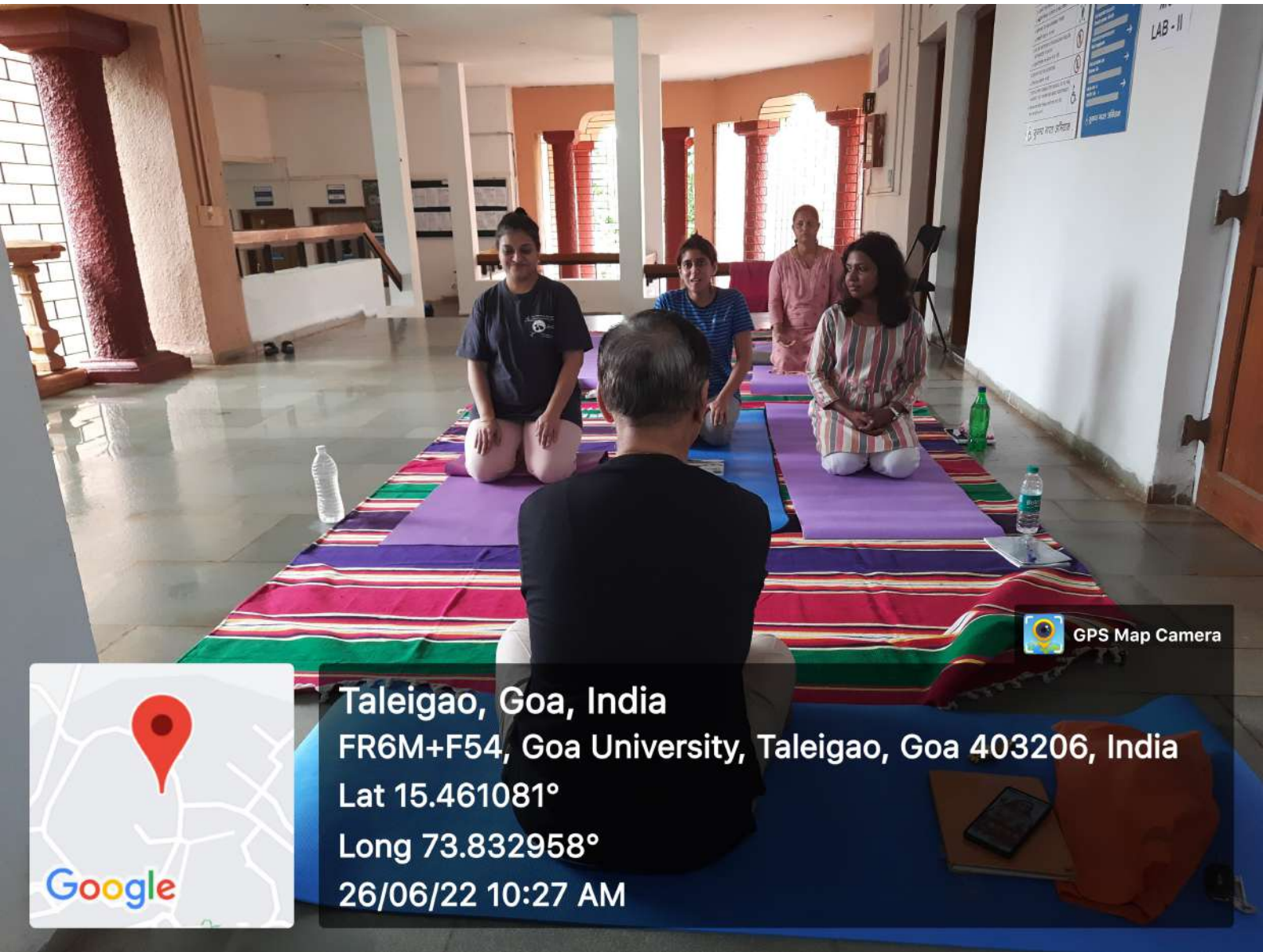






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29.6.2022



GPS Map Camera

Taleigao, Goa, India

FR6M+F54, Goa University, Taleigao, Goa 403206, India

Lat 15.461081°

Long 73.832958°

26/06/22 10:27 AM





GPS Map Camera

Taleigao, Goa, India

FR5M+HJ9, Goa University, Taleigao, Goa 403206, India

Lat 15.458878°

Long 73.834278°

25/06/22 12:26 PM









