



Zone Code 93
Code 45

College

TOLANI COLLEGE OF ARTS & SCIENCE

(Under the Management of Gandhidham Collegiate Board, Adipur)

Accredited 'A' by NAAC, Bangalore,

Center with Potential for Excellence: UGC

Affiliated with KSKV Kachchh University, Bhuj, Gujarat

Near Railway Station, Adipur (KUTCH) Gujarat. 370 205

Ph. (O) 02836 260698, Fax: 02836 260573

Website: www.tcas.ac.in

P.T.E.; Dr. Trisunita N. Patel
tcasadipur@yahoo.co.in

Principal: Dr. S.G.Dharmani

Email:

Ref. TASC/Sports/

Date:-22/6/2018

Activity plan for Yoga Day -2018

1	16/6/2018	warm- up 15m	1. Yoga prayer 2. Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayam)
2	18/6/18	warm- up 10m	1. Yoga prayer 2. Yoga practice (standing yoga asana Revision, and sitting asana)
3	19/6/18	warm- up 15m	1. Yoga prayer 2. Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayam)
4	20/6/18	warm- up 15m	1. Yoga prayer 2. Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama.
5	21/6/18	warm- up 15m	1. Yoga prayer 2. Standing yoga asana 3. sitting asana. 4. slipping asana and pranayama.
6	Participates	Staff-40	Students- 318 Total- 318


(S. G. DHARMANI)

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Date:-22/6/2019

Activity plan for Yoga Day -2019

No			
1	17/6/2019	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayam)
2	18/6/19	warm- up 10m	1. Yoga prayer 2.Yoga practice (standing yoga asana Revision, and sitting asana)
3	19/6/19	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayam)
4	20/6/19	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama.
5	21/6/19	warm- up 15m	1. Yoga prayer 2. Standing yoga asana 3.sitting asana. 4.sliping asana and pranayama.
6	Participates	Staff-38	Students- 287 Total- 325


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Date:-22/6/2020

Activity plan for Yoga Day -2020

Covid 19 Lockdown


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Date:-23/6/2021

Activity plan for Yoga Day -2021

No			
1	16/6/2021	warm- up 10m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama)
2	17/6/21	warm- up 10m	1. Yoga prayer 2.Yoga practice (standing yoga asana Revision, and sitting asana)
3	18/6/21	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama)
4	19/6/21	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama.
5	21/6/19	warm- up 15m	1. Yoga prayer 2. Standing yoga asana 3.sitting asana. 4.sliping asana and pranayama.
6	Participates	Staff-38	Students- 343 Total- 381


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Date:-22/6/2022

Activity plan for Yoga Day -2022

No			
1	16/6/2022	warm- up 10m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama)
2	17/6/22	warm- up 10m	1. Yoga prayer 2.Yoga practice (standing yoga asana Revision, and sitting asana)
3	18/6/22	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama)
4	20/6/22	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama.
5	21/6/22	warm- up 15m	1. Yoga prayer 2. Standing yoga asana 3.sitting asana. 4.sliping asana and pranayama.
6	Participates	Staff-44	Students- 400 Total- 444


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Date:-23/6/2023

Activity plan for Yoga Day -2023

No			
1	16/6/2023	warm- up 10m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama)
2	17/6/23	warm- up 10m	1. Yoga prayer 2.Yoga practice (standing yoga asana Revision, and sitting asana)
3	19/6/23	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama)
4	20/6/23	warm- up 15m	1. Yoga prayer 2.Yoga practice (standing yoga asana, sitting asana Revision, slipping asana and pranayama.
5	21/6/23	warm- up 15m	1. Yoga prayer 2. Standing yoga asana 3.sitting asana. 4.slipping asana and pranayama.
6	Participates	Staff-45	Students- 258 Total- 303

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Date: 26/07/2024

Motivational Program : "Meet The Personality" : 2018-2023

<u>Year</u>	<u>Personality</u>
2018	<i>Padma Shri Anandjibhai, Legendary Music director and music-directors Kalyanji-Anandji fame (Offline : Program's Video link : https://www.youtube.com/watch?v=vh5DsiOCyfg)</i>
2018	<i>Shri Ghanshyam Nayak, Natu Kaka of TV serial Tarak Mehta ka Ulta chashma (https://youtu.be/8lm6EMXWC1w)</i>
2019	<i>Shri Osman Mir, Bollywood film and Gujarati folk singer (Link of the program : https://youtu.be/RTzlPVUuoxc)</i>
2020	<i>Padma Shri Professor Sudhir Jain, Ex. Director, IIT Gandhinagar and present Vice-Chancellor of Banaras Hindu University (Online, Program's Web link : https://www.youtube.com/watch?v=UwxcqtZZeXo)</i>
2021	<i>Padma Shri Professor T. Pradip, an Institute Professor, IIT Madras (Online, Program's video link : https://www.youtube.com/watch?v=Ov-RXm2gwJQ&t=3342s)</i>




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