

Oswal Shikshan And Rahat Sangh Sanchalit
SHREE HALARI VISA OSWAL COLLEGE OF COMMERCE
(Affiliated to University of Mumbai)

Report
“YOGA WEEK”

Activity: - Importance of Yoga

Date: 11/07/2017

Objective of Activity: CREATE AWARENESS AMONG THE STUDENTS ABOUT IMPORTANCE OF YOGA

- **VENUE:-** At. College, 1st Floor, F.Y.B.Com, S.Y.B.Com, T.Y.B.Com Classroom Respectively.
- **TIME:-** 7:00am to 8:00am
- **Organized by:-** NSS Unit

- **Agenda of Activity**

1. Introduction of Activity.
2. Introduction of Speaker.
3. Speakers's session on fitness awareness.

- **Execution:-**

1. NSS Volunteer arranged classroom for above activity.
2. Volunteer and students had participated equally.

Activity started from 7:00 am onwards. All NSS volunteers and students of F.Y.B.com, S.Y.B.Com and T.Y.B.Com had participated equally. All students and NSS Volunteers had attended the yoga session.

- **Outcome:-**

1. The event has been done successfully.
2. All class Students had participated actively.
3. Students got proper knowledge regarding yoga and body fitness.

Mr.Yogesh Pawar
Programme Officer

Dr. Mrs. Snehal S.Donde
Principal

