

Date: 21st June, 2018

Report

Activity : Celebration of 'International Yoga Day'
Objective of the activity : To spread awareness regarding Yoga in order to promote healthy Lifestyle.
Time : 07:00 a.m. to 09:30 a.m.
Organized by : NSS volunteers

Agenda of the activity:

- To conduct orientation sessions about importance of yoga in daily life.
- To perform yoga and practice it regularly.
- To experience the benefits obtained from performing Yoga and respective exercises.

Execution:

The students of Shree Halari Visa Oswal College of Commerce along with its NSS volunteers had conducted an activity of 'Yoga Training and preaching' starting in order to celebrate the 'International Yoga Day' on 21st June, 2018. The activity was conducted for the purpose of spreading awareness regarding 'Yoga and its benefits' in daily life.

The occasion was graced by honorable member of Parliament Mr. Kapil Patil. He addressed the students how he is himself regularly performing yoga in every morning and stay fit. Thereafter the activity were conducted under the guidance of gurus of 'Shree Ambika Yog Ashram' who had been invited on the special occasion for imparting their knowledge regarding 'Yoga'. The session lasted for two and half hours– from 7:00 a.m. to 9:30 a.m. Mr. Kapil Patil, also shown his interest in various asana's and performed on the same along with students and staff. It was a learning experience for the entire group of participants who had experience great pleasure and relaxation by performing yoga.

Outcome:

- 1.) The NSS volunteers helped to promote Yoga and its practices through various sessions during the period.
- 2.) Students gained knowledge and information regarding Yoga and its benefits.
- 3.) It was a learning experience for the volunteers as well as the participants.
- 4.) The students performed Yoga and experienced healthy changes in their lifestyle.
- 5.) The activity was successfully conducted.

Yogesh Pawar
(NSS Programme Officer)

Dr. (Mrs.) Snehal Donde
(Principal)

