



A Programme under Health Awareness
Organized by the Department OF NSS,NCC
during
The Academic Year 2020-21
“International Yoga Day”

Organizer: Dr.S.G.Benjlwar

Name of the Activity	Date	Time	Venue	No. of Students Present/Participated
International Yoga Day	21 jun 2020	7.am to 11.am	Maharashtra Mahavidyalaya, Nilanga	75

Objectives of the Activity:

1. To highlight the importance of Yoga Sadhana as an important part of the Indian knowledge tradition
2. To create awareness among teachers - non-teaching staff and students about the importance of yoga practice for health
3. To create awareness about how yoga can improve health

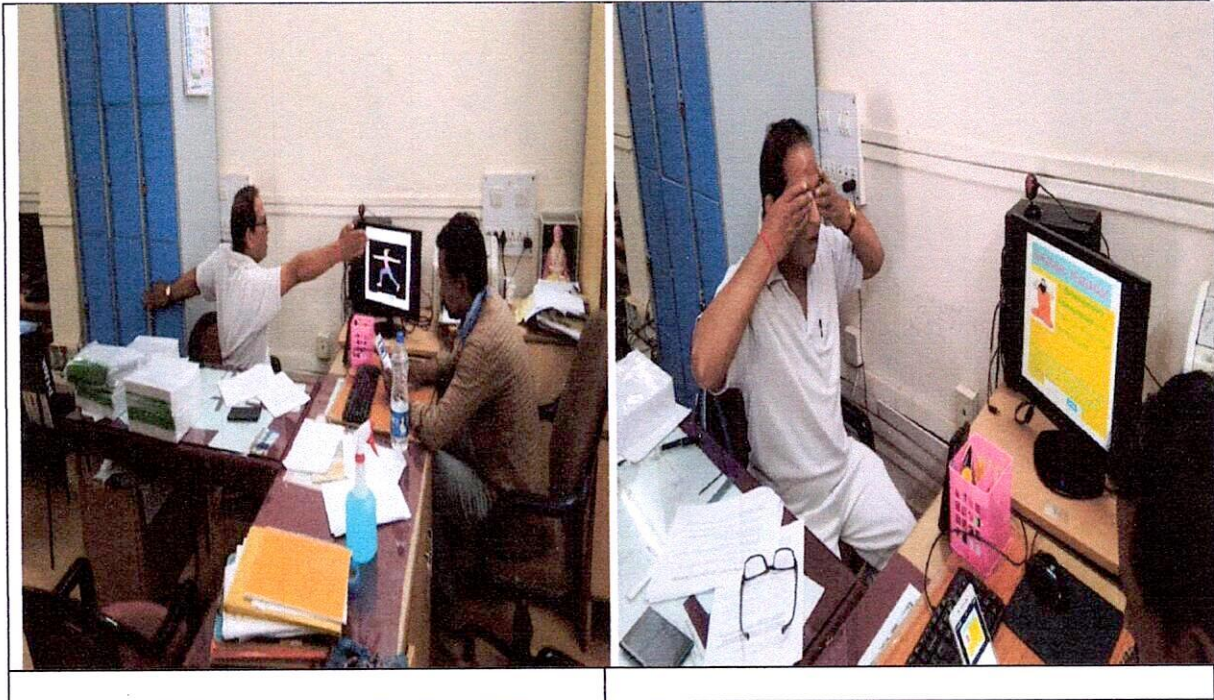
Brief Report:

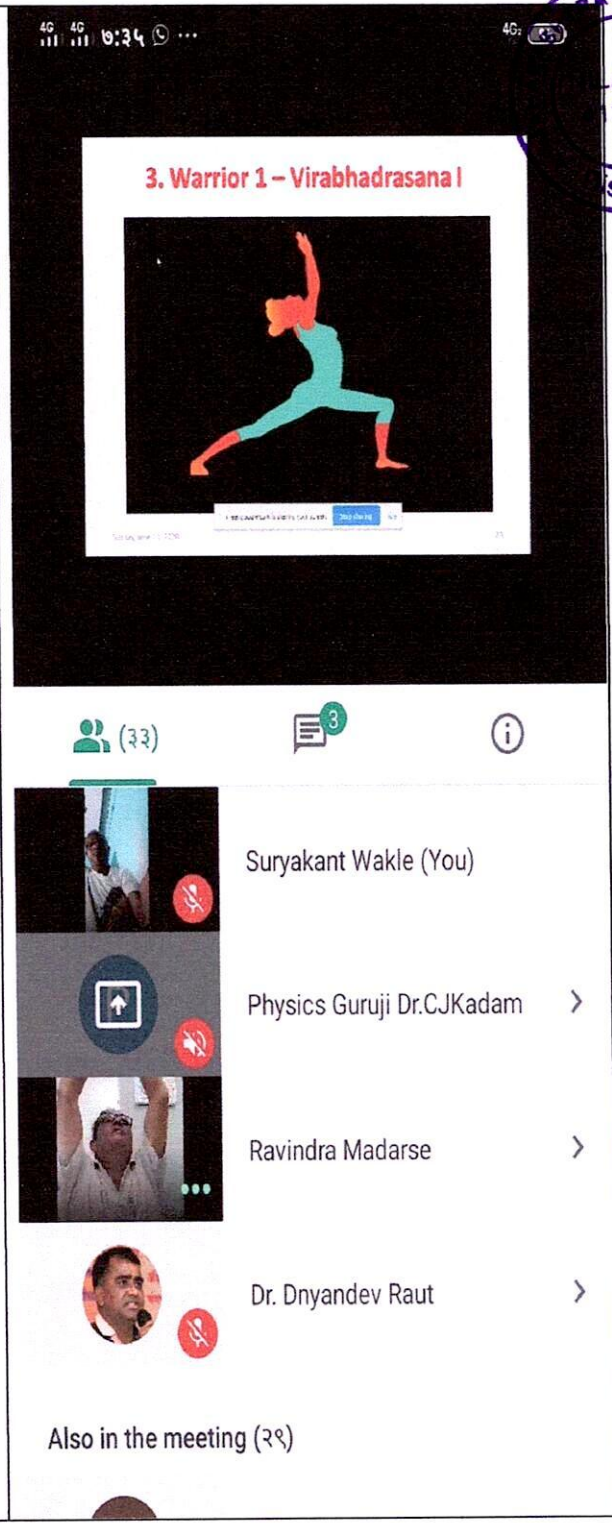
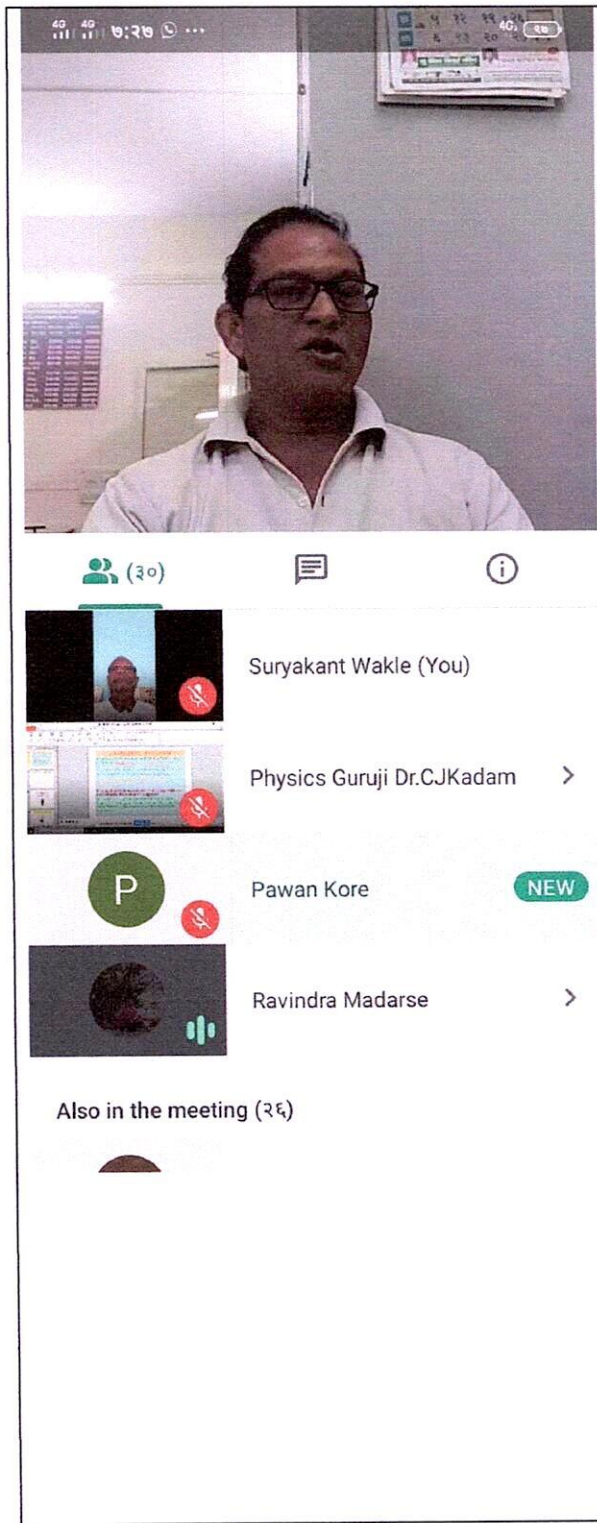
On the occasion of International Yoga Day, a yoga camp online was organized for students, teachers and non-teaching staff at exactly 07:00 am on behalf of the National Service Planning Department.. The principal of the college Dr. V. L. Yerande was present. Vice Principal of the College Dr. M. N. Kolpuke and yoga instructor Dr. C. J. Kadam was present on the stage.

The yoga camp was inaugurated by lighting the lamp by dignitaries. Expressing the opening speech on this occasion, principal of the college Dr. V. L. Yerande said that today the problems of physical health are becoming serious. If the body is to be kept healthy and fit, the youth should give more aim to yoga, he asserted the opinion that yoga should be given an important place in daily life by justifying yoga day. Present on the stage was the Vice Principal Dr. M. N. Kolpuke also wished everyone on this occasion. During the presidential conclusion, Principal Dr. V. L. Yerande said that every youth should give importance to yoga sadhana in his life as yoga increases efficiency in the youth by keeping the body and mind fit. Thank you program officer Dr. S. G. Benjlwar did. A large number of students, teachers and non-teaching staff attended the yoga camp

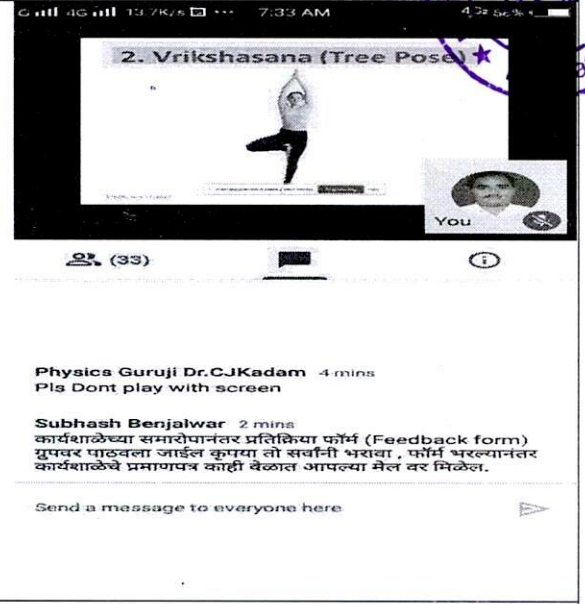
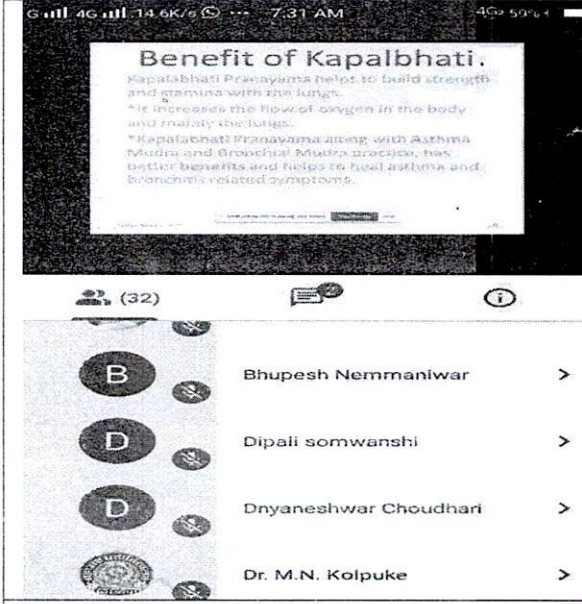
Outcomes of the Activity

1. Awareness arose that health can be cultivated through yoga practice
2. Realized the importance of yoga in the Indian knowledge tradition
3. Realized the importance of maintaining good health by practicing yoga regularly

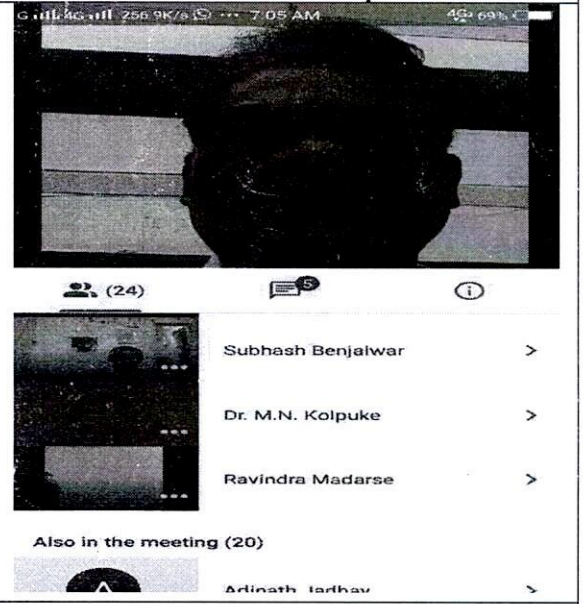




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ऑनलाईन योग कार्यशाळेचे अध्यक्षीय समारोप करताना प्र.प्राचार्य डॉ.एम.एन.कोलपूके.