

KTSP Mandal's
Hutatma Rajguru Mahavidyalaya, Rajgurunagar
National Service Scheme

Notice


Date: 16/06/2023

We are delighted to announce that NSS unit of Hutatma Rajguru Mahavidyalaya will be organizing a special event to celebrate International Yoga Day. The event will take place on Wednesday, 21st June, and aims to promote the practice of yoga for physical and mental well-being. We encourage all students to actively participate in this event and experience the transformative power of yoga.

Event Details:

- Date: Wednesday, 21st June 2023
- Time: at 8.00 am
- Venue: Late Vitthalerao Sabhagruh


Programme Officer
NSS
Programme Officer
National Service Scheme
Hutatma Rajguru Mahavidyalaya
Rajgurunagar


Dr. S. S. Pingale
PRINCIPAL
Hutatma Rajguru Mahavidyalaya
(Arts, Science & Commerce)
Rajgurunagar.



K.T.S.P.MANDAL'S
HUTATMA RAJGURU MAHAVIDYALAYA
RAJGURUNAGAR, TAL-KHED, DIST-PUNE 410501
National Service Scheme

Sr. No	Item	Particulars
1	Date	21 st June 2023
2	Name of Event	International Yoga Day
3	Venue	Hutatma Rajguru Mahavidyalaya, Rajgurunagar
4	Time	8.00 a.m.
5	Duration of the programme	One day
6	Expense	
7	Source of Financial Assistance	NSS
8	Names of resource persons	-
9	Name of coordinator	NSS Program officer
10	Number of participants	54
11	Curricular/Co-Curricular/Extra-Curricular	Extra-Curricular
12	Activity belongs to Which Criteria of NAAC	III

Report

On Wednesday, 21st June, the yoga demonstration was organized in accordance with the significance of International Yoga Day. A lecture by Mr. Sagar Gade on yoga and human health was arranged. Yoga holds great importance for individuals of all ages as it promotes knowledge and good health. By practicing yoga asanas, everyone can maintain their mental and physical well-being, and it has proven to be effective against various disorders and helps in controlling the mind, leading to a happier and healthier life. Therefore, it was emphasized that everyone should practice yoga. On the occasion of International Yoga Day, on 21st June, all the professors, staff members, NSS, NCC, and sports department students participated in the Common Yoga Protocol, following the prescribed yoga asanas. During this time, Mr. Sagar Gade provided information about the asanas, and Meenakshi Salunkhe demonstrated the asanas.

The program was attended by the Principal Dr. Shirish Pingale, Vice Principal Dr. V.D. Kulkarni, Dr. Sanjay Shinde, Registrar Mr. Kailas Pacharane, all professors, staff members, NSS, NCC, and sports department students. Dr. Prabhakar Jagtap initiated and introduced the program, while Prof. Pratima Lonari and Dr. Ganesh Dhumal expressed their gratitude.


The program was organized by Prof. Pratima Lonari, Major A.B. Kanavade, Dr. Ganesh Dhumal, Prof. Prabhakar Jagtap, and Dr. Kirti Nitnaware.





Staff and NSS volunteers while performing yoga


Programme Officer
NSS
Programme Officer
 National Service Scheme
 Hutatma Rajguru Mahavidyalaya
 Rajgurunagar


 Dr. S. S. Pingale
PRINCIPAL
 Hutatma Rajguru Mahavidyalaya
 (Arts, Science & Commerce)
 Rajgurunagar.

