

A MEGA YOGA SESSION- REPORT

Name of activity	A Mega Yoga Session
Objectives of the activity (maximum 40 words)	The objective was to guide the students about the importance and benefits of Surya Namaskar and also motivated them to do on regular basis.
Organizing department/s	DLLE and NCC
Collaborative institute	Yuva Jagar and Janakalyan Samiti
Date (DD / MM / YYYY)	8th February 2022
venue	College Ground
Mode	Offline
Details of Resource person (name, designation, institution)	Mr Manish Nakhwa- District Secretary, Krida Bharti Mrs Ketki Marathe - Vice President, Jana kalyan samiti Mr Virendra Patil- District Secretary, Jana kalyan samiti Mr. Girish Puranik- Joint Secretary, Krida Bharti Dr. Smita Bhide- Vice President, Jankalyan Samiti Mr. Ramesh Shivadkar (Aapatti Vimochan, Jankalyan Samiti) Capt.Bipin Dhumale
Key Participants	Students of B. N. Bandodkar College of Science (Autonomous)

Remarkable outcomes/ key take-away messages (max. three)	The Program motivated students regarding regular Yoga and specially Surya Namaskar Very nicely arranged and we are very thankful for the motivational speakers. The session was very useful.
Details of participants	
Total Number	94
Outsiders	06
In-house	88
	Faculty members: 1 students: 87
	Male: 42 female: 45 others:
Additional information	The program created relaxation and refreshed the students and made a spiritual environment during Yoga.

Name of Coordinator/ teacher in-charge: Dr. Vinda Manjramkar

Two Geo tagged photos:



 

V.P.M'S B. N. BANDODKAR COLLEGE OF SCIENCE (AUTONOMOUS), THANE (W)

In Collaboration With
 NSS, NCC, DILE, Yuva
 Jagar and Jankalyan Samiti
 Organises
"A Mega Yoga Session"

Under The Program 75th Azadi
 ka Amrit Mahotsav
75 Crore Suryanamaskar Campaign

Date : 8th Feb 2022
 Time : 08:00 AM
 Place : VPM'S Sports Ground



Regards,
 Dr. (Capt.) Moses Kolet
 Principal

Graphical representation of feed-back:

