

**VPM's B.N. Bandodkar College of Science (Autonomous) Thane (W)**

**NATIONAL SERVICE SCHEME**

**ACTIVITY CODE: - 4NSS/6/2022**

<b>Name of activity</b>	Count- down programme on international yoga day.
<b>Objectives of the activity (maximum 40 words)</b>	This programme was organised to create more awareness about yoga, the benefits and advantages of yoga.
<b>Organizing department/s</b>	NSS and NCC Unit of B.N. Bandodkar College of Science (Autonomous) Thane (W).
<b>Collaborative institute</b>	-
<b>Date ( DD / MM / YYYY )</b>	20/06/2022
<b>venue</b>	Patanjali Auditorium
<b>Mode</b>	Offline
<b>Details of Resource person (name, designation, institution)</b>	The international researcher and Yoga guru and our alumni Mr. Umesh Lalit.
<b>Key Participants</b>	Principal:- Dr. Moses Kolet NSS programme officer: -Dr. Ujjwala Gokhe NCC Officer:- Capt. Bipin Dhumale
<b>Remarkable outcomes/ key take-away messages (max. three)</b>	<ul style="list-style-type: none"><li>• Students understood the benefits of yoga.</li><li>• Students learned the proper way of practising yoga.</li><li>• The importance of yoga for a healthy lifestyle was explained.</li></ul>
<b>Details of participants</b>	
Total Number	65
Outsiders	
In-house	
	Faculty members:10                      Students: 55
	Male: 25                      Female: 30                      others:
<b>Additional information</b>	Duration of the programme was from 11:30 a.m. to 1:30 p.m.

Name of Coordinator/ teacher in-charge: Dr. Ujjwala Gokhe (NSS Programme Officer)

Two Geo tagged photos:



Graphical representation of feed-back:

