

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

NATIONAL SERVICE SCHEME

ACTIVITY CODE: - 2NSS/6/2022

Name of activity	International Yoga Day.
Objectives of the activity (maximum 40 words)	Providing basic information about yoga and its benefits through the performance of various yoga postures.
Organizing department/s	NSS, NCC Units & Yoga committee of B.N.Bandodkar College of Science (Autonomous) Thane.
Collaborative institute	Ambika Yog Kutir, Thane.
Date (DD / MM / YYYY)	21/06/2022
venue	Thorle Bajirao Peshwa Auditorium
Mode	Offline
Details of Resource person (name, designation, institution)	Mr. Kaustubh Dalvi (Yoga Instructor, Ambika Yog Kutir, Thane) yoga demonstrator : Mr. Hemant Salvi and Mrs. Mansi Shrike (They have been modified many students by practicing yoga classes in our college since 2000)
Key Participants	Dr .Capt. Moses Kolet (Principal), Capt .Bipin Dhumale (ANO), Dr, Ujjwala Gokhe Capt. Sanjeev Bhujel (CHM Army), Mrs. Umalaxmi Patne (Assistant Professor), Dr. Sandhya Pawley (Assistant Professor), Dr. Amit Bhumkar (Assistant Professor), Mr. Roshan Khobragade (ANO), Dr R. P. Athalye (Yoga Teacher).
Remarkable outcomes/ key take-away messages (max. three)	<ul style="list-style-type: none">• Students got an idea of various postures like Vajrasana, Tadasana, Vrukshasana and many other asanas.• The benefits of yoga were imparted.• Event ended with Omkar naad, Dhyan, Anulom-Vilom and Shavasana to relax all the participants.
Details of participants	
Total Number	59
Outsiders	
In-house	

	Faculty members: 20 Students: 39
	Male Students: 18, Female Students: 21 Others:
Additional information	The programme lasted from 8:00 am to 10:00 am. Of the 38 students, a total of 22 NSS volunteers participated in the programme, 7 boys and 15 girls.

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

Two Geo tagged photos:



Graphical representation of feed-back:

