



Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Department of NSS



A) A Summary Report of the Activity

1) Title of Programme:	Yoga Day
2) Name of Organizing Department/Unit:	NSS
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:	Dr K D Savant, Dr Pushpalata Trimukhe, Dr Sambhaji Patil
4) Date(s) of the Programme:	21-06-2019
5) Venue/Mode	ZOOM / Rajarshi Shahu Mahavidyalaya (Autonomous), Latur
6) Target Group:	UG & PG Students
7) Number of Participants:	128
8) Name(s) and details of Resource Person(s), if any:	Mr. Shahuraj Autade and Mrs. Bharati Autade
9) Total Expenditure for the Programme:	Free
10) Source of Funding:	Not Applicable



. B) Report

i) Title Online Yoga Day

ii) Objectives

- 1) To motivate the people to do Yoga and Meditation for better physical and psychological health.
- 2) To teach basics of Yoga and Pranayam to the participants.

iii) Details of Participants: 128

iv) Brief Summary of the Event:

Yoga and Meditation Program was organized by the Rajarshi Shahu Mahavidyalaya on the International Day of Yoga on 21 June 2019 in coordination with Patanjali Yoga Peeth, Latur. On this occasion different yoga and yogasan taught by Prof. Shahuraj Autade and Mrs. Bharati Autade who were the trainers of Patanjali yoga committee to the college staff and students. They stated the importance of yoga and origin. Dr. Mahadev Gavhane, principal of college addressed to the teachers regarding physical fitness. On this occasion Dr. Shekhar Garad Member Shivchhatrapati Shikshan Sanstha, Dr. Mahadev Gavhane, principal of the college, Dr. A.J. Raju, Vice Principal, Programme Officer, Dr. K. D. Savant, Dr. Pushplata Trimukhe, Prof. Vijay Gawali, Prof. Somdev Shinde, teaching and non-teaching staff and students were participated. Anchoring of the program was done by Prof. Somdev Shinde.

vi) Conclusion with feedback on the Programme:

In this program, 128 participants were benefitted by Yoga and Paranayam exercises.


Program Officer
कार्यक्रमाधिकारी,
राष्ट्रीय सेवा योजना,
राजर्षी शाहू महाविद्यालय,
लातूर-४१३ ५१२


Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya, Latur
(Autonomous)