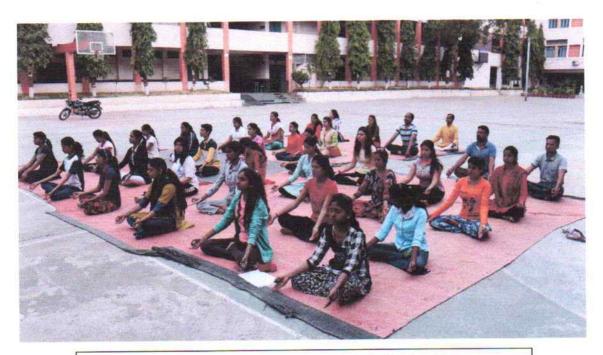


Shiv Chhatrapati Shikshan Sanstha's Rajarshi Shahu Mahavidyalaya, Latur (Autonomous) NSS Unit

A) A Summary of the Activity:

1) Title of Programme:		Yoga and Meditation Camp for Hostel		
		Girls' Student		
2) Name of Organizing Department/Unit:		NSS Unit		
3) Name of the Coordinator(s)/		Dr. K. D. Sawant		
Convener(s)/Organizer(s) of	the			
Programme:				
4) Date(s) of the Programme:		11-11-2019		
5) Venue/Mode:		VLC Hall		
6) Target Group:		Girl Students		
7) Number of Participants: 66		Male	Female	Total
A separate list with signatures be maintained in the department/Unit)	Teaching	04	-	04
	Non- Teaching	-	-	
	Students	-	30	30
8) Name(s) and details of Resource		Mr. Shahuraj Autade,		
Person(s), if any:		Yoga Trainer,Latur		
9) Total Expenditure for the Programme:		Nil		
10) Source of Funding:		Not applicable		

The NSS unit organized Yoga and Meditation Camp for Hostel Girls' Student. The main objective of the proposed program was to promote physical and mental well-being among hostel girls students. Yoga and meditation are proven methods to reduce stress, improve concentration, and enhance overall health. The program aims to create a conducive environment for learning, relaxation, and personal growth.



Students' participants in Yoga and Meditation Camp

Incharge

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PRINCIPAL Rajarshi Shahu Mahavidyalaya, Latur (Autonomous)