



**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)/ Convener(s)/ Organizer(s) of the Programme:	Dr. K. D. Sawant			
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 Person(s), if any:	Mr. Shahuraj Autade, 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




Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya, Latur
(Autonomous)