



# Ramanand Arya D. A. V. College

## (Autonomous)

Receipt for the Activity details submitted with the Records Committee

### International Yoga Day Celebration at College

Timestamp	1/11/2025 10:29:24
Email Address	ramanandaryadavcollegenss2122@gmail.com
Name of the activity:	International Yoga Day Celebration at College
Date:	6/21/2023
Time:	8:00:00 AM
Venue:	College's Auditorium.
Faculty:	Commerce Regular
Department / Committee:	NSS Unit
Organisers / Cordinators Name:	
Organisers / Cordinators Contact No:	9892052035
No. of Participants (Total):	5
No. of Participants (Male):	1
No. of Participants (Female):	4
Nature of the Activity:	Academic
Topic/ Subject of the activity	International Yoga Day Celebration at College
Objective for conducting the activity:	Encourage students and faculty to engage in regular physical activity through yoga, highlighting its benefits for overall health and fitness.
Briefly mention the methodology used:	The Chief guest along with their team taught students various Yoga asanas and properly guided instructions were followed throughout the Yoga Session
Briefly mention the outcome of the activity:	Throughout the programme, volunteers performed and learned several Yoga Asanas.
Proofs attached:	Report
Comment (if any):	yes



*Ramand*



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NAAC Accredited

Attachments:	<a href="https://drive.google.com/open?id=1wg3Nkw33NZqmlJyHr0SGWQqDM3IJxk2b">https://drive.google.com/open?id=1wg3Nkw33NZqmlJyHr0SGWQqDM3IJxk2b</a>
Report submitted by:	NSS Unit

### Report of program/event/activity organised

1. **Name/Title of the program:** International Yoga Day Celebration at College.
2. **Person/committee who organised the program:** NSS Unit of Ramanand Arya DAV College.
3. **Date :** 21<sup>st</sup> June,2023
4. **Who were the participants:** NSS Volunteers.
5. **How many in numbers :**
6. **Name of the resource person :**
7. **Organisation/credentials of resource person :** Shri Ambika Yoga Ashram.

### REPORT OF THE PROGRAMME: -

1. NSS Unit of Ramanand Arya DAV College Organised a Yoga Programme on 21<sup>st</sup> June,2023 in collaboration with Shri Ambika Yoga Kutu -Thane between 8:00 am to 10:00 am.
2. This event was conducted inside the College's Auditorium.
3. Our college's Vice Principal Dr.Ravi Naik felicitated the Chief guest of this event with a Plant Sapling and Started the Yoga Session.
4. The Chief guest along with their team taught students various Yoga asanas and properly guided instructions were followed throughout the Yoga Session.
5. Various Yoga Asanas were performed throughout the session like Hastapadasna, ArdhaChakrasana, Trikonasana,Vajrasana etc.

### IMPACT ON VOLUNTEERS:-

1. Throughout the programme, volunteers performed and learned several Yoga Asanas.
2. Volunteers learned health benefits through these Yoga asanas and what impact it has on Human mind and body.



**PHOTOS:**

