

### Yoga and Meditation 2018-2019

<b>Sr. No.</b>	<b>Name of the Event</b>	<b>Date &amp; Venue</b>	<b>Description</b>	<b>No. of NSS volunteers participated</b>
1	<i>Yoga Day Inaugural Function</i>	Date- 15th June, 2018 Venue – RD National College, Mumbai	For the inaugural function, NSS volunteers from different colleges had come. There were instructors from Kaivalyadham to train and guide the participants. They highlighted the benefits and importance of yoga.	5

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2	<i>Yoga Training Camp</i>	Date: 15th June, 2018 to 20th June, 2018 Venue: University of Mumbai, Kalina Campus	The Yoga camp was held at sports complex in Mumbai University at Kalina where the three volunteers from the college took part. The yoga session used to start at 9 am by reciting a yoga prayer followed by practical yoga asanas which were guided and mentored by the experts of Kaivalyadham Yoga Centre. There also used to be a session on theory of Yoga where they were taught about the history, physiology, etc. about Yoga.	3 (our students highlighted in yellow)



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			<b>participated</b>
3	<i>Valedictory Program At Kalina University</i>	Date: 21st June 2018 Venue: University of Mumbai, Kalina Campus	6





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4	<i>Celebration of 4<sup>th</sup> International Day of Yoga</i>	Date: 21st June 2018 Venue: College of Home Science Nirmala Niketan Hall	On 21 <sup>st</sup> June 2018, International Yoga Day was conducted in college premises by NSS Unit with collaboration of Diet Counseling center. It started at 12:00 pm and ended by 2:30 pm. Ten NSS volunteers were managing the event. The purpose of the session was to make people aware about the importance of yoga .A renowned dietitian and certified Yoga trainer Mrs. Sharvari Kalantre and her assistant Mrs. Vaishali Kamat were invited as resources people. The trainers gave detailed information about what is yoga and its benefits also some yogasans were demonstrated by them by giving its description. Later on the participants were given to do some asans according to their instruction under their observation .There were about 70 participants including students, teaching, non-teaching and support staff.	10 with about 70 participants



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No.		Venue		volunteers participated
5	<i>Five Day Yoga Workshop in college</i>	Date: 17-21 December 2018 Venue: College of Home Science, Nirmala Niketan Hall	From 17-21 December 2018, a Yoga workshop was organized by the NSS unit in college premises. The purpose of this workshop to motivate students to practise Yoga and to make them aware them about the importance of Yoga. This workshop was for 5 days. NSS volunteers Ms Mayuri Nimbre, Ms Rucha Mhatre and Ms Vidhya Singh conducted this session.	8 NSS Volunteers and 12 Non-NSS Volunteers, about 20 students participated.



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6	<i>Yoga Sadbhavna Demonstration Session</i>	Date: 2 <sup>nd</sup> February 2019 Venue: University Sports Pavilion, Marine Lines.	On 2 <sup>nd</sup> February 2019, a session for the students who attended 5 days' workshop was organized by the University. It was held in University Sports Pavilion, Marine Lines. Stress was given on making participants understands the importance of Yoga. The session then proceeded with the doing of basic yogasnas and the session concluded with providing refreshments.	18

