

Yoga and Meditation 2016-2017

Sr. No.	Name of the Event	Date & Venue	Description	No. of NSS volunteers participated	Beneficiaries
1	Celebration of International Day of Yoga	21st of June, 2016 in the College Hall	International day of Yoga was celebrated with a 2 ½ hour yoga poster competition, yoga quiz and Essay competition were also organized	25 (organized it)	50





NIRMALA NIKETAN
UNIVERSITY OF
COLLEGE OF HOME SCIENCE
AWARDED A UNIVERSITY OF NUMBER
AND ACCREDITED A GRADE
HIGHEST LAW OF LOVE IS SERVICE™
S. S. UNIT
Let me but...

INTERNATIONAL DAY OF YOGA
YOGA IS HEALTH & LIFE



Sr. No.	Name of the Event	Date & Venue	Description	No. of NSS volunteers participated	Beneficiaries
2	Daily Yoga Session during NSS Special Camp	2 nd Nov 2016 to 8 th Nov 2016, Gyan Jyoti Community Centre , Umbergaon, Kharasgaon	During special camp, the NSS volunteers, teachers and sisters at Gyan Jyoti Community Centre had 30 minute yoga session during the week.	14	20





