

Yoga and Meditation 2017-2018

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, 2017 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	15	100





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2	Daily Yoga Session during NSS Special Camp	26 th December 2018 to 1 st January 2019 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.	20	20

