

**Shri Shivaji Education Society Amravati's Science College,
Congress Nagar Nagpur**

Notice

Date: 18 /06/2022

All the students and staff members are hereby informed that "International Yoga Day" will be celebrated on Tuesday, 21st June 2022 at 6:30 a.m. in the college Premises.

All are requested to remain present for the same.

M. D. Gore

Principal
Science College Congress
Nagar, Nagpur




Report

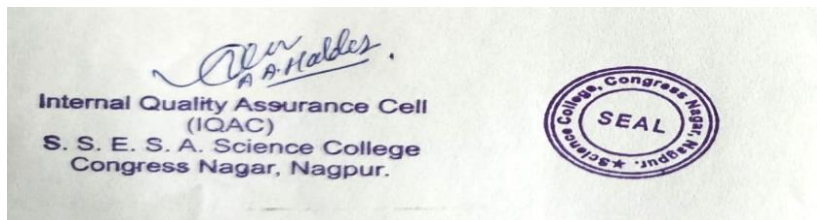
International Yoga Day

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. On 21st June 2022, NSS unit of Shri Shivaji Science College Nagpur celebrated 8th International Yoga Day with great zeal and enthusiasm by the students, teachers, N.S.S. volunteers and NCC cadets. The program inaugurated at the hands of honorable Principal, Prof. M. P. Dhore. Prof. Prashant Utale, NSS coordinator was the yoga instructor. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. Around 56 students and staff participated on this great occasion of International Yoga Day.

Action Taken

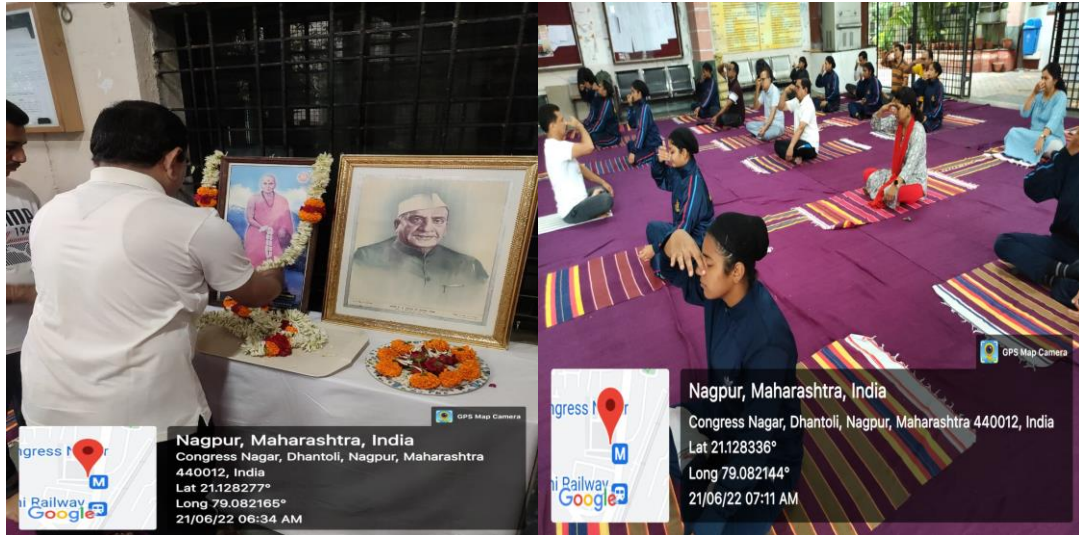
8th International Yoga Day celebrated on 21/06/2022 by NSS team in Shivaji Science College, Congress Nagar, Nagpur. NSS coordinator, Prof. Utale was the instructor for this yoga program. Total 56 participants were present for the program.


N. S. S.
Programme Officer
Shivaji Science College
Congress Nagar, Nagpur-12..

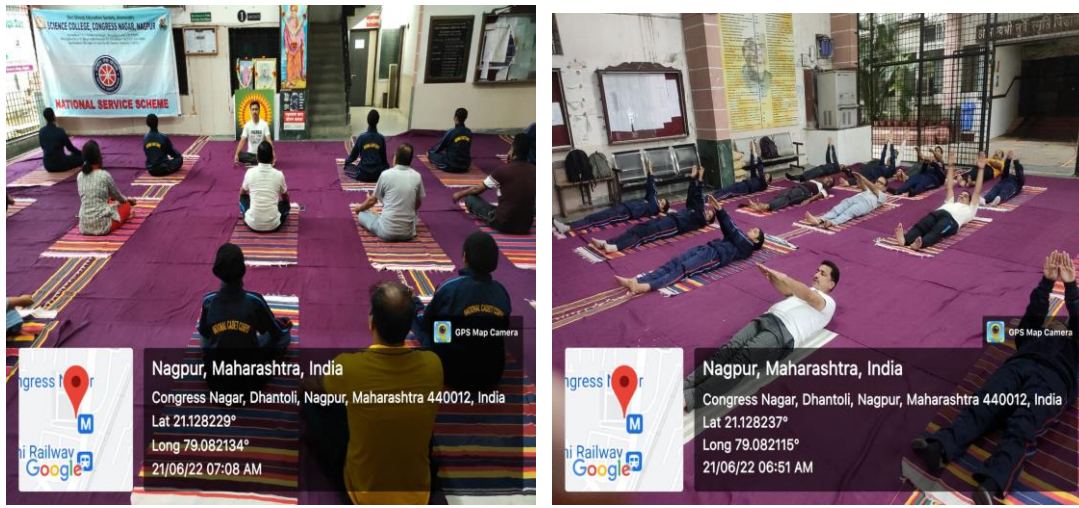



Principal
S. S. E. S. Amravati's
Science College, Nagpur.

Glimpse:



Inauguration of the program by Principal Prof. M. P. Dhore and Yoga Instructor Prof. P.S. Utale





After completion of activity, a group Photo of Principal, Prof. M. P. Dhore, Yoga Instructor, Dr. P. S. Utale, staff members, NSS and NCC team



Shri Shivaji Education Society Amravati's
SCIENCE COLLEGE
CONGRESS NAGAR, NAGPUR.



Attendance Sheet

Date: 21/06/2022

Time: 7:00 am

Event Name: Yoga Day (International)

Sr. No.	Name	Year	Signature
1	Prof. Prachin Otale	—	<i>[Signature]</i>
2	Dr. S. V. Khaugar	—	<i>[Signature]</i>
3	Ms. B. T. Kumbhare	—	<i>[Signature]</i>
4	Dr. Sonwalke	—	<i>[Signature]</i>
5	Dr. Reshal Deshmukh	—	<i>[Signature]</i>
6	Prof. R. N. Deshmukh	—	<i>[Signature]</i>
7	Prof. S. R. Pande	—	<i>[Signature]</i>
8	Dr. Kechhe	—	<i>[Signature]</i>
9	Vaishnavi Panda	2nd year	<i>[Signature]</i>
10	Janhavi N. Burade	2nd year	<i>[Signature]</i>
11	Samiksha Radke	2nd year	<i>[Signature]</i>
12	Gowri Doifode	2nd year	<i>[Signature]</i>
13	Prityog Tadke	2nd year	<i>[Signature]</i>
14	Krutika Chandorkar	2nd year	<i>[Signature]</i>
15	Tanmay Karanjekar	2nd year	<i>[Signature]</i>
16	Mohit Bhakte	2nd year	<i>[Signature]</i>
17	Shouvi Samarth	2nd year	<i>[Signature]</i>
18	Gaurav M. Parshuramkar.	II year	<i>[Signature]</i>
19	Aniket P. Baropake	II year	<i>[Signature]</i>
20	Vipul D. Sangitoo	II year	<i>[Signature]</i>
21	Yash A. Sonpimpale	2nd year	<i>[Signature]</i>
22	Prityansh B. Koche	2nd year	<i>[Signature]</i>
23	Mayur B. Bannpal.	2nd year	<i>[Signature]</i>
24	Ketaki P. Chaudhani	II year	<i>[Signature]</i>
25	Utkarsha V. Kothe.	II year	<i>[Signature]</i>

Sr. No.	Name	Year	Signature
26	Vaidehee Bawankar	II year	V Bawankar
27	Pranali Porchattiwar	2nd year	Pranali P
28	Ritika Balodiy	II year	Ritika B
29	Jayshree P. Yadav	II year	Jayshree
30	Tanukha Anand Kadu	2nd year	Tanukha
31	Yashwant Raju Pannikar	II year	Yashwant
32	Vinku Manik Moundekar	II year	Vinku
33	Krunal Gajanan Bhogate	2nd year	K Bhogate
34	Shrivatsa Prashant Pitale	2nd year	SP
35	Pranav Bhupesh Lakhe	2nd year	Pranav
36	Pratham Sanjiv Shrivast	2nd year	Pratham
37	Sneha Sharma	2nd year	Sneha
38	Wruckshani Doble	2nd year	Wruckshani
39	Anushka Palanduskar	I st year	Anushka
40	Tithi Bondre	I year	Tithi Bondre
41	Arya Rathe	1 st year	Arya
42	Sayli Hedau	1 st year	Sayli
43	Sanika Kashikar	1 st year	Sanika
44	Jshita Kamleke	1 year	Jshita
45	vanika Raut	1 year	vanika
46	Jshika Pandey	1 st year	Jshika
47	Saloni Raut	1 st year	Saloni
48	Samiksha Jhot	1 st year	Samiksha
49	Humera Afroz	I year	Humera
50	Awanti Kothalkar	I year	Awanti
51	Ayushi. Li'chode	1 st year	Ayushi
52	Astha Karajde	1 st year	Astha
3	Dhiraaj Rajendra Hedao	I year	Dhiraaj Hedao
4	Vishal Vipharanath Mondhe	I year	Vishal Mondhe
5	Shreya T. Bagde	I year	Shreya Bagde
	Awanti Kothalkar	I year	Awanti Kothalkar

**Shri Shivaji Education Society Amravati's Science College,
Congress Nagar Nagpur**

NATIONAL SERVICE SCHEME (NSS)

International Yoga Day Feedback Form

Instructor Name:Date: 21/06/2022

Name of Volunteer.....
.....

Please rate the following aspects of the program on a scale from 1 to 4, with 1 being "Poor" and 4 being "Excellent"

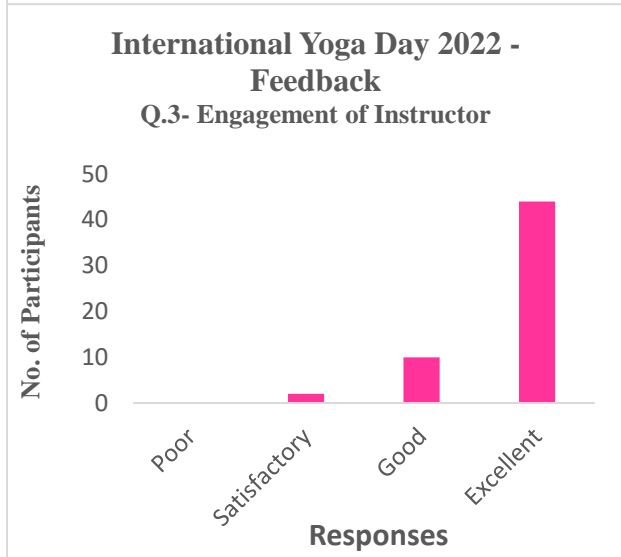
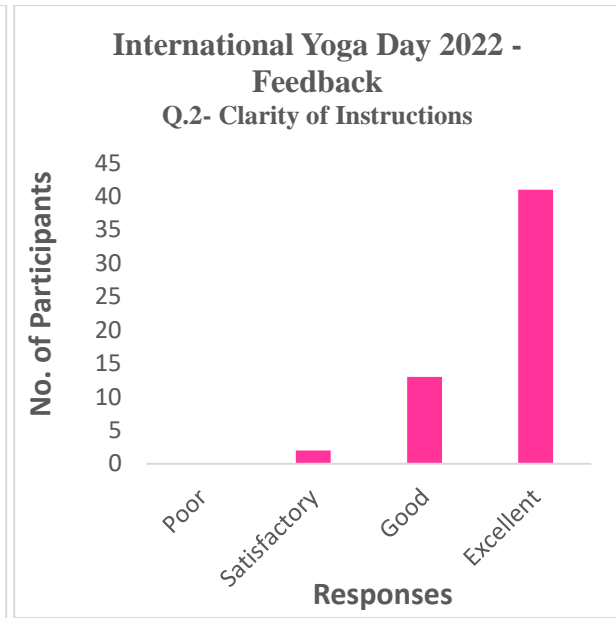
Q.1 Relevance of the event

Q.2 Clarity of Instructions

Q.3 Engagement of Instructor

Q.4 Interaction and Participation

Q.5 Benefits of Program



International Yoga Day 2022 -Feedback
Q.5-Benefits of Program

