

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

NOTICE

Date : 19/06/2023

All the students, teaching (Junior & Senior College) & non teaching staff members are hereby informed that the international yoga day will be celebrated on Wednesday, 21st June 2023 at 6.30 a.m. All are requested to remain present for this programme.

Venue : In-front of Office (Cash Counter).



M. P. Dhore
(Dr. M. P. Dhore)
Principal
Science College,
Congress Nagar, Nagpur

Copy to :

01) Prof. P. S. Utale, N.S.S. Coordinator, Science College, Nagpur.

**Report on International Yoga Day Celebrated In Shri Shivaji
Science College. Congress Nagar, Nagpur**

Date:- 21st June 2023

Yoga is physical, mental and spiritual practice originated in India.

International day of yoga commonly referred as YOGA DAY is celebrated annually on 21 June, since it's inception in 2015

Every year International Day of Yoga celebrated in Shri Shivaji Science College, Congress Nagar, Nagpur. This year also YOGA DAY was celebrated on 21 June 2019 to raise awareness among people about the benefits of yoga in daily life. Total 40 teaching and non-teaching staff members were present on the occasion.

Yoga exercises were demonstrated by Prof. S. R. Pande, Dr. J.K Keche and Prof. P. S. Utale All present staff members had performed the yoga.

Prof. M P Dhore, Principal of shri shivaji Science College. Narrated the importance of yoga. He stated that yoga brings balance between the body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment.

[Prof. P. S. Utale]

N.S.S Program Officer





Shri Shivaji Education Society Amravati's
SCIENCE COLLEGE
CONGRESS NAGAR, NAGPUR.
NSS 2023-24



Event :- International yoga Day.


Date :- 21/06/23

Sr. No.	Name	Siganture
1.	Lavanya Ramakant Talnikar	
2.	Tanmay Pradip Nazare	
3.	Pranav Chandra Kant Titarmare	
4.	Rakhi .S. Minawe	
5.	Maitili Panchabhai	
6.	Pournima Chaudhary	
7.	Tanmayi Dhabeekar	
8.	Shafiq Hakin	
9.	Dugesh Pandey	
10.	Mansi Binekar	
11.	Gauri Bhalkar	
12.	Aditya Wadibhanshe	
13.	Mayur Bansode	
14.	Priyanshi Tidke	
15.	Priyanshi Wode	
16.	Pavithri Vinkhore	
17.	Anshu Meshram	
18.	Shubham Sathawane	
19.	Sneha Sharma	
20.	Nikhi Banode	
21.	Bhavesh Kadwe	
22.	Munali N. Bhushanwar	
23.	Amrta Palandekar	
24.	Shreya Wankhede	

Sr. No.	Name	Siganture
25	Astha Nagbhidkar	Astha
26	Akshata Nagpurkar	Akshata
27	Shrutti Samant	Shrutti
28	Humera Afroz	Humera
29	Ishika Pandey	Ishika
30	Mansi Yeranbure	Mansi
31	Anchal Bole	Anchal
32	Pratham Gupta	Pratham
33	Aryan Joshi	Aryan
34	Mayur Kadamelhad	Mayur
35	Saloni Raut	Saloni
36	Bhar Yash Gisi	Bhar
37	Durvesh Wankhede	Durvesh
38	Yash Khobragade	Yash
39	Nandini Wagde	Nandini
40	Vaidehi Ambasane	Vaidehi
41	Hemad Bhojar.	Hemad
42	Raunak Hiwarkar	Raunak
43	Samiksha Khot	Samiksha
44	Vishakha Pandey	Vishakha
45	Tanvi Samarth	Tanvi
46	Jauvi Sahare	Jauvi
47	Darshan Waghmare	Darshan
48	Kajal Bisen	Kajal
49	Yingun Wasnik	Yingun
50	Yash Wasnik	Yash
51	Arya Wade	Arya
52	Ayush Charhan	Ayush
53	Ireca Jirane	Ireca
54	Yugant Rakshak	Yugant
55	Aepita Jaybhiye	Aepita
56	Pratik Bhujade	Pratik

Action Taken

International Yoga Day was celebrated on 21/06/2023 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..



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

NATIONAL SERVICE SCHEME (NSS)

International Yoga Day Feedback Form

Instructor Name:Date: 21/06/2023

Name of Volunteer.....

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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

Analysis of Feedback

