

# Health Committee, NSS and Criterion VII

## Celebration of International Yoga Day

Name of Activity: **Online Yoga on the occasion of International Yoga day**

Date and Time of activity conducted: **21-06-2021, 07.30 to 09.00 am**

Target Group: **All teaching and non-teaching staff of College and NSS students**

Number of Students/Teachers took the advantage: **100**

Name of Organizer: **Health Committee, NSS and Criterion VII.**

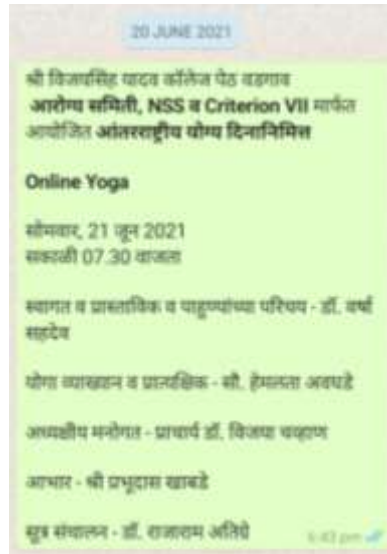
### Description of activity

On the occasion of International Yoga Day – 21 July 2021, Health Committee in association with NSS and Criterion VII organized '**Online yoga**' for all teaching and non-teaching staff of College and NSS students. The programme was organized online on **Google meet** platform. **Mrs. Hemalata Awaghade - Yoga teacher from Sanjivani Yoga centre, Peth Vadgaon** delivered a talk on Yoga. She also gave a live demo of Yoga for all participants. All the participants practiced this yoga in their homes in the COVID pandemic restrictions period. **Prin. Dr. Vijaya Chavan delivered presidential speech** for the programme. She talked on the importance of yoga for healthy mind and physical fitness.

Welcome, preface and Guest's intro of the programme was given by **Dr. Varsha Sahadev**, Head, Criterion VII. Vote of Thanks was proposed by **Mr. Prabhudas Khabade**, Programme officer, NSS. The programme was anchored by **Dr. Rajaram Atigre**, Chairman, Health committee.



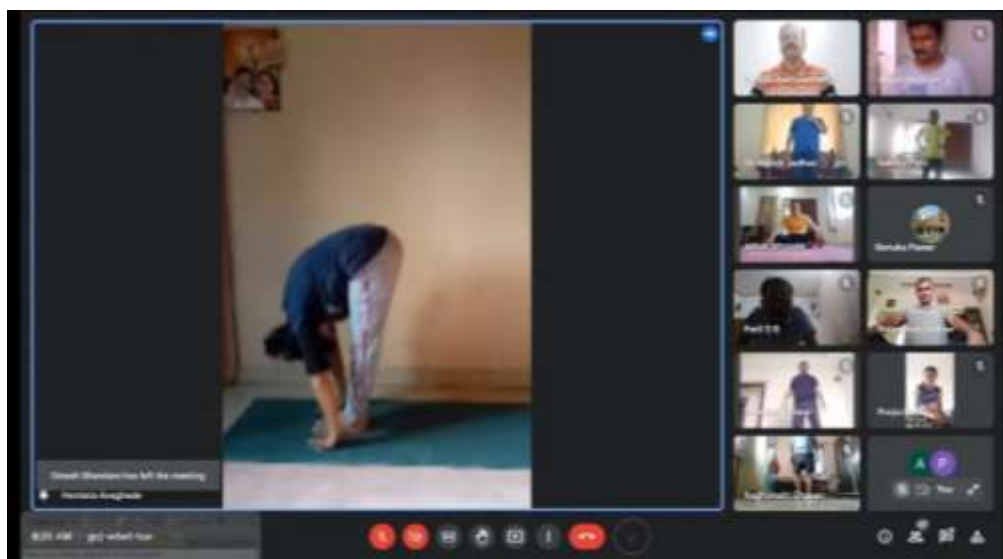
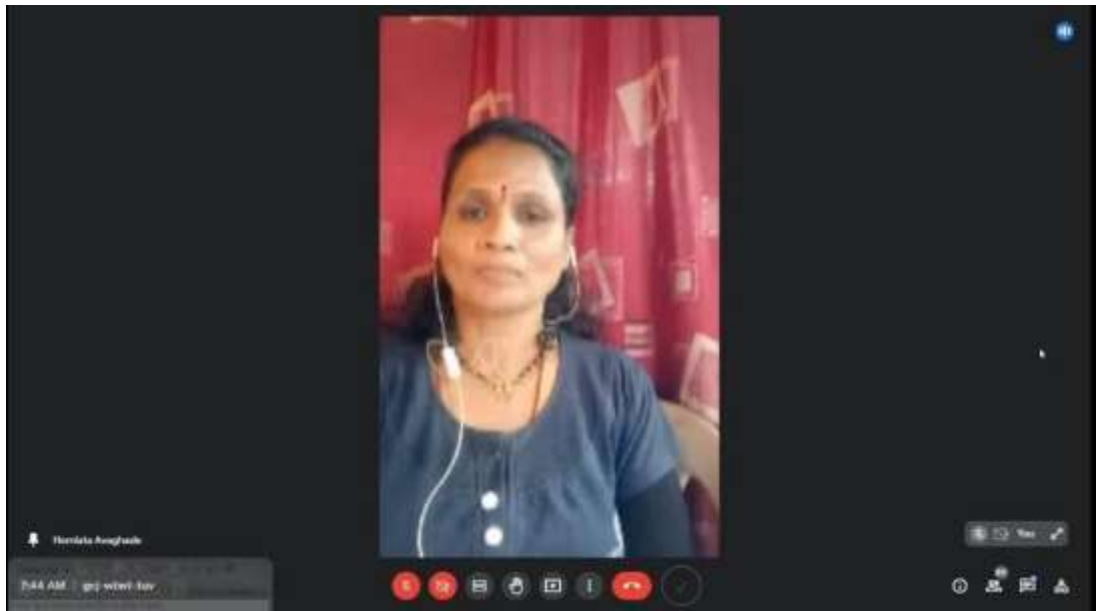
Notice of activity on Whatsapp



Programme schedule



Link of Activity





**Demo by Mrs. Hemalata Awagade**



**Presidential speech by Prin. Dr. Vijaya Chavan**

Date of Report – 22-06-2021

**Chairman**  
Health committee

**Programme officer**  
NSS

**Principal**  
Shri VY College, Peth Vadgaon