



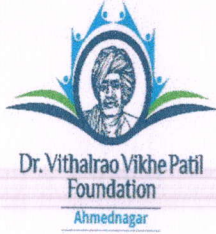
Dr. Vithalrao Vikhe Patil Foundation's
COLLEGE OF NURSING

Opp. Govt. Milk Dairy, M.I.D.C., Ahmednagar- 414 111
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Report On “International Yoga Day”

Date:- 21/06/2024



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Report on International Yoga Day Celebration

1. Title of the Activity: International Yoga Day Celebration
2. Date: 21/06/2024
3. Venue: Dr. Vithalrao Vikhe Patil Foundation's College of Nursing, Ahmednagar
4. Organized by: NSS Unit, Dr. Vithalrao Vikhe Patil Foundation's College of Nursing, Ahmednagar
5. Program Coordinator: Mr. Nitin Nirmal, Asst. Professor, Dr. Vithalrao Vikhe Patil Foundation's College of Nursing, Ahmednagar
6. Description of the Activity:

The International Yoga Day was celebrated on 21st June 2024 at Dr. Vithalrao Vikhe Patil Foundation's College of Nursing, Ahmednagar, under the organization of the NSS Unit. The event aimed to promote physical, mental, and spiritual well-being through the practice of yoga. Under the guidance of Program Coordinator Mr. Nitin Nirmal, participants gathered early in the morning to practice various yoga asanas and pranayama techniques.

The session began with an introduction to the importance of yoga in daily life, followed by a series of yoga exercises led by an experienced yoga instructor. The participants, which included students, faculty members, and staff, engaged in various postures aimed at improving flexibility, strength, and relaxation. The session concluded with a meditation exercise, emphasizing the significance of mental health and inner peace.

7. Feedback of the Activity:


The Yoga Day celebration received positive feedback from all participants. Many expressed that the yoga session was refreshing and helped them feel more relaxed and focused. Participants appreciated the well-structured session and the guidance provided by the

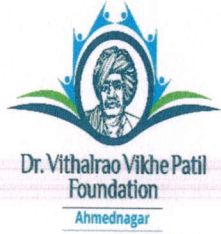
instructor. The event was lauded for its contribution to promoting health and wellness among the college community.

8. Outcomes of the Activity Achieved:

- Enhanced awareness of the physical and mental health benefits of yoga among participants.
- Fostered a sense of well-being and relaxation through the practice of yoga and meditation.
- Encouraged the incorporation of yoga into daily routines for improved health and stress management.
- Strengthened community bonding within the college through collective participation in a wellness activity.

9. Total Attendance: 15 NSS Participants


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NSS Participants Of Yoga Day Celebration A.Y.(2023-24)

Dated: 21/06/2024

Sr. No.	Name of the Student	Sign of Students
1	Awsare Arti Ganesh	Arti
2	Bhalerao Snehal Rajendra	Snehal
3	Bodkhe Vaibhav Chandrabhan	Vaibhav
4	Chakranarayan Silviya Ravindra	Chakranarayan
5	Darekar Radhika Bharat	Radhika
6	Dhakane Manasi Pradeep	Manasi
7	Dhale Hrishikesh Pralhad	Hrishikesh
8	Dhas Ashwini Jalindar	Ashwini
9	Dole Mukta Laxman	Mukta
10	Dukre Arti Sopan	Arti
11	Gagare Pankaj Vilas	Pankaj P.
12	Gagare Vishal Balasaheb	Vishal
13	Gangurde Nikita Bhausahab	Nikita
14	Ghige Prachi Suresh	Prachi
15	Ghuge Akash Pandurang	Akash

Ashwini

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NSS Program Coordinator



P. Acharya

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