



Sainath Education Trust's
Rajiv Gandhi College
of Arts, Commerce, & Science, Vashi Navi Mumbai
{ Permanently Affiliated to University Of Mumbai }
ACCREDITED BY NAAC, GRADE 'B'

NOTICE

Date: 15th June 2019

Dear Students and Faculties,

We are pleased to announce that the NSS (National Service Scheme) Unit of Sainath Education Trust's Rajiv Gandhi College of Arts, Commerce, and Science Vashi Navi Mumbai on occasion of **International Yoga Day** is organizing a Yoga Session on 21st June 2019. We invite all students, faculties and nonteaching-staff to participate wholeheartedly for this noble cause.

Event Details:

Date: 21st June 2019

Time: 8.30 a.m onwards

Venue: Assembly hall ground floor.


NSS Programme officer



IQAC 2019-20
ACTIVITY REPORT
NSS COMMITTEES

IQAC ACTIVITY NO:

NAME OF THE ACTIVITY: International Yoga Day			
DATE:	FACULTY:	DEPARTMENT/COMMITTEE:	COORDINATOR NAME:
21st June 2019	4	NSS	Asst.Prof. Kamal Jain Asst.Prof. Arun Vishwakarma
TIME:	VENUE:	NUMBER OF PARTICIPANTS:	NATURE: ONLINE/OFFLINE
8.30 a.m onwards	Assembly Hall(Ground Floor)		Offline
SUPPORT/ASSISTANCE:			

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO – III and V)





TOPIC/SUBJECT OF THE ACTIVITY	International Yoga Day
OBJECTIVES	<ol style="list-style-type: none"> 1) The main objective of organizing the Yoga and meditation in the college is to impart a high standard of education to all. This initiative of the college is to focus upon the co-scholastic activities among the students. This initiative is started for both students and staff. 2) The main aim is to raise awareness about the numerous physical and mental health benefits of yoga and provide an opportunity for individuals of all ages and backgrounds to experience its transformative effects firsthand. 3) To let students know their rights of good health and healthy lifestyle to completely enjoy the highest standard of physical health. 4)
METHODOLOGY	Demonstration
OUTCOMES	Attach with Report
SUPPORT/ASSISTANCE:	



PROOFS & DOCUMENTS ATTACHED (TICK MARK THE PROOFS ATTACHED):

1. Notice & Letters ✓	2. Student's list	3. Activity report ✓	4. Photos ✓	5. Feedback Form
6. Feedback analysis	7. News clip with details			

IQAC CELL ACTIVITY NUMBER: _____

NAME OF TEACHER AND SIGNATURE	NAME OF HEAD/COMMITTEE INCHARGE & SIGNATURE	PRINCIPAL'S SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
		 I/C PRINCIPAL Rajiv Gandhi College of Arts, Commerce & Sciences Vashi, Navi Mumbai - 401 203	 Co-ordinator Internal Quality Assurance Cell Rajiv Gandhi College of Arts, Commerce & Sciences Vashi, Navi Mumbai.





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NSS COMMITTEES

Activity: International Yoga Day

Venue: Assembly Hall (Ground Floor)

Date & Time: 21st June 2019 at 8:30 a.m onwards,

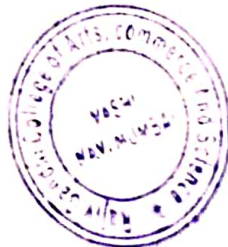
Descriptive Report :-

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual powers that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system.

NSS unit in collaboration with IQAC Committee of Rajiv Gandhi College of Arts, Commerce & Science, Vashi, Navi Mumbai is celebrating International Yoga Day on 21 June 2019

The celebration began with warm welcome and introduction of dignitaries Dr. Megha Gupta & Mrs. Meena Patel (Yoga Instructors). Asst. Prof. G Subhashini felicitated the both yoga instructors by giving them a tulsi plant and sampling as a token of appreciation.

The session begins with the Gayatri mantra. After that both Experienced yoga instructors were present to guide participants through various yoga asanas and breathing exercises. Their expertise ensured that participants could practice yoga safely and effectively. Expert yoga instructors performed impressive yoga demonstrations, showcasing the physical and mental prowess achieved through regular yoga practice. The celebration saw enthusiastic participation from student.



The students reaction to the International Yoga Day celebration was overwhelmingly positive. Participants shared their enthusiasm for yoga and its positive impact on their lives. Many expressed a desire to continue practicing yoga regularly.

The celebration of International Yoga Day in Rajiv Gandhi College ,Vashi was a resounding success, promoting the practice of yoga as a means to attain physical and mental well-being. The event fostered a sense of community and encouraged individuals to embrace a healthier lifestyle through yoga. It was an excellent opportunity for students to come together, learn, and experience the profound benefits of yoga.

Outcome:

1. The Students would be able to demonstrate yoga in a scientific way to improve positive health.
2. Develop their physical and mental coordination and confidence through multiple yogic practices.
3. Basic skills associated with yoga activities include strength and flexibility, balance and coordination.
4. Students gained knowledge and information regarding Yoga and its benefits.
5. learn and gain perfection to teach yoga practices.
6. It was a learning experience for the volunteers as well as the participants.
7. The students performed Yoga and experienced healthy changes in their lifestyle.
8. The activity was successfully conducted.



