



**Shree Warana Vibhag Shikshan Mandal's**  
**Tatyasaheb Kore College of Pharmacy**  
**Warananagar**



**National Service Scheme (NSS) Unit**

**Report**

**On**

**NSS REGULAR ACTIVITIES 2021-22**

# **Celebration of International Yoga Day-2021**

## **'Yoga for Well-being'**

**21<sup>st</sup> June 2021**

Tatyasaheb Kore College of Pharmacy, Warananagar earnestly celebrated 7<sup>th</sup> International Yoga day on 21<sup>st</sup> June, 2021, Monday and the theme was 'Yoga for Well-being'. In present pandemic situation of Covid-19, this year yoga day was celebrated in online mode. Certified Yoga Trainer, Art of Living Faculty Prof. Rahul Nagvekar from Kolhapur was invited as yoga instructor/teacher. Staff members took part in this celebration and practiced YOGA. It was a matter of joy for all Yoga Enthusiasts that the “Vishva Yoga Divas- WORLD YOGA DAY” got declared to be celebrated on June 21<sup>st</sup> every year. The day was chosen as it's the longest day of the calendar year, a day connected with Sun, light and nature and not a day of personal importance. The yoga instructors listed importance of mind, body and soul nourishment through YOGA during Covid-19 pandemic. Proper scientific instructions were given for all the yoga asanas and all the participants performed it as per instruction. Various asanas and pranayam were performed and its uses were told to all. Yoga develops strength and balance as well as inner peace. All yoga styles create a feeling of lightness, ease and relaxation. Program started sharp at 9.00 AM and ended at 10:00 AM. Total 17 staff members and 45 students were present in the celebration. The different asans and motions were performed in Yoga session such as; Neck motion Up-down Left-right, Shoulder rotation, Wrist rotation, Trunk twisting, Tadasan, Vrukshasan, Backward bend, Trikonasan, Titali aasan, Pashchimotanasan , Gomukhasan, Vishram , Sitali Pranayam, Bhramari Pranayam etc.

After completion of Yoga session College Principal Dr. J. I. Disouza felicitates Yoga instructor Prof. Rahul Nagvekar. NSS Co-ordinator Dr. A. S. Sherikar proposed vote of thanks.

Zoom link: <https://bit.ly/3xDxc4r>

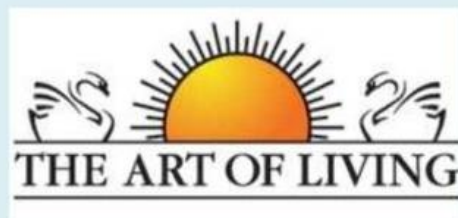
Meeting ID: 678 705 6359

Passcode: 123456



**Shree Warana Vibhag Shikshan Mandal's  
Tatyasaheb Kore College of Pharmacy  
Warananagar**

**In Association with**



**The Art of Living Kolhapur**

**Invites You to join us online for**

**Celebration of International Yoga Day-2021  
'Yoga for Well-being'**

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This yoga festival includes

**Effective Yoga Postures**

**Pranayam**

**Deep Meditation**

**Practical Knowledge about some Yoga Aasanas**

**Importance of Yoga in Covid-19 Pandemic**

**By**

**Prof. Rahul Nagvekar**

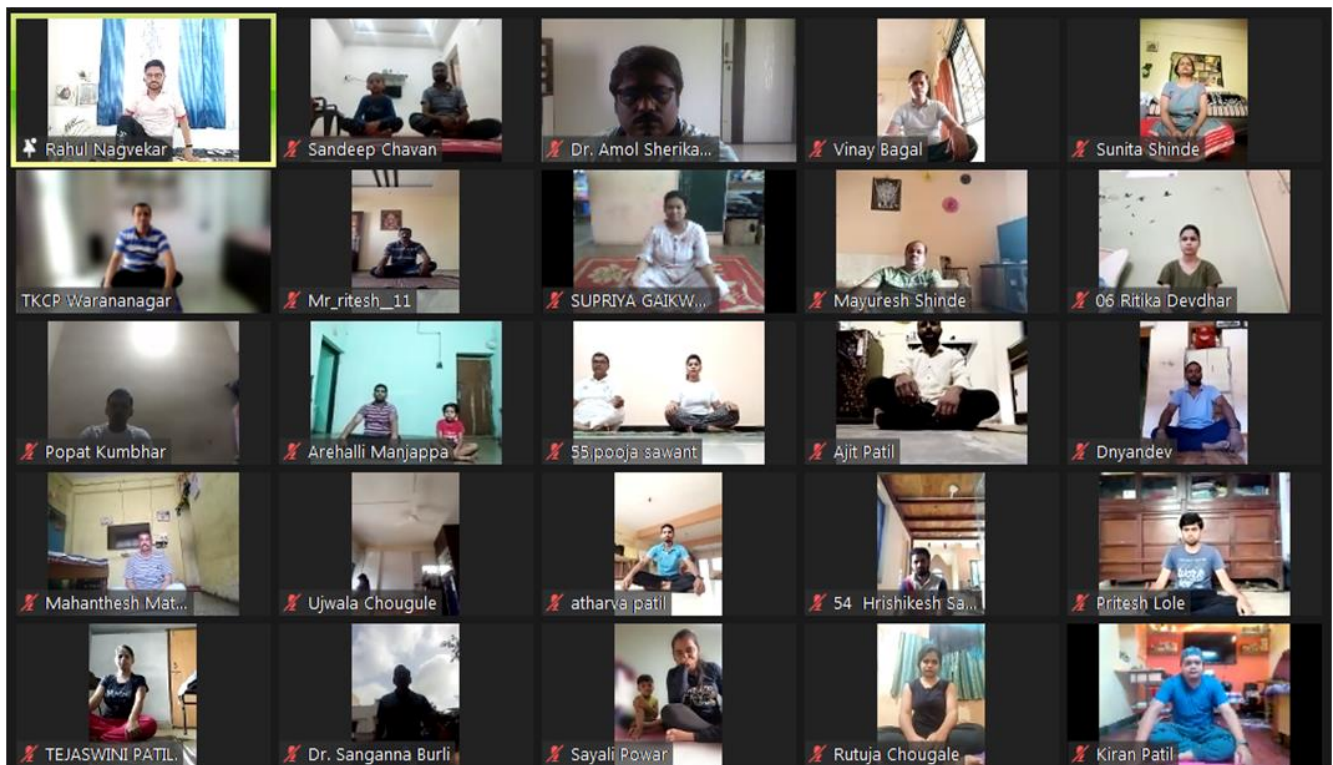
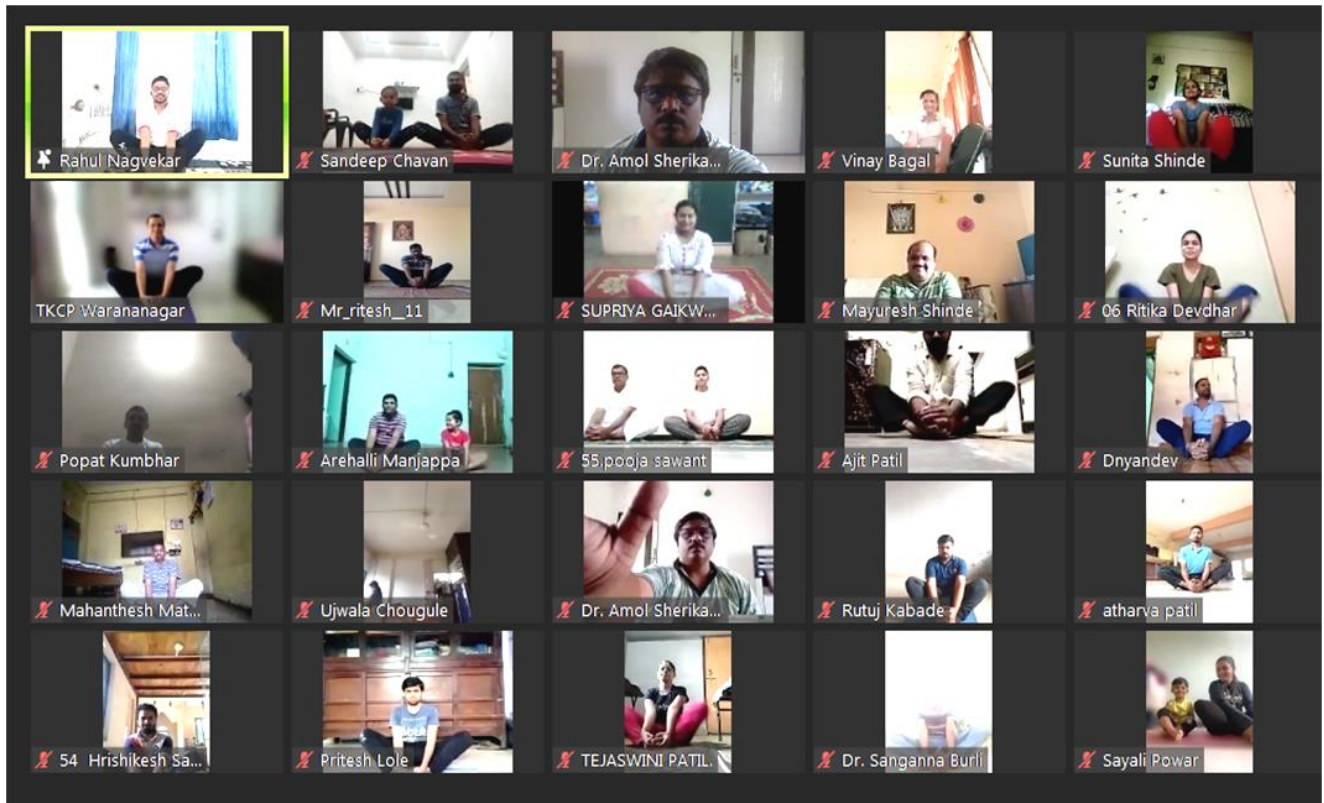
**(Certified Yoga Trainer, Art of Living Faculty)**

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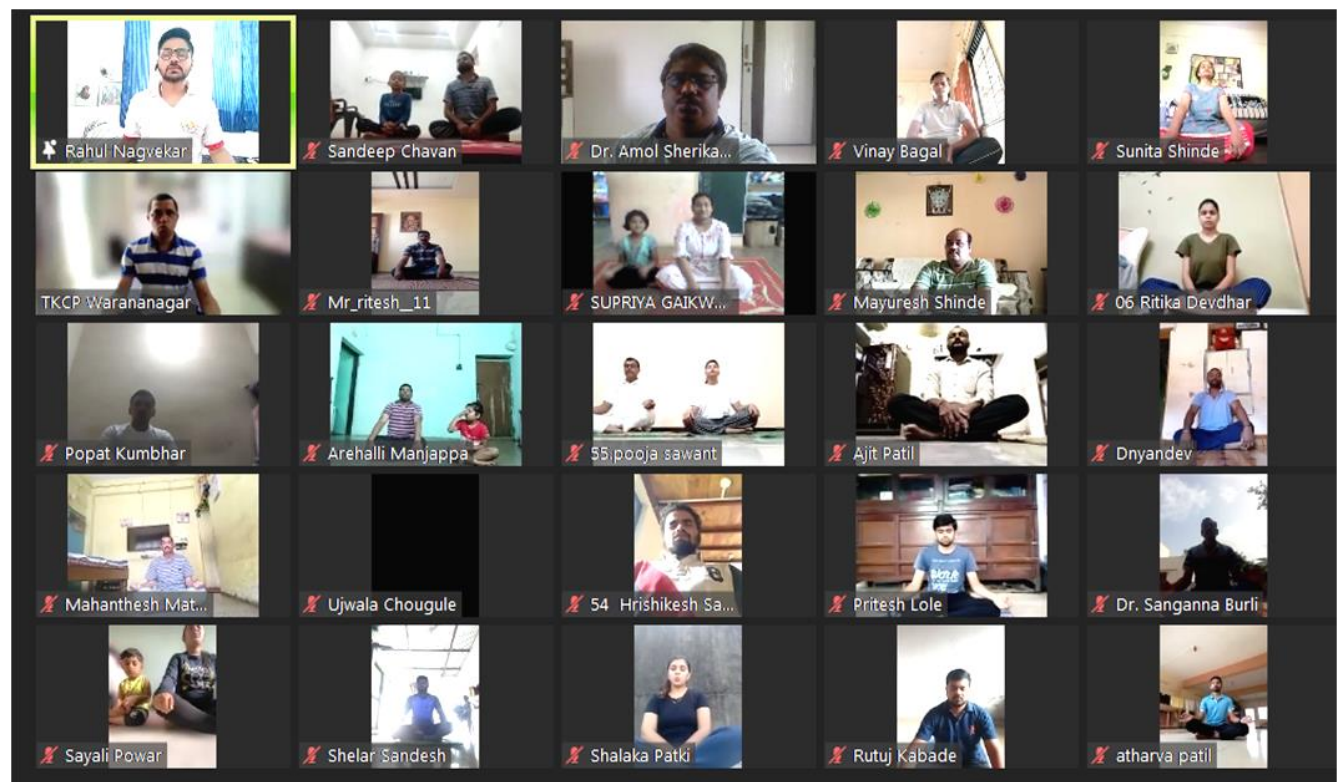
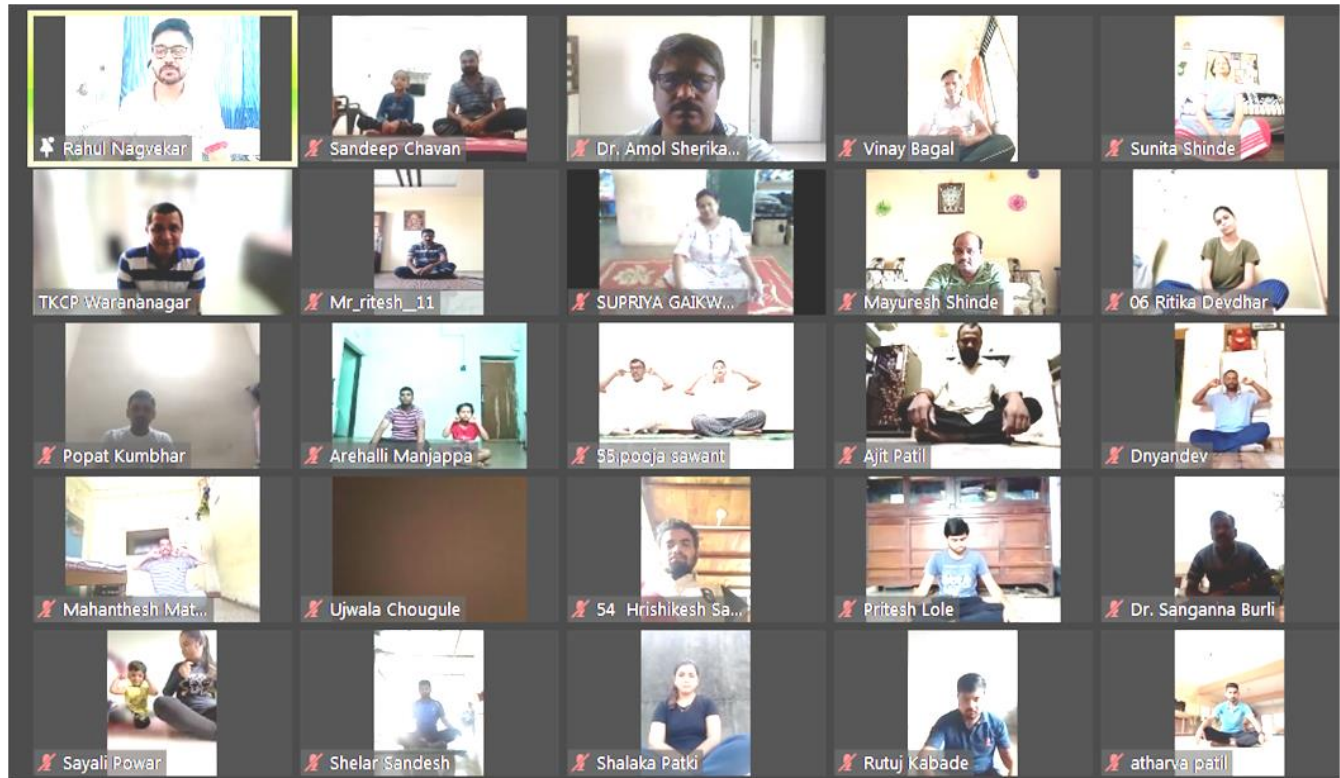
**Date: 21 June 2021 & Time: 9.00 to 10.00 am**

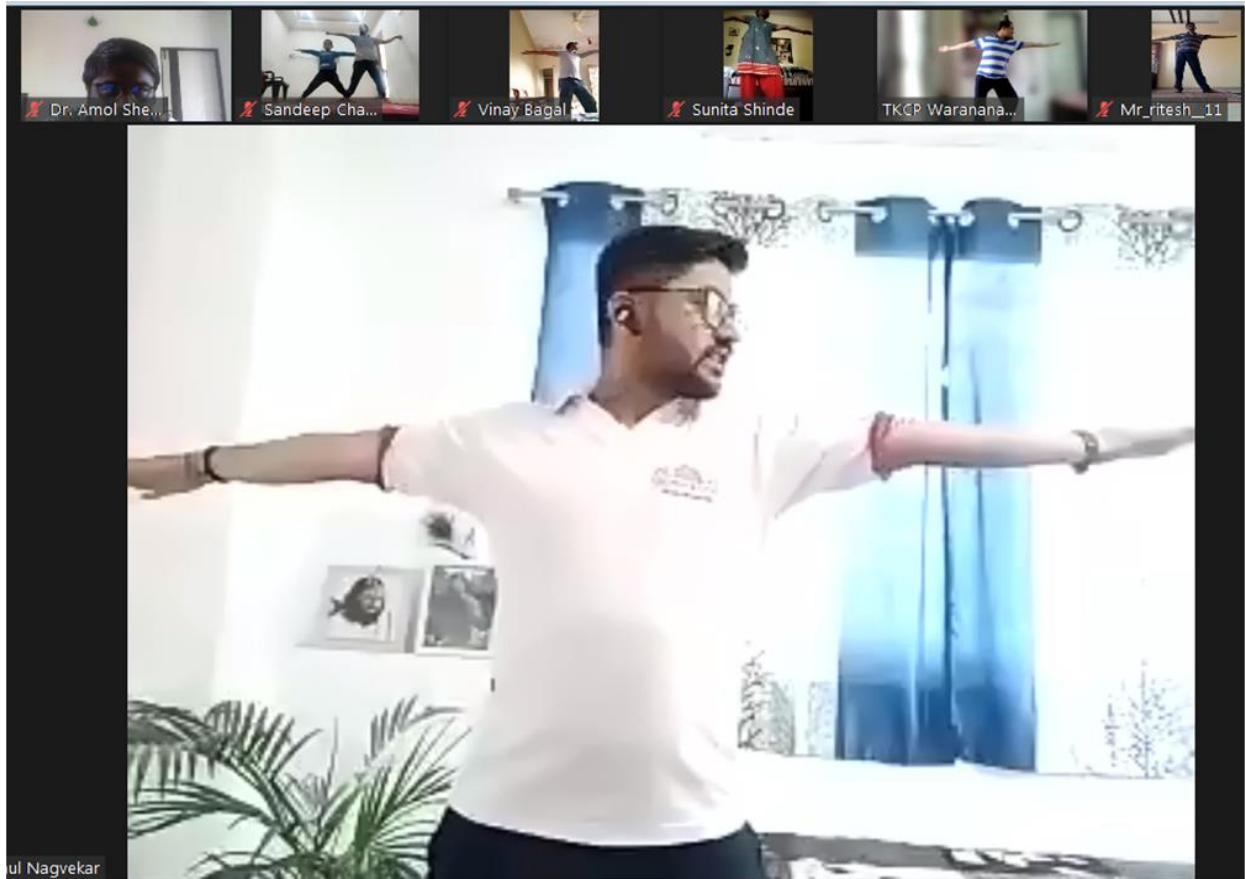
**Zoom link will be shared in WhatsApp group**

## Photographs

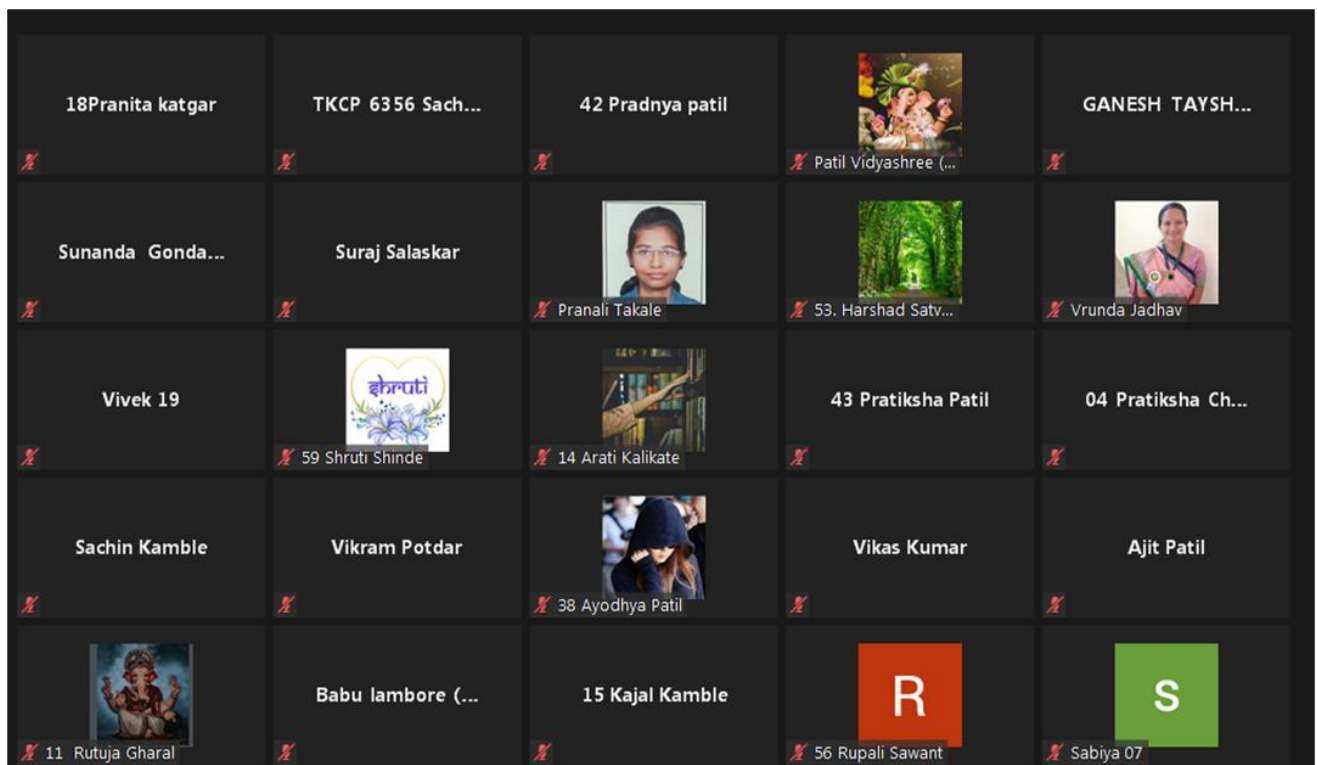












1.	3 <sup>rd</sup> January 2022	Awareness program : Poster Inauguration
2.	5 <sup>th</sup> January 2022	One day National Seminar : Advances in Cancer Diagnostic and Therapeutics
3.	7 <sup>th</sup> January 2022	Guest Lecture : Personality development : Values and Environmental Education by Mr. A.S. Patil
4.	23 <sup>rd</sup> February 2022	State Level Debate Competition: Sex Education to school students, right or wrong?  In association with District AIDS Prevention and control Unit, CPR, kolhapur
5.	8 <sup>th</sup> March 2022	Celebration of International Day on 8 <sup>th</sup> March 2022, Guest Lecture of Dr. Mrs. Mangala S. Patil, on Legal aspects of laws and prohibition of sexual harassment
6.	16 <sup>th</sup> March 2022	Shivaji University Lead College activity, Sharing of human resources Dr. D. P. Mali





Date	Title
3 <sup>rd</sup> January 2022	Awareness program : Poster Inauguration



Date	Title
7 <sup>th</sup> January 2022	Guest Lecture : Personality development : Values and Environmental Education by Mr. A.S. Patil



Date	Title
15 <sup>th</sup> February 2021	Guest Lecture : Mrs. Sandhya Patil on Importance of Counseling in students life