

Shikshan Mandal Karad's
Mahila Mahavidyalaya , karad
Activity Report
Academic Year 2019 - 2020

Date : 21/06/2019
Department/Committee : National Service Scheme (NSS)
Title of Activity /Programme : International Yoga Day
Resource Persons : Smt. Meena Ghalsasi, Smt. Smita Velhal
Number of Beneficiaries : 125

Short Description of activity / programme :

National Service Scheme (NSS) of Mahila Mahavidyalaya, Karad Organized program on "International Yoga Day ".The International Day of Yoga has been celebrated across the world annually on 21st June since 2015, following its inception in the united nation General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India.

This program conducted by National Service Scheme (NSS) Department of Mahila Mahavidyalaya, Karad. At the event, expert mentors explained the importance of yoga and got everyone to practice different types of yoga asanas. Students, teaching, non-teaching staff were participated in this program.

Co-ordinator



Shri. Akhilesh Shinde


IQAC Co-ordinator
Mahila Mahavidyalaya, Karad


I/c. Principal
Mahila Mahavidyalaya, Karad

Shikshan Mandal Karad's
Mahila Mahavidyalaya, Karad

National Service Scheme

International Yoga Day

Date : 21 June 2019



Jeevika
IQAC Co-ordinator
Mahila Mahavidyalaya, Karad

S. Shabhan
I/c. Principal
Mahila Mahavidyalaya, Karad