

Shikshan Mandal Karad's
Mahila Mahavidyalaya, Karad
Activity Report
Academic Year 2018-19

Date : 21/06/2018
Department/Committee : National Service Scheme (NSS)
Title of Activity /Programme: International Yoga Day
Resource Persons :Smt. Meena Ghalsasi
Number of Beneficiaries : 100

Shirt Description of activity / programme:

The Department of 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.

The theme for the 4th IDY was 'Yoga for Peace" Respected Smt. Meena Ghalsasi was the Guest for this programme. She expressed her thoughts front of the Students about the theme of IDY and the benefits of yoga for good health, also she demonstrated of yoga. 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 2018





Sushil
IQAC Co-ordinator
Mahila Mahavidyalaya, Karad

Shilabhus
I/c. Principal
Mahila Mahavidyalaya, Karad