

Shikshan Mandal Karad's
Mahila Mahavidyalaya , karad

Activity Report

Academic Year 2022-23

Date : 21/06/2022
Department/Committee : National Service Scheme (NSS)
Title of Activity /Programme : International Yoga Day
Resource Persons : Smt. Smita Jagatap
Number of Bebeneficiaries : 100

Shirt 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. 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

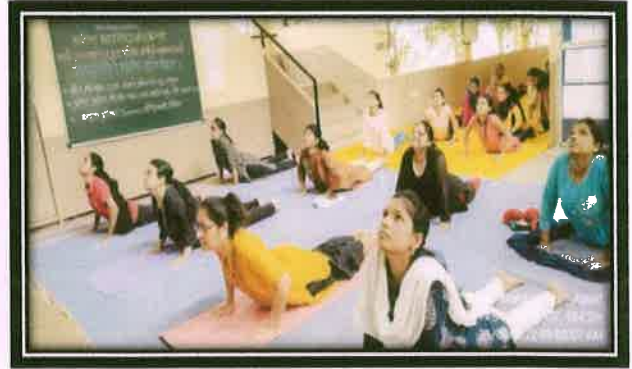
Shikshan Mandal Karad's
Mahila Mahavidyalaya , karad
National Service Scheme
International Yoga Day

Date : 21 June 2022



Praveen
IQAC Co-ordinator
Mahila Mahavidyalaya, Karad

Sr. Prabhakar
I/c. Principal
Mahila Mahavidyalaya, Karad



Jyoti
IQAC Co-ordinator
 Mahila Mahavidyalaya, Karad

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

Empowerment of Girl Students in Pursuit of Knowledge, Values and Self - reliance
Shikshan Mandal, Karad's

Mahila Mahavidyalaya, Karad

(Arts & Commerce)

Affiliated to Shivaji University, Kolhapur | NAAC Re-Accredited with B+(CGPA 2.69)

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Ref. No. 177/2022-23

Date : 23/06/22

To,
The Secretary,
University Grants Commission,
New Delhi.

Subject :- Report of 8th International Yoga Day (IDY) 2022.

Ref :- 1. With reference to your letter D.O.No1-16/2021(Website) dated:- 14th June 2022.
2. F.No.24-1/NSS/DTE/2022/ 322-339

Respected Sir,

With reference to the above, the NSS Department and IQAC of our college organized International Yoga Day programme on Tuesday 21st June 2022, in accordance with the guidelines provided by the AYUSH Ministry of the Union Government and the UGC. *Report of the programme is enclosed.*

Thanking You,



[Signature]
I/c. Principal
Mahila Mahavidyalaya, Karad

[Signature]
IQAC Co-ordinator
Mahila Mahavidyalaya, Karad

[Signature]
I/c. Principal
Mahila Mahavidyalaya, Karad

**Shikashn Mandal Karad's
Mahila Mahavidyalaya , Karad
8th International Yoga Day
Activity Report
Academic Year - 2022-23**

Date : 14 May, 20 and 21 June 2022

Department / Committee : IQAC and National Service Scheme (NSS)

Title of Activity / Programme : Count-down Yoga Programme of IDY-2022

Short Description of Activity /Programme :

Shikshan Mandal Karad's Mahila Mahavidyalaya, Karad has celebrated International day of yoga. Collaboration with Department of IQAC and Department of National Service Scheme. Ministry of Youth affairs and sports has given programme as part of count-down of IDY 2022. As per UGC guidelines, We organized various activities in last 3 months (April to Jun), the Yoga activity plan for last three months is attached with the report along with the photographs. The activity report is as follows.

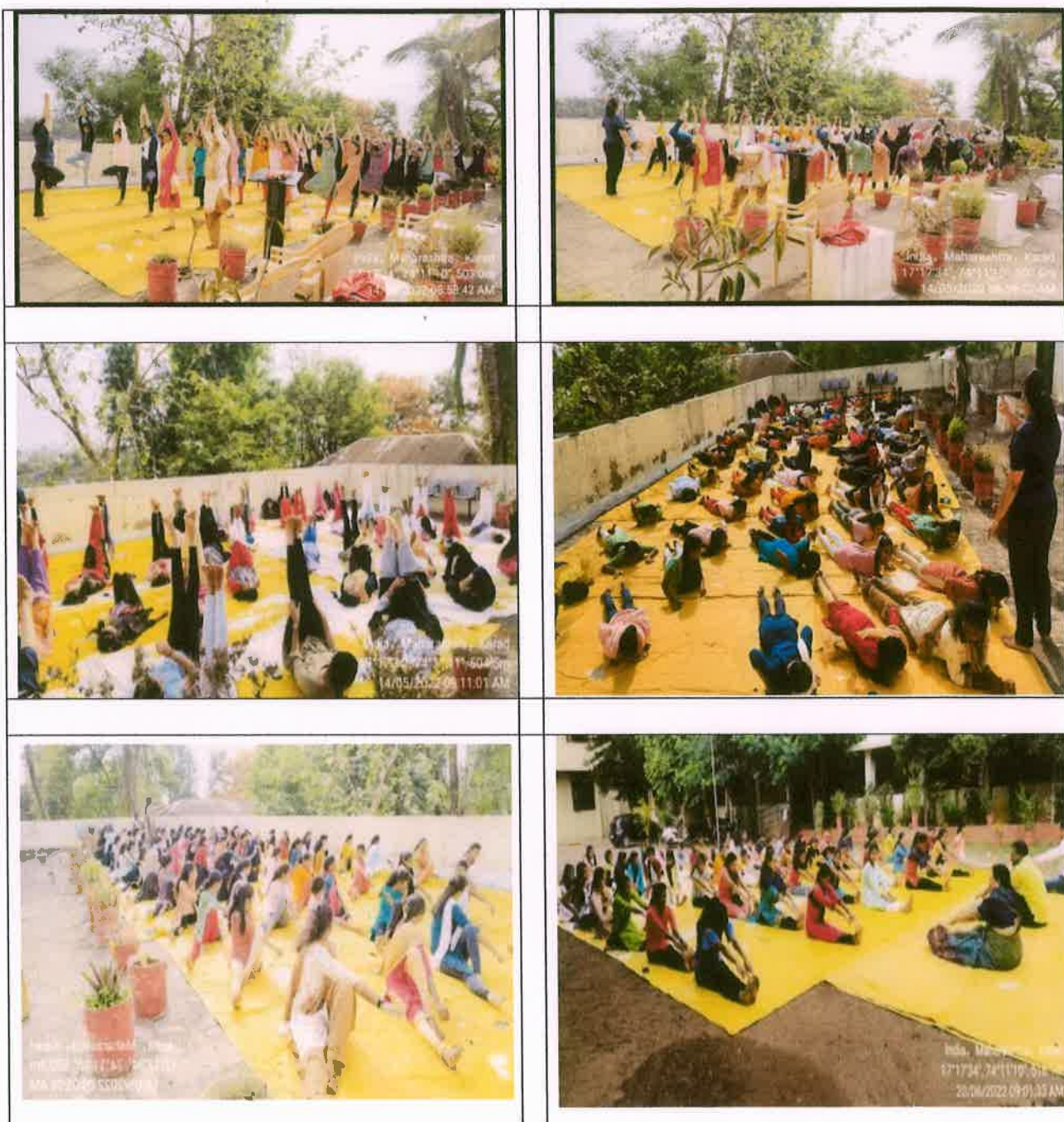
8th International Day of Yoga -2022

Activities

Sr.no	Date	Programmes
1	14 may 2022	Common yoga protocol practices
2	14 may 2022	Lecture on yoga by experts
3	20 June 2022	Yoga poster presentation
4	20 June 2022	Yoga practice
5	21 June 2022	International day of yoga celebration

❖ **Common Yoga Practice :**

Mahila Mahavidyalaya, karad jointly IQAC Department and NSS Department were organized common yoga protocol practice on 14 may 2022. On occasion of International day of yoga and count-down yoga practice. Miss Smita Jagtap has guided for this protocol practice. College students, professors and also non-teaching staff were actively participated in this protocol practice .



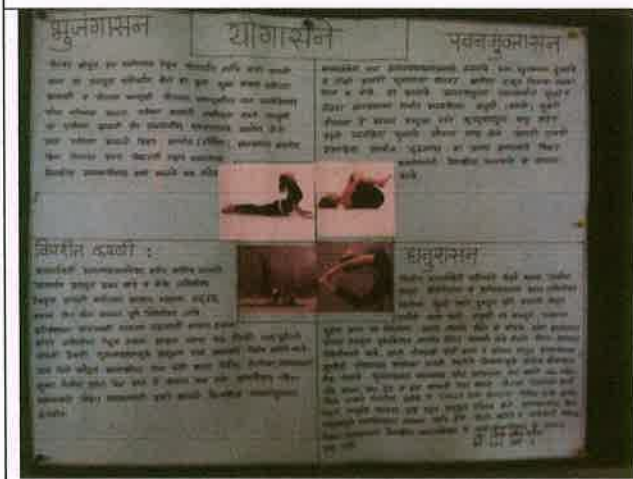
❖ **Lecture on yoga by Experts :**

Mahila Mahavidyalaya, Karad IQAC Department and NSS Department were Jointly organized lecture on yoga by expert miss smita jagtap department of physical education and Asst.Prof Akhilesh Shinde mahila mahavidyalaya, karad. The lecture was organized for students to motivate and improve their awareness about yoga and its importance and to encourage them for to practice every day.



❖ **Yoga Postar Presentation :**

This yoga poster presentation activity was organized by Mahila Mahavidyalaya Karad jointly with IQAC Department and NSS Department on 20th June 2022 on occasion of International day of yoga 2022. Mahila Mahavidyalaya's Hon.Principal Prof Dr.Ila Jogi was the Guest for this Programme. 15 students participated in this poster presentation. Student displayed the importance, benefits and types of yoga in this presentation like – Suryanamaskar, Asana, Mudra and Pranayam.



❖ 8th International Day of Yoga 2022 Programme :

Mahila Mahavidyalaya, Karad IQAC Department and NSS Department Jointly organized 8th International day of yoga programme on 21st June 2022. Miss. Smita Jagtap Department of Physical Education and sports has guided for this protocol practice programme. Ministry of Youth affairs and sports government of India has decided to start celebrate international day of yoga from 2015. As we all know that we are suffering because of COVID from March 2020. Lots of people lost their families because of COVID and because of this situation people realized the importance of health, physical fitness and Humanity. In every year government of India has celebrating International yoga day with new themes. On this year Indian government has decided "Yoga for Humanity" theme for 2022 International yoga day. On the occasion of 8th International yoga day we organized the programme as per UGC guideline. The programme started at 8.30 am under the guidance of Hon. Principal Prof. Dr. Ila Jogi, Asst. Prof. Akhilesh Shinde- NSS Programme officer, Prof. Dr. Ujjwala Tathe-IQAC co-ordinator and Miss Smita Jagtap Department of Physical Education. Asst. Prof. Akhilesh Shinde introduced to the programme guest and request to the principal for the speech. Hon. Principal Prof. Dr. Ila Jogi has motivated students by her motivational speech about yoga and encouraged them to practice yoga every day. Miss Smita Jagtap has taken the practice of yoga protocol. All students, Professors, non-teaching staff were actively participated in the programme. At last Prof. Akhilesh Shinde has proposed vote of thanks.





Ashinde

Name of Co-ordinator
Asst. Prof. Akhilesh Shinde

Principal
Prof. Dr. Ila Jogi

Ashinde
IQAC Co-ordinator
Mahila Mahavidyalaya, Karad

Ila Jogi
I/c. Principal
Mahila Mahavidyalaya, Karad