

Shikshan Mandal karad's
Mahila Mahavidyalay, karad
Activity Report
Academic Year : 2021-22

Date : 14/05/2022
Department/committee : National service Scheme (NSS)
Title of Activity/Programme : Yoga count down - Guidance & Demonstration
Resource Persons : Smt. Smita Jagtap
Numbers of beneficiary : 200
Short description of activity/Programme:

The NSS unit of the college organized programme on “Yoga - Guidance & Demonstration” on 14th May 2022. Smt. Smita Jagtap (Lecture, Dept. Of Physical Education) guided the students on the usefulness of Yogasan. She gave a demonstration of asanas beneficial for waight loss and stress management. Principal Prof. Dr. Ila Jogi gave a presidential speech to student. 200 students Participated in the Programme.

Co-ordinator



Shri. Akhilesh Shinde


IQAC Co-ordinator
Mahila Mahavidyalaya, Karad


I/c. Principal
Mahila Mahavidyalaya, Karad

Shikshan Mandal karad's
Mahila Mahavidyalay, karad
National service Scheme (NSS)
Yoga Count Down - Guidance & Demonstration

Date: 14/05/2022



Praveen
IQAC Co-ordinator
Mahila Mahavidyalaya, Karad

Shravan
I/c. Principal
Mahila Mahavidyalaya, Karad