

NATIONAL SERVICE SCHEME (NSS)

International Yoga Day

2018-19

Date: 21/06/2019

Issues addressed: Health Awareness

International Yoga day was celebrated on 21st June 2019. About 100 students and staff members attended this programme. Yoga related Information is delivered by Dr. Rajesh Chandrawanshi through Power point presentation. Asans practice was conducted in healthy atmosphere.

The NSS volunteers along with the Area Coordinator Dr. Kohchale and Programme officer Dr. Rashmi Joshi visited the Yoga Day camp at PDKV Akola by District Collector Office. Dr. Poonam Agrawal, HOD of Dept of Chemistry was present there for the program. About 20 volunteers were present for the same and cooperated the campaign by joining it.



International Yoga day celebration

Online Quiz and Webinar for International Day of Yoga 21 June 2020

National Service Scheme (N.S.S.) Unit of Shri RLT College of Science, Akola,
“Online Quiz and Webinar for International Day of Yoga 21 June 2020”

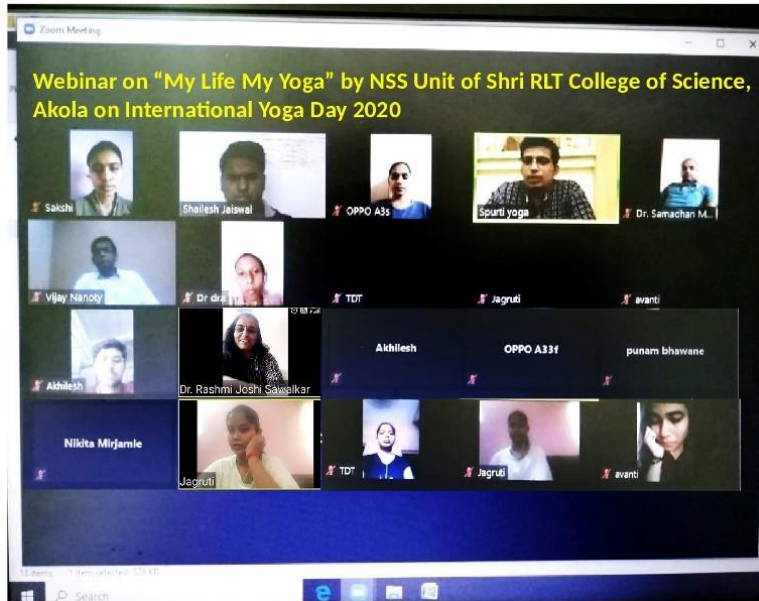
The pious attempt was made by the institute to create awareness about “Benefits of yoga in life” and How to develop immunity against this Novel Corona Virus? An “Online Quiz for International Day of Yoga 21 June 2020” was conducted for all. Two You-tube Videos from “Ministry of Ayush” are uploaded in the Google form and on that 20 questions, each for 5 points were asked.

After Solving the Quiz and submitting it the Certificate get generated for Participation in it. On this IDY 2020 the NSS unit also organized a Webinar on “My Life- My Yoga” and the speaker for the day was “Mr. Saurabh Pravin Bhalerao” Administrator of “Spurti Yoga”. He interacted with volunteers and aware them in very simplest way. How yoga is essential and beneficial in this Stressful life. He told that everyone should spend some time for yoga to make once mind peaceful.

Dr. V. D. Nanoty, Principal of the college in his introductory speech interacted with the students and informed them to Stay Home Stay Safe in this Pandemic. About 47 volunteers were joined to the Guest lecture and interacted with the speaker in the discussion session. Many volunteers and Teachers

celebrated the day as by doing **YOGA @ HOME** and **YOGA WITH FAMILY**.

Dr. Rashmi Joshi Sawalkar, NSS Programme Officer conducted both these events while Dr. Samadhan Munde, P.O. NSS and Mr. Shailesh Jaiswal, Co. P. O. NSS took efforts to make it successful. All the activities were arranged under the able guidance of the visionary principal of the College Dr. V. D. Nanoty. At last Dr. Munde delivered vote of thanks.





The Berar General Education Society's
**Shri R. L. T. College of Science,
Akola**



Affiliated to Sant Gadge Baba Amravati University,
Amravati Re- accredited 'A' Grade by NAAC with
CGPA 3.12 **Department of Physical
Education and Sports NSS and IQAC
organized Online**



**“INTERNATIONAL DAY OF YOGA - 21ST JUNE
2021”**

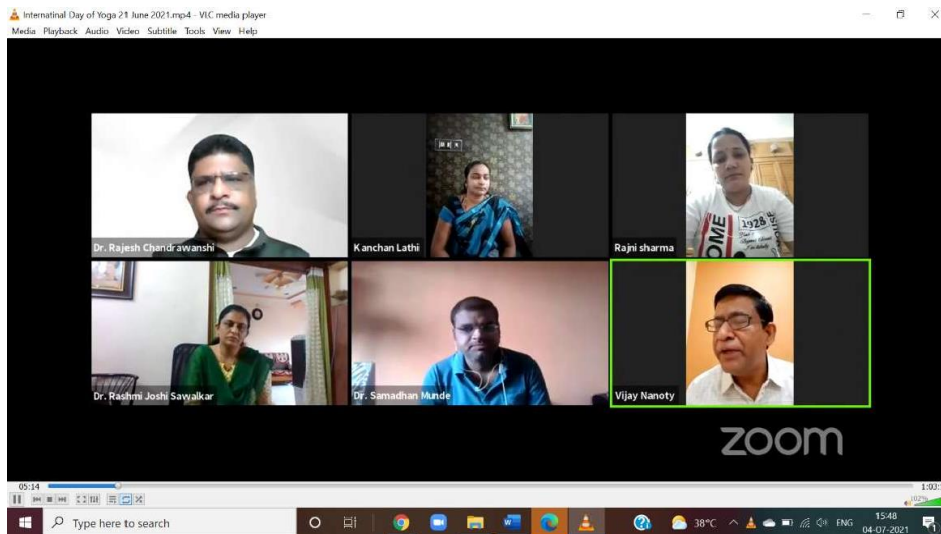
Be with Yoga, Be at Home

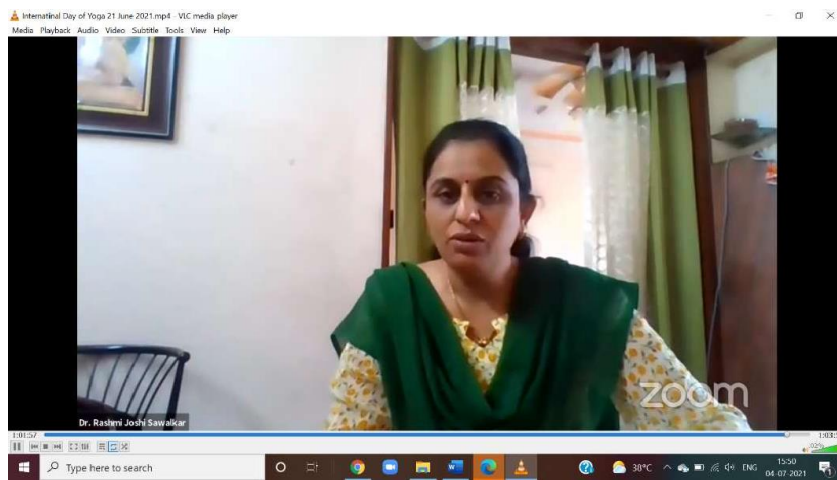
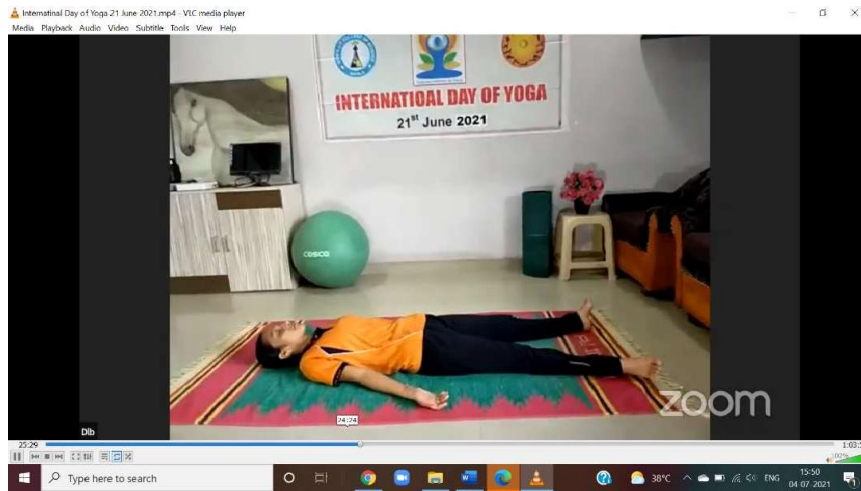
Date: 21st June 2021

Time: 6:30AM

Schedule and URL/Links

Platform	Details	
Registration Quiz	Duration	Registration Schedule from 18 th to 30 th June 2021
	Reg. Link	https://forms.gle/O3DfMpRDFh5Z8XUf6
	Cert.	Participation Certificate will be issued on 5 th July 2021
Zoom	Link	https://us02web.zoom.us/j/85940192853?pwd=THhmcDUzYmV1cFJZNGE1YjllNNGk4Zz09
	ID	859 4019 2853
	PC	152966
YouTube	Link	https://youtu.be/RyOECfa8GuM
Telegram	Link	https://t.me/joinchat/ROqTRFNI3VQxOTE1





Dr. R.P. Joshi
NSS, Programme Officer
Asst. Prof. in Zoology

Dr. V. D. Nanoty
Principal
Shri R.L.T. College of Science Akola

The Berar General Education Society's
SHRI R.L.T. COLLEGE OF SCIENCE, AKOLA
National Service Scheme (NSS)
21/06/2022

The National Service Scheme organised 21st June 2022 as International Day of Yoga. It was celebrated on 21st June 2022. Students, Staff Members and interested persons were attended this programme. The President of this program was Principal Dr. V.D. Nantoy. Ku. Vedanti Kokate, Yoga Expert had given the demonstration of different Yoga Asanas. Students, staff members and interested persons actively participated in Yoga Asanas. The conduction of the program was done by Rashmi Joshi while Dr. Rajesh Chandrawanshi had given the introductory speech. Dr.V.D. Nantoy in his presidential address guided students about the importance of Yoga in life. Asan's practice was conducted in healthy atmosphere.

