

**REPORT**

**SHREE HALARI VISA OSWAL COLLEGE OF COMMERCE.**

**“International Yoga Day”**

Organized by NSS Unit Of SHVOCC

**Objective of Activity** :- As per moto of NSS “Not Me But You” Yoga techniques are being widely used for meeting the health care needs of mankind.

Last year (2015) UN has declared 21<sup>st</sup> June as the International Day of yoga with the support of around 177 Countries.

Thus preparing in line with same On 21<sup>st</sup> June 2016, 2<sup>nd</sup> International Yoga Day was celebrated in our college Auditorium joining by NSS & DLLE Unit

**Chief Guest** :- Mr. Anish Chaudhary

Former District Co-Ordinator of NSS of Mumbai University as well as National Award for his community work.

**Guest of honor** :-1) Mr. Deepak shah

Chairman of oswal Shikshan & Rahat Sangh.

The Programe initiated by Principal

**Dr. (Mrs.) Snehal S. Donde.**

By her welcome address and exploring of yoga.

- 1) The event comprised of activities Such as “Yoga Demonstration” and practice session, Yogic postures etc.
- 2) Large No of students, staff members, faculty members, Junior college staff, Head of the institution Participated in the yoga Practice Session, Yogic Postures etc.
- 3) Large No of students, staff members, faculty members, Junior college staff, Head of the institution participated in the yoga Practice Session to make it a success.
- 4) The yoga practice session was done under the instructors namely Mrs. Nitu Savla asst. teacher of the institution.

Message of chief guest :- Mr. Anis Chaudhary.

- Programme’s chief guest suggested all benefits of yoga in our life.
- Guest encourage to join NSS for students and community Benefits.

Message of Guest : Mr. Dipakkumar Shah.

- Guest gave his blessing to students for their future.

Message of principal :- Dr. ( Smt.) Snehal Donde.

1. The NSS programme officer Prof. Kailas Datir has delivered vote of thanks with conveying special thanks to Mr. Anis Chaudhary.
2. Principal Dr. ( Smt.) Snehal donde arranging videography, news coverage to make event successful.
3. Shri Dipakkumar Shah given his valuable time, blessing Audio system to make event successful.
4. Miss Nitu Savla lead the Role of Instructor of yoga session.
5. Asst. prof. Pooja Dodhia Hetal Prajapati, Neeta Savla, Komal Gosrani arranging food, facilitation, Photography, other management wants to make event smoothly.



Students performing the yoga on International yoga day.



Students performing the yoga on International yoga day.



Teacher teaching yoga on “Yoga Day”