



Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur

National Service Scheme (2018-19)

Report of International Yoga Day



National Service Scheme and Department of Physical Education jointly organized the Common Yoga Protocol on the occasion of 5th International Yoga Day on 21st June 2018. As per the guidelines of Ayush Mantralaya, Government of India and U. G. C. Common yogic demonstrations were performed by participants at 7.30 am. Mr. G. M. Lawangare, Head, Department of Physical Education and NSS Program officer gave information about 5th International Yoga Day and the protocol with Prayer participants perform asanas under the guidance and supervision of Mr. G. M. Lawangare, Head, Department of Physical Education. Hon. Principal Dr. C. J. Khilare guided students. The program is ended with National Anthem. There were 50 students and 50 teaching, non-teaching staff participated in this activity.

Outcomes

- Students learnt yogic *Asanas* and *Pranayamas*.
- Students encouraged to adopt and practice yogic lifestyle.

Beneficiaries

100



Programme Officer
Programme Officer
 National Service Scheme
 Rajarshi Chh. Shahu College, Kolhapur.



Principal
Principal
 Rajarshi Chh. Shahu College
 Kolhapur.