



Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur

National Service Scheme (2019-20)



Report of International Yoga Day

National Service Scheme and Department of Physical Education jointly organized the Common Yoga Protocol on the occasion of 6th International Yoga Day on 21st June 2019. Common yoga protocol was followed by participants as per the guidelines of Ayush Mantralaya, Government of India and U. G. C. Head, Department of Physical Education and NSS Program officer Mr. G. M. Lawangare demonstrated asanas to the participants. Hon. Principal Dr. S. T. Salunkhe gave presidential speech. The program is ended with National Anthem. There were 67 students and 50 teaching, non-teaching staff participated in this activity.

Outcomes

- Students learnt yogic *Asanas* and *Pranayamas*.
- Students encouraged adopting and practicing yogic lifestyle.

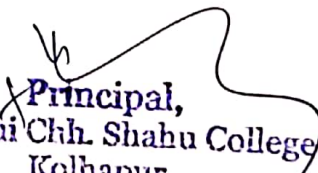
Beneficiaries

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




Principal,
 Rajarshi Chh. Shahu College
 Kolhapur.