

K.T.S.P.Mandal's
Hutatma Rajguru Mahavidyalaya, Rajgurunagar
National Service Scheme

Notice


Date: 18/06/2025

We are delighted to announce that NSS unit of Hutatma Rajguru Mahavidyalaya will be organizing a special event to celebrate International Yoga Day. The event will take place on Saturday, 21st June, and aims to promote the practice of yoga for physical and mental well-being. We encourage all students to actively participate in this event and experience the transformative power of yoga.

Event Details:

- Date: Saturday, 21st June 2025
- Time: at 8.00 am
- Venue: Late Vitthalerao Sabhagruh


Dr. Sunita Jadhav
Programme Officer
National Service Scheme
Hutatma Rajguru Mahavidyalaya
Rajgurunagar


Dr. S. S. Pingale
PRINCIPAL
Hutatma Rajguru Mahavidyalaya
(Arts, Science & Commerce)
Rajgurunagar.



K.T.S.P.MANDAL'S
HUTATMA RAJGURU MAHAVIDYALAYA
RAJGURUNAGAR, TAL-KHED, DIST-PUNE 410501
National Service Scheme

Sr. No	Item	Particulars
1	Date	21 st June 2025
2	Name of Event	International Yoga Day
3	Venue	Hutatma Rajguru Mahavidyalaya, Rajgurunagar
4	Time	8.00 a.m.
5	Duration of the programme	One day
6	Expense	
7	Source of Financial Assistance	NSS
8	Names of resource persons	-
9	Name of coordinator	NSS Program officer
10	Number of participants	61
11	Curricular/Co-Curricular/Extra-Curricular	Extra-Curricular
12	Activity belongs to Which Criteria of NAAC	III

Report

On Saturday, 21st June, the yoga demonstration was organized in accordance with the significance of International Yoga Day. Yoga holds great importance for individuals of all ages as it promotes knowledge and good health. By practicing yoga asanas, everyone can maintain their mental and physical well-being, and it has proven to be effective against various disorders and helps in controlling the mind, leading to a happier and healthier life. Therefore, it was emphasized that everyone should practice yoga. On the occasion of International Yoga Day, on 21st June, all the professors, staff members, NSS, NCC, and sports department students participated in the Common Yoga Protocol, following the prescribed yoga asanas. During this time Meenakshi Salunkhe provided information about the asanas, and demonstrated the asanas.

The program was attended by the Principal Dr. Shirish Pingale, Vice Principal Dr. V.D. Kulkarni, Dr. Sanjay Shinde, all professors, staff members, NSS, NCC, and sports department students. Dr. Sunita Jadhav initiated and introduced the program, while Prof. Pratima Lonari expressed the gratitude.

The program was organized by Prof.PratimaLonari, Dr.Y.S.Walunj, Dr.Sunita Jadhav, Prof. M.L.Muluk, and Prof.S.R.Thorat.





Staff and NSS volunteers while performing yoga


Programme Officer
NSS
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