

KTSP Mandal's  
Hutatma Rajguru Mahavidyalaya, Rajgurunagar  
National Service Scheme

**Notice**

**Date: 17/06/2022**

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 Monday, 20th June, and aims to promote the practice of yoga for physical and mental well-being.

During the event, we will have the privilege of hosting Dr. Rupesh Thopate, who will deliver a lecture on the significance of yoga and its impact on health. We encourage all students to actively participate in this event and experience the transformative power of yoga.

Event Details:

- Date: Monday, 20th June 2022
- Time: at 8.30 am
- Venue: Late Vitthalerao Sabhagruh

  
**Programme Officer**  
**NSS**  
**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  
International Yoga day**

<b>Sr. No</b>	<b>Item</b>	<b>Particulars</b>
1	Date	21 <sup>st</sup> June 2022
2	Name of Event	Lecture on International Yoga Day
3	Venue	Hutatma Rajguru Mahavidyalaya, Rajgurunagar
4	Time	8.30 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	52
11	Curricular/Co-Curricular/Extra-Curricular	Extra-Curricular
12	Activity belongs to Which Criteria of NAAC	III

### REPORT

An event was organized at Hutatma Rajguru Mahavidyalaya on Monday, 20th June to celebrate International Yoga Day. Dr. Rupesh Thopate delivered a lecture on the benefits of Yoga for both physical and mental well-being. Yoga is a holistic science that recognizes the interconnectedness between the self and the external world. By practicing yoga asanas, individuals can achieve harmony in their thoughts, actions, and emotions while improving their overall health.

Dr. Rupesh Patel stressed the significance of incorporating yoga into daily routines to maintain good health and gain knowledge. He explained how practicing yoga asanas can have a positive impact on various health conditions and help individuals attain self-discipline and self-control by mastering the art of mind control. The lecture also highlighted the concept of "Complete Net Awareness" through yogic practices.

The event was attended by esteemed guests, including Dr. Shirish Pingale (Principal of the college), Dr. V.D. Kulkarni (Vice Principal), Dr. Sanjay Shinde, Registrar Mr. Kailas Pacharne, all professors, students from different departments, NSS, NCC, and sports departments. The program was coordinated by Dr. Prabhakar Jagatap, with introductions given by Prof. Pratima Lonari and expressions of gratitude by Dr. Ganesh Dhumal.





  
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