VPM's B.N. Bandodkar College of Science (Autonomous), Thane (w)
National cadet corp.
REPORT

Name of activity	A Mega Yoga session
Objectives of the activity (maximum 40 words)	A Mega Yoga session in VPM'S B N Bandodkar College of Science (Autonomous) on 8th February 2022
Organizing department/s	VPMs B.N. Bandodkar College of Science (Autonomous) Thane (w).
Collaborative institute	
Date (DD / MM / YYYY)	8th Feb 2022
venue	In VPM's B.N. Bandodkar College of Science
Mode	Offline
Details of Resource person (name, designation, institution)	THE SPEAKER WAS MRS LALITA DIXIT
Key Participants	Associate NCC Officer Capt. Bipin Dhumale
Remarkable outcomes/ key take-away messages (max. three)	At the starting there was a prayer to Start the yoga session. Then Dixit madam started telling us about benefits of yoga and history of yoga. She also told that YOGA is only way to connect your body with your soul. Then madam demonstrated us different YOGA AASANS and all the volunteers of NCC and NSS performed it. This sessions of yoga was held for around 1 hr. And we all got so much relaxed and felt so peaceful from inside after performing all the yoga aasans. There was again a prayer at the end of this program.
Details of participants	
Total Number	23
Outsiders	
In-house	
	Total Cadet 23
Additional information	

UNIVERSITY OF MUMBAI

NATIONAL SERVICE SCHEME

VPM's B.N.BANDODKAR COLLEGE OF SCIENCE (AUTONOMOUS),THANE (W).

NSS UNIT, NCC UNIT AND YOGA COMMITTEE

Organises

"COUNT-DOWN PROGRAMME OF INTERNATIONAL YOGA DAY-2022"

YogGuru
Mrs. Lalita Dixit,
Yoga Teacher,
Ambika Yog Kutir, Thane

" Yoga adds years to your life, and life to your years."

DATE:14th MAY 2022
TIME: 7:00 am
VENUE:VPM's sports academy ground

Regards,
Dr. (Capt.) Moses Kolet
Principal.