

VPM's B. N. Bandodkar College of Science, Thane (Autonomous)
1 MAH BN/ ASC Thane NCC Army Boys UNIT

COUNTDOWN PROGRAMME OF INTERNATIONAL YOGA DAY-2022

DATE –14th May, 2022

Report – Today, a session of yoga was held. **ASC THANE NCC ARMY BOY'S UNIT** and **NSS** had conducted this seminar. There were 62 cadets of ASC THANE unit and others including NSS VOLUNTEER.

Today a countdown program for **international yoga day** was organized at VPM'S SPORTS GROUND in the presence of YOG GURU **MRS. LAITA DIXIT** (YOGA TEACHER AT AMBIKA YOG KUTIR)

At the starting there was a prayer to Start the yoga session. Then Dixit madam started telling about benefits of yoga and history of yoga.

She also told that YOGA is the only way to connect your body with your soul.

Then madam demonstrated different YOGA AASANS and all the volunteers of NCC and NSS performed it. This session of yoga was held for around 1 hr. 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 the programme.

The whole event was organized in a proper flow and in a Disciplined Manner under the Guidance of **Dr. (Capt.) Moses Kolet Sir, Principal of VPM'S B. N. Bandodkar College of Science, Thane.**

Regards,

Capt. Bipin Dhumale.

ANO of ASC Thane unit



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.**

