

# Patuck–Gala College of Commerce & Management

## REPORT ON EXTENSION ACTIVITIES FOR STUDENT SENSITIZATION TOWARDS HOLISTIC DEVELOPMENT

Academic Year: 2020-21

Name of the Department: National Service Scheme

Name of the Activity/ Event: Online Session on Tobacco awareness			
Date	Faculty In-charge	Other Faculty Member	Name of the Company for Internship
8 <sup>th</sup> April 2021	Ms. Dhanashree Bhute	Mr. Abhijit Paradkar	NA
Time	Venue	Class	Number of Participants
4pm to 5pm	Online – Google meet	All the NSS Volunteers from all the classes	53 Volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>• To create awareness about the harmful effects of tobacco consumption</li><li>• To prevent the use of tobacco among young people and adults.</li><li>• To reduce mortality and morbidity due to the use of tobacco.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• The students were informed about the session by way of notice on College NSS WhatsApp group.</li><li>• The link of Online – Google meet was shared with the students half an hour before the session.</li><li>• Interested students joined the session.</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Students understood the harmful effects of tobacco consumption.</li><li>• Students understood cessation tools and measures to be taken if someone wants to quit the tobacco consumption habit.</li></ul>



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Academic Year: 2020 – 21

Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> Blood Donation Camp			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Members</b>	<b>Name of the Company for Internship</b>
22 <sup>nd</sup> December, 2020	Mr. Abhijit Paradkar	Dr. Tasfiya Shaikh Mrs. Megha Nair	NA
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
9 am to 3 pm	College Auditorium	First & Second NSS Year Volunteers	16 volunteers

### **About the Activity/ Event**

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>• To spread awareness about blood donation.</li><li>• To develop a sense of selflessness among the students.</li><li>• To develop a positive attitude towards this noble deed of blood donation.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Conducted a blood donation camp at our College auditorium</li><li>• The activity was conducted in collaboration with TATA Memorial hospital</li><li>• Wide publicity was given about the camp</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Students understood the importance of blood donation.</li><li>• Students developed an attitude of selflessness towards the people of the society.</li><li>• 27 bottles of blood were collected</li></ul>



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Academic Year: 2019-20

Name of the Department: National Service Scheme

Name of the Activity/ Event: Blood Donation Camp			
Date	Faculty In-charge	Other Faculty Members	Name of the Company for Internship
14 <sup>th</sup> February 2020	Mrs. Megha Nair	Mr. Abhijit Paradkar Mrs. Sana Ansari	N.A.
Time	Venue	Class	Number of Participants
9 am to 2 pm	College Auditorium	First Year, Second Year & Third Year NSS Volunteers	21 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>● To spread the awareness about blood donation.</li><li>● To develop a sense of selflessness among the students.</li><li>● To develop a positive attitude towards this noble deed of blood donation.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>● NSS unit conducted a blood donation camp at our College auditorium in collaboration with TATA Memorial Hospital</li><li>● Notice was circulated about the camp</li><li>● Interested students showed up for volunteering as well as blood donation.</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>● Students understood the importance of blood donation.</li><li>● Students developed an attitude of selflessness towards the people of the society.</li><li>● The Camp helped the NSS unit of the College to collect 53 bottles of blood.</li></ul>



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## REPORT ON EXTENSION ACTIVITIES FOR STUDENT SENSITIZATION TOWARDS HOLISTIC DEVELOPMENT

Academic Year: 2017-18

Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> Blood Donation Camp			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Member</b>	<b>Name of the Company for Internship</b>
12 December 2017	Ms.Tasfiya Shaikh	Ms. Megha Pillai	N.A.
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
8 am to 1.00 pm	College Campus - Auditorium	First Year, Second Year & Third Year NSS Volunteers	15 volunteers

### **About the Activity/ Event**

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>• To spread awareness about blood donation and to encourage people to donate blood.</li><li>• To develop a sense of selflessness among the students by volunteering for this cause.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Notice was circulated about the blood donation camp.</li><li>• Selected students were identified as volunteers for the camp.</li><li>• Students were encouraged to donate blood.</li><li>• The camp was organized in collaboration with Tata Memorial Hospital.</li></ul>



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<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Students understood the importance of blood donation.</li><li>• Students developed a sense of responsibility by contributing to the camp.</li><li>• The NSS unit of the College successfully collected 78 bottles of blood.</li></ul>
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## REPORT ON EXTENSION ACTIVITIES FOR STUDENT SENSITIZATION TOWARDS HOLISTIC DEVELOPMENT

Academic Year: 2018-19

Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> Blood Donation Camp			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Members</b>	<b>Name of the Company for Internship</b>
8 <sup>th</sup> February 2020	Mrs. Megha Nair	Dr. Tasfiya Shaikh	NA
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
8 am to 1 pm	College campus	First Year, Second Year & Third Year NSS Volunteers	22 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>● To spread awareness about blood donation.</li><li>● To develop a sense of selflessness among the students.</li><li>● To develop a positive attitude towards this noble deed of blood donation.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>● Blood Donation Camp was held in our College Auditorium in collaboration with Tata Memorial Hospital.</li><li>● Notice was circulated about the same and interested students volunteered for the camp and also donated the blood.</li></ul>
<b>Outcomes of the Activity/ Eent</b>	<ul style="list-style-type: none"><li>● Students understood the importance of blood donation.</li><li>● Students developed an attitude of selflessness towards the people of the society.</li><li>● The College NSS unit successfully collected 42 bottles of blood.</li></ul>



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## REPORT ON EXTENSION ACTIVITIES FOR STUDENT SENSITIZATION TOWARDS HOLISTIC DEVELOPMENT

Academic Year: 2018-19

Name of the Department: National Service Scheme

Name of the Activity/ Event: Thalassemia Check- Up			
Date	Faculty In-charge	Other Faculty Members	Name of the Company for Internship
6 <sup>th</sup> February 2019	Mr. Abhijit Paradkar	Dr. Tasfiya Shaikh	NA
Time	Venue	Class	Number of Participants
9 am to 2 pm	College campus	First Year & Second Year NSS Volunteers	9 volunteers

### About the Activity/ Event

Subject of the Activity/ Event	NSS
Objectives of Conducting the Activity/ Event	<ul style="list-style-type: none"><li>• To develop an awareness regarding thalassemia.</li><li>• To inculcate the importance of routine checkup for the detection / prevention of such acute diseases.</li></ul>
Conduct of the Activity/ Event	<ul style="list-style-type: none"><li>• The NSS unit collaborated with THINK foundation to conduct Thalassemia Check-up in the College auditorium.</li><li>• Interested students took up the check and they collected their reports from the NSS office.</li></ul>
Outcomes of the Activity/ Event	<ul style="list-style-type: none"><li>• Students understood the importance of routine thalassemia checkup.</li><li>• Students developed awareness regarding thalassemia.</li></ul>



  
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Academic Year: 2019-20

Name of the Department: National Service Scheme

Name of the Activity/ Event: Thalassaemia Check Up			
Date	Faculty In-charge	Other Faculty Members	Name of the Company for Internship
14 <sup>th</sup> February 2020	Mr. Abhijit Paradkar	Dr. Tasfiya Shaikh	N.A.
Time	Venue	Class	Number of Participants
9 am to 2 pm	College Auditorium	First Year, Second Year & Third Year NSS Volunteers	134 volunteers

### About the Activity/ Event

Subject of the Activity/ Event	NSS
Objectives of Conducting the Activity/ Event	<ul style="list-style-type: none"><li>To develop an awareness regarding thalassaemia.</li><li>To inculcate the importance of routine, check up for the detection / prevention of such acute diseases.</li></ul>
Conduct of the Activity/ Event	<ul style="list-style-type: none"><li>Notice was circulated among the NSS volunteers for the check up.</li><li>Interested students registered for the check up and collected their reports from NSS office when received from THINK Foundation.</li></ul>
Outcomes of the Activity/ Event	<ul style="list-style-type: none"><li>Students understood the importance of routine check up.</li><li>Students developed awareness regarding thalassaemia.</li></ul>



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Academic Year: 2016-17

Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> Blood Donation Camp, Thalassemia and Dental Checkups			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Member</b>	<b>Name of the Company for Internship</b>
24 <sup>th</sup> January, 2017	Ms.Tasfiya Shaikh	Ms. Megha Pillai	N.A.
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
8:00 am to 1:00 pm	College Campus	First Year, Second Year & Third Year NSS Volunteers	16 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objective of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>• To spread the awareness about blood donation, thalassemia, and dental hygiene.</li><li>• To develop a positive attitude towards blood donation.</li><li>• To make people sensitive about their health and hygiene.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Notice and brochures were circulated among the staff, students and in the vicinity.</li><li>• For the conduct of blood donation and thalassemia check, experts were invited TATA Memorial Hospital</li><li>• For the dental check up, a dentist was invited</li><li>• Interested staff, students and general public in the vicinity participated in this activity.</li></ul>



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<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Students understood the importance of blood donation, thalassemia and dental check up</li><li>• Student volunteers developed an attitude of</li><li>• selflessness towards the people of the society.</li><li>• The NSS unit successfully collected 54 bottles of blood as a part of the donation camp.</li></ul>
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Academic Year: 2016-17

Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> AIDS Awareness Rally			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Member</b>	<b>Name of the Company for Internship</b>
1st December, 2016	Ms. Tasfiya Shaikh	Ms. Megha Pillai	N.A.
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
11 am to 1.00 pm	Vakola area	First Year, Second Year & Third Year NSS Volunteers	25 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>To create awareness among the students and general public regarding AIDS</li><li>To remove all the myths and misunderstandings among the students and the general public regarding AIDS</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>Notice was sent to the students about the activity and the interested students participated in the rally.</li><li>Students were asked to prepare posters with appropriate slogans.</li><li>The path and the decorum of the rally was informed with the students by the NSS POs.</li><li>The student volunteers participated enthusiastically.</li></ul>



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<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Students developed an understanding regarding the possible causes of AIDS.</li><li>• The myths and misunderstandings regarding AIDS were clarified.</li><li>• The general appreciated the efforts of the students towards the cause.</li></ul>
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Academic Year: 2019-20

Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> Poster Competition on AIDS Awareness			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Members</b>	<b>Name of the Company for Internship</b>
23 <sup>rd</sup> January 2020	Mrs. Megha Nair	Mr. Abhijit Paradkar	N.A.
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
11 am to 12 noon	College campus	First Year & Second Year NSS Volunteers	16 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>● To create awareness among the students regarding AIDS</li><li>● To remove all the myths and misunderstandings among the students regarding AIDS</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>● Notice was circulated among NSS volunteers about the poster-making competition on AIDS awareness.</li><li>● Interested participated were asked to prepare the posters at home and submit the same in the NSS office.</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>● Students developed an understanding regarding the possible causes of AIDS.</li><li>● The myths and misunderstandings regarding AIDS were clarified.</li><li>● The posters were judged, and prize winners were awarded the certificates.</li></ul>



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Academic Year: 2016-17

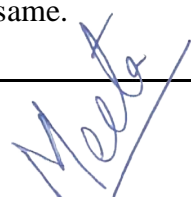
Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> Awareness on Hepatitis B & C			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Member</b>	<b>Name of the Company for Internship</b>
6th December, 2016	Ms.Tasfiya Shaikh	Ms. Megha Pillai	N.A.
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
11 am to 1.00 pm	College Campus – Conference Room	First Year, Second Year & Third Year NSS Volunteers	43 volunteers

### **About the Activity/ Event**

<b>Subject of the Activity/ Event</b>	NSS
<b>Objective of Conducting the Activity/ Event</b>	To spread awareness about the disease Hepatitis B & C
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• A notice was circulated to all the NSS volunteers about the session.</li><li>• Interested student attended the session.</li><li>• Resource person was invited to conduct the session on spreading awareness on Hepatitis B &amp; C</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Students who participated the session got awareness about the symptoms, effects and ways to treat Hepatitis B &amp; C.</li><li>• They were also prepared to spread the awareness about the same.</li></ul>



  
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Academic Year: 2018-19

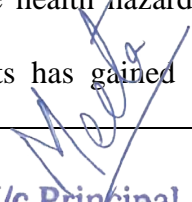
Name of the Department: DLLE

Name of the Activity/ Event: Rally on Promotion of Organic Food			
Date	Faculty In-charge	Other Faculty Members	Name of the Company
December 11. 2016	Dr. Pallav Das	Renita Vazirani Krupa Shah	N.A.
Time	Venue	Class	Number of Participants
Post lecture hours	Shivaji Park, Dadar, Mumbai	T. Y. B. Com. S. Y. B. Com.	15

### About the Activity/ Event

<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Since there is a lot of adulteration found in food items, HOSH Foundation that works towards helping farmers market their organic products wanted to create awareness among the general masses to change their food habits</li><li>• Organic food is generally priced towards the higher side and hence most do not tend to prefer it. The rally was to propagate the health benefits and convince the masses to change their minds and use organic products</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• An orientation was conducted for the students to make them understand what organic products and the importance of it are</li><li>• Students then volunteered to make placards and posters to display them during the rally</li><li>• Students gathered at Shivaji Park, Dadar on a Sunday morning and rallied through the area with slogans about the need to change our food habits and use organically grown products</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Students had become aware of the adulteration in the food during the current times</li><li>• They also became aware of the health hazards due to its consumption</li><li>• The market of organic products has gained a larger share</li></ul>



  
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Academic Year: 2016-17

Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> Yoga Week Celebration			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Member</b>	<b>Name of the Company for Internship</b>
15th June, 2016 to 21th June, 2016	Ms.Tasfiya Shaikh	Ms. Megha Pillai	N.A.
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
11 am to 1.00 pm	University of Mumbai, Kalina Campus	First Year & Second Year NSS Volunteers	23 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objective of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>To make the students understand the importance of yoga.</li><li>To make the students understand the richness of our Indian culture.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>Selected students were deputed for the Yoga sessions organized by the University.</li><li>Yoga asanas were demonstrated, and the students performed accordingly.</li><li>Interaction about yoga and Indian culture would also take place.</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>Students understood the importance of yoga for physical and mental well-being.</li><li>They developed an understanding about the benefits of performing yoga.</li></ul>



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## REPORT ON EXTENSION ACTIVITIES FOR STUDENT SENSITIZATION TOWARDS HOLISTIC DEVELOPMENT

Academic Year: 2017-18

Name of the Department: National Service Scheme

Name of the Activity/ Event: Yoga Diwas Celebration			
Date	Faculty In-charge	Other Faculty Member	Name of the Company for Internship
17 June 2017 to 19 June 2017	Ms.Tasfiya Shaikh	Ms. Megha Pillai	N.A.
Time	Venue	Class	Number of Participants
11 am to 2.00 pm	RD National College	First Year & Second Year NSS Volunteers	5 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objective of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>To make the students understand the importance of yoga.</li><li>To make the students understand the richness of our Indian culture.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>Selected students were deputed for the Yoga sessions organized by RD National College.</li><li>Yoga asanas were demonstrated, and the students performed accordingly.</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>Students understood the importance of yoga for physical and mental well-being.</li><li>They developed an understanding about the benefits of performing yoga.</li></ul>



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Academic Year: 2017-18

Name of the Department: National Service Scheme

<b>Name of the Activity/ Event:</b> Yoga Diwas Celebration			
<b>Date</b>	<b>Faculty In-charge</b>	<b>Other Faculty Member</b>	<b>Name of the Company for Internship</b>
21 June 2017	Ms.Tasfiya Shaikh	Ms. Megha Pillai	N.A.
<b>Time</b>	<b>Venue</b>	<b>Class</b>	<b>Number of Participants</b>
11 am to 12 noon	University of Mumbai, Kalina Campus	First Year & Second Year NSS Volunteers	38 volunteers

### **About the Activity/ Event**

<b>Subject of the Activity/ Event</b>	NSS
<b>Objective of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>To make the students understand the importance of yoga.</li><li>To make the students understand the richness of our Indian culture.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>Selected students were deputed for the Yoga sessions organized by the University.</li><li>Yoga asanas were demonstrated, and the students performed accordingly.</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>Students understood the importance of yoga for physical and mental well-being.</li><li>They developed an understanding about the benefits of performing yoga.</li></ul>



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Academic Year: 2018-19

Name of the Department: National Service Scheme

Name of the Activity/ Event: Yoga Diwas Celebration			
Date	Faculty In-charge	Other Faculty Members	Name of the Company for Internship
21 <sup>st</sup> June 2018	Dr, Tasfiya Shaikh	Mrs. Megha Nair	NA
Time	Venue	Class	Number of Participants
11 am to 1 pm	College Campus & Kalina Campus	First Year, Second Year & Third Year NSS Volunteers	43 volunteers

### About the Activity/ Event

Subject of the Activity/ Event	NSS
Objectives of Conducting the Activity/ Event	<ul style="list-style-type: none"><li>To make the students understand the importance of yoga.</li><li>To make the students understand the richness of our Indian culture.</li></ul>
Conduct of the Activity/ Event	<ul style="list-style-type: none"><li>32 NSS Volunteers attended the Yoga session which was conducted in the college auditorium and 11 NSS Volunteers attended the Yoga session which was conducted in the Kalina Campus.</li></ul>
Outcomes of the Activity/ Event	<ul style="list-style-type: none"><li>Students understood the importance of yoga for development of physical and mental health.</li><li>Students developed an understanding regarding the benefits of yoga.</li></ul>



*Megha*  
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# Patuck–Gala College of Commerce & Management

## REPORT ON EXTENSION ACTIVITIES FOR STUDENT SENSITIZATION TOWARDS HOLISTIC DEVELOPMENT

Academic Year: 2019-20

Name of the Department: National Service Scheme

Name of the Activity/ Event: Yoga Diwas Celebration			
Date	Faculty In-charge	Other Faculty Members	Name of the Company for Internship
21 <sup>st</sup> June 2019	Dr, Tasfiya Shaikh	Mrs. Sana Ansari	NA
Time	Venue	Class	Number of Participants
11 am to 1 pm	College Auditorium	First Year, Second Year & Third Year NSS Volunteers	81 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>● To make the students understand the importance of yoga.</li><li>● To make the students understand the richness of our Indian culture.</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>● Notice was circulated among the NSS students about observing Yoga day</li><li>● Interested students attended the session.</li><li>● Yoga session was conducted in the College Auditorium.</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>● Students understood the importance of yoga for development of physical and mental health.</li><li>● Students Developed an understanding regarding the benefits of yoga.</li></ul>



  
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## REPORT ON EXTENSION ACTIVITIES FOR STUDENT SENSITIZATION TOWARDS HOLISTIC DEVELOPMENT

Academic Year: 2020-21

Name of the Department: National Service Scheme

Name of the Activity/ Event: Yoga session			
Date	Faculty In-charge	Other Faculty Member	Name of the Company for Internship
24 <sup>th</sup> January 2021	Mr. Abhijit Paradkar	Dr. Tasfiya Shaikh	NA
Time	Venue	Class	Number of Participants
9 am to 11 am	Online	First & Second Year NSS Volunteers	50 volunteers

### About the Activity/ Event

<b>Subject of the Activity/ Event</b>	NSS
<b>Objectives of Conducting the Activity/ Event</b>	<ul style="list-style-type: none"><li>• To teach different forms of <i>yoga asanas</i> to the students.</li><li>• To create awareness among the young generation regarding the importance of yoga in maintaining mental and physical health.</li><li>• Physical &amp; Mental Well-being in Lockdown through Yoga</li></ul>
<b>Conduct of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• A notice was circulated in College NSS WhatsApp group regarding the activity.</li><li>• Interested volunteers joined the Online Yoga Session</li></ul>
<b>Outcomes of the Activity/ Event</b>	<ul style="list-style-type: none"><li>• Students learned different yoga asanas.</li><li>• Students understood the importance of Yoga</li><li>• Students understood the benefits of different yoga asanas.</li></ul>



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