



ACTIVITY REPORT

Submission Date: 21-06-2022

Department Name : N.S.S. Unit
Nature of the Activity : Participation in International Yoga Day Celebration
Name of the Activity : 8th International Yoga Day 2022
Activity In-Charge : Ms. Shamal Dessai, NSS Convenor
Activity Venue : Se.Cathedral Church, Old-Goa
Event Date : 21-06-2022



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Prabodhan Education Society's
Vidya Prabodhini College of Commerce, Education, Computer & Management
Parvari-Goa



8th International Yoga Day 2022 at Se.Cathedral Church, Old-Goa on 21/6/2022



Report

NSS unit of Vidya Prabodhini College of Commerce, Education, Computer & Management, Parvari-Goa participated in the 8th 'International Yoga Day 2022' organised by the 'Indiatourism', Mumbai, the Regional office of Ministry of Tourism held at Se. Cathedral Church, Old-Goa, to mark '75 years of Azadi ka-Amrut Mahotsav' in the presence of Honourable Minister of State for Tourism, Shipping and Waterways Shri. Shripad Naik. Shri. Narendra Modi, Prime Minister of India's live telecast message on the theme of 2022 'Yoga for Humanity' was witnessed. The yoga session for all present was conducted by experts from the Goa State Yoga Academy team. T-shirts & Yoga Mats were given to all by organisers. **Twenty-five** NSS Volunteers participated in Yoga sessions along with deputed faculty members - Ms. Yogita Gauns – Asst. Prof. in History, Mr. Swapnil Gaonkar – Instructor in Physical Education.

Ms. Shamal Krishna Dessai, Asst. Prof. in Economics & NSS Convenor coordinated the college participation and accompanied students. We left college at 5.50 am and returned at 10.30 am.

Dessai

Ms. Shamal K. Dessai
NSS Convenor



Dr. Bhushan Bhawe

Dr. Bhushan Bhawe
Principal