



R. J. COLLEGE of Arts, Science & Commerce (Empowered Autonomous)

(Hindi Vidya Prachar Samiti's **RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce**)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai - 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in • Email : rjcollege@rjcollege.edu.in • Tel No. + 91 22 25151763

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to **UNIVERSITY OF MUMBAI** II **NAAC Re-Accredited 'A' Grade (CGPA: 3.10)**

Year 2023 – 2024

Report Of NSS Unit Activity

FLYER



HINDI VIDYA PRACHAR SMITI'S
Ramniranjan Jhunjhunwala College
(Empowered Autonomous)



NSS UNIT

In Collaboration With

Kaivalyadhama Institute

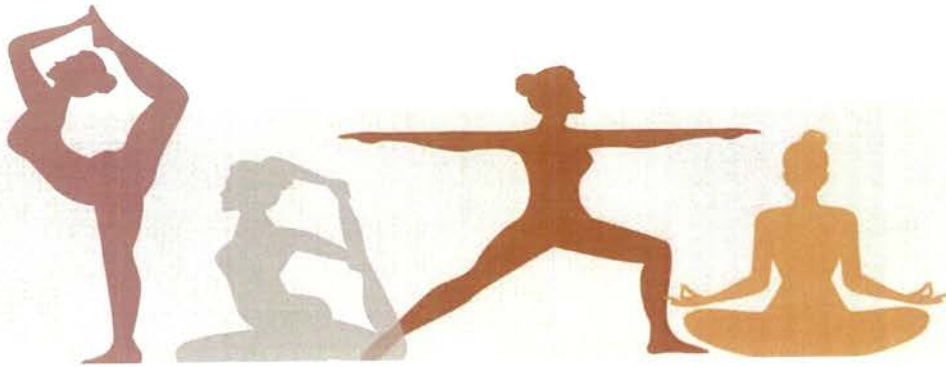
Organise

International Yoga Day

Date : 18th June to 21th June

Time : 07:00 am to 10:00 pm (All day)

Venue : Kaivalyadhama Institute, Charni road



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Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

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Report Of NSS Unit Activity

REPORT

Name of the Event – INTERNATIONAL YOGA DAY CELEBRATION 2023

Organised by – Kaivalyadhama Institute

Day and Date: 18th-21th June 2023

Time: 7:00 Am (All Days)

Venue- Convocation Hall, Fort Campus

Objective of the Activity – The International Yoga Day program on 18th to 21th June 2023, organized by the NSS unit and Kaivalyadhama institute, aims to promote the practice of yoga and its holistic benefits, fostering physical, mental, and spiritual well-being.

SDG GOAL : The celebration of International Yoga Day aligns with several Sustainable Development Goals (SDGs), mainly related to health and well-being. The specific goal that is relevant to the promotion of yoga and its celebration is:

SD 3: Good Health and Well-being

- Target 3.4 specifically aims to "promote mental health and well-being" and includes aspects of mental health promotion, which practices like yoga are often associated with. By celebrating International Yoga Day, which emphasizes the physical and mental health benefits of yoga, there is a contribution to the broader goal of promoting well-being as outlined in Goal 3 of the SDGs.

The Events Is In Accordance 3rd AND 4th Benefits Of Adapting Yoga On A Daily Basis In Your Life

DAY ONE (18/06/2023): On day one they tell us about benefits of yoga, Yoga offers numerous benefits, promoting physical strength, flexibility, and balance and It also enhances mental well-being

DAY TWO (19/06/2023): On day two they tell us about Basic yoga exercises like Mountain Pose (Tadasana) for grounding, Downward Dog (Adho Mukha Svanasana) for stretching, and




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Child's Pose (Balasana) for relaxation. These poses build a foundation for strength, flexibility, and mindfulness in a yoga practice.

DAY THREE (20/06/2023): On day three Learned about different postures and sequences that contribute to holistic fitness. The instructors provided insights into the specific areas of the body that each exercise targets, emphasizing the interconnectedness of physical well-being.

Volunteers actively participated in the training, gaining valuable knowledge on how to incorporate full-body yoga exercises into their daily routines. The session aimed to empower participants to promote the importance of such exercises in enhancing flexibility, strength, and overall health.

DAY FOUR (21/06/2023): On the last of the Celebration selected volunteers were required to attend all sessions to qualify for the certificate of participation. This served as a testament to their engagement and investment in the training program. Additionally, volunteers were reminded to be dressed in comfortable attire suitable for yoga practice, ensuring a conducive environment for effective participation in all sessions.

The final day celebrated the collective efforts of the volunteers, emphasizing the importance of their role in spreading awareness about the benefits of yoga in daily life.




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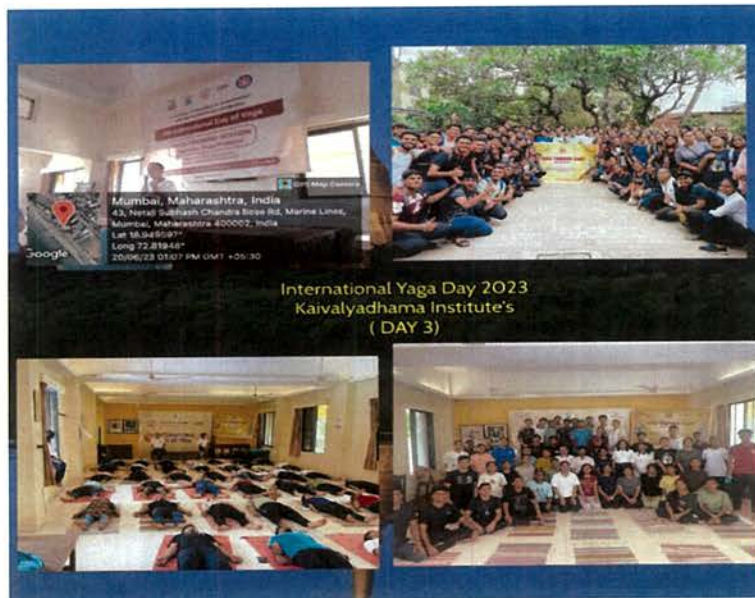
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Photo of the University Level International Yoga Day in collaboration with Kaivalyadhama



Volunteers attending a session on a yoga training programme.



Students during yoga training and lecture on mental health





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Students learning yoga training at Kaivalyadhama institute auditorium.



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Certificate



HINDI VIDYA PRACHAR SAMITI 's
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**CERTIFICATE
OF APPERCIATION**

THIS CERTIFICATE IS CERTIFY TO

Mohit Gundal

in recognition of contribution as a volunteer for the University Level "International yoga day" Held at Convocation Hall, Fort Campus on 18th - 21th June 2023, Organized by Kaivalyadhama Institute.

Prof. Pranali Karnik
Programme officer

Dr. D.B.Singh
Programme officer

Dr. Himanshu Dawda
Principal



[Signature]
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