

IQAC 2024-25
ACTIVITY REPORT
DLLE, NSS COMMITTEES

IQAC ACTIVITY NO:

NAME OF THE ACTIVITY: International Yoga Day celebration 2024-2025			
DATE:	FACULTY:	DEPARTMENT/COMMITTEE:	COORDINATOR NAME:
21st June 2024	4	DLLE & NSS	Asst.Prof.Priyanka More Asst.Prof. Arun Vishwakarma
TIME:	VENUE:	NUMBER OF PARTICIPANTS:	NATURE: ONLINE/OFFLINE
10.30 a.m onwards	Auditorium (4th Floor)	200	Offline
SUPPORT/ASSISTANCE:	Asst.Prof. G. Subhashini Asst. Prof. Raju Rathod		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO – III and V)

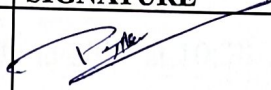


TOPIC/SUBJECT OF THE ACTIVITY	International Yoga Day celebration 2024-2025
OBJECTIVES	<ol style="list-style-type: none"> 1) The main objective of organizing the Yoga and meditation in the college is to impart a high standard of education to all. This initiative of the college is to focus upon the co-scholastic activities among the students. This initiative is started for both students and staff. 2) The main aim is to raise awareness about the numerous physical and mental health benefits of yoga and provide an opportunity for individuals of all ages and backgrounds to experience its transformative effects firsthand. 3) To let students know their rights of good health and healthy lifestyle to completely enjoy the highest standard of physical health. 4) To make students aware of physical and mental diseases and its solutions through practicing yoga. 5) Practicing yoga in nature allowed students to connect with their surroundings and experience the calming effects of practicing outside. 6) The asanas also help in maintaining a steady posture and reduce mental tiredness, stress and anxiety.
METHODOLOGY	Demonstration
OUTCOMES	Attach with Report
SUPPORT/ASSISTANCE:	Asst.Prof. G. Subhashini Asst. Prof. Raju Rathod



PROOFS & DOCUMENTS ATTACHED (TICK MARK THE PROOFS ATTACHED):

1. Notice & Letters ✓	2. Student's list ✓	3. Activity report ✓	4. Photos ✓	5. Feedback Form ✓
6. Feedback analysis ✓	7. News clip with details			

IQAC CELL ACTIVITY NUMBER: _____

NAME OF TEACHER AND SIGNATURE	NAME OF HEAD/COMMITTEE INCHARGE & SIGNATURE	PRINCIPAL'S SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
		 I / C PRINCIPAL Sainath Education Trust's	 Co-ordinator Internal Quality Assurance Cell

Rajiv Gandhi College of Arts, Commerce & Science
Plot No.16/17 Sector-10A, Vashi, Navi Mumbai-400705

Rajiv Gandhi College of Arts, Commerce & Science
Vashi, Navi Mumbai.



In total participants = 1971



Sainath Education Trust's
Rajiv Gandhi College of Arts, Commerce & Science
{ Permanently Affiliated to University of Mumbai }
Re-Accredited by NAAC, Grade 'B'
Hindi Linguistic Minority Institute



Plot No.16/17, Sector-10A Vashi, Navi Mumbai, Maharashtra - 400703. Tel.2788 0817 / 2766 7377 Mail Id : info@setrgc.edu.in

DLLE & NSS COMMITTEES

Activity: International Yoga Day celebration 2024-2025

Venue: Auditorium (4th Floor)

Date & Time: 21st June 2024 at 10:30 a.m onwards,

Participants List: - Attached with Report

Descriptive Report :-

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual powers that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system.

NSS and DLLE unit in collaboration with IQAC Committee of Sainath Education Trust's Rajiv Gandhi College of Arts, Commerce & Science, Vashi, Navi Mumbai is celebrating **International Yoga Day** under the theme of '**Yoga for Self and Society**'. Yoga provides a holistic approach to health and well-being that assists in restoring balance in our busy lives. On this special day, we celebrate its transformative power.

The celebration began with a warm welcome and introduction of a resource person Mrs. Meghna Sharma, Entrepreneur, veteran Yoga Therapist, Wellness Consultant, Lifestyle management coach and Pre and Post-Natal expert with 7+ years of experience in Therapeutic Healing. Chakra Balancing and all forms of yogic asanas. Committed to providing a comprehensive healing and body strengthening experience for her clients. She has achieved a Longest Chain Asana Holding award by Worldwide Book of Record. A gold medalist of her batch in Yogic Sciences at D. Y. Patil University. Anchoring was done by Mr. Anurag Singh from TYBSC and Asst.Prof. Arun Vishwakarma felicitated our workshop resource person by giving them a tulsi plant as a token of appreciation.



The section begins with the Gayatri mantra and Sholkas. After that the speaker gave importance to yoga in our life along with demonstration of some asanas.

1. Bhastrika Pranayam - she said this yog helps us to oxygenate our brain.
2. KapalBhati Pranayam - It will help in the cleansing process of our body and to glow our skin. This process will help us to detoxify the human body.
3. Anulom Vilom Pranayam - He said if this is practiced daily then it can be very helpful in treating respiratory disorders such as asthma and bronchitis.
4. Ujjayi Pranayam - This one is very useful to treat thyroid problems. This also activates vishuddhi chakras and helps us to treat throat problems.
5. Bhramari Pranayam - It will help to improve memory. It is the best cure for stress.
6. Sarvangasana - Cures insomnia and other mental issues.
7. Meditation - Meditation is the practice of intentionally spending time with our mind. He insisted on doing at least 15 minutes as soon as we got up in the morning.
8. Natarajasana - Help to stretch the legs, knees, ankles, chest, neck, abdomen, and hips in one go.
9. Tadasana- To Improve the posture and coordination
10. Vrikshasana - To boost the balance of the body and help to focus.
11. Paschimottanasana - Improves Blood Flow in the Pelvic Region
12. Bridge Pose - Strengthens the abdominal muscles and hip flexors, which support the back.

Outcome:

1. The Students would be able to demonstrate yoga in a scientific way to improve positive health.
2. Develop their physical and mental coordination and confidence through multiple yogic practices.
3. Basic skills associated with yoga activities include strength and flexibility, balance and coordination.
4. Students gained knowledge and information regarding Yoga and its benefits.
5. learn and gain perfection to teach yoga practices.
6. It was a learning experience for the volunteers as well as the participants.
7. The students performed Yoga and experienced healthy changes in their lifestyle.
8. The activity was successfully conducted.



National Yoga Day 2023-2024

Photos of Activities:

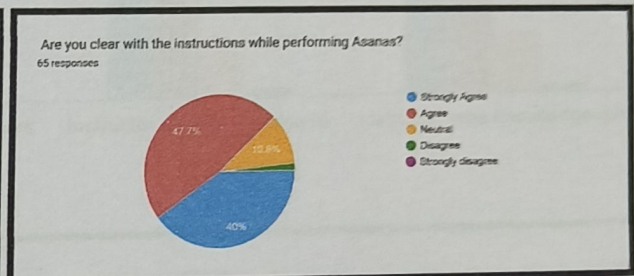
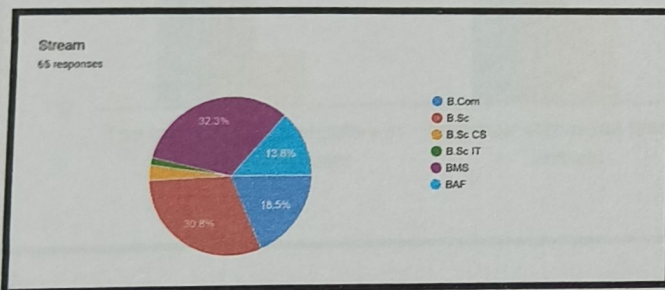
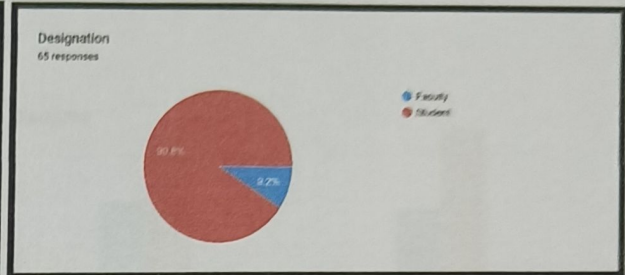
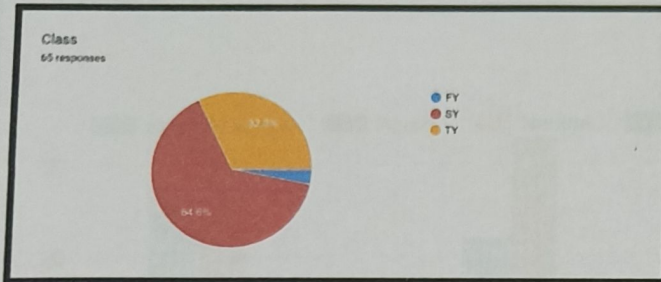


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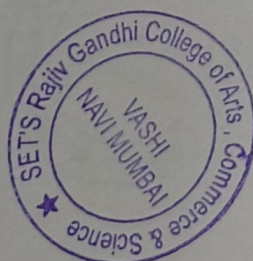
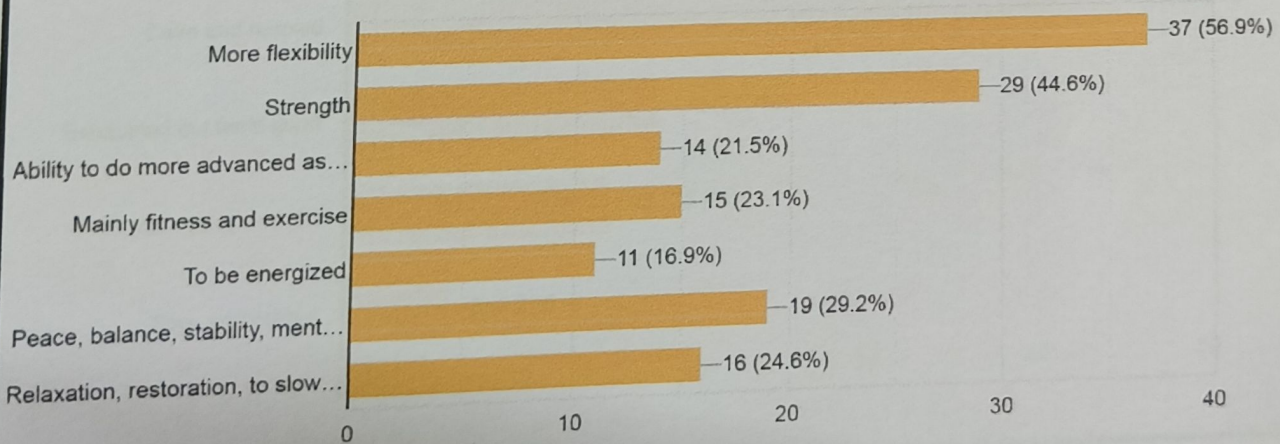


Feedback Analysis:

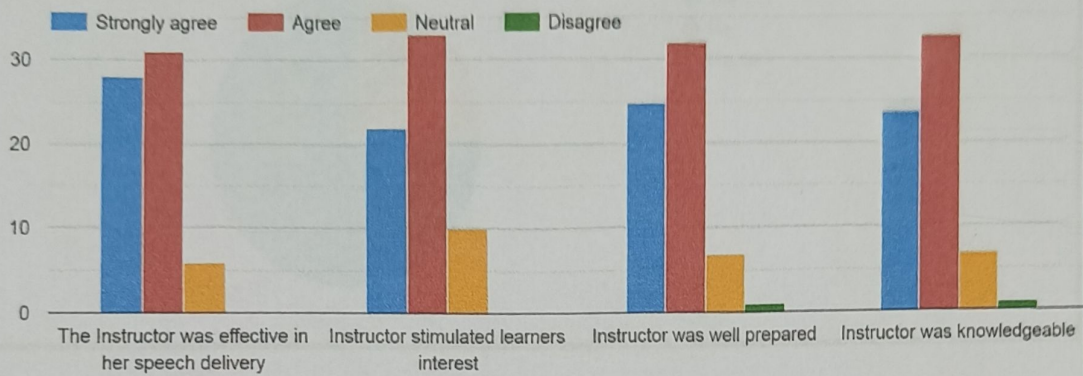


What are you looking forward by your yoga practice?

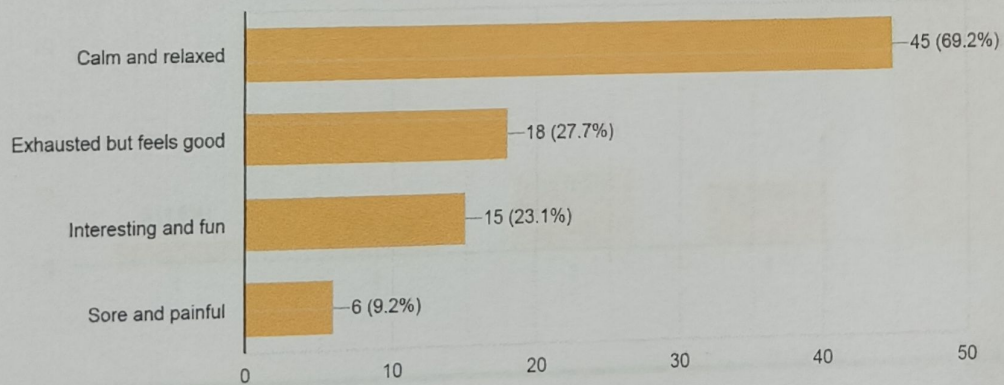
65 responses



Please rate your satisfaction with the content of the session by indicating your level of agreement or disagreement with each of the following statements.

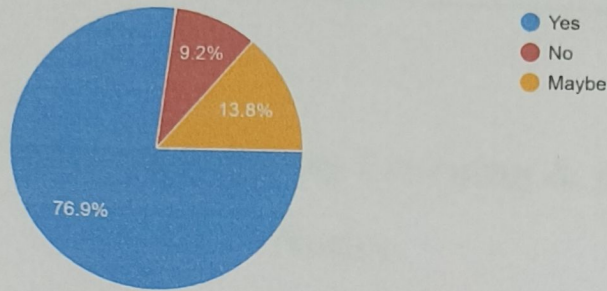


Which of the following best describes your session experience? (Please check all that applied)
65 responses



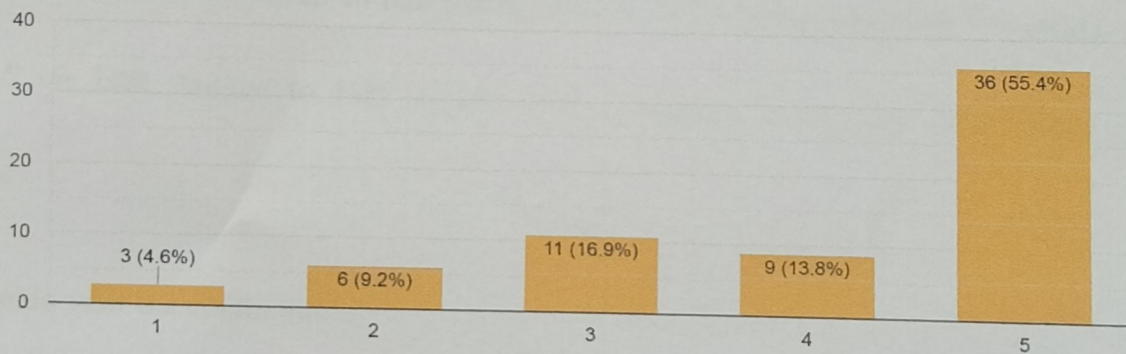
Have you learned something from today's session?

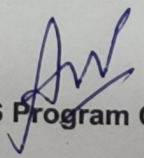
65 responses

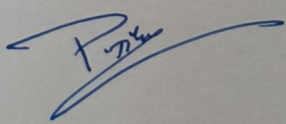


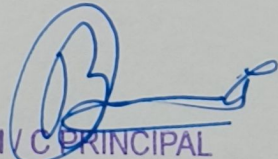
How do you grade today's celebration of International Yoga Day session.

65 responses




NSS Program Officer


DLLE Extension teacher


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