

**Shikshan Prasarak Sanstha's**  
**Padmabhushan Vasantodada Patil Mahavidyalaya, Kavathe Mahankal**  
**National Service Scheme and Department of Sports**



**Activity Report**

<b>Title</b>	<b>'One-Day Yoga Training Program Report for NSS Volunteers'</b>
<b>Day &amp; Date</b>	21/06/2022      No of Part : 26
<b>Organizer</b>	NSS and Department of Sports
<b>Co-ordinator</b>	<b>Prof Netaji Pol, Dr Mayur Shinde</b>
<b>Background</b>	On 21/06/2022, a one-day Yoga Training Program was organized by the Department of Sports in collaboration with the National Service Scheme (NSS). The program aimed to introduce NSS volunteers to the principles and practices of yoga, promoting physical and mental well-being, and emphasizing the holistic benefits of incorporating yoga into daily life.
<b>Objective</b>	The primary objective of the one-day Yoga Training Program was to provide NSS volunteers with an understanding of yoga as a holistic approach to health and wellness. The program aimed to instil the importance of regular yoga practice for maintaining physical fitness, enhancing mental clarity, and managing stress.
<b>Conclusion</b>	The one-day Yoga Training Program for NSS volunteers organized by the Department of Sports and NSS proved to be a beneficial and enlightening experience. The participants gained valuable insights into the practice of yoga, its physical and mental health benefits, and its potential to contribute to a balanced and healthy lifestyle. The collaboration between the Department of Sports and NSS showcased a holistic approach to volunteer training, emphasizing the importance of well-being and self-care among NSS volunteers. This initiative is a positive step towards fostering a culture of health and mindfulness within the NSS community.

  
**Prof Netaji Pol.**

**Program Officer NSS.**

**PROGRAM OFFICER**  
**National Service Scheme**  
**P. V. P. Mahavidyalaya,**  
**Kavathe Mahankal.**

  
**Dr Mayur Shinde**

**Physical Director**

  
**Principal**

**Acting Principal**

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