



**CSIBER TRUST'S
COLLEGE OF NON-CONVENTIONAL
VOCATIONAL COURSES FOR WOMEN,
KOLHAPUR**



NATIONAL SERVICE SCHEME

Date: 13th May 2022

NOTICE

**COUNTDOWN OF 8TH INTERNATIONAL YOGA DAY TO BEGIN
WITH YOGA MAHOTSAV**

As per the received letter from the Higher Technical Education Department, Mantralaya the CNCVCW NSS Unit is organizing a **Guest Lecture cum Yoga Demonstration** on the occasion of Countdown of **8th International Yoga Day**, to begin with, **Yoga Mahotsav-2022** on 14th May 2022 from 09 am to 11 am at **Basement Hall**. All the NSS Volunteers of the CNCVCW are hereby informed to attend the seminar actively.

By,

Tejaswini Chile

Asst. Prof. Ms. Tejaswini Chile

NSS Coordinator

Programme Officer
National Service Scheme
College of Non-Conventional
Vocational Courses For Women
Kolhapur

Belcher

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College of Non-Conventional
Vocational Courses For Women
Kolhapur.

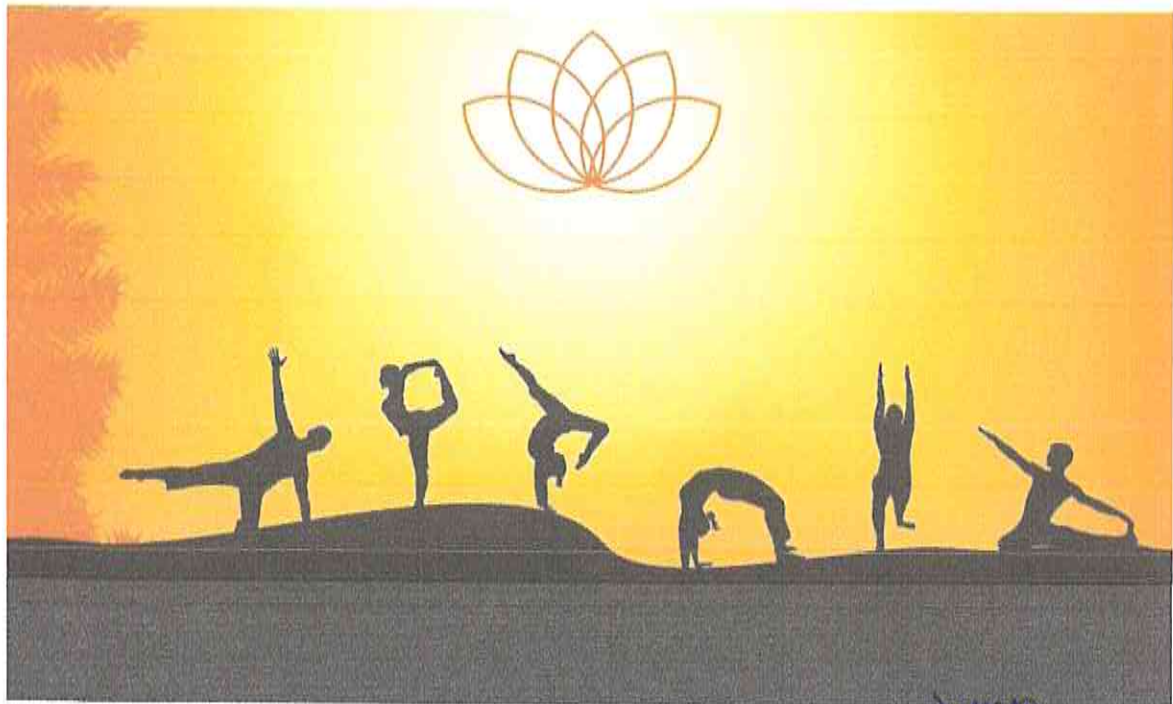


**CSIBER TRUST'S
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VOCATIONAL COURSES FOR WOMEN,
KOLHAPUR**




NATIONAL SERVICE SCHEME

**A REPORT ON
COUNTDOWN OF 8TH INTERNATIONAL YOGA DAY TO
BEGIN WITH YOGA MAHOTSAV**



On 14th May 2022


PRINCIPAL,
College of Non-Conventional
Vocational Courses For Women
Kolhapur



Date: 16th May 2022

As per the letter received from the Higher Technical Education Department, Mantralaya, CSIBER Trust's CNCVCW, Kolhapur NSS Unit organized a Guest Lecture and Yoga Demonstration on the occasion of Countdown of 8th International Yoga Day, to begin with, Yoga Mahotsav-2022 on 14th May 2022 from 09 am to 10 am at Basement Hall. (Annexure 01)

The basic objective of this event is to give a wider promotion and publicity to various dimensions of Yoga and its utility and also to promote the 100 days countdown campaign to IDY-2022 for Health, Well-being, and World Peace. This event formally marked the beginning of the journey towards 8th IDY -2022, a journey towards freedom from disease, stress, and depression.

The event was inaugurated by NSS Coordinator Ms. Tejaswini Chile by welcoming, Principal Dr. A. R. Kulkarni, HOD of all departments, Teaching, and non-teaching staff, and NSS Volunteers. Asst. Prof. Mrs. Yogita Mirajkar introduced the Chief Guest Principal Dr. A. R. Kulkarni. (Annexure 02) He briefed the students about History of Yoga, and, gave information about its numerous health benefits, fitness as well as stress management. He demonstrated twenty-five asanas (Annexure 03) and told how yoga can be an instant relief from stress, and a cure for many diseases. Also, one of the NSS Volunteers Vaishnavi Sutar Demonstrated some asanas.

The NSS Coordinator Ms. Tejaswini Chile underlined the need of opting yoga as a way of life for an individual's own benefit. She expressed hope to continue such a campaign for a healthy society through the art and science of yoga Asst. Prof. Ms. Divya Satpute proposed a vote of thanks.

Fifty-two NSS Volunteers and Thirty staff members participated in the program.

Attachments:

1. Letter
2. Programme schedule
3. A list of asanas
4. Attendance
5. Photos of the programme


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(Annexure 02)

NATIONAL SERVICE SCHEME

**Organized A Guest Lecture
On the Occasion of**

**COUNTDOWN OF 8TH INTERNATIONAL
YOGA DAY TO BEGIN WITH YOGA MAHOTSAV**

**On Saturday, 14/05/2022
Program Schedule**

Welcome to Principal, HODs, Faculty Members, NSS Volunteers	Asst. Prof. Ms. Tejaswini Chile. NSS Coordinator
Introduction of Principal	Asst. Prof. Mrs. Yogita Mirajkar Department of Food Technology and Science
Presidential Speech	Dr. A. R. Kulkarni Principal CNCVCW
Yoga Session	Dr. A. R. Kulkarni Principal CNCVCW
Vote of Thanks:	Asst. Prof. Ms. Divya Satpute Department of Food Technology and Science


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सेवा में,

एन.एस.एस. कार्यक्रम समन्वयक
महाराष्ट्र और गोवा में

सर/मैडम,

अंतर्राष्ट्रीय योग दिवस 2022 पर सभी को भेजी गई कार्य योजना के अनुसार, काउंट डाउन योग कार्यक्रम के संबंध में एन.एस.एस. नई दिल्ली निदेशालय से प्राप्त पत्र की प्रति कृपया इसके साथ संलग्न हैं। IYD-2022 की काउंट- डाउन के एक भाग के रूप में आयुष दिशा-निर्देश के अनुसार युवा कार्यक्रम और खेल मंत्रालय दो विशिष्ट तिथियों को कार्यक्रम का आयोजन कर रहा है। इन गतिविधियों को आयोजित करने की तिथियां 21 जून 2022 को अंतर्राष्ट्रीय योग दिवस के साथ 14 मई और 20 जून 2022 हैं।

सुझावात्मक गतिविधियाँ इस प्रकार हैं

- 1) सामान्य योग प्रोटोकॉल अभ्यास
- 2) योग विराम (वाई-ब्रेक) अभ्यास
- 3) विशेषज्ञों द्वारा योग पर व्याख्यान ✓
- 4) योग कार्यशालाएँ
- 5) योग प्रदर्शन
- 6) योग संबंधी प्रतियोगिताएँ
- 7) कोई अन्य संबंधित प्रचार गतिविधियाँ

अतः आपसे अनुरोध है कि आपके अधिकार क्षेत्र की सभी एन.एस.एस. इकाइयों को कृपया 14 मई और 20 जून, 2022 एवं 21 जून 2022 को अंतर्राष्ट्रीय योग दिवस पर गतिविधियों का आयोजन करने के लिए कहा जाए, जैसा कि ऊपर बताया गया है और तस्वीरों के साथ आयोजित गतिविधियों की एक समेकित रिपोर्ट इस कार्यालय को nss@unishivaji.ac.in प्रस्तुत की जाए। एक्शन फोटोग्राफ / वीडियो क्लिप सभी आधिकारिक सोशल मीडिया हैंडल के साथ-साथ आधिकारिक व्हाट्सएप ग्रुप पर भी अपलोड किए जा सकते हैं।

डी. कार्तिकेयन

क्षेत्रीय निदेशक (महाराष्ट्र एवं गोवा)

क्षेत्रीय निदेशालय एन.एस.एस. - पुणे

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- Thanks with warm regards,
NSS Cell,
Higher & Technical Education Department,
Mantralaya.

[Signature]

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Shri. Abhay Jaibhaye,
Director, N.S.S.
Shivaji University, Kolhapur
Email : director.nss@unishivaji.ac.in
Mob.: 91-9404883801
Office Landline : 0231-2609176

CNCVCW, Kolhapur

Inward No. 2169

Date : 22/5/2022

Directed to: N.S.S.

Remarks : Pl. discuss

[Signature]
Principal

O. S.

[Signature]
Clerk



(Annexure 03)

A list of Asanas demonstrated by Chief Guest Dr. A. R. Kulkarni:

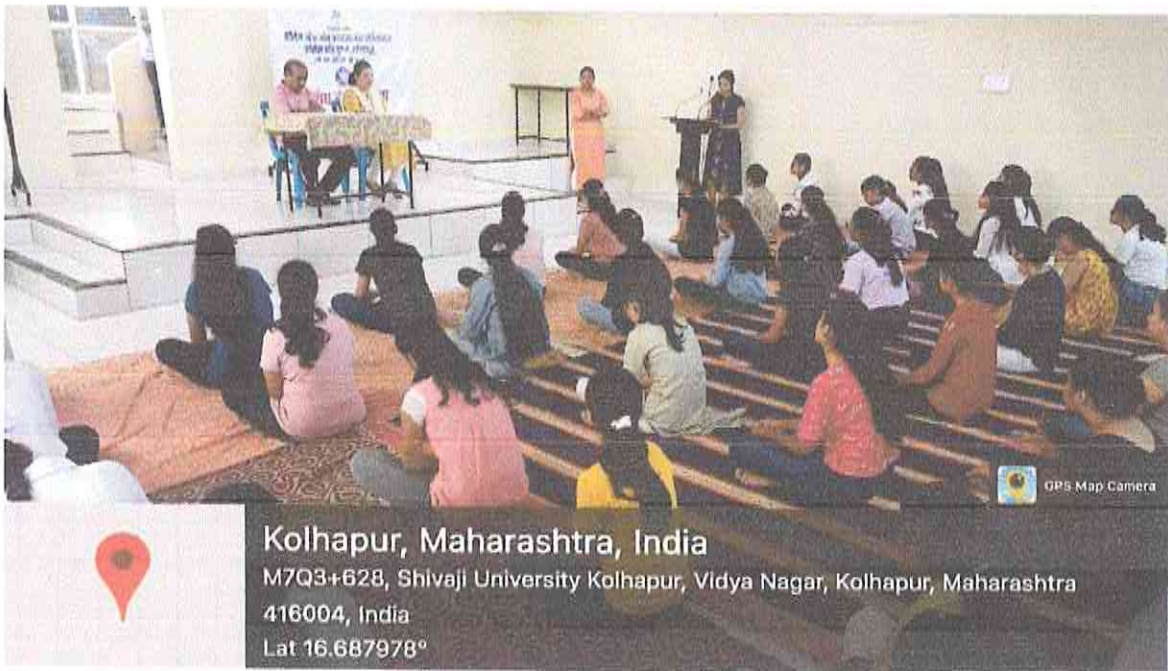
Sr. No.	Name of the Asana
1.	Surya namaskar
2.	Padma Asan
3.	Basthrika
4.	Kapalbharti
5.	Butterfly
6.	Bahay Pranayama
7.	Agnisar
8.	Bhujai Pranayama
9.	Breathing
10.	Neck exercises
11.	Eye exercises
12.	Anulom-Vilom (lung)
13.	Saebhasan
14.	Bhujangasan
15.	Dhanurasan
16.	Markatasan
17.	Pawan Muktasan
18.	Hallasan
19.	Sawangasan
20.	Markatasan
21.	Shawasan
22.	Brhamari
23.	Omkar
24.	Meditation
25.	Waghrasan

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(Annexure 05)

Photos of the Event:



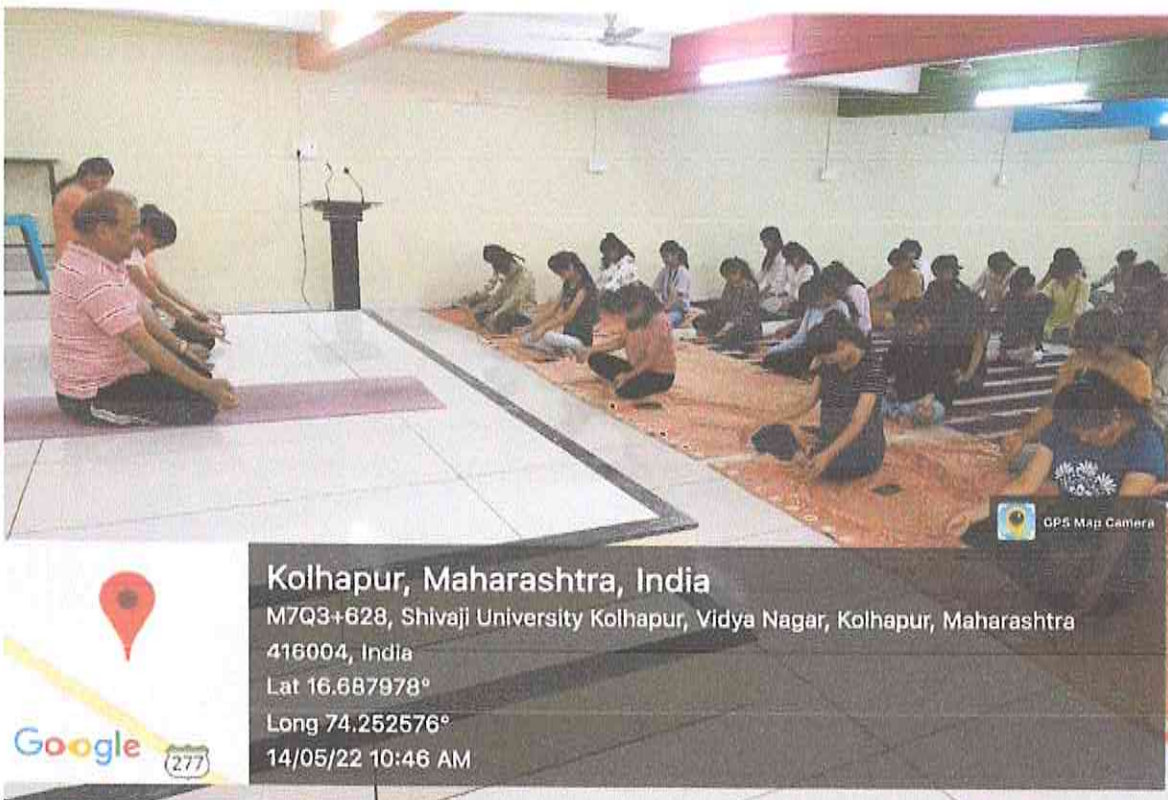
Kolhapur, Maharashtra, India

M7Q3+628, Shivaji University Kolhapur, Vidya Nagar, Kolhapur, Maharashtra

416004, India

Lat 16.687978°

Asst. Prof. Mrs. Yogita Mirajakar addressed the Chief Guest



Kolhapur, Maharashtra, India

M7Q3+628, Shivaji University Kolhapur, Vidya Nagar, Kolhapur, Maharashtra

416004, India

Lat 16.687978°

Long 74.252576°

14/05/22 10:46 AM



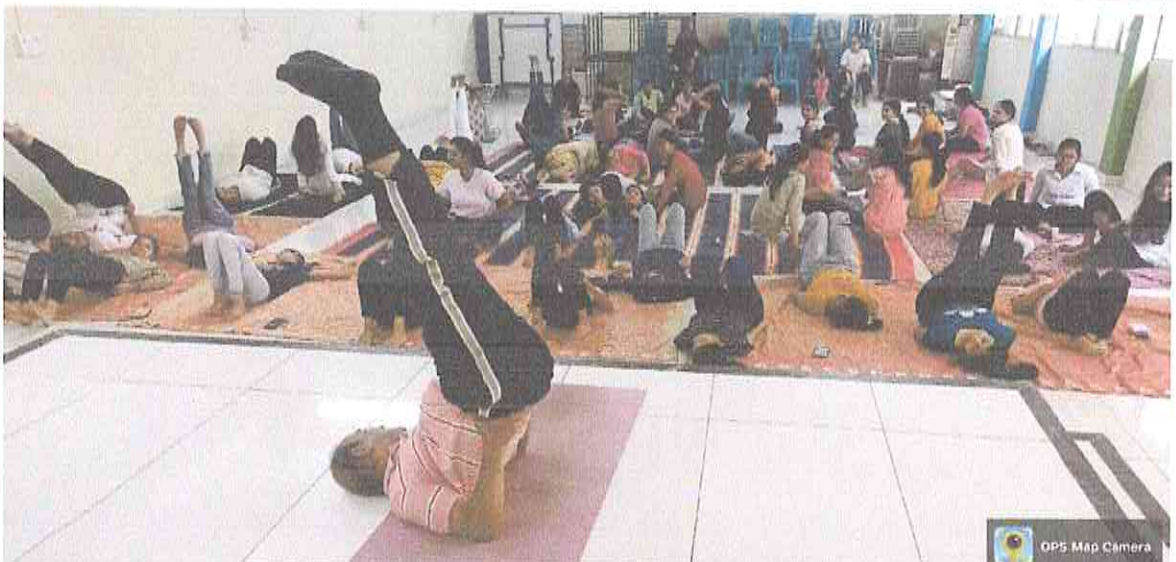
Yogita Mirajakar
PRINCIPAL,
College of Non-Conventional
Vocational Courses For Women
Kolhapur



GPS Map Camera



Kolhapur, Maharashtra, India
M7Q3+628, Shivaji University Kolhapur, Vidya Nagar, Kolhapur, Maharashtra
416004, India
Lat 16.68797°
Long 74.252575°
14/05/22 11:27 AM



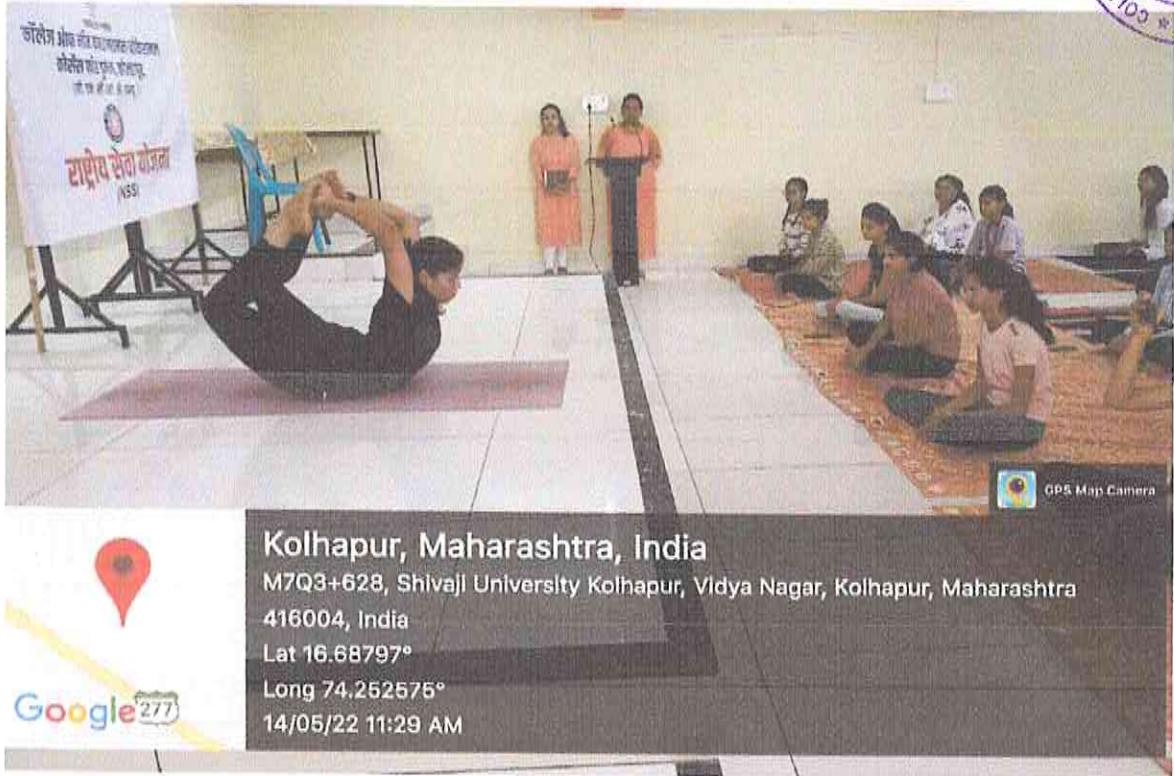
GPS Map Camera



Kolhapur, Maharashtra, India
M7Q3+628, Shivaji University Kolhapur, Vidya Nagar, Kolhapur, Maharashtra
416004, India
Lat 16.68797°
Long 74.252575°
14/05/22 11:14 AM

Dr. A. R. Kulkarni while demonstrating various Asanas

A. R. Kulkarni
PRINCIPAL,
College of Non-Conventional
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NSS Volunteer Vaishnavi Sutar while demonstrating Garudasan

By,

Tejaswini Chile

Asst. Prof. Ms. Tejaswini Chile.

(NSS Coordinator)
Programme Officer
National Service Scheme
College of Non-Conventional
Vocational Courses For Women
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Principals

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- 1) Shreya Dattatray Kadom
- 2) Nikita Ravsaheb Patil
- 3) Shrushti V. Katkar.
- 4) Payal. D. Achantani
- 5) Yogita. V. Howlader
- 6) Janhavi. H. Patel
- 7) Diksha P. Kamble
- 8) Shravani V. Chindake

BFTM 2nd yo.

— II —

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BDPE - I

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— II —

— II —



Payal

Yogita

Janhavi

Diksha

Shravani

Arbitt

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BMM - III

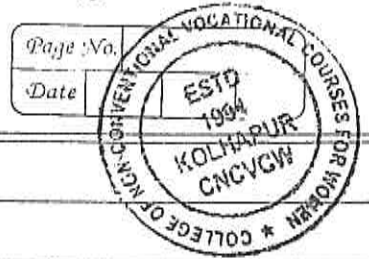
- 1) Pratiksha B Padwal. Padwal
2) Soniya T. Pawar. Pawar
3) Sazleen J. Nadaf. Nadaf
4) Aishwarya S. Deshmukhe. Deshmukhe
5) Rutuja B. Kolugade. Kolugade
6) ~~Janhavi H. Patel~~

- Manasi Mahadev Patil. Patil
chitralekha Dhumal - Dhumal
pooja Hanakore - Hanakore

Deekaboo
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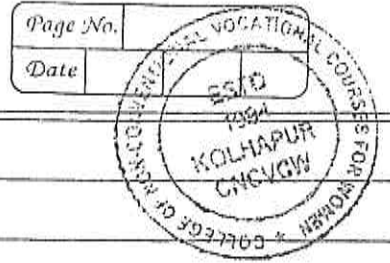
3/22

CNCVCW



1	Payal. D. t chavani	Payal
2	Safiya Shaikh	Shaikh
3	Shwetalika Nagare	Shw.
4	Sakshi Oswal	Sakshi
5	Priya Patil	Patil
6	Sakshi Jadhav	Jadhav
7	Seema Jadhav	Jadhav
8	Seemran	S.S. Sankar
9	Rajashree Malsing	S.S. Sankar (Malsing)
10	Chitrakha	Chitrakha
11	Nedika Jadhav	Jadhav
12	Srushti Desai	Desai
13	Appita Patil	Patil
14	Shwari Rajurkar	Rajurkar
15	Rutuja Sutar	Sutar
16	Shreya Chougale	Chougale
17	Shreya Kulkarni	Kulkarni
18	Samruddhi Powar	Powar
19	Pranali Rane	Rane
20	Vaishnavi Khandke	Khandke
21	Srushti Aragu	Aragu
22	Aporna Negandhi	Negandhi
23	Aradhana Bhosale	Bhosale
24	Siddhi Shinde	Shinde
25	Ruchita Patil	Patil
26	Sakshi Kolar	Sakshi
27	Shambhavi Patil	Patil
28	Tanishqa Patil	Patil
29	Mohini Salunkhe	Salunkhe
30	Urmilani Bhareli	Bhareli
31	Beganka Bhawar	Bhawar

Xellika
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32. Sayali Mengane SHM
33. Tanisha Bidkar Bidkar
34. Anjali M. Bongale Anjalist
35. Devika D. Sawant Sawant
36. Akshata Khit Khithob

Kelale
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CSIBER TRUST's

College of Non-Conventional Vocational Courses for Women, Kolhapur

Countdown of 8th International Yoga Day

To Begin with Yoga Mahotsav

Resource Person

Dr. A. R. Kulkarni

Principal,

CNCVCW, Kolhapur

Ms. Tejaswini Chile

**Coordinator, NSS,
CNCVCW, Kolhapur**

Mrs. Archana Patil

**Chairman, NSS,
CNCVCW, Kolhapur**

Dr. R. A. Shinde

**Secretary & Managing Trustee
CSIBER Trust, Kolhapur**

Date: 14th May 2022

Time: 9.00 am

Venue: Basement Hall


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Page No. 1

CSIBER TRUST'S
COLLEGE OF NON-CONVENTIONAL VOCATIONAL COURSES FOR WOMEN, KOLHAPUR.
NATIONAL SERVICE SCHEME

STAFF ATTENDANCE

Name of the programme: Countdown of 08th International Yoga Day Date: 14th May 2022

Sr. no.	Staff Name	Sign
1.	Dr. A. R. Kulkarni	<u>AKulkarni</u>
2.	Mrs. Jyoti R Hiremath	<u>Jyoti</u>
3.	Mrs. Pradnya P. Kapadi	<u>Kapadi</u>
4.	Mr. Adarsh Chavan	<u>As</u>
5.	Mrs. Archana R. Patil	<u>Apatil</u>
6.	Mrs. Sayali N. Naik	<u>Naik</u>
7.	Mrs. Shweta A. Patil	<u>Patil</u>
8.	Dr. Neelam S. Jirage	<u>Neelam</u>
9.	Mrs. Ashwini Raibagkar	<u>As Raibagkar</u>
10.	Mrs. Yogita R. Mirajkar	<u>Yogita</u>
11.	Ms. Nikita Jarag	<u>Jarag</u>
12.	Ms. Sakshi Desai	<u>Sakshi</u>
13.	Ms. Divya Satpute	<u>Divya Satpute</u>
14.	Ms. Swarada Deshpande	<u>Ab</u>
15.	Mr. Amarr Mestry	<u>Am</u>
16.	Mr. Guruprasad Yernalkar	<u>Guruprasad</u>
17.	Mrs. Priya Kandalkar	<u>Ab</u>
18.	Ms. Asmita Korgaonkar	<u>A. Korgaonkar</u>
19.	Ms. Varsharani Jamdar	<u>Ab</u>
20.	Ms. Tejashri Birajdar	<u>TB</u>
21.	Ms. Sayali Chavan	<u>SC</u>
22.	Ms. Pooja Sarolkar	<u>Pooja</u>
23.	Ms. Anagha Raut	<u>AR</u>
24.	Ms. Shamal Pawar	<u>Shamal</u>
25.	Ms. Radhika Desai	<u>Radhika</u>
26.	Ms. Kshitija Kulkarni	<u>Kshitija</u>
27.	Mr. Raghunath Topkar	<u>Raghunath</u>
28.	Ms. Dhanashri Kamble	<u>Dhanashri</u>
29.	Ms. Tejaswini Chile	<u>Tejaswini</u>
30.	Mrs. Anuradha Kumbhar	<u>Anuradha</u>
31.	Mr. Mandar Vijapure	<u>Mandar</u>
32.	Mrs. Shilpa Ghevade	<u>Shilpa</u>
33.	Mrs. Rameshwari Gunjekar	<u>Rameshwari</u>
34.	Mr. Omkar Ghatage	<u>Ab</u>

Principal

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