

CSIBER TRUST'S

COLLEGE OF NON-CONVENTIONAL VOCATIONAL COURSES FOR WOMEN, KOLHAPUR



NATIONAL SERVICE SCHEME



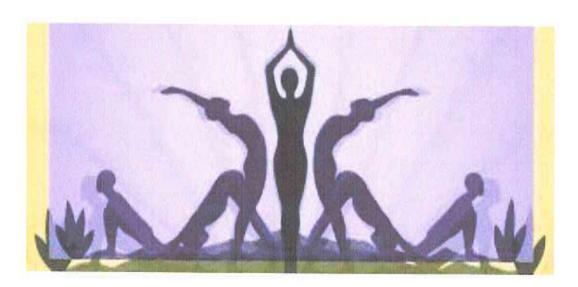
On 21ST June 2022 - YOGA for HUMANITY

Venue: CNCVCW Basement Hall

Time: 9:00 am to 10:00 am

A REPORT ON

"STH INTERNATIONAL YOGA DAY"



Date: 21st June 2022

Yoga's significance in our lives cannot be overstated. It has proven to be a blessing in a world that is struggling to cope with a fast-paced lifestyle and the negative consequences of the Covid-19 pandemic. Yoga asanas have wowed people all around the world. As a result, the International Day of Yoga is significant in our lives.

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

The idea of the International Day of Yoga was first proposed by Prime Minister Narendra Modi in 2014. The first International Day of Yoga was celebrated the next year on June 21. The day is recognized by the United Nations. The theme for this year's International Day of Yoga is 'Yoga for Humanity'. It focuses on how yoga may help people achieve holistic health.

Today, on 21st June 2022, CSIBER Trust's CNCVCW celebrated the 8th International Yoga Day from 09 am to 10 am at the Basement Hall. It was attended by thirty-five Professors and administrative staff with great enthusiasm.

The event began with a brief introduction on Yoga Day by NSS Coordinator Ms. Tejaswini Chile by welcoming the guest of honour Principal Dr. A. R. Kulkarni as Yoga Instructor. The session began by seeking the blessings of the Almighty by chanting the prayer by Asst. Prof. Ms. Swarda Deshpande. The yoga instructor, Principal Dr. A.R. Kulkarni, took the yoga session with great dedication. The teachers and administrative staff participated with full interest, enthusiasm, and eagerness. Asanas starting with warming up and stretching were followed by a series of Padmasana, Sukhasan, Tadasana, and Bhujang Asana and ending with Garudasana. Exercises for relieving stress, reducing joint pain, and enhancing the flexibility of the back were also done for the benefit of the teachers.

The program concluded with the Sankalpa and Shanti path. In a nutshell, the event was a great success and reflected the theme "Yoga for Humanity". The 8th International Yoga Day celebrations ended with a huge success under the supervision of the NSS Coordinator Ms. Tejaswini Chile and NSS Chairperson Mrs. Archana Patil.

The function ended with a vote of thanks by Mrs. Anuradha Kumbhar Coordinator of the Day Observing Committee.

PRAYER:

- ॐ संगच्छध्वं संवदध्वं सं वो मनांसि जानताम् देवा भागं यथा पूर्वे सञ्जानाना उपासते।।
- Saṃgacchadhvaṃ saṃvadadhvaṃ saṃ vo manāṃsi jānatām devā bhāgaṃ yathā pūrve sañjānānā upāsate ||

Sankalpa:

I commit, to make myself into a healthy, peaceful, joyful and loving human being. Through every action of mine, I will strive to create a peaceful and loving atmosphere around me. I strive to break the limitations of who I am right now and include the entire world as my own. I recognize the kinship of my own life with every other life. I recognize the unity of all there is.

SHANTI PATH:

ॐ सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु, मा कश्चिद्दुःखभाग्भवेत्। ॐ शान्तिः शान्तिः शान्तिः।।

స్ Sarve Bhavantu Sukhinah, Sarve Santu Nirāmayah Sarve Bhadrani Paśyantu, Maa Kascit Duhkha Bhāgbhavet కే Shantih Shantih Shantih

सब सुखी हो, सब निरोग हो। सब निरामय हो, सबका मंगल हो, कोई दुखीः न हो।

May All become Happy, May All be Free from Illness.

May All See what is Auspicious, May no one Suffer.

Om Peace, Peace, Peace.

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

Name of the programme:

8th International Toga Bate: 21st Jun 2021

Sr. no.	Staff Name	Sign
1.	Dr. A. R. Kulkarni	Alkon
2.	Mrs. Jyoti R Hiremath	Trialle
3.	Mrs. Pradnya P. Kapadi	Vandi 1
4.	Mr. Adarsh Chavan	the -
5.	Mrs. Archana R. Patil	dipali
6.	Mrs. Sayali N. Naik	Write.
7.	Mrs. Shweta A. Patil	Mati
8.	Dr. Neelam S. Jirage	neader.
9.	Mrs. Ashwini Raibagkar	As Contract
10.	Mrs. Yogita R. Mirajkar	Periallean
11.	Ms. Nikita Jarag	acrag.
12.	Ms. Sakshi Desai	Bh.
13.	Ms. Divya Satpute	Winder Colonie
14.	Ms. Swarada Deshpande	AL
15.	Mr. Amarr Mestry	Am
16.	Mr. Guruprasad Yernalkar	6-4
17.	Mrs. Priya Kandalkar	Pleandallar
18.	Ms. Asmita Korgaonkar	A losyadu
19.	Ms. Varsharani Jamdar	V: Jameleic.
20.	Ms. Tejashri Birajdar	
21.	Ms. Sayali Chavan	02
22.	Ms. Pooja Sarolkar	Inia_
23.	Ms. Anagha Raut	Nan
24.	Ms. Shamal Pawar	Ne
25.	Ms. Radhika Desai	PRPIACE
26.	Ms. Kshitija Kulkarni	KINK
27.	Mr. Raghunath Topkar	AM
28.	Ms. Dhanashri Kamble	Demble
29.	Ms. Tejaswini Chile	petite
30.	Mrs. Anuradha Kumbhar	AM
31.	Mr. Mandar Vijapure	
32.	Mrs. Shilpa Ghevade	484
33.	Mrs. Rameshwari Gunjikar	thi
34.	Mr.Omkar Ghatage	agalage_

PRINCIPAL, Collage of Non-Conventional

Vecational Courses For Women Kolhapur.

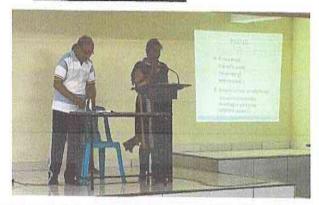
CSIBER TRUST'S

COLLEGE OF NON-CONVENTIONAL VOCATIONAL COURSES FOR WOMEN, KOLHAPUR.

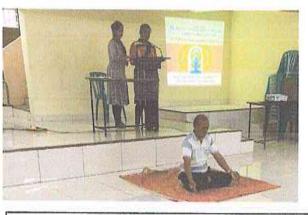
NATIONAL SERVICE SCHEME STAFF ATTENDENCE

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

Photos of the event:

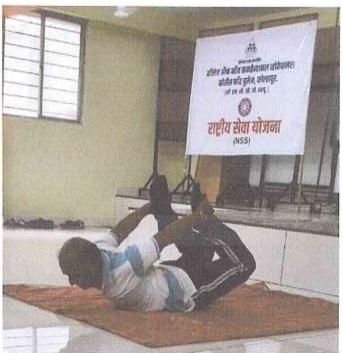


NSS Coordinator Ms. Tejaswini Chile welcoming the Guest and participants



Asst. Prof. Ms. Swarda Deshpande reciting the

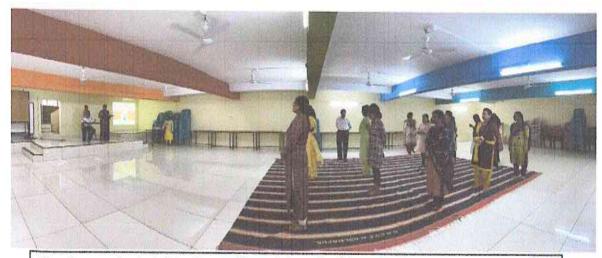




Principal Dr. A. R. Kulkarni demonstrating the asanas

PRINCIPAL

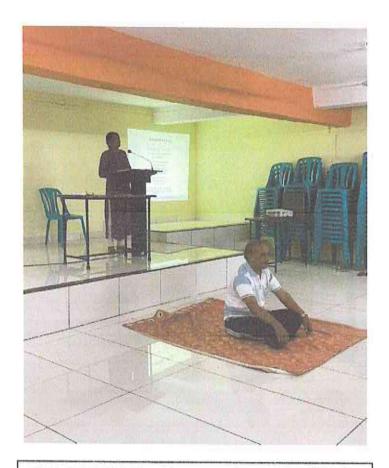
College of Non-Conventional Vocational Courses For Vvoluen' Kolhapur



Teachers and administrative staff participated with enthusiasm, and dedication



Teachers and administrative staff doing the mediation



Mrs. Anurudha Kumbhar proposing a vote of thanks

Ву,

FOR

Asst. Prof. Ms. Tejaswini Chile

NSS Coordinator

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



College of Non-Conventional Vocationa Courses for Women, Kolhapur.

CNCVCW celebrates International Yoga Day



Paga

On 21ST June 2022 - YOGA for HUMANITY

Venue: CNCVCW Basement Hall

Time: 9:00 am to 10:00 am college of Non-Conventional Courses For Wome Kolhapur.



भारत सरकार,

युवा कार्यक्रम और खेल मंत्रालय, रा.से.यो.क्षेत्रीय निदेशालय, पुणे (महाराष्ट्र) पहली मंजिल, प्रं ब्लॉक हॉस्टल, कृषि महाविद्यालय परिसर, शिवाजी नगर, पुणे – ४११ ००५

मी. सं. - २१/१५ / क्षे.नि./ रा.से.यो./ २०२२-२३ / 17 4 - 2.14 सेवा मे.

दिनाँक– ०९/०६/२०२२

एन.एस.एस. कार्यक्रम समन्वयक,

महाराष्ट्र एवं गोवा

विषयः काउंट- डाउन गतिविधियाँ अंतर्राष्ट्रीय योग दिवस २०२२ - २०जून २०२२ एवं २१ जून, २०२२ योग दिवस

सर/मैडम,

अंतर्राष्ट्रीय योग दिवस २०२२ 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-२०२२ 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 २१ जून २०२२ को अंतर्राष्ट्रीय योग दिवस के साथ २० जून २०२२ 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 २० जून, २०२२ एवं २१ जून २०२२ 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 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।

सेवा मे,

1) राज्य एन.एस.एस. अधिकारी, महाराष्ट्र सरकार, मुंबई

 खेल एवं युवा कार्यक्रम निदेशक-राज्य एन.एस.एस. अधिकारी, गोवा सरकार, पंजिम

Principal

आपका आभारी, कार्तिकेथन डी.कार्तिकेथन

क्षेत्रीय निदेशक

महाराष्ट्र एवं गोवा

CNCVCW, Kolhapur
Inward No. 2268

Date: 2162021

Directed to: N&J

Remarks:

rage 140 114

F.No.24-1/NSS/DTE/2022/322-339
Government of India
Ministry of Youth Affairs & Sports
Ground Floor, Annexe Building,
Shivaji Stadium, New Delhi

Dated 26th April, 2022

To,

All Regional Directors
Regional Directorates of NSS

Sub:- Count-down Yoga Programme of IDY-2022 - reg.

Sir/Madam,

This is to inform you that as per communication received from Ministry of AYUSH two specific dates have been finalised for Ministry of Youth Affaires & Sports to organise programme as a part of Count-down of IDY-2022. The dates to organise these activities are 14th May and 20th June, 2022 apart from the IDY i.e. 21st June, 2022. The suggestive activities are as under:-

- 1. Common Yoga protocol practice
- 2. Yoga Break (Y-Break) practice
- 3. Lecturers on Yoga by Experts
- 4. Yoga Workshops
- 5. Yoga Demonstration
- 6. Yoga related competitions
- 7. Any other related promotional activities

It is, therefore, requested that above activities may be organised on 14th May and 20th June as mentioned above and report of activities conducted alongwith photographs sent to this office. Activity photograph/Videos may also be uploaded on all social media platforms of NSS.

Yours faithfully

(Dr. Kamal Kumar Kar)

Assistant Programme Adviser

Copy:-

- Director, NSS, Government of India, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
- Under Secretary (NSS Section), Government of India, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.
- Under Secretary (CDN Section), Government of India, Ministry of Youth Affairs & Sports, Shastri Bhawan, New Delhi.

Page 110: 13

NSS REGIONAL DIRECTORATE PUNE

ACTION PLAN FOR IYD 2022 - MAHARASTRA & GOA

Period	Proposed Activity by NSS units / Uni in Maharashtra & Goa
Countdown Activities by NSS on 14 th May and 20 th June,2022	 Organization of Yoga Break (Break)practice session, Lectures and Demonstration during regular programs Planning & Identification of venue for the observation of IYD 2022 at the Institution & University level Sensitization of Volunteers by training /workshops and Yoga related competitions Spreading Awareness about the Importance of Yoga & IYD 2022 through social media ,Dissemination of IEC material Posters, Creatives, Videos Countdown Activities proposed for 14th May & 20th June,2022 Common Yoga Protocol Practice Yoga Break (Y-Break) practice Yoga Workshops Yoga Demonstration Yoga related competitions Any other related promotional activities
21 st June 2022	1) IYD 2022 celebration at Unit/ Institutional/ University Level 2) IYD Yoga Demonstration by NSS units & universities in Maharashtra & Goa. 3) Organization of other activities such as workshops, Poster Competitions, Slogan Writing, Quiz Competition, Yoga Cultural performance, Watching Yoga Day Live telecast 4) Rally for Awareness among the community, Mega Event of Yoga Demonstration / Training at the university level Major Activities proposed for IYD-2022 1) Common Yoga Protocol Practice 2) Yoga Break (Y-Break) practice 3) Lectures on Yoga by Experts 4) Yoga Workshops 5) Yoga Demonstration 6) Yoga related competitions 7) Any other related promotional activities







प्रो. रजनीश जैन सचिव

Prof. Rajnish Jain Secretary

विश्वविद्यालय अनुदान आयोग **University Grants Commission**

(शिक्षा मंत्रालय, भारत सरकार) (Ministry of Education, Govt. of India)

बहादुरशाह जफ़र मार्ग, नई दिल्ली-110002 Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337 Fox: 011-2323 8858 E-mail: secy.ugc@nic.in

D.O.No.1-16/2021(Website)

14th June, 2022

Subject: International Day of Yoga (IDY) 2022 - Reg.

Respected Madam/Sir,

This is in continuation of UGC's letters and emails regarding celebration of International Day of Yoga (IDY) 2022.

In this regard, the Ministry of Ayush has planned to observe the IDY-2022 at 75 Iconic Locations across the country for which it has circulated SOP (attached) for observing IDY-2022 at these Locations.

All Higher Educational Institutions, including the selected 75 Iconic Institutions (List enclosed) are requested to follow the SOP while organizing the IDY-2022 events at their Institutions to ensure uniformity and cohesiveness with IDY-2022 celebrations across the country. The Digital resources containing detailed information for celebrating the IDY-2022 have been linked in the SOP. All HEIs are requested to utilize these digital resources.

It is also important to note that the schedule for the IDY-2022 event should be planned in such a way that the slot for watching the address of Hon'ble Prime Minister from Mysuru Palace on 21.06.2022 from 6:40AM to 7:00AM may be kept free.

Record of all participants and activities may be kept as per SOP and may kindly be shared on UGC's UAMP portal link:

1) https://docs.google.com/forms/d/e/1FAIpQLScLRaKkjHAyz-RQ2vZybhc7qK9XCH6kuo 6r0fQgT7zXs2Hg/viewform?usp=sf link

2) https://docs.google.com/forms/d/e/1FAIpQLSfZCyI3N4M8VawramX1s0Jn6hXak SdFbGbXL5xTfOoExVO38g/viewform?usp=sf link

Looking forward to your active cooperation and support in celebrating the IDY-2022 with great fervor and enthusiasm to promote healthy physical, mental and spiritual well-being.

With kind regards,

CNCVCW, Kolhapur Inward No. (15/6/22) 2239 Date: 15/6/22

Yours sincerely,

Directed to: Nes

Encl: as above

To The Vice-Chancellors of the Universitiescipal The Principals of all Colleges

College of Non-Conventional Vocational Courses For Women Kolhapur.

O. S.

महाराष्ट्र शासन शिक्षण संचालनालय, (उच्च शिक्षण), महाराष्ट्र राज्य, मध्यवर्ती इमारत, पुणे-४११ ००१.

Web: www.dhepune.gov. in

E-Mail: mavi.dhepune@nic.in

फोन नं.०२०/२६१२२११९,२६०५१५१२,२६१३०६२७,२६१२४६३९

फॅक्स नं.०२०/२६११११५३.

क्र.: उशिसं//मवि-१/२१ जून आंतरराष्ट्रीय योग दिन/२०२२ <u>४५</u> १८

दिनांक: २०.६,२०२२

2 0 JUN 2022

प्रति.

१. सर्व विभागीय सहसंचालक, (उच्च शिक्षण)

२. प्राचार्य/कुलसचिव, सर्व शासकीय/ अशासकीय, अनुदानित/मॉडेल डिग्री महाविद्यालये/सर्व अकृषी विद्यापीठे/अभिमत विद्यापीठे - महाराष्ट्र राज्य.

विषय: दि. २१ जून- आंतरराष्ट्रीय योग दिन साजरा करणेबाबत.. संदर्भः १. मा. सचिव, विश्वविदयालय अनुदान आयोग, नवी दिल्ली यांचे पत्र क्र. एफ.१-१/ २०१७ (Secy), दि. ०५/०४/२०१७ २.मा. सचिव, विश्वविदयालय अनुदान आयोग, नवी दिल्ली यांचे पत्र क्र. एफ.१-१/ २०१७ (Secy), दि. २४/०५/२०१७

संयुक्त राष्ट्र संघाच्या ६९ व्या अधिवेशनात दरवर्षी आंतरराष्ट्रीय योगा दिवस साजरा करण्याबाबतचा ठराव मंजूर करण्यात आला आहे.

सदर योगा दिन कशाप्रकारे साजरा करण्यात यावा याबाबत विद्यापीठ अनुदान आयोग, नवी दिल्ली व राज्य शासनाकडून वेळोवेळी सूचना देण्यात आलेल्या आहेत. त्यानूसार सर्व संलग्नित महाविद्यालये/ विद्यापीठांमध्ये आंतरराष्ट्रीय योगा दिन विविध विधायक उपक्रमाद्वारे साजरा केला जाईल याबाबत दक्षता घ्यावी. योगा दिवस कार्यक्रम साजरा करताना अचानक पाऊस आल्यास कार्यक्रम बंद होऊ नये यासाठी संबंधितांकडून पर्यायी व्यवस्था करण्यात यावी.

सर्व शासकीय/ अशासकीय, अनुदानित/ मॉडेल डिग्री महाविद्यालये/ सर्व अकृषी विद्यापीठे/ अभिमत विद्यापीठे या ठिकाणी दि.२१ जून,२०२२ रोजी विविध उपक्रमांद्वारे योगा दिवस साजरा करण्यात यावा. योगा दिनी विभागीय सहसंचालक यांनी त्यांच्या कार्यकक्षेतील एका महाविद्यालयात स्वतः उपस्थित राहावे.

कुलसचिव, सर्व अकृषि विद्यापीठे यांनी तसेच विभागीय सहसंचालक यांनी योगा दिन साजरा केल्याबाबतचे अहवाल संकलित करुन या संचालनालयास दि.३० जून, २०२२ पर्यंत mavi.dhepune@nic.in या ई-मेल वर सादर करावेत.

विभागीय सहसंचालक यांनी, महाविद्यालयांनी योगा दिन साजरा केल्याबाब्तचे अहवाल संकलित करुन एकत्रितपणे संचालनालयास सादर करावेत.

CNCVCVV, Kolhapur

Inward No. 2265

Date: 216122 Directed to: tx5. 1 eja8 hojni dh. le

प्रत- मा. प्रधान सुचिव, उच्च व तंत्र शिक्षण विभाग, मंत्रालय, मुंबई-३२

Clerk

प्रशासन अधिकारी उच्च शिक्षण संचालनालय महाराष्ट्र राज्य, पुणे

PRINCIPAL.