



Nutan Maharashtra VidyaPrasarak Mandal's
Nutan Maharashtra Inst. of Engg. & Tech.

Record No.:ACDM/R/

Revision: 00

Date:15thJan

NSS Event Report

Department:NSS

Academic Year: 2021-2022

Semester: I

Date: 15thJan 2022

"Surya Namaskar and Yoga Sessions"

Place: Virtual platform

Location: Pune

Date: 15th Jan to 25th Jan 2022

Time: 7:30 am to 8am

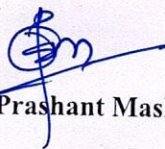
Total number of Participants: - 50

Yoga Instructor Information: She is an International wrestler. Yoga Instructor and Currently she is studying in 7th Std


Description:

In NMIET under the activity of NSS, A program was organised named "**Surya Namaskar and Yoga sessions**". The tag line for this session was "Add years to your life and life to your years just by embracing yoga in your life". This sessions held on Virtual platform were carried out from 16th of January to 25th of January under the guidance of yoga Instructor Miss. Kishori Rajendra Landge.

All this sessions were carried out for the time of 30 minutes starting in the Morning 7.30 am. Total 50 Participants were for the "Surya Namaskar and Yoga sessions" event. Their were 30 male and 40 female presents for the Surya namaskar and Yoga session. All the sessions would begin by offering prayers and followed by Surya namaskar and Meditation. After completing the following tasks the sessions would move forward to practice the asanas like Uttanasana , Navasana , Vrikshasana, Bhujangasana, Trikonasana, Dhanurasana, Kapalbhati, Anulom vilom and the session would end by doing the last exercise that is pranayama.


Prof. Prashant Maske
NSS P.O. (NMIET)




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Photos: Surya Namaskar

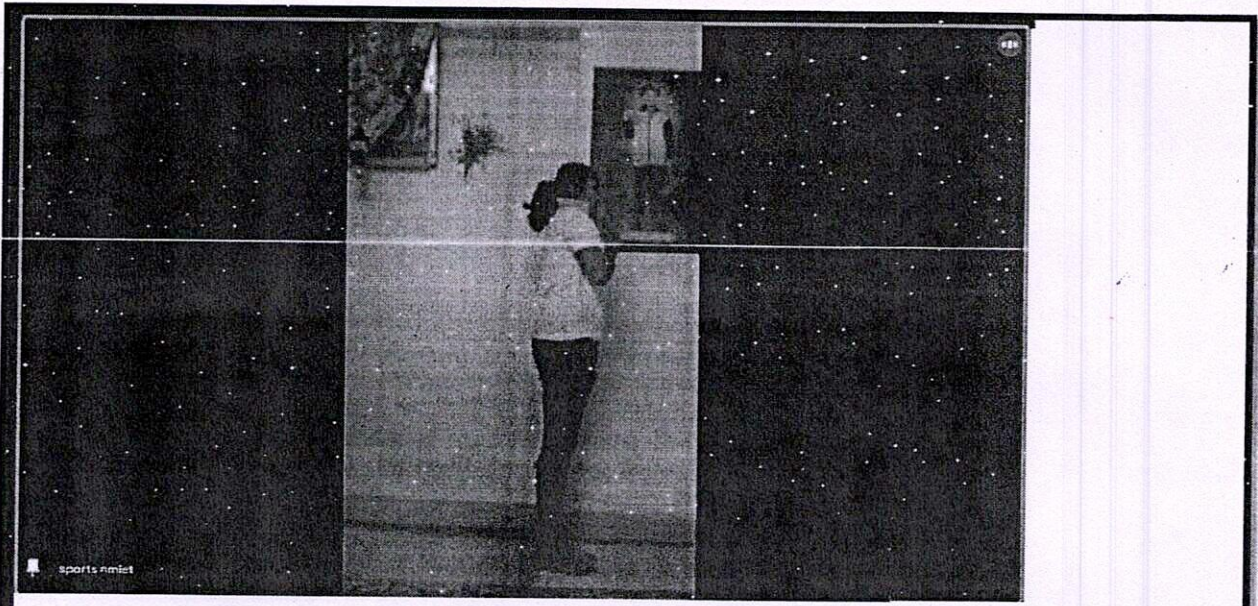


Fig: Surya Namaskar

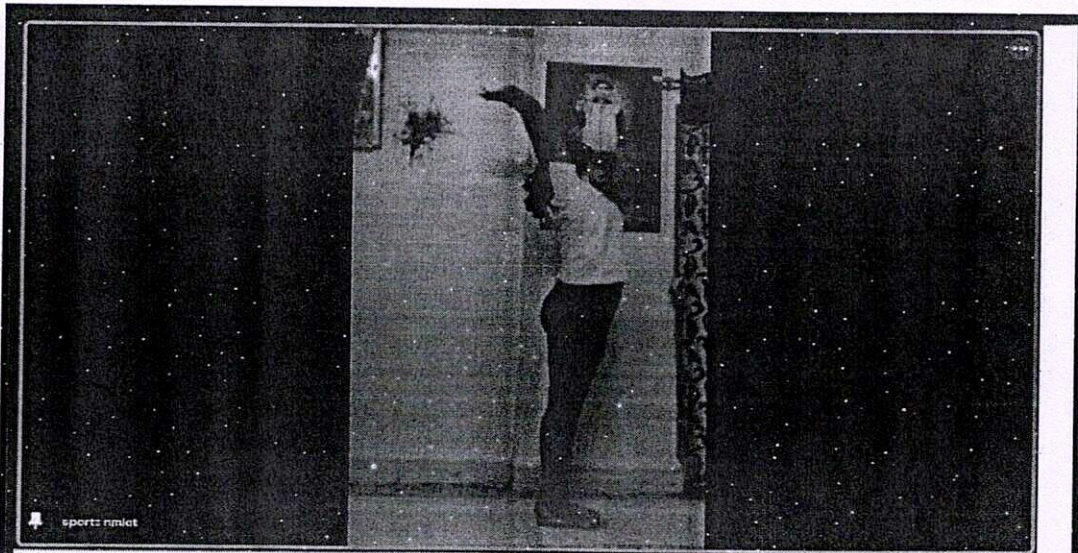


Fig: Surya Namaskar

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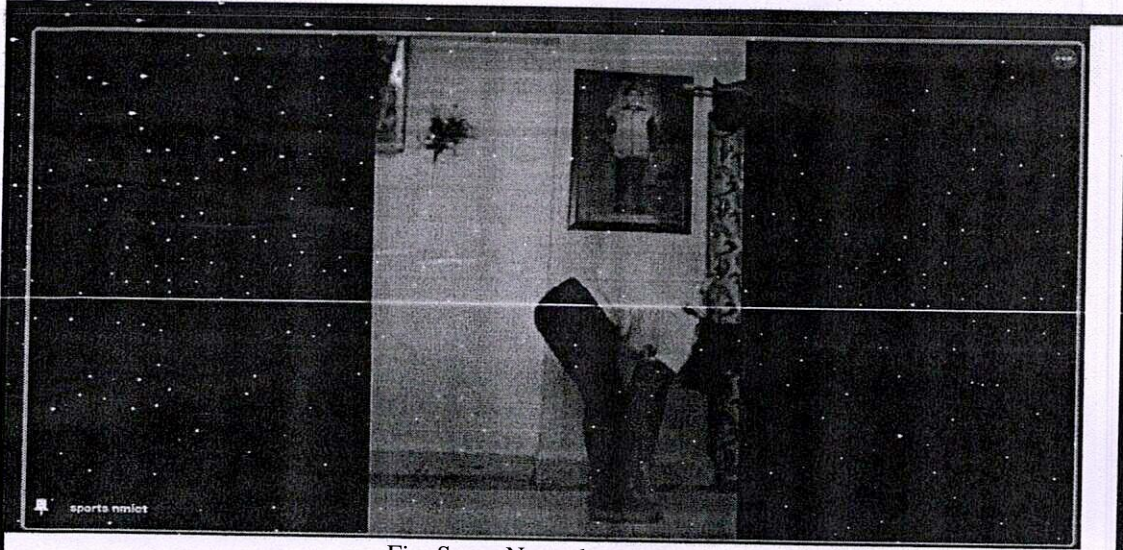


Fig: Surya Namaskar

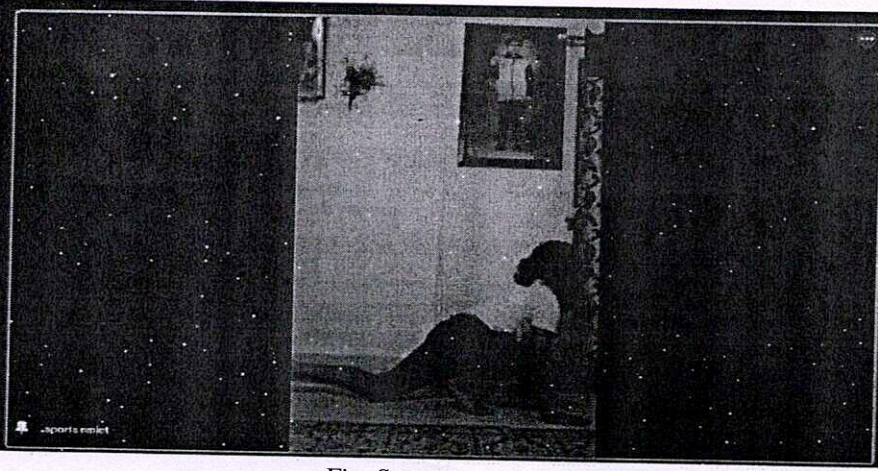


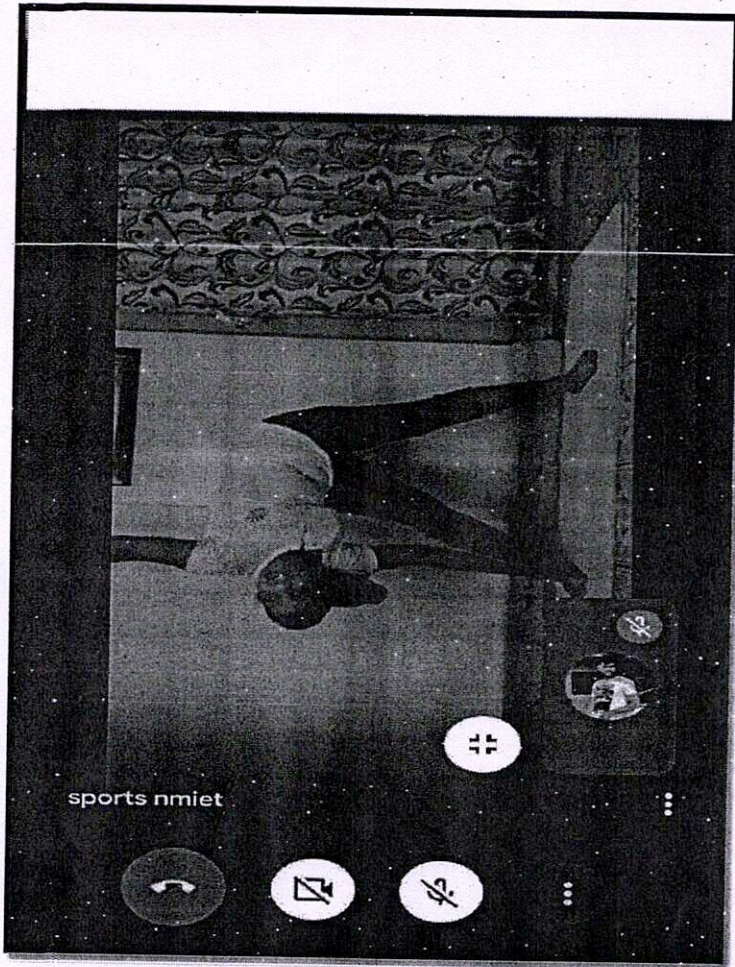
Fig: Surya Namaskar



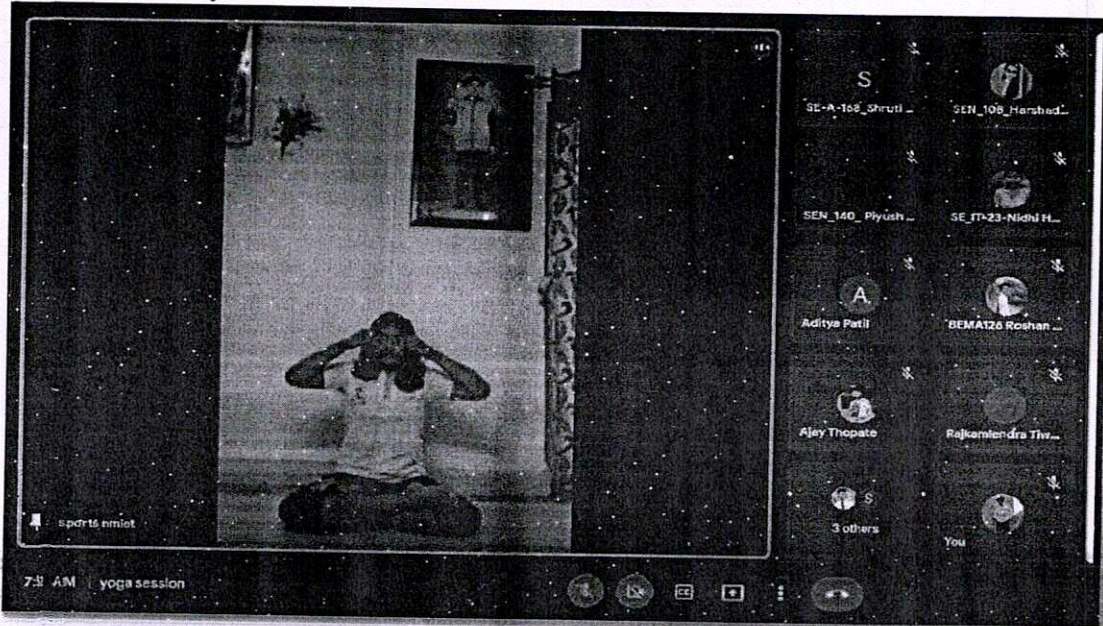
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Trikonasana:



Bhramari Pranayam:



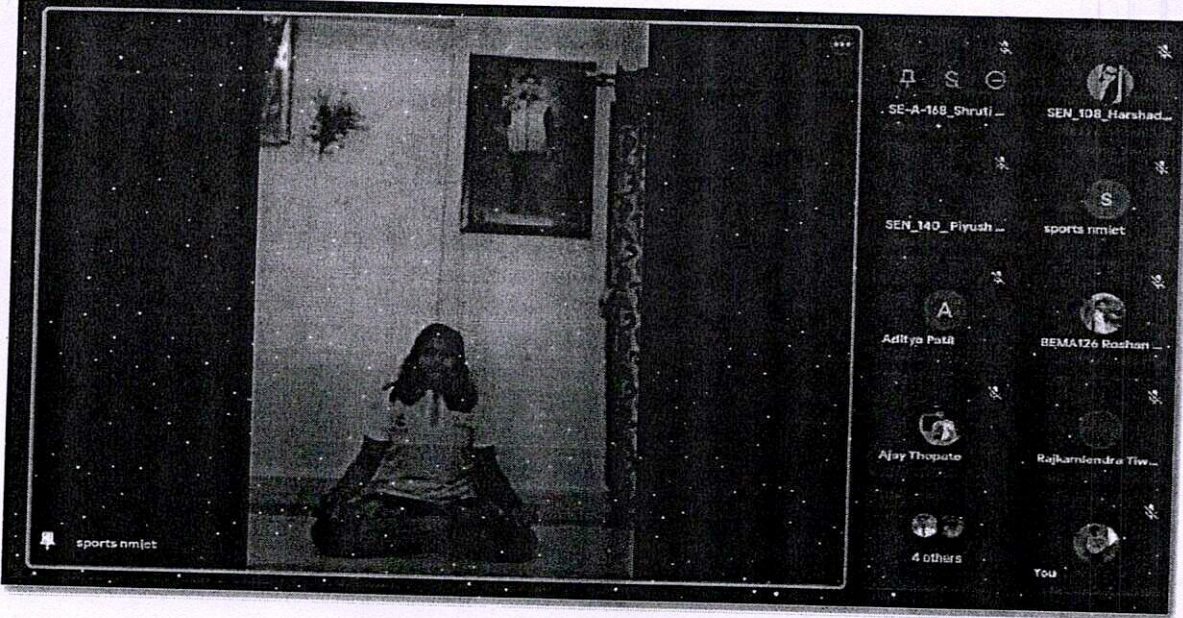
Bhujangasana:

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Kapalbhati:



Anulom Vilom:





Nutan Institute
 of Yoga & Health Sciences
 "Samarth Vidya Sankul" Vishnupuri
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Female Participants

1. Mrunmayee Gadre
2. Gauri Lokhande
3. Bhavika Talele
4. Pranali Naik
5. Harshada Chaudari
6. Sakshi Nagtilak
7. Vaishnavi Gavali
8. Vaishnavi Dasar
9. Nikita Deshmukh
10. Farzana Jawale
11. Manasi Takle
12. Mansi Dusane
13. Monika Meshram
14. Mrunmayee Shewale
15. Vibha Waghe
16. Vaishnavi Patil
17. Sayali Pachpute
18. Vaibhavi Narkhede
19. Nikita Patil
20. Ujjwala Rathod


Coordinator


Principal
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