



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

Record No.: ACDM/R/

Revision: 00

Date: 15th Jan

## NSS Event Report

Department: NSS

Academic Year: 2021-2022

Semester: I

Date: 6<sup>th</sup> Feb 2022

## "Yoga Session"

**Place:** Virtual platform

**Location:** Pune

**Date:** 6<sup>th</sup> Feb 2022

**Time:** 8:30 am onwards

**Total number of Participants:** - 54

**Co-ordinating Faculty:** 1. Prof. Prashant Maske

2. Mr. Rajendra Landage (Sports Director NMIET)

**Event Coordinators:**

1. Shubham Patil
2. Nidhi Hegde
3. Chandan Desai
4. Rajkamalendra Tiwari

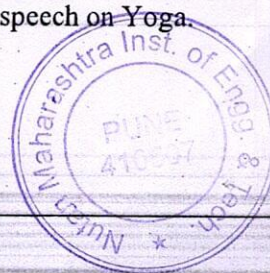
**Yoga Instructor Name:** - Miss. Kishori Rajendra Landge

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

## Description:

A Yoga Session was organised by NSS department for Navin Samarth Vidyalay and Junior College of Science. This was the physical education session for 12th standard students. This session was held on virtual platform on 6<sup>th</sup> February 2022 under the guidance of Yoga Instructor Miss. Kishori Rajendra Landge. There were 54 participants present for Yoga Session. There were 32 Male and 20 Female present for the session. In this session, Miss. Kishori Landge taught exercise like Surya Namaskar. She also taught 'How Meditation is done'. After the end of Yogas, Mr. Rajendra Landge gave a knowledgeable speech on Yoga.

*Prithvi*  
Nutan Maharashtra Institute  
of Engg. & Tech.  
Samarth Vidyalay  
Vishnupuri  
Pune, 410507





Prof. Prashant Maske

NSS P.O. (NMIET)

Programme Officer  
National Service Scheme  
Nutan Maharashtra Inst. Of Engg. & Tech.  
Talegaon Dabhade, Pune-410507

Photos: Yoga Session

Foster harmony between your mind and your body.

NMVPMS  
NAVIN SAMARTH VIDYALAY AND  
JUNIOR COLLEGE OF SCIENCE

National Service Scheme (NSS)

# YOGA SESSION

(A Physical Education Session)  
For 12th Standard.

Principal Dr. Kailas Pardhi

Principal Dr. Lalitkumar Wadhwa  
NMIET

HOD Harshada Kishor Kachare

Sports Director Mr. Rajendra Landge

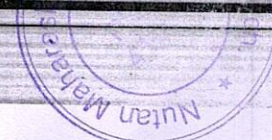
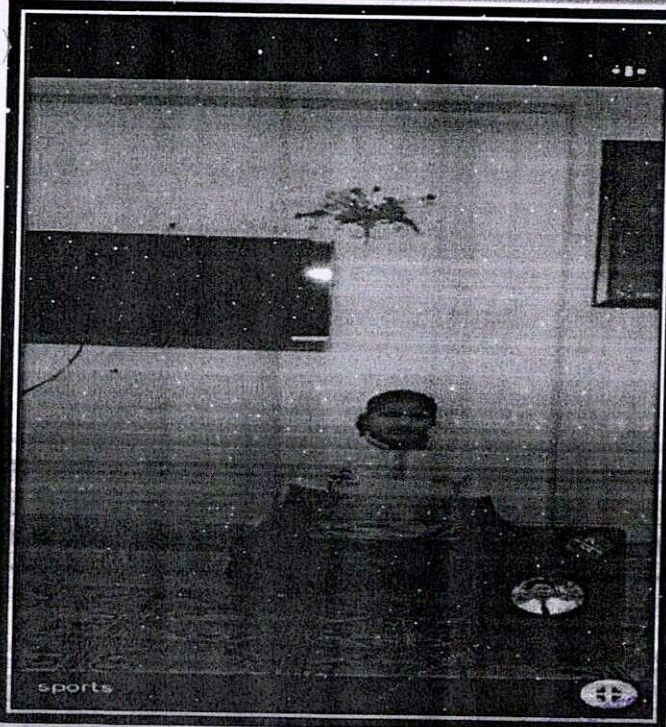
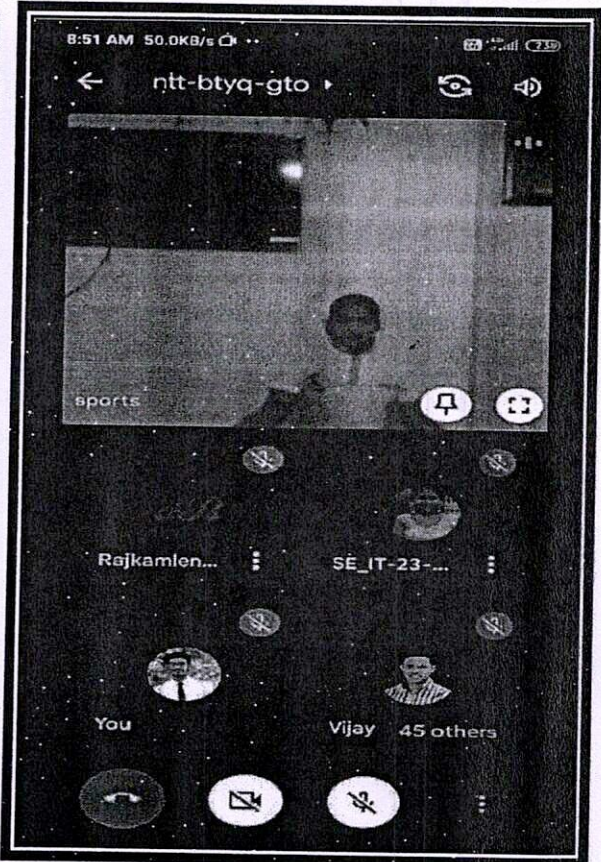
Under Guidance of Ms. Kishori Landge

Program Officer Prof. Prashant Maske

FEBRUARY 8, SUNDAY • 8:30 AM ONWARDS

FOR ANY QUERY PLEASE CONTACT:  
SHUBHAM PATIL  
+919028467452

Note:  
It is mandatory for all students to attend the session



## ATTENDENCE

### Male Participants:

1. Chandan Desai
2. Abhijit Ghuge
3. Abhijit Kadam
4. Aditya Kalkate
5. Ajju Khape
6. Akhilesh Madwalkar
7. Amar Dc
8. Ayush Kasabi
9. Shubham Patil
10. Bhalchandra Biradar
11. Chinmay Wani
12. Harsh Lokhande
13. Harsh Patil
14. Akhilesh Jadhav
15. Ritesh Raut
16. Param Dandekar
17. Pranav Padole
18. Pratham Merchant
19. Raj Bake
20. Rajkamlendra Tiwari
21. Rohit Chopde
22. Rupesh Desale
23. Rushikesh Malgan
24. Samarth Patil
25. Shardul Kulkarni
26. Soham Waghmare
27. Sourabh Das
28. Ankush Singh
29. Subodh Kadam
30. Sujal Singh

