



**NSS UNIT OF
MANIBEN NANAVATI WOMEN'S COLLEGE, MUMBAI
Best College Award 2018-19**

AFFILIATED TO SNDT WOMEN'S UNIVERSITY, MUMBAI



Estd.: 1972
NAAC Reaccredited 'A' grade

**Report
on
International Yoga Day, 21st June 2021**

The poster is for a live yoga session on International Yoga Day (21st June 2021) from 8:30 am to 9:30 am. It features a portrait of Dr. Daksha Pandit, the yoga trainer, and a silhouette of a person in a yoga pose against a sunset background. The text includes the college name, affiliation, and Zoom meeting details.

NSS Unit
of
Maniben Nanavati Women's College, Mumbai
Best College Award 2018-19
Affiliated to SNDT Women's University
In Collaboration with Innerwheel Club of Bombay Airport
Cordially invites all teachers and students
to join
Live Yoga Session on
International Yoga Day
Date: 21st June 2021
Timings : 8:30am - 9:30 am

Yoga Trainer:
Dr. Daksha Pandit

Venue: Zoom Meetings
Link: <https://us06web.zoom.us/j/894601697062>
pwd=SzdmWk9XU3RPR3BjQjVzY25JhkiVUT09
Meeting id: 894 6016 9706
Password: 423404

On the occasion of International Yoga Day , NSS Unit of Maniben Nanavati Women's College in collaboration with Innerwheel Club of Bombay Airport conducted live yoga Session on 21st June 2021 via zoom meeting. The session commenced at 8:30am.

Dr. Rajshree Trivedi, Principal of MNWC, members of the Management , teaching and non-teaching faculty members and students of Senior college were in attendance.

The total number of participants were 341.

Ms. Geeta Varun, NSS P.O began the session with an introduction of the Guest , Dr. Daksha Pandit , Yoga trainer. Dr. Daksha Pandit took over and highlighted about Yoga and demonstrated some basic steps of Body movements including eye movement, hand movement, leg movement, shoulder movement. Taking forward she demonstrated few asanas like Tarasan, Vajrasan, Prayanam.

As the session came to an end , the vote of thanks was delivered by Dr. Swati Partani NSS P.O and the National anthem was played.

The meeting was adjourned at 9:37 am.

