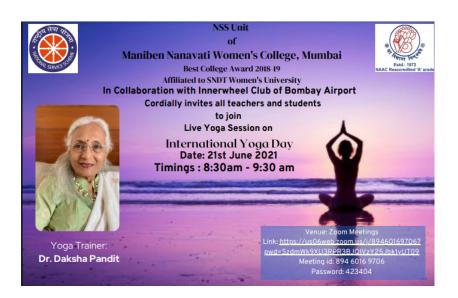


NSS UNIT OF MANIBEN NANAVATI WOMEN'S COLLEGE, MUMBAI Best College Award 2018-19

AFFILIATED TO SNDT WOMEN'S UNIVERSITY, MUMBAI



Report on International Yoga Day, 21st June 2021



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.

