

St. Mira's College for Girls, Pune
Activities for International Yoga Day – 1st April to 29th June 2022
Department of NSS REPORT

The NSS Department at St. Mira's College for Girls virtually organised the following activities as part of the planning and celebration of International Yoga Day for the year 2022. Our students are preparing for their end semester exams which are going to be held offline after the Covid-19 pandemic break. The students were feeling stressed and anxious because of that. Hence we planned the following sessions for them:

1. Y-break or Yoga Break Session on "5 minutes Yoga Protocol" – 23 April 2022

A Y-Break session was organized virtually for the NSS volunteers. The students were made to do various stretches which they can do every one hour to help relieve them of their back



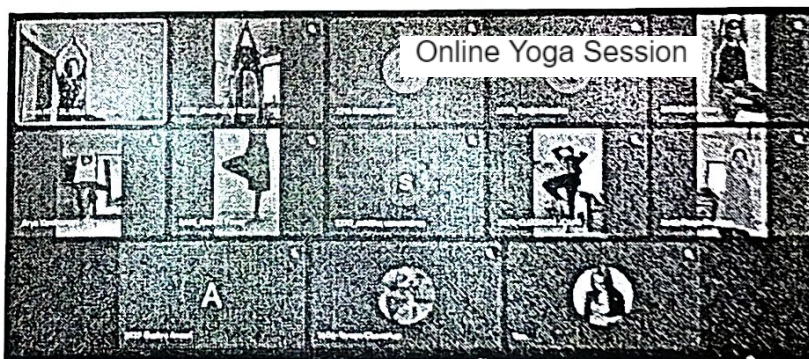
and neck pain as a result of the continuous online teaching as per the video shared by the ministry. 17 volunteers participated in this session.

2. Activities for Yoga – 17 May 2022

As a part of the government initiative to create awareness and help students with the benefits of Yoga, the following activities were conducted:

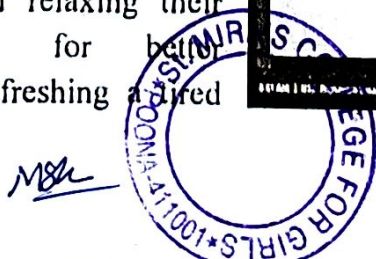
a. Common Yoga

Protocol Practice – The document created by the government was shared with the volunteers and they were asked to perform the asanas as shared on screen. This involved a few basic stretches of the neck, hands, legs and upper body.



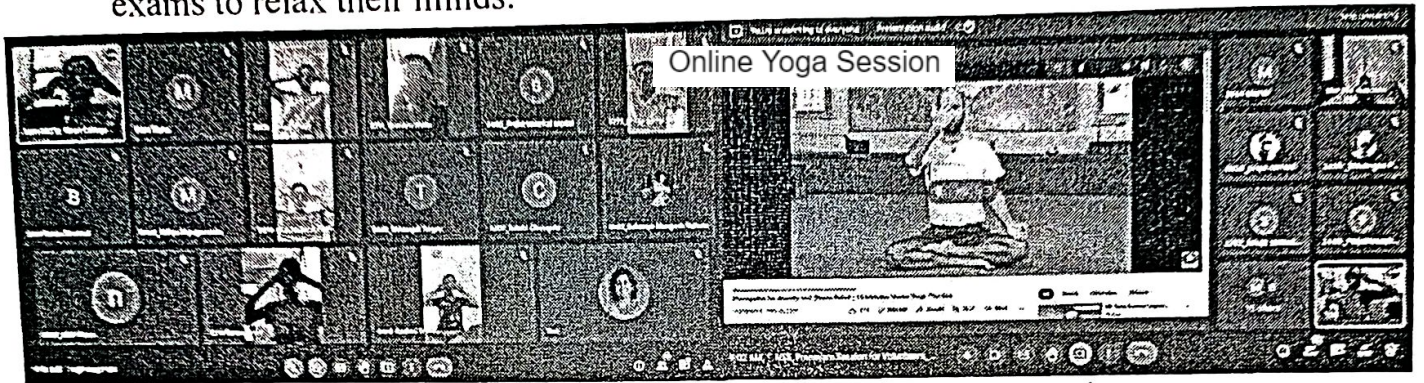
b. Yoga Break Session – Y-Break –

This session was conducted with the students to make them realise the benefit of taking a 5 minute break from their studies, screen time, etc. every one hour and relaxing their mind and body for concentration and refreshing mind and body.



Jayak
Principal Incharge
St. Mira's College for Girls, Pune.

c. **Pranayama Demonstration and Practice for Stress and Anxiety**– part of Yoga demonstration – Since the students are feeling stressed and anxious because of their upcoming offline end semester exams, we organized a special Pranayama session for helping them deal with stress and anxiety which is on the rise because of their exams. We got a positive response from the volunteers as they all felt calm and refreshed. We also shared tips on how they could use these breathing techniques even during the exams to relax their minds.



The videos were also shared with them for ready access. **18 volunteers participated in this session.**

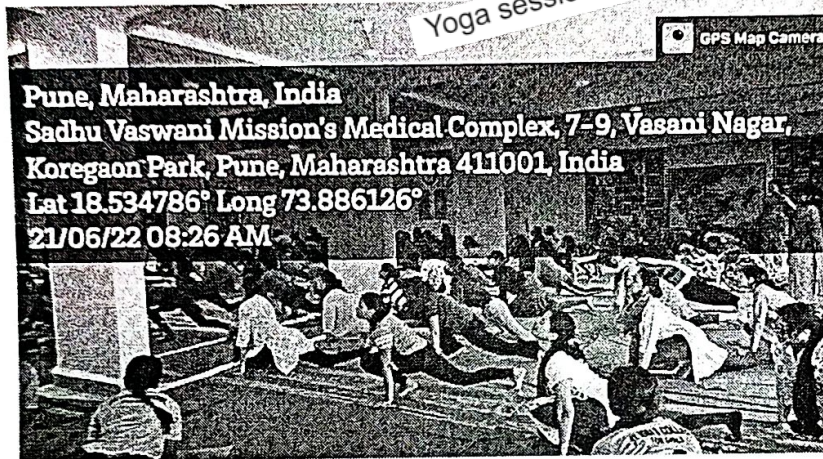
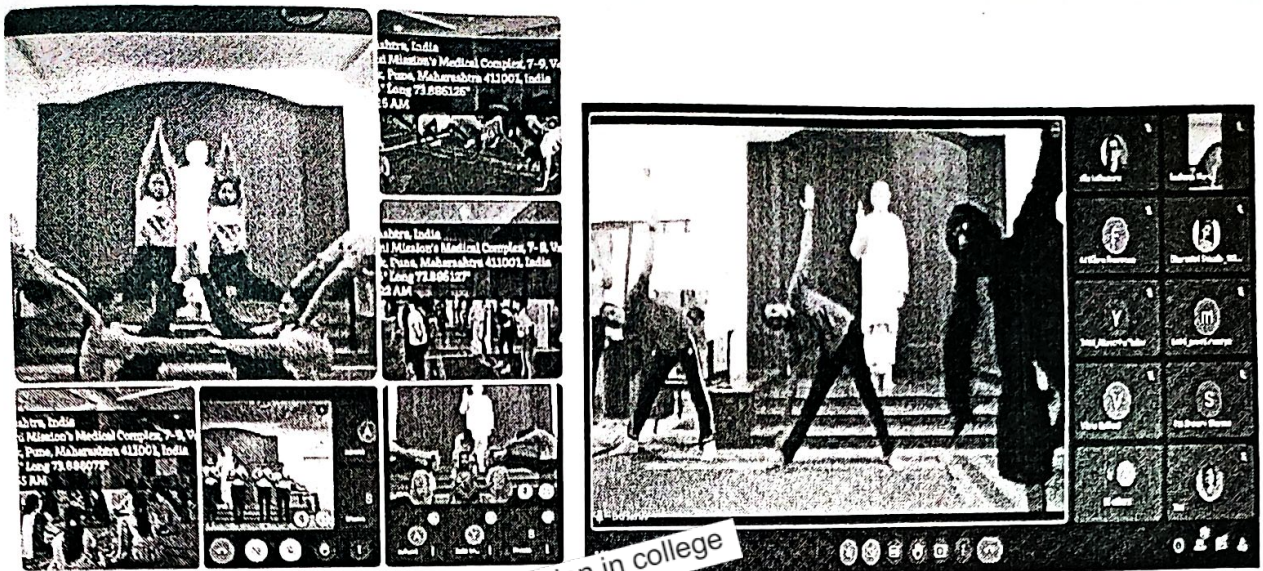
3. **International Yoga Day Celebration 21st June 2022**

As per the government instructions 8th International Yoga Day was celebrated on 21st June 2022 from 8 to 9 am. Students from Physical Education have demonstrated Asanas and it was followed by common yoga protocol practice was taken. All students and teachers participated in this activity. Activity mode was hybrid. Theme for Yoga Day was "Yoga For Humanity." **Total 189 students and 58 staff members actively participated in this activity.**



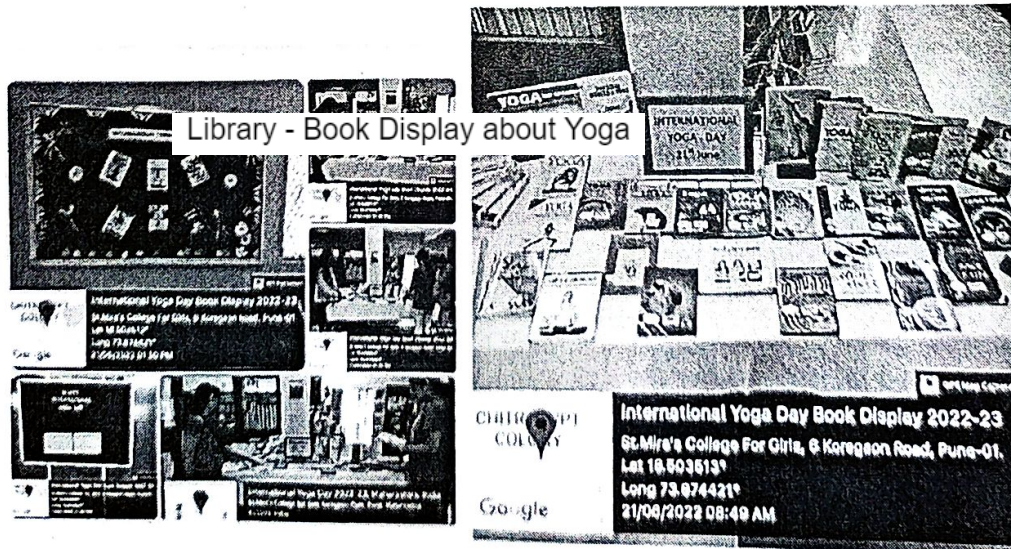
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Principal Incharge
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4. College Library- Celebration of International Yoga Day

College library had organized a book display on the occasion of 8th International Yoga Day. Theme was 'Yoga For Humanity'. Yoga related books were showcased to understand the importance and benefits of Yoga in our daily life.



NSS POs

Dr. Sandhya Pandit

Ms. Manjita Kulkarni



Jayak
Dr. Jaya Rajagopalan
Principal Incharge

St. Mira's College For Girls, Pune
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List of Students

**Name of Event: NSS- Students list _Y break yoga break session_ 5minutes
protocol(Yoga Demonstration)**

Date: 23rd Apr 2022

SR. No.	NAME
1	Sanya Irani
2	Divya Agrawal
3	Ashitha Saseendran
4	Shubhangi Bade
5	Pooja Mhaske
6	Arya Vardhaman
7	Aditi Nikam
8	Ojaswini Joshi
9	Snehal Pawar
10	Tejal Gore
11	Aditi Gade
12	Manisha Rajpurohit
13	Pooja Thakkar
14	Bushara Ansari
15	Sherin George
16	Sakshi Chougule
17	Priya Rathod

NSS PO

Dr. Sandhya Pandit *SP*

Ms. Manjita Kulkarni *MSK*



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Principal Incharge
St. Mira's College for Girls, Pune.

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List of Students

Name of Event: NSS- Students list _Activities Yoga(Yoga Demonstration)
Date: 17th May 2022

SR. No.	NAME
1	Sanya Irani
2	Divya Agrawal
3	Soni Sutar
4	Silvia D'Souza
5	Pooja Mhaske
6	Alifiya Miyagamwala
7	Aditi Nikam
8	Prajakta Sapkal
9	Shivanjali Tingre
10	Anuja Samudre
11	Rashmi Shinde
12	Sukanya Rahate
13	Sharayu Thete
14	Bushara Ansari
15	Sherin George
16	Sakshi Chougule
17	Priya Rathod
18	Ojaswini Joshi

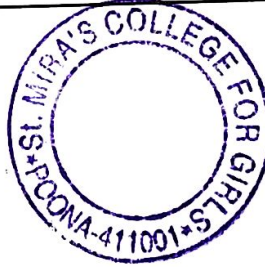
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Jayesh
Principal Incharge

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