

Report- Yoga Training Camp Kavailyadhama Institute, Charni Road

Event: Yoga Training Camp Kavailyadhama Institute, Charni Road

Date: 18th June, 2023 to 21st June, 2023

Objectives: To gain knowledge about yoga on International Yoga Day

Highlight: The NSS volunteers of S.M. Shetty College of Science, Commerce, and Management Studies had gone to the Yoga Training Camp, which was for 4 days at Kaivalyadhama Yoga Institution. There were many things to know about yoga. There were two volunteers from 105 different colleges in the institutions. There was a schedule plan for the day, and on the first day we were informed to reach at 7 a.m. and then two days later at 10 a.m. After reaching the hall, the first thing was to sign the register sheet and then enter the hall to do yoga practice. From 10 to 12, we had a yoga practice at 12 pm, they gave us some food to eat; after that, there were two mandatory sessions, which all the volunteers had to attend. On the first day, there was a session in which yoga was started, and the next session was about how we can remember things. On day two, the first session was on why yoga is important. On the third day, the first session was on how yoga helps our inner bodies be good, and the next session was on the diet of our day-to-day lives. On the fourth day, it was International Yoga Day. On that day, we celebrate Yoga Day by doing yoga with the chief guest vice chancellor at the convocation hall. We had a great experience at the camp.

Total no. of volunteers: 02

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Photos:




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Certificates:




NSS Programme Officer


Principal