



Karnataka Sangha's  
Manjunatha College of Commerce &  
Junior College of Commerce, Thakurli East



**IQAC, NSS Unit**  
along with

**Regional Centre, RGNIYD, Chandigarh, Rajiv Gandhi National Institute of  
Youth Development and NSS Cell, University of Mumbai**



**Celebrates**

**Virtual**

**Yoga Day**



**Sunday, 21 June 2020, 5 pm  
onwards**

**Join the WhatsApp Group for  
further details and schedule**

**[Click to join WhatsApp Group](#)**

Date: 28 June 2020

Principal  
Manjunatha College of Commerce  
Thakurli

Subject: Report of Yoga Day Celebration

Sir

IQAC & NSS Unit of our college along with Regional Centre, RGNIYD, Chandigarh, Rajiv Gandhi National Institute of Youth Development and NSS Cell, University of Mumbai celebrated Yoga Day virtually on Sunday, 21 June 2020 from 5 pm to 6:30 pm. The objective of this session was to develop the habit of healthy mind and body by practicing Yoga every day. 35 students attended the session which was streamed on You Tube by NSS Cell, University of Mumbai. The interested students were asked to join WhatsApp group and the link was sent in the group.

Thank you

Yours faithfully



Asst. Prof. Pushkar R Deshpande

NSS PO



5:59 PM

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**Conclusion**

*"Be the change you want to see in this world" - Mahatma Gandhi*

*"The world we have created is a product of our thinking; it can not be change without changing our thinking" - Albert Einstein*

**WHAT CAN WE DO?**

**TALK!**

BREAK THE SILENCE AT HOME,  
WORK OR SCHOOL. USE  
WHENSTRAUZIONMATTERS

**SUPPORT!**

THE WOMEN  
AND GIRLS  
IN YOUR  
LIFE!

**CELEBRATE!**

**MENSTRUAL  
HYGIENE DAY**  
28th Day

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Notes Comments

31°C Partly sunny



Unmute



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Participants



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5:50 PM

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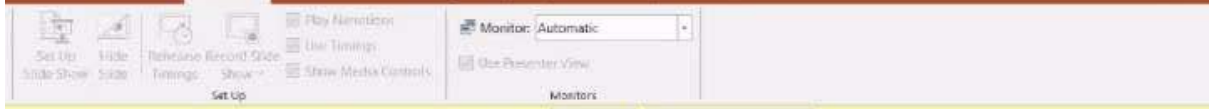
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MHM, Yoga and Exercise

बालासन

तितली-आसन

भुजंगासन

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 82  
Participants

 6  
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Karnataka Sangha's Manjunatha College of Commerce, Thakurli (East)

3.4.4 Number of students participating in extension activities at 3.4.3. above during year

3.4.4.1. Total number of Students participating in extension activities conducted in collaboration with industry community and Non- Government Organizations such as Swachh Bharat, AIDs awareness, Gender issue etc. year wise during year

Sr.	Name of the activity	Name of the scheme	Year of the activity
1	Celebration of Yoga Day	Regional Centre, RGNIYD, Chandigarh, Rajiv Gandhi National Institute of Youth Development and NSS Cell, University of Mumbai.	21-06-2020

List of Participants

SR NO	G	SURNAME	FIRST NAME	FATHER'S NAME	MOTHER'S NAME
1	Female	ACHAREKAR	AKSHATA	NITIN	NIKITA
2	Male	AHIRE	SAIRAJ	YUVRAJ	INDU
3	Female	GUPTA	KHUSHI	SATYANARAYAN	SANGEETA
4	Male	JADHAV	BHALCHAND	RAVINDRA	NILIMA
5	Male	JADHAV	SAHIL	VIVEK	SANJANA
6	Female	KADAM	SAYLEE	SANTOSH	POOJA
7	Male	MALI	KUNAL	RAJENDRA	JYOTI
8	Female	SHINDE	SHILPA	DNYANESHWAR	SUNITA
9	Male	MADHAVI	DARSHAN	ERESH	ANITA
10	Male	MADKE	SAMBHAJI	RAJABHAU	ASHA
11	Female	MALI	TULSI	BABULAL	SANGEETA
12	Male	MOURYA	PAVAN	RAMDEV	SUMAN
13	Male	MOURYA	AYUSH	SUBHASHCHAND	MAHIMA
14	Male	PATIL	NAGESH	GURULING	BHAGYASHRI
15	Female	PRAJAPATI	JYOTI	MANVAS	RAJDEVI
16	Female	GHOGALE	MANSI	SUBHASH	SMITA
17	Female	GORE	VARSHA	SHANTARAM	SEETA
18	Male	GUPTA	ANKIT	AMRENDRA	REKHA
19	Female	POOJARI	NAMITA	NARAYAN	JAYASHREE
20	Female	RUPWATE	RASHMI	RAJENDRA	RAJSHREE
21	Female	SAIL	MAYURI	VIJAY	VRUSHALI
22	Female	SHARMA	NANDANI	SHASHI BHUSHAN	KANCHAN
23	Female	KAMBLE	VARSHA	DHARMAPAL	NANDA
24	Female	MESTRI	ANUSHKA	SUBHASH	SUJATA
25	Male	NALAWADE	ANUBHAV	RAJENDRA	VIMAL



Principal  
 MANJUNATHA COLLEGE  
 OF COMMERCE  
 Kanchangaon, Khambalpada,  
 Thakurli (East) 421 201.