

Late Ku. Durga K. Banmeru Science College, Lonar, District Buldhana, M.S.

Sant Gadge Baba Amravati University, Amravati

National Service Scheme

“Yoga Day Report” 2021-2022

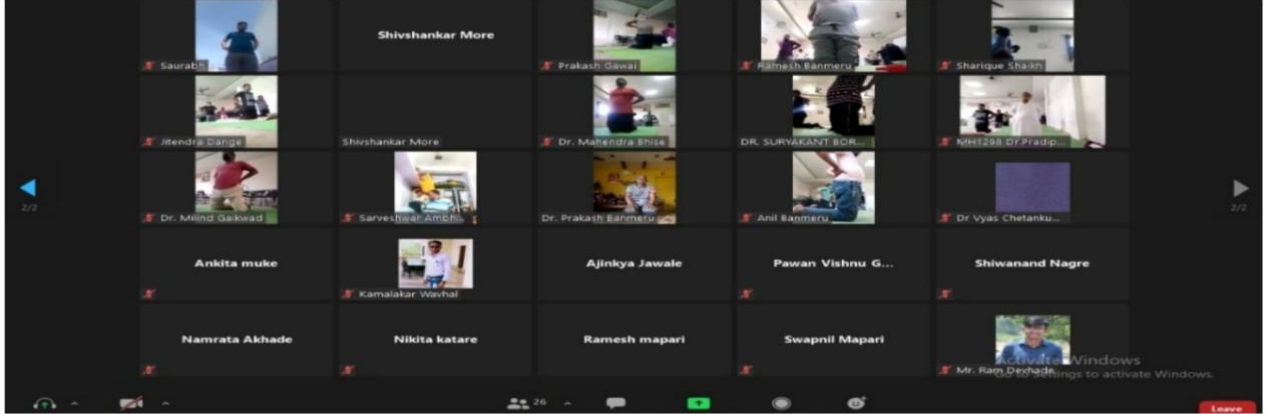
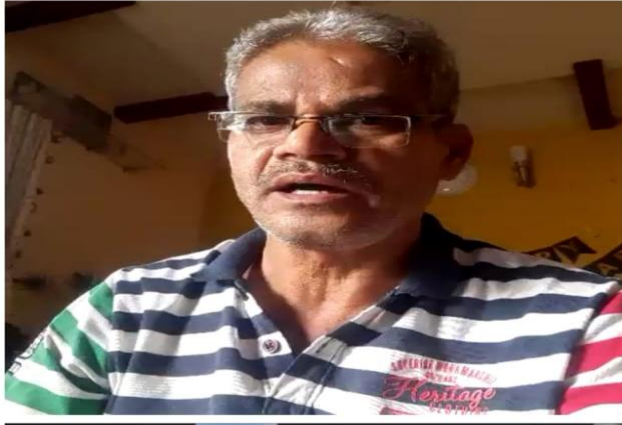
❖ Yoga Day:-

On June 21, 2021, under National Service Scheme and Physical Education Department, on the occasion of International Yoga Day on June 21, Yoga camp was organized under the guidance of Dr. Prakash Banmeru Principal of the College. Mr. Dilip Pidiar yoga teacher was the trainer for online as well as offline yoga demonstrations. Along with yoga training he also explained importance of yoga in life.

June 21 evening at exactly 6.00 yoga instructor Dr. Pradip Evarkar organized online guidance and yoga practice on the topic of doing yoga to increase the efficiency of the lungs during the Corona period. Yogasana, pranayama and meditation increase the body's immunity and lung function. The yoga instructor in the college Dr. Pradip Ewarkar and all the teaching and non-teaching staff were present and all the teaching and non-teaching staff of the college took advantage of this training yoga camp and took an oath to practice yoga regularly. Online students were present for the programme. Prof. Shivshankar More gave vote of thanks.

संत गाडगे बाबा अमरावती विद्यापीठ अमरावती द्वारा संलग्नित
अमृत सेवामावी संस्था परभणी संचालित
कै.कु.दुर्गा क.बनमेरू विज्ञान महाविद्यालय, व
क.कमलबाई बनमेरू कला, वाणिज्य व विज्ञान महिला महा.लोणार
लोणी रोड, लोणार जि.बुलडाणा -४४३३०२
यांच्या संयुक्त विद्यमाने आयोजित
राष्ट्रीय सेवा योजना व शारीरिक शिक्षण विभाग द्वारा अंतर्गत
आंतरराष्ट्रीय ई- योग दिन
दि.२१ जून २०२१ रोज सोमवार वेळ:- सकाळी ७.३० मि.
प्रमुख मार्गदर्शक
मा. दिलीप पिडीयार (योगगुरु)
पुढील लिंकवर सर्वांनी रजिस्ट्रेशन करावे हि विनंती :- <https://forms.gle/EvAV9e5Fkx749Wie9>
खालील झूम लिंक वर क्लिक करून उपस्थित राहावे हि नम्र विनंती
<https://us05web.zoom.us/j/5966657342?pwd=ZERxUGFGM1BwRHRVR1BOZTRHSE9JUT09>
Meeting Id:-5966657342 Pass code :-12345
आयोजक:- डॉ.प्रकाश क.बनमेरू (प्राचार्य, कै.कु.दुर्गा क. बनमेरू विज्ञान महा.लोणार)
समन्वयक :- डॉ.मंगेश ठोंबळ (रासेयो कार्यक्रमाधिकारी तथा शा.शिक्षण संचालक)
टीप:- कार्यक्रम संपल्यानंतर आपनासावार्ना फीडबॅक लिंक पाठविली जाईल फीडबॅक भरल्यानंतर आपणास ई-मेल वर ई- प्रमाणपत्र प्राप्त होईल

Banner for yoga day Online Programme at Morning 7.30am.



College Principal Dr. Prakash Banmeru, Mr. Dilip Pidiar and students online present for yoga day.

संत गाडगे बाबा जमरावती विद्यापीठ जमरावती द्वारा संलयित
अमृत सेवामावी संस्था परमणी संचालित

कै.कु.दुर्गा क.बनमेरू विज्ञान महाविद्यालय, व
कै.कमलबाई बनमेरू कला, वाणिज्य व विज्ञान महिला महा. लोणार
लोणी रोड, लोणार जि. बुलडाणा - ४४३३०२
यांच्या संयुक्त विद्यमाने आयोजित

राष्ट्रीय सेवा योजना व शारीरिक शिक्षण विभाग द्वारा अंतर्गत

“कोरोना काळात फुफ्फुसांची कार्यक्षमता वाढवण्यासाठी योग”

दि. २१ जून २०२१ रोज सोमवार वेळ:- सायंकाळी ६.०० मि.

प्रमुख मार्गदर्शक
मा. डॉ. प्रदीप इवरकर
(योग प्रशिक्षक, द आर्ट ऑफ लिट्टिंग परिवार लोणार)

खालील झूम लिंक वर क्लिक करून उपस्थित रहावे हि नम्र विनंती

<https://us05web.zoom.us/j/5966657342?pwd=ZERxUGFGM1BwRHRVR1BOZTRHSE9JUT09>

Meeting Id :- 5966657342 Pass code :- 12345

आयोजक :- डॉ. प्रकाश क. बनमेरू (प्राचार्य, कै. कु. दुर्गा क. बनमेरू विज्ञान महा. लोणार)
समन्वयक :- डॉ. मंगेश ठोंबळ (रासेयो कार्यक्रमाधिकारी तथा शा. शिक्षण संचालक)

टीप :- कार्यक्रम संपल्यानंतर आपनासावांना फीडबॅक लिंक पाठविली जाईल फीडबॅक भरल्यानंतर आपणास ई-मेल वर ई-प्रमाणपत्र प्राप्त होईल

Banner for yoga day Online Programme at evening 6.00pm.

Outcomes:

- i) This activity provided health awareness in the students.
- ii) Yoga camp helps to know importance of yoga.
- iii) Enhancing Concentration in students

SB Banmeru
Programme Officer
National Service Scheme
Late Ku. Durga K. Banmeru Sci. College

Prakash Banmeru
Principal
Late Ku. Durga K. Banmeru Science
College, Lonar Dist. Buldhana

Late Ku. Durga K. Banmeru Science College, Lonar, District Buldhana, M.S.

Sant Gadge Baba Amravati University, Amravati Affiliated

National Service Scheme

“Yoga Programme” 2021-2022

On dated 22/03/2022 to 28/03/2022 in Special Camp of Scheme National Service organized at adopted village Pimpalner every day morning 6.00 am to 7.00 am the NSS volunteers under yoga practice

1. Learn how to breathe. The most important thing to do in yoga is to breathe, especially when holding the postures.
2. Start with a brief meditation and intention.
3. Use basic and beginning level postures.
4. End with Shavasana





X1147+6XW, Pimpalner, Maharashtra 443302, India
Pimpalner
Maharashtra
India
26°C
79°F
2022-03-23(Wed) 06:29(am)



While doing yoga and praying, NSS Volunteers and Prof. Dr. S.B. Borul and Prof. S.P. More

S.B. Borul
Programme Officer
National Service Scheme
K.K.K. Banmeru Sci. College

S.P. More
Principa.
Late Ku. Durga K. Banmeru Science
College, Lonar Dist. Buldhana

Late Ku. Durga K. Banmeru Science College, Lonar, District Buldhana, M.S.

Affiliated to Sant Gadge Baba Amravati University, Amravati

National Service Scheme 2021-2022

❖ Covid-19 Vaccination Camp

On 25th October 2021, Department of National Service Scheme, Late Ku Durga K. Banmeru Science College, Lonar Dist Buldhana had conducted covid-19 vaccination camp under the guidance of Dr. Prakash K. Banmeru principal of college. Covid-19 vaccination camp organized in collaboration with staff of Gramin Rugnalaya, Lonar. Dr. Prakash K. Banmeru, chairperson of the program, Dr. Nikhil Agrawal as a chief guest and Dr. Kavita Mapari, team Rural Hospital Lonar as an inaugurator of program. Mr. Shivshankar More, NSS Program Officer, Mr. Saurabh Gaikwad and Dr. Suryakant B. Borul were present during this activity.

In the period of 25th October 2021 to 2nd November 2021 is the target of Gov. and college administration to complete vaccination of all college students. In this vaccination camp total 50 students were vaccinated on 25th October 2021.



Present Students and staff during covid-19 vaccination camp.



Dr. Nikhil Agrawal and Dr. Kavita Mapari, Gramin Rugnalaya, Lonar, Mr. Shivshankar More NSS Programme Officer, Mr. Saurabh Gaikwad and staff were present in program.

Outcomes:-

- i) Vaccinated college students above 18 year regarding covid-19 pandemic.
- ii) Total 50 students were vaccinated with Covaxin and Covishield.
- iii) Awareness of covid-19 pandemic.

S.B. Saurabh
Programme Officer
National Service Scheme
Late Ku. Durga K. Banmeru Sci. College

[Signature]
Principal
Late Ku. Durga K. Banmeru Science
College, Lonar Dist. Buldhana

❖ AIDS Awareness programme-

On dated 23rd March 2022 at adopted village Pimpalner, tahsil Lonar department of national service scheme organized AIDS awareness programme in collaboration with team Rural Hospital Lonar. In this AIDS awareness programme organized lecture of Mr. Gajanan B. Deshmukh Supervisor of Buldhana District AIDS Control on topic “Understanding, misunderstanding about HIV ADIS in youths”.

Mr. Gajanan B. Deshmukh gave detail information about AIDS, such as how AIDS spread?, and how to avoid? And also he gave the answer of questions of students.

The program was proposed by Prof. More NSS co-officer and the conducted by Ku. Vaishnavi Davhale and Ku. Vaishnavi Mapari did vote of thanks.



Felicitaton of Mr. Gajanan Deshmukh and Mr. Shimbre saheb



Mr. Gajanan Deshmukh sir delivered the lecture on Awareness of HIV AIDS.



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College, Lonar Dist. Buldhana

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Sant Gadge Baba Amravati University, Amravati

National Service Scheme 2021-2022

❖ Heartfulness Meditation

Department of National Service Scheme organized three days Heartfulness meditation camp at adopted village Pimpalner in collaboration with Heartfulness Meditation Sanstha Mehkar. Heartfulness meditation camp was organized under the guidance of Dr. Prakash K. Banmeru Principal of the college and Mr. Solanke sir and Mr. Kulsundar sir, teacher heartfulness meditation is the trainer for the camp.

• First day of Meditation-

Dated 23rd March 2022 at 5.00pm to 6.00pm Mr. Solanke sir and Mr. Kulsundar sir, teacher heartfulness meditation first gave information about the meditation and what are the benefits of mediation to the NSS students and present peoples. He said that due to daily meditation all negative thoughts are remove from brain. He also told about the process of meditation and actual mediation done. Then after mediation Student are share their experience with all.



Dr. Suryakant Borul, PO NSS, inform the students about Heartfulness meditation programme and introduce the Guest teacher to students



Mr. Kulsunder Sir teacher heartfulness meditation giving information about Meditation



Dr. S. B. Borul felicitates the Mr. Solanke sir and NSS volunteer felicitates Mr. Kulsunder sir

• **Second day of Meditation- (24/03/2022)**

To take the session of the second day, Hon. Mr. Patekar Sir and Hon. Mr. Kulsunder Sir was present. Hon. Mr. Patekar sir informed the volunteers of NSS that meditation increases intellectual capacity and reduces the energy of negative thoughts by keeping the mind happy and empowers the mind to do positive work.

After this Hon. Mr. Kulsunder sir explained the meditation process to the students and increased the meditation of 20 minutes in the previous session and meditated for 25 minutes today.



In the second day session of Meditation, Mr. Patekar Sir and Mr. Kulsundar sir present.



In the second day session of Meditation, Mr. K K Kale and volunteers present.



While guiding the volunteers, Hon. Mr. Patekar Sir and Hon. Mr. Kulsundar Sir

• **Third day of Meditation- (25/03/2022)**

To take the session of the second day, Mr. Kulsundar Sir was present. Hon. Mr. Kulsundar Sir advised the volunteers of NSS to increase their intellectual capacity through meditation and reduce the energy of negative thoughts. Everyone should meditate regularly at their fixed time every day. Regular meditation has many benefits. For this, everyone should meditate and think. Hon. Mr. Kulsunder sir explained the meditation process to the students and made them meditate for 30 minutes in this session.

Then after Prof. Dr. Suryakant Borul, NSS program officer expressed his gratitude of Mr. Kulsundar Sir, Mr. Solanke Sir, and Mr. Patekar Sir on behalf of the NSS team for the meditation demonstration and guidance given. At this time Mr. Kulsundar sir gifted the book Parbdha Rachna based on Meditation to NSS department of college.



Mr. Kulsundar sir gifted the book Parbdha Rachna based on Meditation to NSS department of college.

S.B. Borul
Programme Officer
National Service Scheme
Late K.K. Banmeru Sci. College

[Signature]
Principal
Late Ku. Durga K. Banmeru Science
College, Lonar Dist. Buldhana

❖ Plus Polio Campaign

National Service Scheme department Programme office, volunteers involved in the plus polio campaign organized by Maharashtra Govt. and Rural Hospital, Lonar in Lonar Tahsil region and Lonar city. Dr. Suryakant B. Borul, NSS PO and volunteers in village near by Lonar city participated in plus polio campaign in order to avoid a single baby remains deprived from polio dose. Student volunteers and PO, NSS participated in plus Polio campaign under guidance of Dr. Prakash K. Banmeru, Principal, Late Ku. Durga K. Banmeru Science College, Lonar.



NSS PO Dr. S. B. Borul Participated in Plus Polio Campaign



National Service Scheme department Pogramme office, volunteers participated in the plus polio campaign

S.B. Bhusal
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