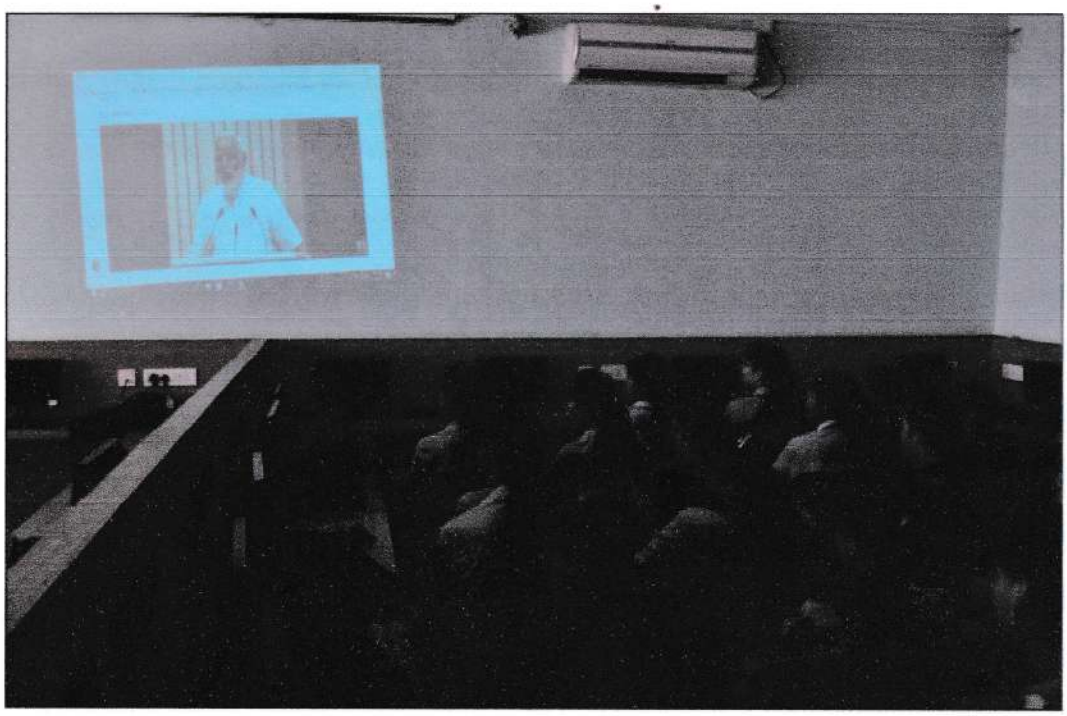
MSP Mandal's
Vinayakrao Patil Mahavidyalaya, Vaijapur
National Service Scheme
'Yuva Jagruk Ho: Arogya va Vyayam'
Report
29-08-2019

On 29th August 2019, NSS unit organized a lecture of Dr. L. S. Bansode on the topic 'Health and Exercise.' Dr. Kishor Bholane gave the introduction of the resource person Dr. Leela Bansode to the volunteers. In her talk she told about the importance of yoga in maintenance of health. She told that yoga is combination of meditation and exercises. She further told that this is our thousands years old heritage to the world given by our ancient yogis. Before starting yoga, a person must do some micro exercises and then should go for asana, breathing exercise and later for meditation.

She told that, yoga if practiced well in our daily life then it gives us many health benefits such as Relief of stress, supports healthy habits better mental health, sleep becomes better and digestion becomes proper. It also makes neck and back stronger, reduces chance of osteoarthritis, weak person becomes healthy and overweight person loses weight. It is also helpful in quitting the addictions. It is helpful in mental growth a, maintaining hormonal balance, maintenance of sugar and blood pressure, etc. students must practice it daily as it improves our memory and concentration in study or in any field.

After this programme, the students watched the video message of 'Sudhrudh Bharat' addressed by Hon. Prime Minister Shri. Narendra Modiji in the Computer Lab. The program was concluded with vote of thanks given by Dr. Kshor Bholane.

Dr. L. S. Bansode on the topic 'Health and Exercise.'



Students viewing PM Narendra Modi's address

Programme Officer, NSS

Programme Officer N.S.S
Vinayakrao Patil College
Vaijapur Dist.Aurangabad

Principal

PRINCIPAL
Vinayakrao Patil Mahavidyalaya,
Vaijapur Dis. Aurangabad

NSS Volunteer Presenty List

Date: 29-08-2019

Sr. No.	Student Name	Class
1.	Sonali Bhaginath Salunke	B.Com III
2.	Rahube Ashok Raut	B.Com III
3.	Trupti Kailas Kale	B.Com III
4.	Simaran Hasn Sayyad	B.Com III
5.	Avinash Rajaram Jadhav	B.Com III
6.	Jaya Sahebrao Bankar	B.Com III
7.	Sunita Kamlakar Gavali	B.Com III
8.	Saiprasad Ramkrushna Kakade	B.Com III
9.	Savita Shankar Jadhav	B.Com III
10.	Komal Bhausaheb Gawali	B.Com I
11.	Vijay Sanjay Matsager	B.Com III
12.	Pratiksha Pandharinatha Moin	B.Com I
13.	Radha Ramesh Dhanad	B.Com I
14.	Sujata Bhausaheb Jadhav	B.Com III
15.	Sachin Dyaneswar Wani	B.Com I
16.	Pooja Sanjay Tambe	B.Com I
17.	Akash Nanasaheb Pawar	B.Com I
18.	Priyanka Mahadev Bavche	B.Com I
19.	Shyam Bhausaheb Gore	B.A. I
20.	Rameshwar Bhagwan Pawar	B.Com III
21.	Priyanka Bhagwan Gaikwad	B.Sc. I
22.	Monika Vitthal Gunjal	B.A.I
23.	Yogita Vilas Tambe	B.C.A. I
24.	Sujit Raybhan Dushing	B.Com. III
25.	Aditya Sunil Somawanshi	B.Com. I
26.	Ganesh Madan Pawar	B.Com. III
27.	Tushar Sanpat Nimbalkar	B.Com. I
28.	Pooja Valmilk Gavali	B.Com. I
29.	Yogesh Dilip Mhaske	B.A. III
30.	Rahul Baliram Ahire	B.Com. I
31.	Kishar Ramnath Gunjal	B.Com. III
32.	Sachin Nanasaheb Kawade	B.A. III
33.	Ravindara Balasaheb Shinde	B.Com. I
34.	Swati Laximan Somvanshi	B.Com. III
35.	Devita Sanjay Tambe	B.Sc. I
36.	Vishal Ratan Moin	B.C.S.I
37.	Tina Tulshiram Mote	B.Com. I
38.	Pratiksha Rajendra Kalse	B.C.S.I
39.	Vishal Sahebrao Deore	B.Com. I
40.	Shakuntala Raghunath Pawar	B.Com. I

41.	Pravin Nivrutti Bidaeit	B.A.I
42.	Abhishek Nandram Kumavat	B.Com. I
43.	Dnyaneshwar Vijay Shinde	B.Sc. I
44.	Rohini Devidas Shinde	B.Com. III
45.	Komal Ravindra Bidve	B.Com. I
46.	Aditya Naresh Ture	B.Com. I
47.	Krushna Rasaheb Ghodke	B.Com. I
48.	Aashwini Ganesh Gavali	B.Com. I
49.	Rushikesh Mansub Matsagar	B.Com. I
50.	Priyanka Sudam Gunjal	B.Com. II
51.	Amol Balasaheb Kolapkar	B.Com. I
52.	Nadkumar Sanjay Shinde	B.Com. I
53.	Savita Babasaheb Somase	B.Com. III
54.	Apeksha Degambar Patil	B.Com. III
55.	Komal Balu Ghule	B.Sc. I
56.	Sandip Kacharu Moin	B.Com. II
57.	Rambhau Sahebrav Matsager	B.Com. II
58.	Akash Anna Helude	B.Com. I
59.	Aishwarya Chandrakant Hiwale	B.Com. I
60.	Ganesh Appashaeb Kadam	B.Sc. III
61.	Suchit Dnyaneshwar Kalaskar	B.Com. II
62.	Priyanka Dadasaheb Chavan	B.Com. II
63.	Vitthal Ramdas Nikam	B.A. I
64.	Ashwini Keshav Kshirasagar	B.Com. II
65.	Manjusha Ravindra Kale	B.Com. II
66.	Gaytri Rajendra Mahapure	B.Com. II
67.	Ganesh Suryakant Malik	B.Com. II
68.	Monika Eknath Aher	B.A. III
69.	Yogesh Ashok Jadhav	B.Sc. III
70.	Kakasaheb Dinkar Pawar	B.Sc. III
71.	Krushna Kailas Shelke	B.Com. III
72.	Arjun Nandu Shinde	B.Com. II
73.	Akash Dadasaheb Naikwadi	B.Sc.I
74.	Shardha Laxam Nagale	B.Com. II

NSS Programme Officer
Programme Officer N.S.S
Vinayakrao Patil College
Vaijapur Dist.Aurangabad

Principal
PRINCIPAL
Vinayakrao Patil Mahavidyalaya,
Vaijapur Dist.Aurangabad