



# Dr. Ambedkar College

Deekshabhoomi, Nagpur

National Service Scheme (N.S.S.)



## Report on International Yoga day

The International Yoga Day program was organized on **21 June 2025** at **5:30 AM** at **Yashwant Stadium, Nagpur**. The event was jointly organized by the Collector Office, Nagpur and Sanskrutik Sanstha to promote awareness about the importance of yoga for maintaining physical and mental well-being.

Fifteen volunteers participated in the program under the guidance of Program Officer **Mr. Ankit Pusadkar** and **Mr. Purvesh Fating**. The volunteers actively took part in the yoga session and assisted in maintaining discipline and coordination during the event.

The program was also graced by the presence of **Dr. Sopandeo Pise**, Director of the National Service Scheme (NSS), R.T.M. Nagpur University. His presence motivated the volunteers and participants to adopt yoga as a daily practice for a healthy lifestyle.

During the event, trained instructors guided the participants through various yoga asanas, breathing exercises, and meditation techniques. A large number of citizens, students, and volunteers gathered at the venue and enthusiastically performed the yoga practices together.

The program aimed to highlight the significance of yoga in promoting a balanced lifestyle and encouraging people to incorporate yoga into their daily routine. The NSS volunteers contributed effectively to the success of the event through their active participation and support.

The program concluded successfully with a message emphasizing the role of yoga in achieving harmony between body and mind.



Government of Central Provinces Education Department by No. Notification No. 513 dated the 1<sup>st</sup> of August 1923 & presently a State University governed by M.U. Act 2016)



## राष्ट्रसंत तुकडोजी महाराज नागपुर विद्यापीठ राष्ट्रीय सेवा योजना

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डॉ. सोपानदेव पिसे  
संचालक

रासेयो/योग/२०२५-२६/५०  
दिनांक १९.०६.२०२५

प्रति,  
मा. प्राचार्य  
रासेयो सलग्नित सर्व महाविद्यालय  
नागपुर शहर

**विषय : जागतिक योग दिवस सहभागी होण्याबाबत**

महोदय,

केंद्र व राज्य शासन यांच्या द्वारे प्राप्त निर्देशानुसार दि.२१ जून २०२५ रोजी जागतिक योग दिवस साजरा करावयाचा आहे. या अनुषंगाने मा. जिल्हाधिकारी कार्यालय व दक्षिण मध्य सांस्कृतिक केंद्र यांच्या वतिने दि २१ जून २०२५ रोजी सकाळी ०५:३० वाजता यशवंत स्टेडियम येथे मा.केन्द्रिय मंत्री श्री.नितिनजी गडकरी यांच्या प्रमुख उपस्थितीत जागतिक योग दिन साजरा करण्यात येत आहे.

आपणास विनंती करण्यात येते की, दि २१ जून २०२५ रोजी सकाळी ०५:३० वाजता यशवंत स्टेडियम येथे आपल्या महाविद्यालयतील रासेयो स्वयंसेवकांना सहभागी होण्याचे निर्देश द्यावे

आपला

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