



Late Shri. Vishnu Waman Thakur Charitable Trust's

VIVA Institute of Technology

Approved by AICTE, New Delhi, DTE, Government of Maharashtra, Affiliated to University of Mumbai
At- Shirgaon, Post-Virar (E.), Tal-Vasai, Dist-Palghar – 401 305.

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National Service Scheme (SH-17)

Event Name:

**CHATRAPATI SHIVAJI MAHARAJ SHIVSWARAJ
DAY EVENT**

Date:

08th June 2021

Time:

10:00 am

Programme Summary/Details:

NSS Volunteers of Viva Institute of Technology attended a session on “INTERNATIONAL DAY OF YOGA 2021” coordinately organized by University of Mumbai, HSNC University, HSNC boards & kaivalyadhama on 08th June 2021 Tuesday . The training session was conducted by kaivalyadhama on zoom platform for selected 800 volunteers on 4 different zoom links . Our 30 volunteers were part of the INTERNATIONAL YOGA DAY celebration and other student were made relayed on YouTube channel. So firstly to participate in the training session we were required to register on link given to us in the whatsapp group .It was a training session which was designed by ministry of AYUSH for physical and mental development of students . We were made to do different types of yoga asanas and we were also intimated about the benefits gained by each of them .He also told us that practising yoga and meditation on daily basis is very important for functioning of active mind and body . At the end solutions to our problems were given on the related context . It was a helpful session for all the volunteers

Photos:

University of Mumbai

HSNC UNIVERSITY

KAIVALYADHAMA

राष्ट्रीय सेवा प्रोग्राम
NATIONAL SERVICE SCHEME

INTERNATIONAL DAY OF YOGA -2021
JOINTLY ORGANIZED BY
**UNIVERSITY OF MUMBAI,
HSNC UNIVERSITY
HSNC BOARD & KAIVALYADHAMA**

On 15th ,16th , 20th and 21st June the training sessions will be conducted by Kaivalyadhama on ZOOM platform for selected 800 volunteers on 4 different ZOOM links.
For other volunteers it will be relayed on YouTube channel.
For participation in these training sessions, students will have to register on following link

[TO REGISTER CLICK HERE](#)

On 17th, 18th and 19th June, the participants are expected to attend the three days course designed by Ministry of AYUSH
For this course, students have to register on the following link

[TO JOIN THE THREE DAY COURSE CLICK HERE](#)