



MARATHWADA MITRA MANDAL'S
SHANKARRAO CHAVAN LAW COLLEGE

Accredited with 'A' Grade by NAAC
202/A, DECCAN GYMKHANA, PUNE - 411 004.
Affiliated to Savitribai Phule Pune University & Approved by Bar Council of India, New Delhi
(Permanent Reg. No. - Id No. : PU / PN / Law / 179 - 2002)



Late. Shri. Shankarrao Chavan
Founder President

Shri. Shivajirao D. Ganage
President

Prin. Bhausaheb Jadhav
Exe - President

Date- 19.06.2021

Report on "Covid Care Program with Art of Living Centre"
19th June 2021

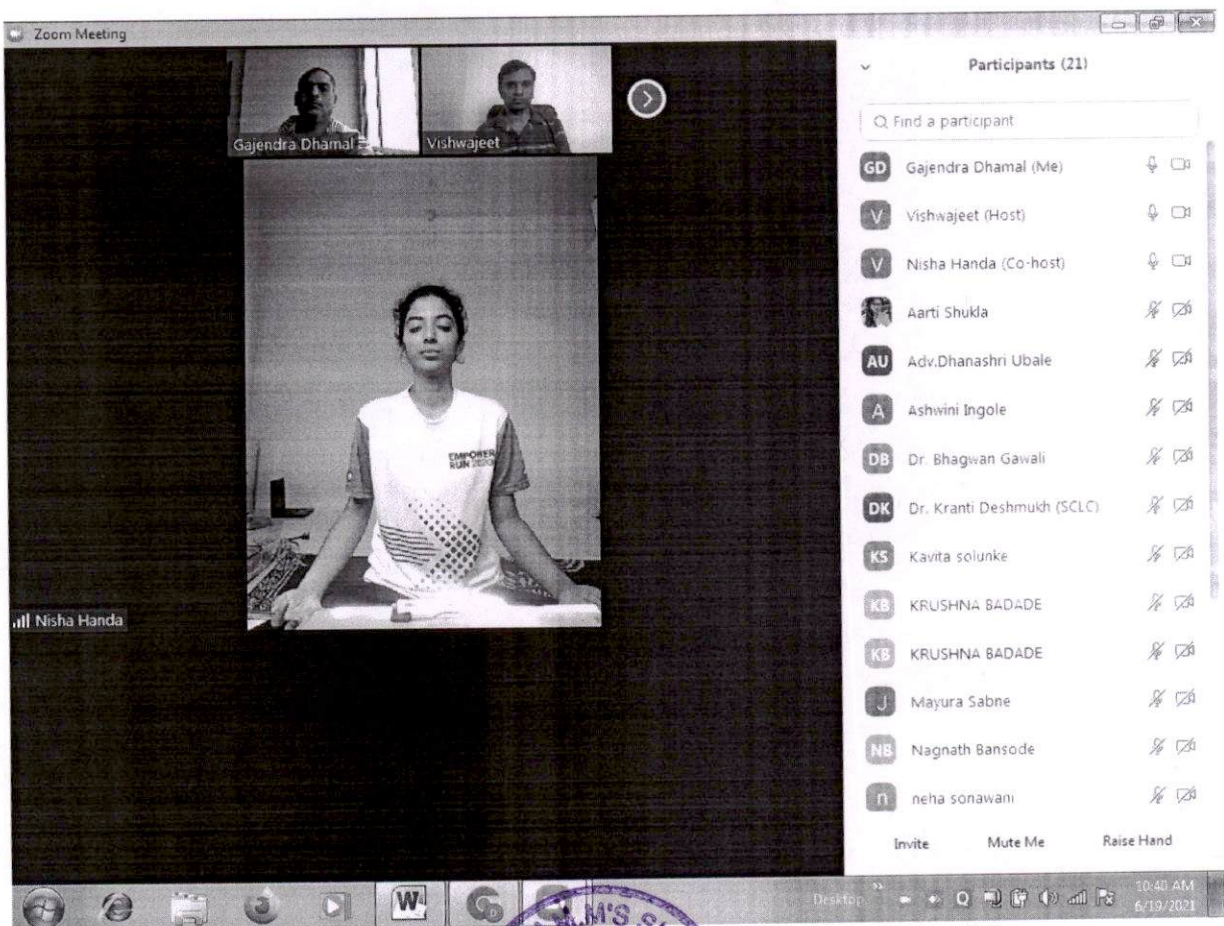
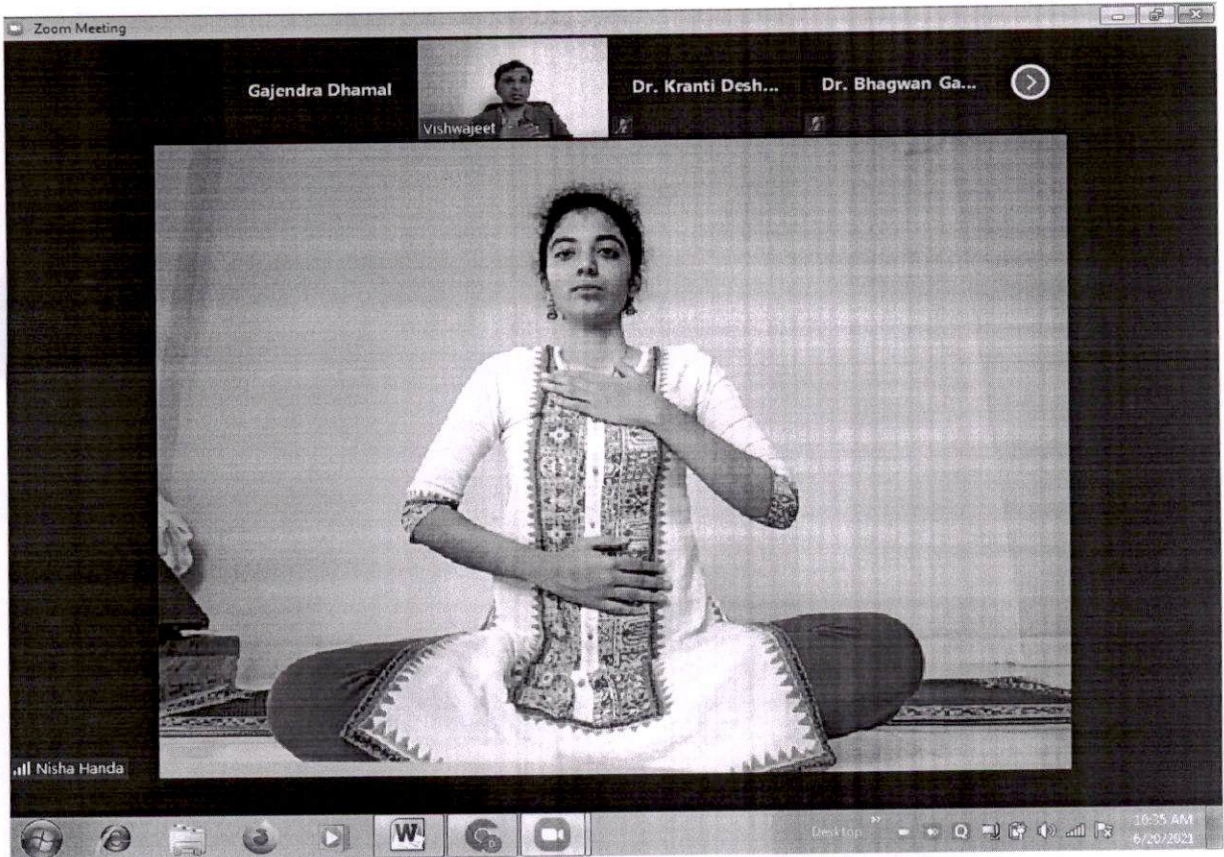
The NSS Department of MM's Shankarrao Chavan Law College, Pune in association with Art of Living Centre is organised three days 'Covid Care Program' between ,19th to 21st June 2021. Due to pandemic situation of corona we conducted various activity i.e. Yoga, meditation etc. through online mode. We followed all the necessary precautions during this pandemic situation.

Principal Dr. Kranti Deshmukh madam along with all the teaching and Non teaching staff of Shankarrao Chavan Law College had participated in this three days 'Covid Care Program'. Mr. Vishwajeet Randhir coordinator of Art of Living Centre, Pune gave the information of about Importance of Yoga, meditation etc. in our day-today life. The trainer Ms. Nisha had given her valuable guidance to the staffs. Warm up exercises were taken and all the participants performed sitting and standing asanas , Pranayam, meditation etc. Importances of Yoga, meditation, asanas were explained simultaneously.

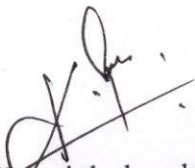
The exercises are good and useful to the staff. All the participants were excited and energetic. The coordinator of Art of Living Centre and Trainer encouraged us to practice regular yoga to remain fit and improve concentration. Regular practice of yoga and meditation will surely help us achieve a better life, physically, mentally and spiritually as well.

We all are participated in three days 'Covid Care Program' with a lot of eagerness and joy.









Dr. Kranti deshmukh
Principal

Report by,


Asst. Prof. Gajendra Dhamal,
Faculty Incharge & NSS PO



