



Date: 19 Feb. 21

Jagtik Suryanamaskar Din

Title of Event / Activity: Jagtik Suryanamaskar Din

Date: 19 Feb. 21

Time: 6.30am

Duration of the activity: - 1hr

Venue: - Prakash Public School

Name of Secretary/Coordinator/s: Dr.Rahul Nakil

Objectives to attend the Event / Activity:-

- 1.To get interest in suryanamaskar
- 2.To aware about exercise

Guest faculty with designation (if applicable):-Dr.Pramod Kanap

Event / Activity report:-

Surya namaskar were performed by NSS volunteers at sunrise time.Yoga teacher Shashikant Mane was guided volunteers for performing Suryanamaskar.Dr.Pramod Kanap and Dr.Rahul Nakil were present for program.

Outcome of Event:-

- 1.Volunteers got trained in Suryanamaskar.