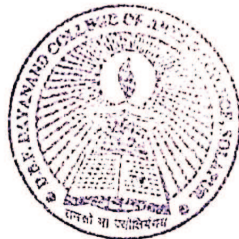




# D.B.F. Dayanand College of Arts & Science, Solapur

## Activity Report

Academic year 2021-2022	
I.Basic details	
Name of Activity	Celebration of 7th International Yoga Day Webinar - 52
Date	21/06/2021
Faculty	Kulkarni R.H
Guest	Honorable Speaker - Shri. Raghunandan ji Sharma (Former Honorary Advisor to the Bureau of Parliamentary Studies and Training (BPST), a wing of the Lok Sabha)  Instructor - Ad. Charu Kulkarni
Organized by Name of Department/ Name of Committee	Sanskrit Department ,Deshastha Rigvedi Bhraman Shikshanottejak Sanstha,Krida Bharati (west Maharashtra) and The Helling lab ,( Auckland , Australia)
Coordinator/ In-charge of Activity	Kulkarni R.H.
Time	7:00 am to 9.30 am
Venue	Google meet- <a href="https://meet.google.com/znq-neis-afc">https://meet.google.com/znq-neis-afc</a>
Activity for Class/Group	Students,Teaching staff and Non-teaching staff,and other people from society
Beneficiary number	299
Nature: Academic /Co-curricular/extracurricular/Environment al/Social/other	Extracurricular- Celebration of Yoga Day

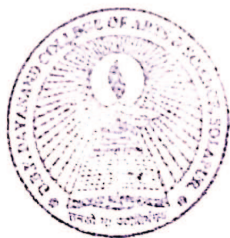
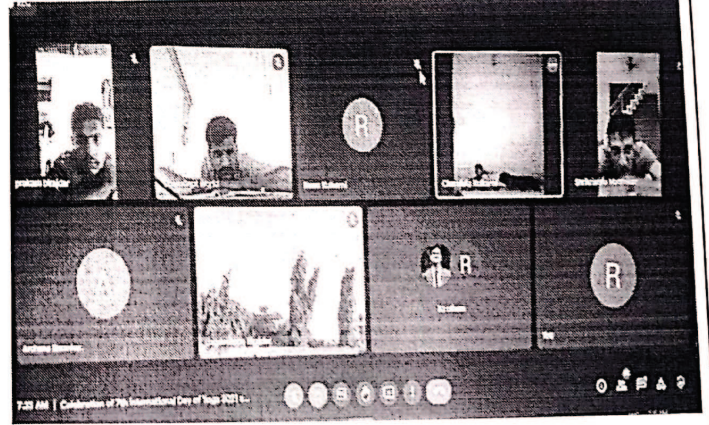


2. Brief information about Activity (Criteria no- )

Topic /Subject of activity	Celebration of 7th International yoga day workshop
Objectives of the activity	<ul style="list-style-type: none"> <li>• To celebrate 7th international yoga day.</li> <li>• To raise awareness about the physical benefits of Yoga and also about physical health in general.</li> <li>• To make this ancient practice popular among the present generation of people who are unaware of its benefits</li> <li>• To draw attention of people worldwide towards the holistic benefits of yoga.</li> <li>• To reduce the rate of health challenging diseases all over the world.</li> <li>• To enhance growth, development and spread peace all through the world.</li> <li>• To strengthen the global coordination among people through Yoga.</li> </ul>
Methodology	Actual training by experts on Google meet And Guest Lecture
Outcome of Activity	Objectives of the activity were achieved.

3. Proofs attached

Letters /Attendance sheet/Certificate/ Feedback/Account document /Photo etc.



Activity In-charge

*R.H. Kulkarni*  
Kulkarni R.H.

**HEAD**  
**DEPARTMENT OF SANSKRIT**  
D.B.F. Dayanand College of Arts & Science,  
Solapur.





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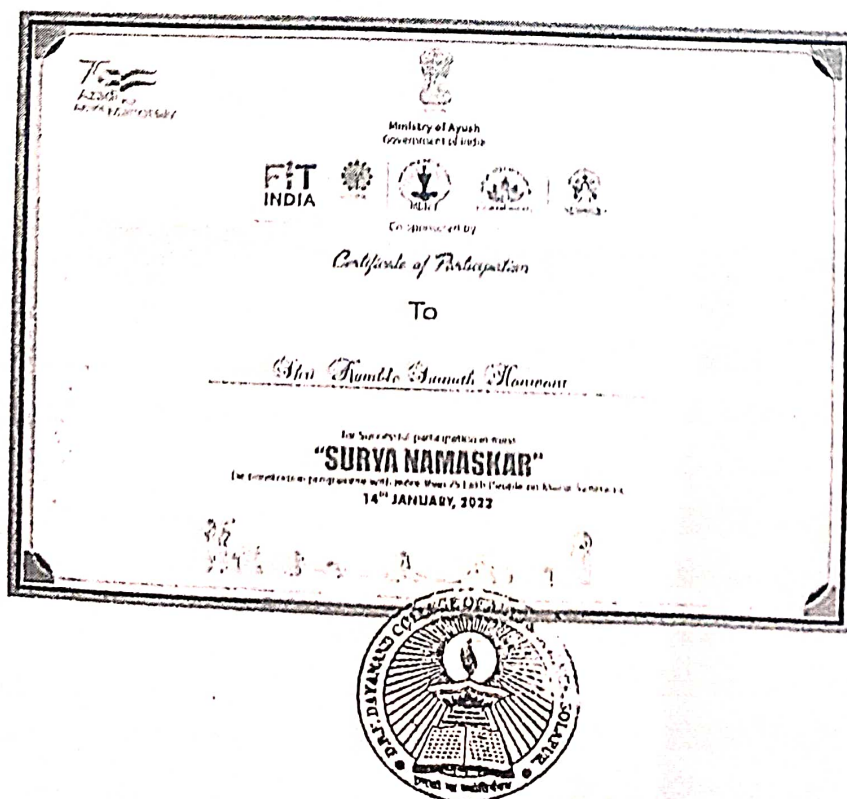
**D.B.F. DAYANAND COLLEGE OF ARTS AND SCIENCE, SOLAPUR**

**N.S.S. ACTIVITY REPORT: 2021-22**

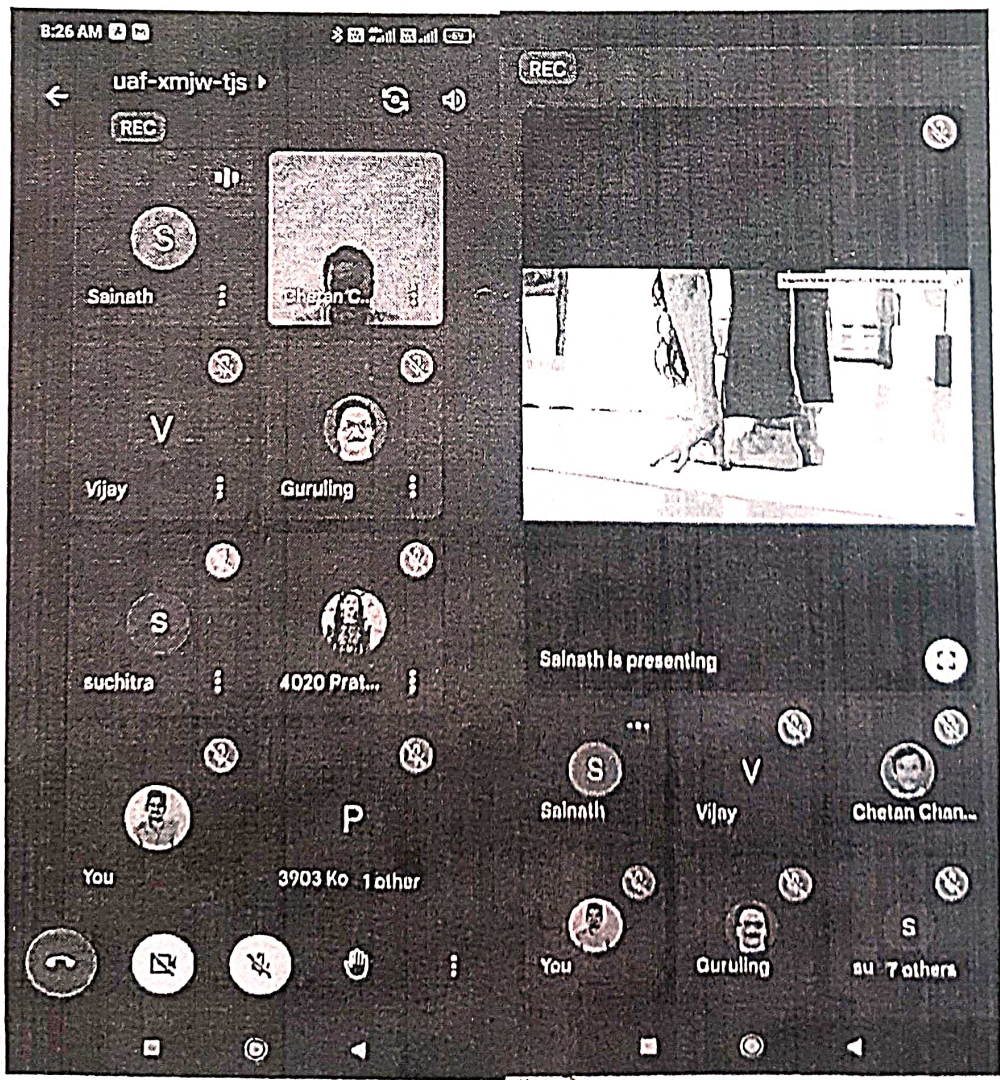
Academic year 2021-22	
1. Basic details	
Name of Activity	Perform "Suryanamaskar Program" on occasion of Makar Sankranti 14 <sup>th</sup> January 2022 Under the 75 <sup>th</sup> year of India's Independence (Azadi ka Amrut Mahotsav) Ministry of Culture, Government of India
Date	14/01/2022
Faculty	Arts and Science
Organized by Name of Department	N.S.S. Department
Programme officer of Activity	Mr. Kamble S.H.//Dr. Chanmal C.V.
Time	08:00 am to 09:00 am
Venue	D.B.F. Dayanand College of Arts and Science campus
Activity for Class/Group	B.A.I, II, III, B.Sc. I, II, III,
Beneficiary number	80 Students and 02 Teachers
Nature:Academic /Co-curricular/extracurricular/Environmental/Social/other	Academic and Social
2. Brief information about Activity	
Topic /Subject of activity	Perform "Suryanamaskar Program" on occasion of Makar Sankranti 14 <sup>th</sup> January 2022 Under the 75 <sup>th</sup> year of India's Independence (Azadi ka Amrut Mahotsav) Ministry of Culture, Government of India
Objectives of the activity	➤ The Ministry of AYUSH is organizing a global Surya Namaskar Demonstration programme on 14 January 2022 for 75 lakh people globally (on the day of Makar



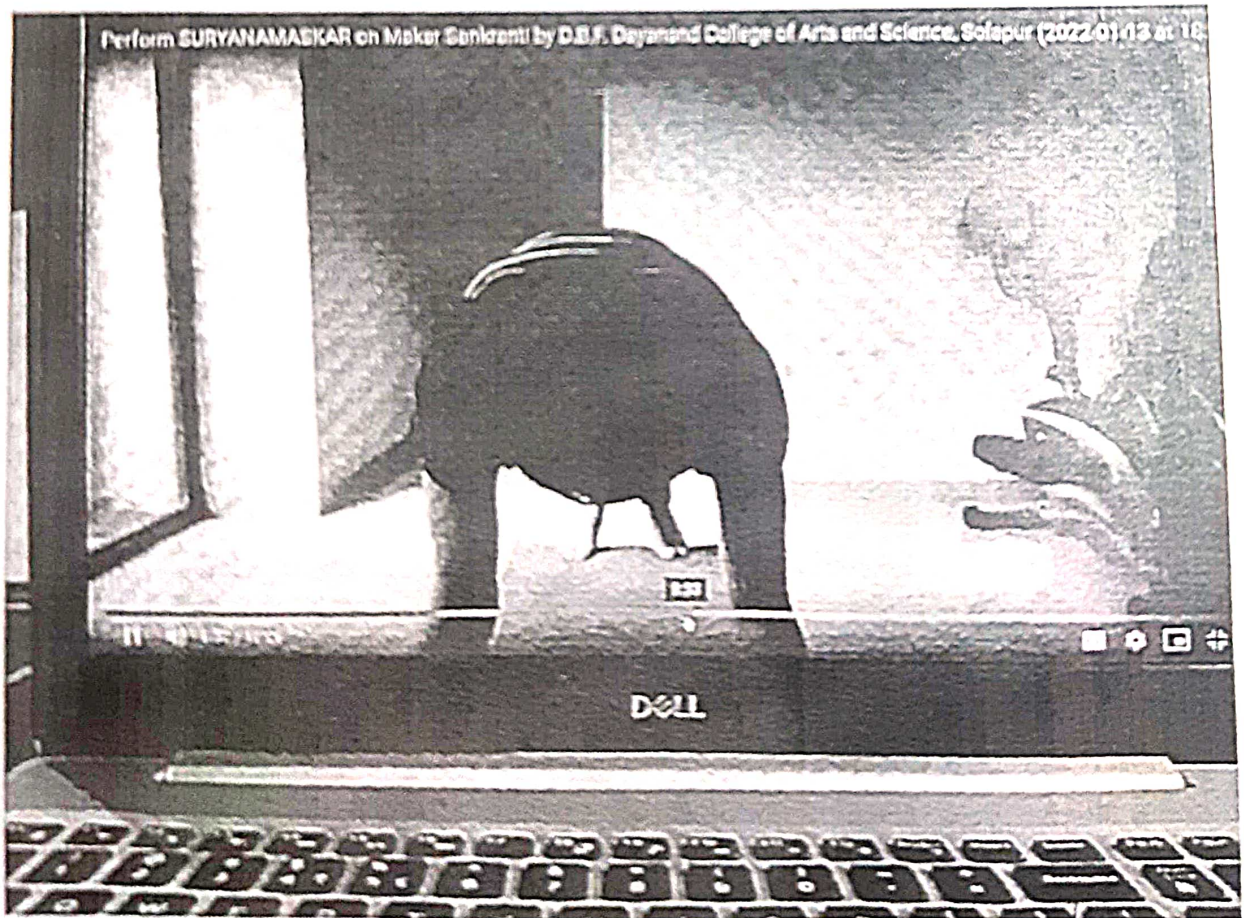
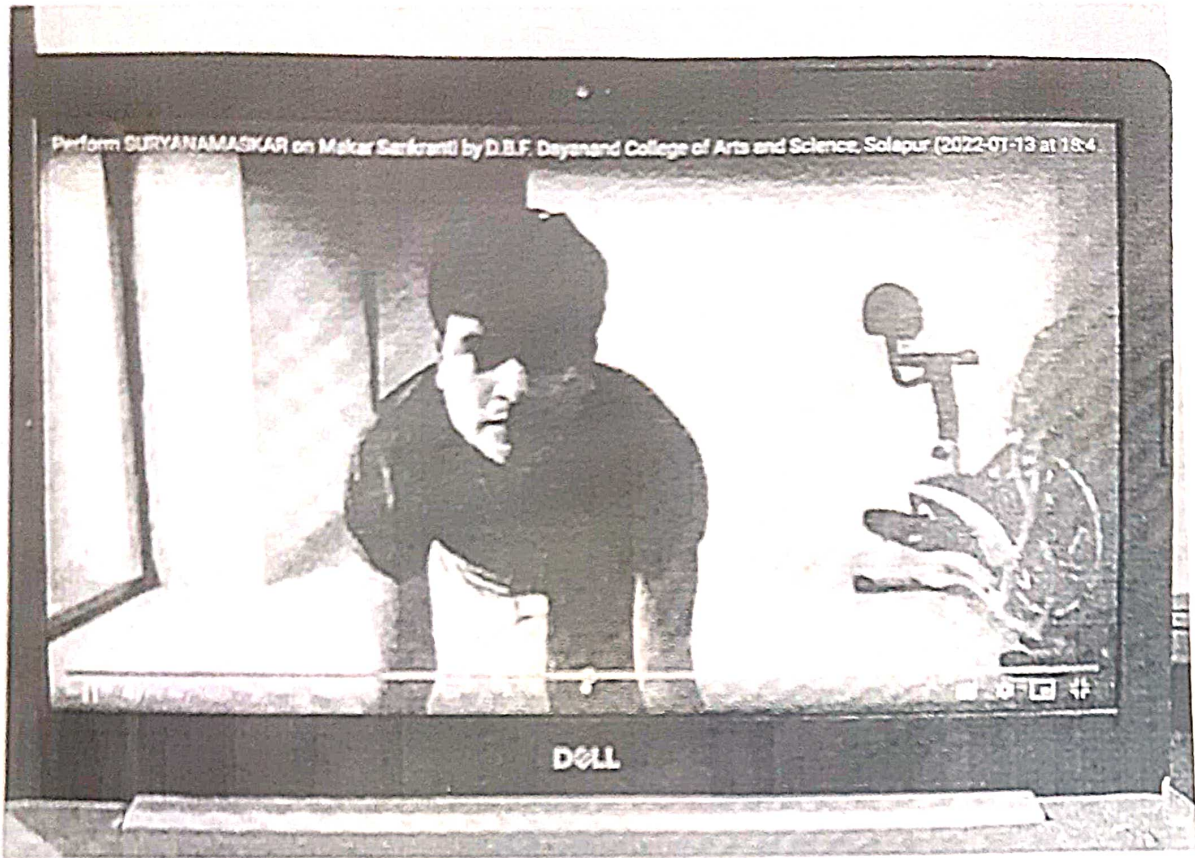
	<p>Sakranti to commemorate the journey of the sun to the Northern Hemisphere).</p> <ul style="list-style-type: none"> <li>➤ This occasion commemorates thanksgiving to 'Mother Nature' for bestowing health, wealth and happiness. On this day, the 'Surya Namaskar' is offered as a salutation to the Sun to exhibit one's gratitude for each of its rays as it nurtures all living beings.</li> <li>➤ The Sun, as the primary source of energy, is critical not only for the continuation of the food-chain but it also energizes the mind and body of human beings.</li> <li>➤ Scientifically, the Surya Namaskar has been known to develop immunity and improve vitality, which is significant to our health during pandemic conditions.</li> <li>➤ Exposure to the Sun further provides the human body with Vitamin D, which has been widely recommended in all medical branches around the world.</li> </ul>
Methodology	<p>Online Suryanamaskar Performance          Google Meet Link:  <a href="https://meet.google.com/uaf-xmjw-tjs">https://meet.google.com/uaf-xmjw-tjs</a></p>
Outcome of Activity	<p>Students and Teachers have actively participated in the performance of Suryanamaskar activity.</p>
<p>3.Proofs attached (Programimages)</p>	





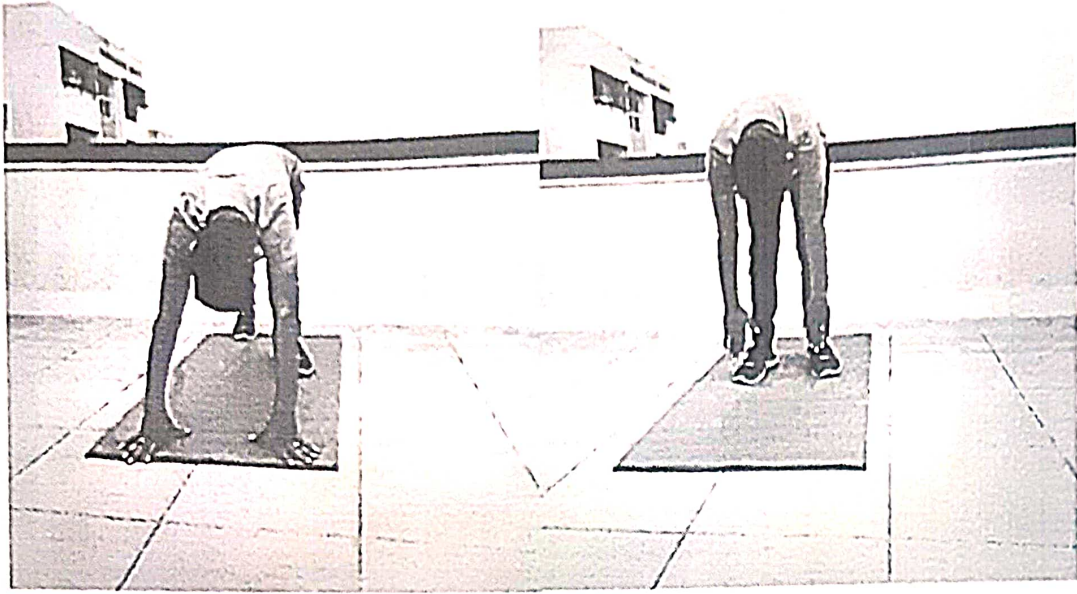






*[Signature]*  
PRINCIPAL  
D.B.F. DAYANAND COLLEGE OF  
ARTS & SCIENCE, SOLAPUR.





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**Programme Officer**  
National Service Scheme  
D.B.F. Dayanand College of Arts & Science,  
Solapur.



*for PR*  
A handwritten signature in black ink, appearing to be 'D.B.F. Dayanand'.  
**D.B.F. DAYANAND COLLEGE OF  
ARTS & SCIENCE, SOLAPUR.**



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**N.S.S. ACTIVITY REPORT: 2021-22**

Academic year 2021-22	
1. Basic details	
Name of Activity	Freedom Run
Date	20/08/2021
Faculty	Arts and Science
Organized by Name of Department	N.S.S. Department
Programme officer of Activity	Mr. Kamble S.H. Dr. Chanmal C.V.
Time	07:00 AM to 08:00 AM
Venue	D.B.F. Dayanand College of Arts and Science campus
Activity for Class/Group	B.A.I, II, III, B.Sc. I, II, III,
Beneficiary number	115 Students and 02 Teachers
Nature: Academic /Co-curricular/extracurricular/Environmental/Social/other	Academic and Social
2. Brief information about Activity	
Topic /Subject of activity	Celebration of Freedom Run
Objectives of the activity	To motivate NSS Volunteer to make a resolve to do a physical activity of at least 30 minutes daily in their lives and live by the motto 'Fitness ka Dose, Aadha Ghanta Roz'
Methodology	Running by Students





Outcome of Activity	By Participating in Freedom Run the NSS Volunteers improve their health, reduce fatigue, reduce obesity, relieve stress and reduce anxiety.
3.Proofs attached( Program images )	



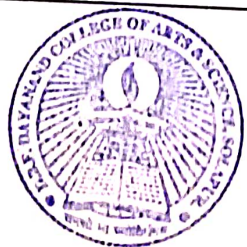




Jodbhavi Peth  
Police Station  
Google

**Solapur, Maharashtra, India**  
Dayanand College Bus Stop, Old Hyderabad Road, Bhavani Peth,  
Solapur, Maharashtra 413002, India  
Lat 17.685588°  
Long 75.920606°  
11/09/21 10:05 AM

GPS Map Camera







GPS Map Camera

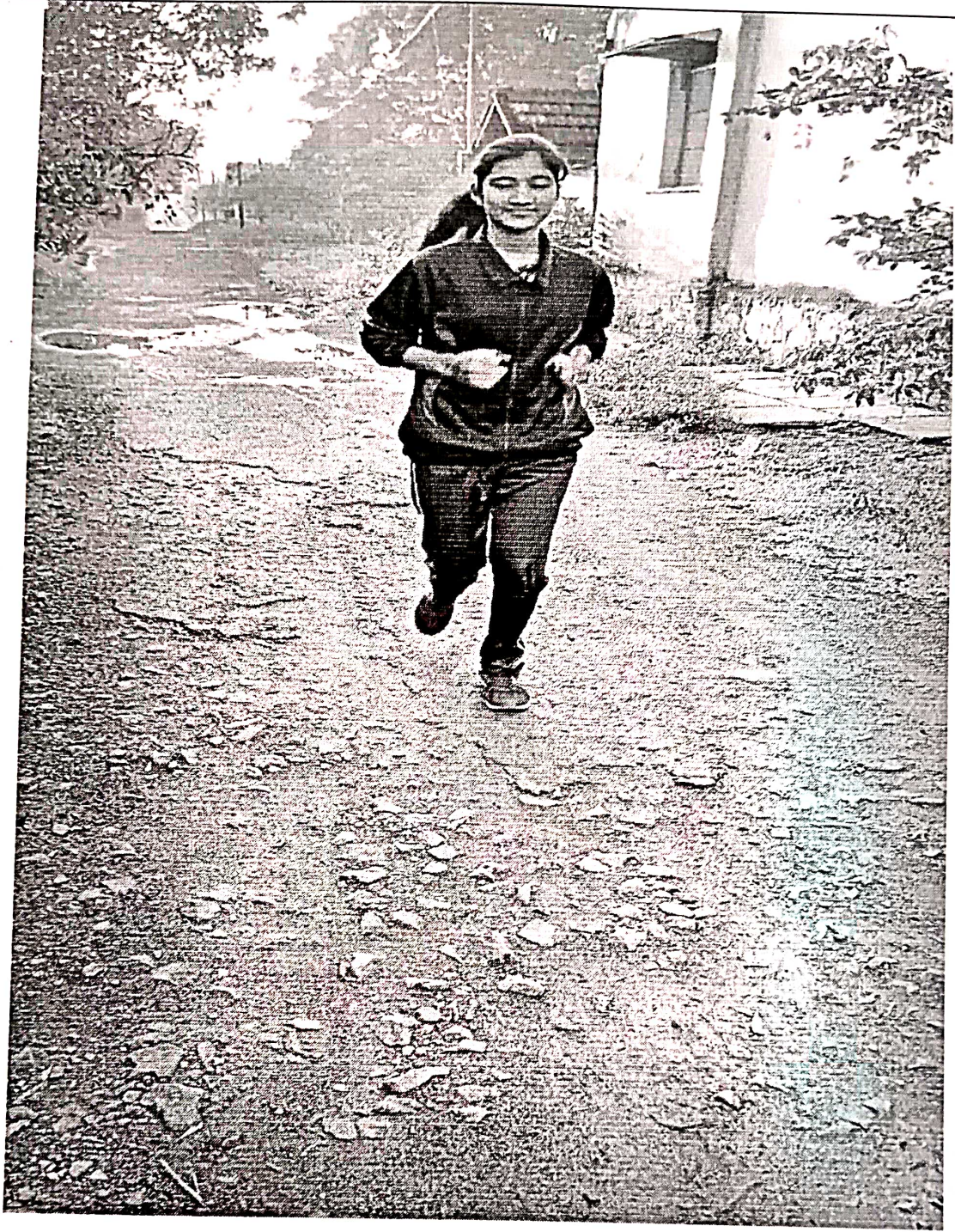


Jodbhavi Peth  
Police Station  
Google

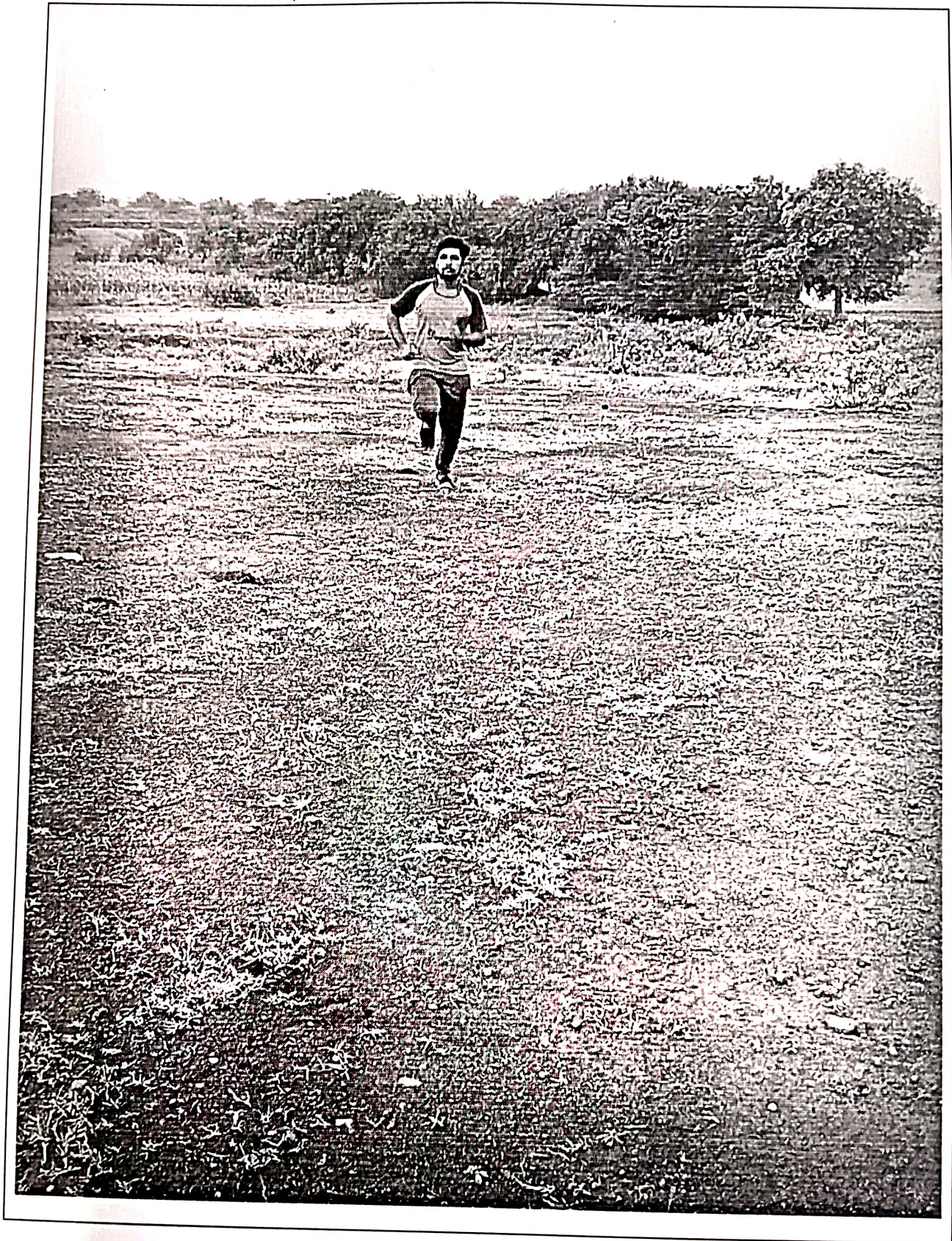
**Solapur, Maharashtra, India**  
Dayanand College Bus Stop, Old, Hyderabad Rd, Bhavanl Peth,  
Solapur, Maharashtra 413002, India  
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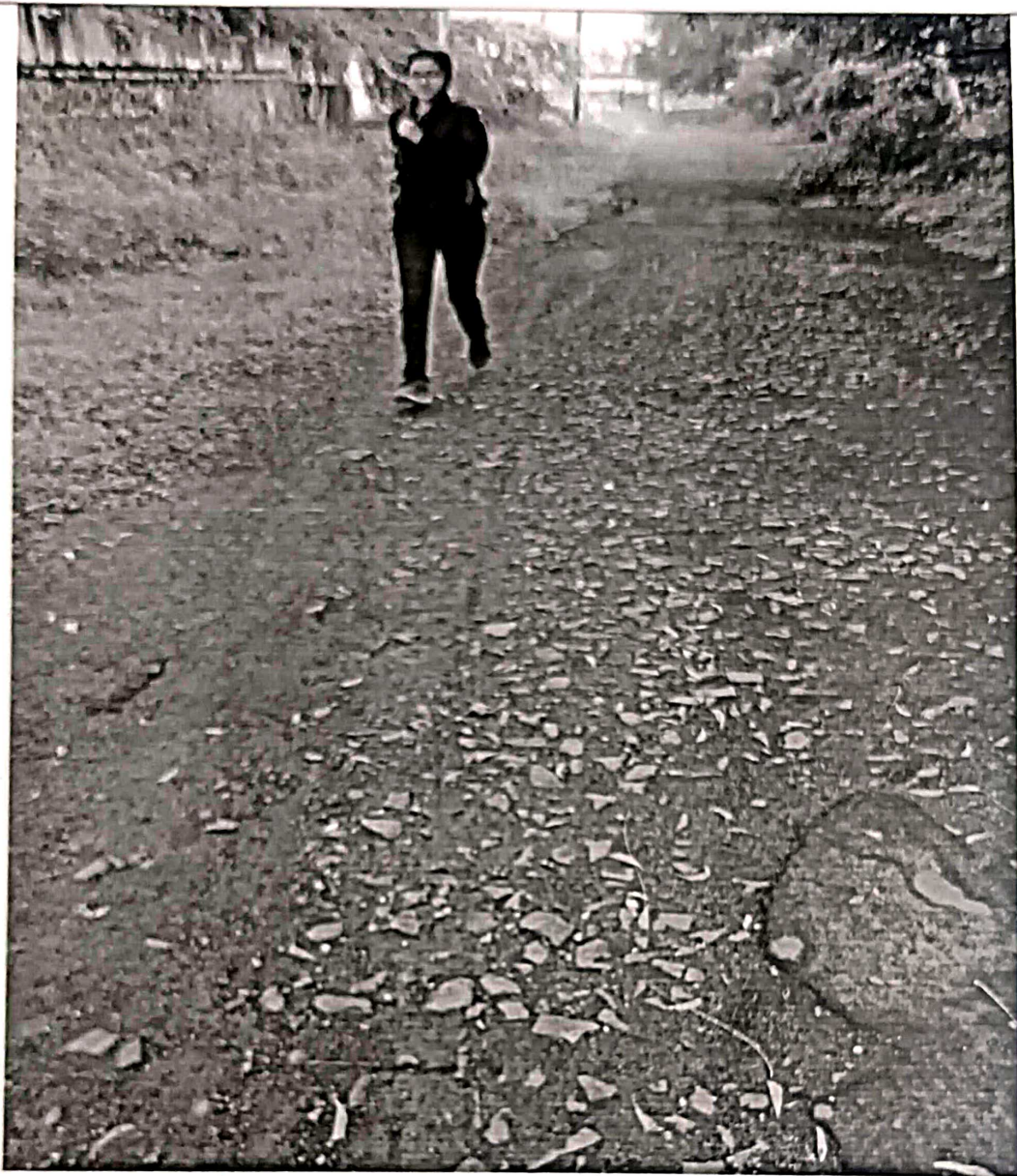




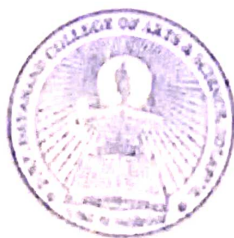








**Programme Officer**  
National Service Scheme  
D.B.F. Dayanand College of Arts & Science,  
Solapur.



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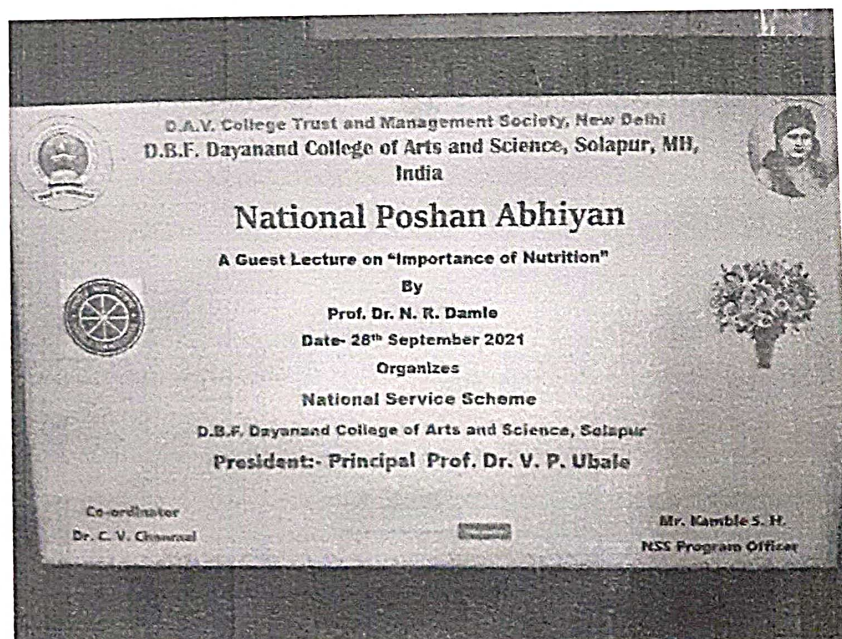
**N.S.S. ACTIVITY REPORT: 2021-22**

The Academic Year 2021-22	
I. Basic details	
Name of Activity	A guest Lecture on the "Importance of Nutrition" Under National Poshan Abhiyan 2021 (Poshan Maah) by the Ministry of Women and Child Development, Government of India.
Date	28/09/2021
Faculty	Arts and Science
Organized by Name of Department	N.S.S. Department
Program officer of Activity	Mr. Kamble S.H. Dr. Chanmal C.V.
Time	9:00 am to 12:00 pm
Venue	D.B.F. Dayanand College of Arts and Science campus
Activity for Class/Group	B.A.I, II, III, B.Sc. I, II, III, M.A. I, II, M.Sc. I and II
Beneficiary number	57 Students and 10 Teachers
Nature: Academic /Co-curricular/extracurricular/Environmental/Social/other	Academic and Social
2. Brief information about Activity	
Topic /Subject of activity	A guest Lecture on the "Importance of Nutrition" Under National Poshan Abhiyan 2021 (Poshan Maah) by the Ministry of Women and Child Development, Government of India.
Aim and objective of the activity	To address malnutrition in India, Govt. of India has approved the setting up of the National Nutrition Mission (NNM) and rolling it out in a

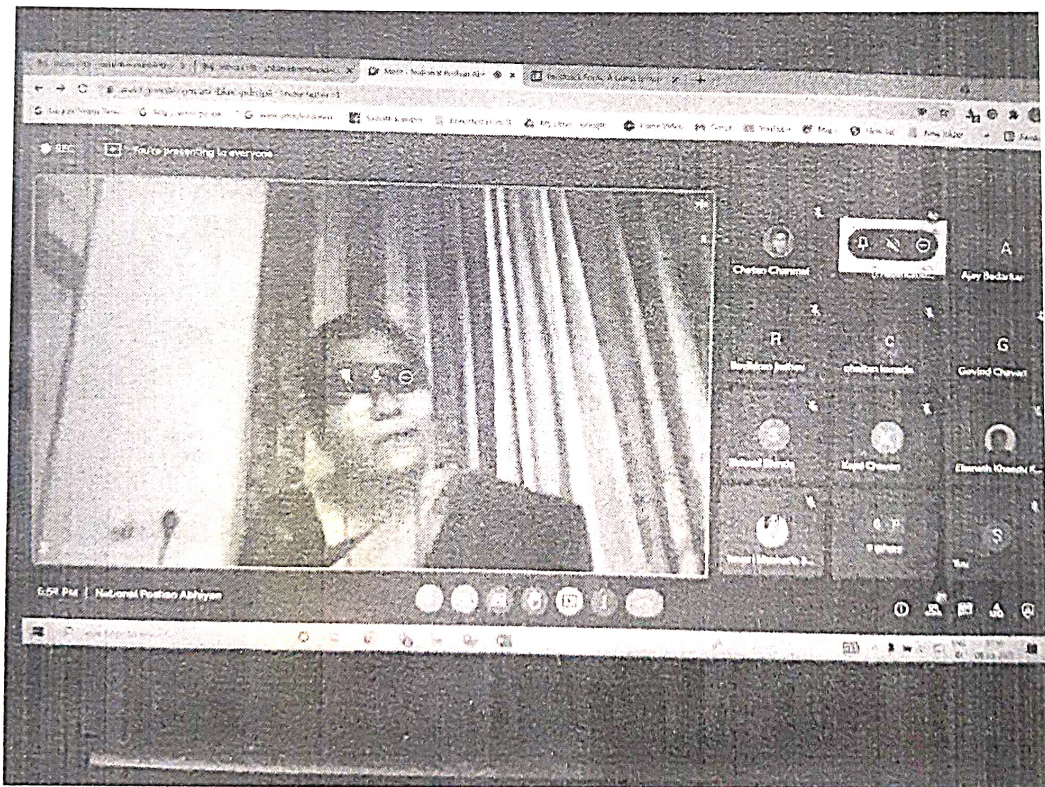
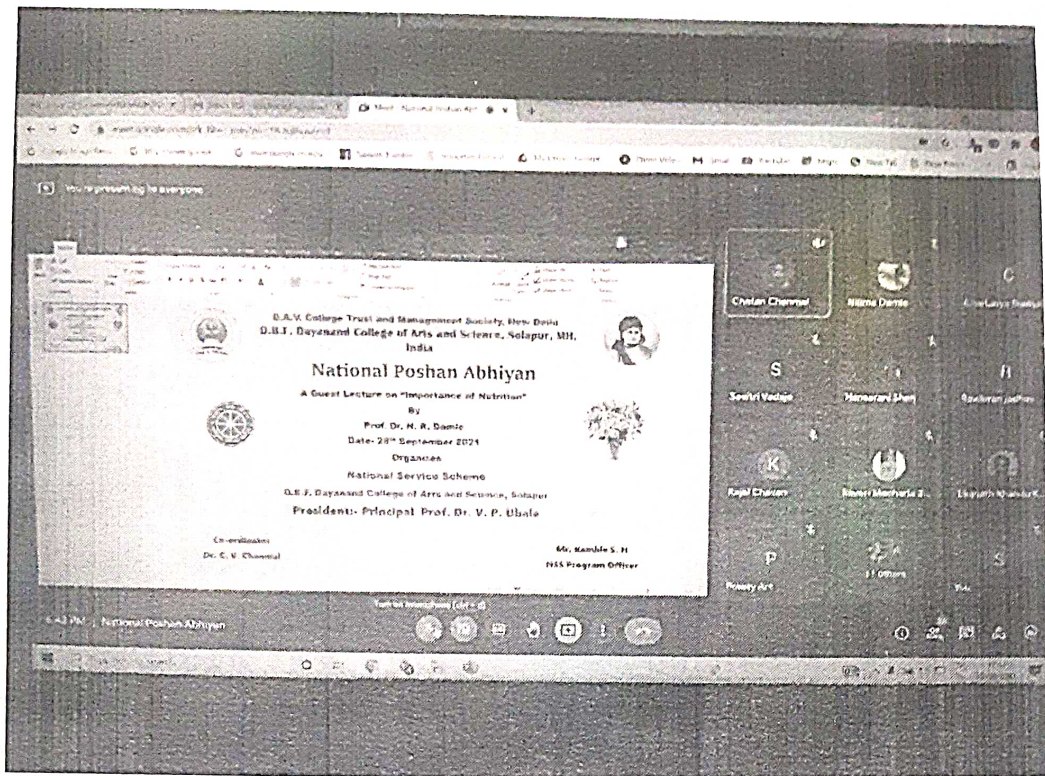




	<p>phased manner to achieve improvement in the nutritional status of children in the age group of 0-6 years, pregnant women and lactating mothers. The annual targets under the POSHAN Abhiyaan are given-</p> <ul style="list-style-type: none"> <li>• Prevent and reduce stunting in children (0-6 years)</li> <li>• Prevent and reduce under-nutrition (underweight prevalence) in children (0-6 years)</li> <li>• Reduce the prevalence of anemia among young children (6-59 months)</li> <li>• Reduce the prevalence of anemia among women and adolescent girls in the age group of 15-49 years</li> <li>• Reduce Low Birth Weight (LBW)</li> </ul>
Methodology	Conducted a Guest Lecture on the "Importance of Nutrition"
Outcome of Activity	NSS volunteers have learned and are aware of the various importance of Nutrition and its objective to keep the child away from malnourishment
3.Proofs attached (Program images)	



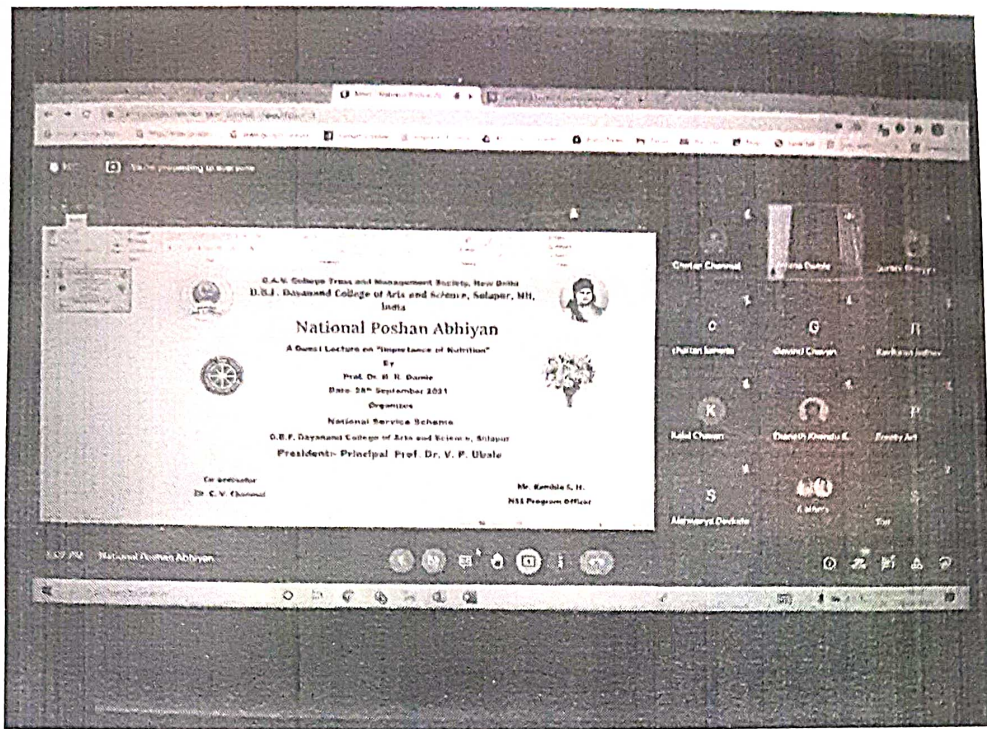




Guest lecture delivering by Prof. Dr. N. R. Damle





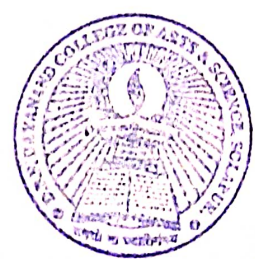


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**Programme Officer**  
**National Service Scheme**  
**D.B.F. Dayanand College of Arts & Science,**  
**Solapur.**

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**I/C PRINCIPAL**  
**D.B.F. DAYANAND COLLEGE OF ARTS & SCIENCE,**  
**SOLAPUR.**







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**N.S.S. ACTIVITY REPORT: 2021-22**

Academic year 2021-22	
1. Basic details	
Name of Activity	Swastha Balak Balika Divas
Date	10/01/2022
Faculty	Arts and Science
Organized by Name of Department	N.S.S. Department
Programme officer of Activity	Mr. Kamble S.H.//Dr. Chanmal C.V.
Time	10:00 AM to 11:30 AM
Venue	D.B.F. Dayanand College of Arts and Science campus
Activity for Class/Group	B.A.I, II, III, B.Sc. I, II, III,
Beneficiary number	194 Students and 02 Teachers
Nature:Academic /Co-curricular/extracurricular/Environmental/Social/other	Academic and Social
2. Brief information about Activity	
Topic /Subject of activity	Swastha Balak Balika Divas
Objectives of the activity	To improve the overall quality of life of children enabling all children achieve their full potential; and also provide comprehensive care to all the children in the community.
Methodology	Essay Competition
Outcome of Activity	Students actively participated in the Essay Competition
3. Proofs attached( Program images )	





