

### Activity 33

## MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE NATIONAL SERVICE SCHEME UNIT

1. Program Title—Training program for international Yoga Day and Mock practice of international Yoga Day.
2. Organized by Dept/Committee—District Administration
3. Date—19<sup>th</sup> June 2022
4. Venue—Mysore Palace ground
5. Total no. of participants—15 NSS volunteers
6. Objective—Raise awareness of the benefits of practicing yoga
7. Program Details- On 19<sup>th</sup> June 2022, 15 NSS volunteers participated in international Yoga Day held in Mysore Palace ground, Mysore
8. Outcome/Conclusion—Students were benefited by practicing yoga
9. Geo Tag Photo



*[Handwritten Signature]*  
PRINCIPAL  
MMK & SDM Mahila Mahavidyalaya  
Krishna

**Activity 34**  
**MMK AND SDM MAHILA MAHA VIDYALAYA, MYSORE**  
**NATIONAL SERVICE SCHEME UNIT**

**June 2022**

1. Program Title – **International Yoga Day**
2. Organized by Dept/Committee – **District Administration**
3. Date – **21<sup>st</sup> June 2022**
4. Venue – **Mysore Palace ground**
5. Total no. of participants – **13 NSS volunteers, NSS officer and Physical Education Director**
6. Objective – **raise awareness of the benefits of practicing yoga**
7. Program Details – **On 21<sup>st</sup> June 2022, 15 NSS volunteers participated in international Yoga Day held in Mysore Palace ground, Mysore**
8. Outcome/Conclusion – **Students were benefited by practicing yoga**



*[Handwritten Signature]*

**PRINCIPAL**

**MMK SDM MAHILA MAHAVIDYALAYA  
KRISHNAMURTHYPURAM MYSORE  
STUDENT PARTICIPATION LIST  
INTERNATIONAL YOGA DAY**

Sl No	Name	Class	Signature
1	Shravani	III B.COM	Shravani U.S
2	Lakshmi	III B.COM	Lakshmi
3	bhavana	III B.COM	Bhavana
4	shambhavi	I BCA	Shambhavi
5	Rekha Kumari	I B.com	Rekha Kumari
6	Vaishnavi	I B.com	Vaishnavi
7	Divyashree M H	III B.Sc	Divyashree M.H
8	Sneha Singh	III B.Sc	Sneha Singh
9	Rakshitha N	I BCA	Rakshitha N
10	Raghavi H	I BCA	Raghavi H
11	Pushpa S	I B.com	Pushpa S
12	Nithya M.R	II B.com	Nayana K.S
13	Nayana k.s	I BCA	Nayana K.S
14	Malathi		Malathi
15	Maruthi Prasanna B N		Maruthi

  
**Principal**  
 MMK & SDM MAHILA MAHA VIDYALAYA  
 KRISHNAMURTHYPURAM MYSORE-570004