



Prof. Dr. Avinash S. Jagtap
M.Sc. Ph.D.
PRINCIPAL

॥ सिद्धिरनेकान्तात् ॥

Anekant Education Society's

TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati - 413102.

Dist. Pune. Maharashtra, India.

Empowered Autonomous Status

E-mail : principal.tccollege@gmail.com

Religious Minority Institute

NAAC Reaccredited 'A+' Grade, CGPA 3.55

NAAC-SSR

Cycle IV

2019 - 2024

**REGULAR
ACTIVITY**

Report on "My family My Responsivity"

Date: 20/03/2020

In response to the conduct for "My family My Responsivity" during the COVID-19 pandemic, the National Service Scheme (NSS) unit of organized an initiative to in this campaign on 20/03/2020. Campaign aimed to conduct the survey promotes public health and safety by providing accessible sanitization solutions to vulnerable communities. A team of NSS volunteers was conduct the survey themes own home place and families near by the house . This initiative reinforced the NSS motto of "Not me but you," emphasizing the importance of collective action in addressing public health challenges.

NSS Programme Officer

IQAC Coordinator

Principal





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Notice

Date: 10/03/2020

All the NSS Students are hereby informed that the department of NSS is going organized nearby family survey “My Family My Responsibility” on 20th March 2020. Students take the note of the same and accordingly participated in the same.

Programme Officer



Principal



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Sanitizer Preparation and Distribution

Cotributing Student in Organising the Event : 1) Prathamesh Kashid
2) Pritam Gulamkar




Unnamed Road, Mekhali, Maharashtra 413116, India
Latitude 18.0503387° Longitude 74.6153684°
Local 02:37:37 pm Altitude 424 meters
GMT 09:07:37 am Wednesday, 01-07-2020



Shot on OnePlus
Downloaded by Gulamkar

Sanitizer making by Chemistry Department

Sanitizer distribution by the NSS Volunteers


Principal
Tuljaram Chaturchand College
Baramati



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**REGULAR
ACTIVITY**

Report on Online Yoga Train in Program During Covid-19 Pandemic

Date: 01/07/2020

During the COVID-19 pandemic, the NSS Unit of recognized the importance of maintaining physical and mental well-being among students and faculty. In response to the increased levels of stress, anxiety, and isolation caused by the pandemic, the NSS unit launched an Online Yoga Training Program to help participants stay healthy and active while adhering to lockdown protocols. The program was held from [01/07/2020] to [01/07/2020] on virtual platforms, ensuring the safety of all participants while promoting fitness and mental relaxation.

The primary goals of the online yoga program were:

1. To promote physical fitness and mental well-being during the pandemic lockdowns.
2. To teach participants yoga as an as (postures), pranayama (breathing exercises), and meditation techniques that they could practice at home.
3. To help reduce the stress, anxiety, and isolation experienced during the COVID-19 pandemic.
4. To engage the college community in a collective wellness initiative that could be followed online, ensuring continuity of interaction and social connection in a safe environment.

The Online Yoga Training Program was conducted by certified yoga instructors, who led the sessions through online platforms like Zoom and Google Meet. The program was designed to accommodate participants of all fitness levels, from beginners to those experienced in yoga.

Each session lasted 1 hour and included the following segments:

The online yoga training program was a huge success, with Total Participants 50 students, faculty members, and staff actively participating in the sessions. Feedback from the participants



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2019 - 2024

was overwhelmingly positive, with many expressing that the program helped them maintain a sense of routine, improved their mental health, and provided a much-needed outlet for physical activity during the lockdown. Key outcomes included:

Improved Mental Health: Participants reported reduced stress, better sleep quality, and a more positive outlook on life despite the challenges posed by the pandemic. **Physical Benefits:** Regular yoga practice helped improve flexibility, posture, and overall physical fitness among the participants. **Community Engagement:** The program provided a platform for the college community to connect virtually, reducing feelings of isolation during the pandemic.

Conclusion:

The Online Yoga Training Program conducted by the NSS Unit during the COVID-19 pandemic was a successful initiative that contributed to the well-being of the college community. The program not only helped participants stay physically active but also provided tools to manage stress and anxiety during a time of uncertainty. The NSS unit plans to continue offering virtual wellness programs in the future to promote health and fitness among students and faculty.

NSS Programme Officer

IQAC Coordinator

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Notice

Date: 30/06/2020

All the NSS Students are hereby informed that the department of NSS is going to organized "Online Yoga Training Program" on 01/07/2020 Students take the note of the same and accordingly participated in the same.

Programme Officer



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Online Yoga Training Program"

**Cotributing Student in Organising the Event : 1) Amruta Chavan
2) Abhishek Chavan**



Unnamed Road, Maharashtra 413104, India


Latitude
18.0774343°

Longitude
74.6879529°

Local 05:42:50 PM
GMT 12:12:50 PM

Altitude 0 meters
Wednesday, 01-07-2020

Police Friend


Principal
Tuljaram Chaturchand College
Baramati