

**Sheth T.J. Education Society's**

**Sheth N.K.T.T. College of Commerce & Sheth J.T.T. College of Arts, (Autonomous) Thane.**

Date: 21st June, 2024

**NSS ACTIVITY REPORT  
INTERNATIONAL YOG DIWAS**

NSS UNIT of Sheth T.J. Education Society's Sheth N.K.T.T. College of Commerce & Sheth J.T.T. College of Arts in association with Art of Living Foundation, Thane organised Yoga Training Workshop on the occasion of International Yog Diwas. Yoga training was imparted to the students from Tuesday, 18th June, 2024 to Friday, 21st June, 2024. 588 students took benefit from the yoga training workshop. Dr. Dilip Patil, Principal Sheth NKTT College explained the importance of yoga in our day to day life and encouraged the students to practice yoga regularly. Vice Principal Dr. Manoshi Bagchi, NSS Program Officers Ms. Dipali Mulmulay and Mr. Vibhav Galadagekar also actively participated in the workshop.

NSS Programme Officer  
Ms. Dipalee Mulmulay  
Mr. Vibhav Galadagekar

Principal  
Dr. Dilip Patil

Vision: Committed and Persuasive efforts towards Holistic Education.

