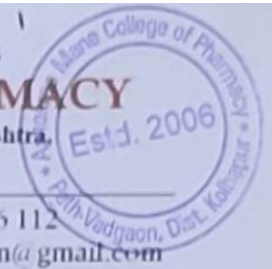




Shri. Balasaheb Mane Shikshan Prasarak Mandal, Ambap's
ASHOKRAO MANE COLLEGE OF PHARMACY

Approved by PCI & AICTE New Delhi, DTE-Government of Maharashtra,
Affiliated to Shivaji University, Kolhapur





Peth Vadgaon Tal. Hatkanangale, Dist. Kolhapur (MH) PIN -416 112
Web: www.amcoph.org | Phone: 0230-2471360 61 | E mail: copbpharm@gmail.com



Academic Year: 2020-21

NATIONAL SERVICE SCHEME

Event Details

Event Title	Fit India Movement
Organized By	Ashokrao Mane College of Pharmacy, Peth Vadgaon
Date Of Organization	3/9/2020 to 14/9/2020 & 16 /9/ 2020
Funding Agency	Shivaji University Kolhapur
Collaboration/MOU	-
Description	<p>As per the information given by NSS Department of Shivaji University Kolhapur to conduct "Fit India Movement" in our college for students. So, as per the guidelines given from our Principal Dr. S. S. Patil sir we had organised zoom meeting on subject Fit India Movement & the NSS program officer discussed the facts about fitness to all students that it's time now for nation to hit the ground running towards greater glory in all spheres. It's time for the Fit India Run another game changing initiative which is exciting new part of our honourable prime minister Mr.Modi's grand dream of seeing a fitter happier & healthier India. Total online students 30 were present during meet.</p> <p>Freedom from - 1.Obesity, 2.Laziness, 3.Fear, 4.Anxiety from walking, running, meditation & exercise.</p>
Photographs	<div style="display: flex; justify-content: space-around;"><div style="text-align: center;"><p>Vrikshasan for 10 min</p></div><div style="text-align: center;"><p>Pranayam for 10- 20 m</p></div></div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"><div style="text-align: center;"><p>Pushups in morning time</p></div><div style="text-align: center;"><p>Morning Walk with Parents 1.5km</p></div></div>

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Yoga 20 min with sister



Shirshasan for 5 min



Running 1.5km



Walking 1km



Yoga 20min Padmasan



Yoga 20min Pranayam

All this activities such as exercises, various asnas, yoga's, cycle riding, running ,athletics, etc were performed by the students from.3rd September 2020 to 14th September as per the Fit India Movement.

Mr.A.P.Jadhav
Name & Sign of Committee
Incharge

कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
अशोकराव माने कॉलेज ऑफ फार्मसी
पेठ वडगांव, जि. कोल्हापूर

IQAC Coordinator
IQAC CO-ORDINATOR

Ashokrao Mane College of Pharmacy,
Peth-Vadgaon.

Principal
PRINCIPAL

Ashokrao Mane College of Pharmacy
Peth-Vadgaon, Dist. Kolhapur.