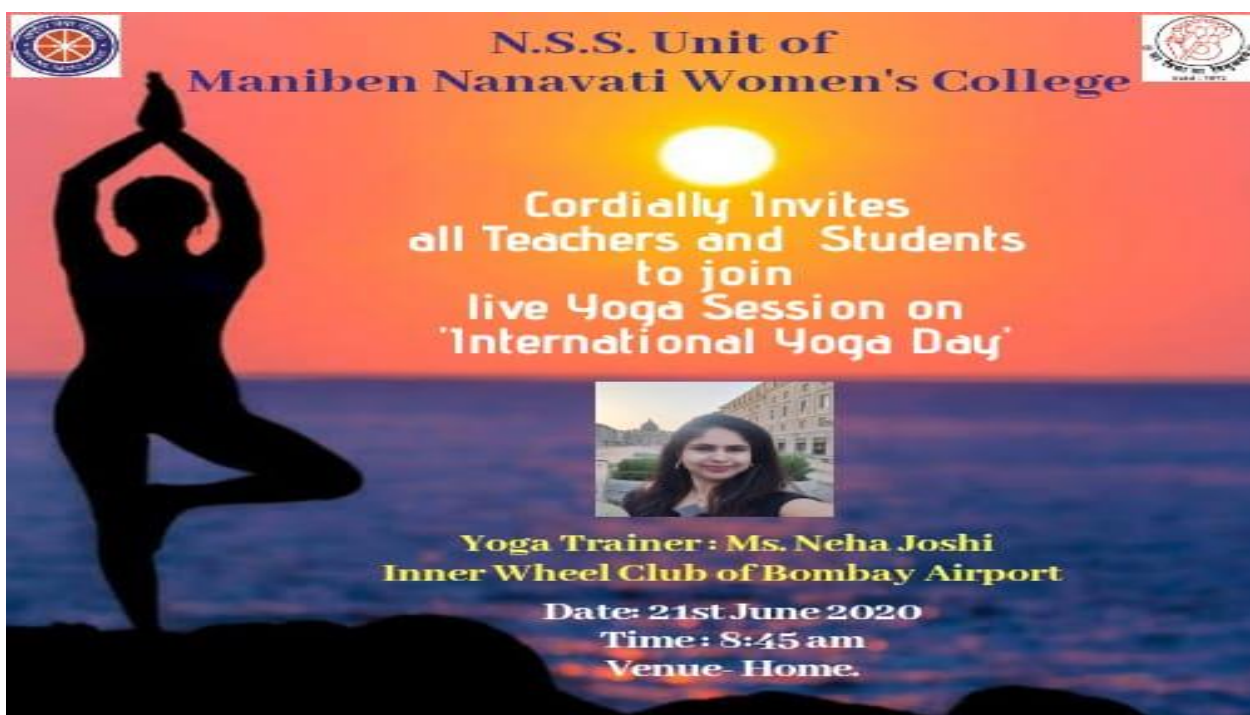


Maniben Nanavati Women's College- NSS Unit Report

INTERNATIONAL YOGA DAY



On the occasion of International Yoga Day, the NSS Unit of MNWC collaborated with Innerwheel Club of Bombay Airport for a live Yoga session on Zoom Cloud meetings on 21st June 2020 from 8:45 am – 10:00 am. The session began with a speech delivered by Smt. Himadriben S Nanavati, Chairperson of Managing Committee on the importance of Yoga in our lives. The session was conducted by Ms. Neha Joshi, an experienced Yoga Trainer. She spoke about the importance of physical and mental fitness. The students, teachers of MNWC, along with members of Innerwheel Club of Bombay Airport attended the session from the comfort of their homes. The total number of participants were 146. She began the session with stretching exercises followed by yoga asanas and concluded with meditation. Keeping in mind the accelerating Covid-19 pandemic, Ms. Neha Joshi demonstrated some basic deep breathing exercises to combat the virus for all the participants. The session proved to be beneficial for all the participants. The session ended with a Vote of Thanks delivered by Mrs. Prerna Ramteke.

Participants (146)

1 person is waiting [Message](#)

S8 Sinha barkha

146 participants in the meeting

Find a participant

- Dr Swati Partani (Host, me) [Mute] [Video Off]
- Geeta Varun (Co-host) [Mute] [Video Off]
- Neha Joshi [Mute] [Video Off]
- 1i14s1qlm7cBEF0sq_601SwKgrmB... [Mute] [Video Off]
- 1XCoS.Jtihu4rMzQV_901SAAAA... [Mute] [Video Off]
- Aaliya Behlim [Mute] [Video Off]
- Aaliya Siddique [Mute] [Video Off]
- AV Afsana vegdani [Mute] [Video Off]
- A akshata [Mute] [Video Off]
- a alisha malik [Mute] [Video Off]
- AT Amita Timbadia [Mute] [Video Off]

Invite Mute All Unmute All ...

Participants in gallery view:

- Neha Joshi (Mute)
- Dr Swati Partani (Unmute)
- Geeta Varun (Unmute)
- Priyanka Padaniya (P)
- Deepika Suthar
- Rajshree P.
- Shivani sutar
- preeti bhagat
- Ramiza Shaikh (R)
- Sony Patel (S)
- Fiza Shah
- Amita Timbadia
- Sonam Gupta
- PRERNA R
- Faiza sahid kach...
- Saba Shaikh Shafi
- Prajna Shetty
- Yogin
- Hima's iPad
- Simran chhabra
- Galaxy J2 (2016)
- meena
- Pallavi Choksi
- Avani Shah
- Aaliya Behlim

Control bar: Unmute, Stop Video, Security, Participants (131), Chat, Share Screen, Pause/Stop Recording, Breakout Rooms, Reactions, More, End