

## NATIONAL SERVICE SCHEME – B 32

### Suryanamaskar – Celebration of Azadi Ka Amrut Mahotsav

2021-22

NSS unit organised a unique activity for celebrating 'Azadi Ka Amrut Mahotsav'. Following the directives of Ministry of Ayush, 11 days **Surya Namaskar activity** was organised from 8<sup>th</sup> February to 18<sup>th</sup> February, 2022 at college ground. Each day 1 hour practical session was organised in association with NCC from 7 am to 8 am practicing 108 Surya Namaskar with and without Music. The sessions were taken by experts from Patanjali Mahila Yoga Samiti, Mumbai (Mobile - wherein about 30 NSS volunteers participated).

The poster is for a Surya Namaskar activity organized by the National Service Scheme (NSS-B32) in collaboration with the NCC. It features logos for the college, NSS, and NCC. The text includes the college name, the event title, a registration link, the date and time, the venue, a quote about the sun, contact information, and a reference code.

Kandivli Education Society's  
**B. K. SHROFF COLLEGE OF ARTS & M. H. SHROFF COLLEGE OF COMMERCE**  
An Autonomous College - NAAC Re-accredited 'A' Grade - ISO 9001:2015 Certified  
Master College under UGC's 'PARAMARSHI' Scheme - Best College 2017 '1F' award from University of Mumbai

**National Service Scheme (NSS-B32)**  
Organises  
**SURYA NAMASKAR**

In Collaboration with  
**NCC**

Registration link:-  
<https://forms.gle/nAjdRnxkqLd11bxBA>

**Monday, 7th February, 2022 – 8:00 AM to 9:00 AM**  
**Venue: College Ground, Main building**

☀️ "The sun is a daily reminder that we too can rise again from the darkness, that we too can shine our own light."

For Any further Queries contact  
📞 Esha Makwana:- 7506752523

**KESSC-7/21-22**

