

Venutai Chavan Pratisthan's ARTS & COMMERCE MAHILA MAHAVIDYALYA

Ambajogai Dist.Beed Maharashtra

(Affiliated to : Dr.Babasaheb Ambedkar Marathwada University, Aurangabad) NAAC Reaccreditated B++ (CGPA 2.82) <u>https://vcpmahilacollege.edu.in/</u>



Institutional Distinctiveness

Our college is dedicated to delivering high-quality education to individuals from economically and socially disadvantaged backgrounds. Our foremost priority is understanding the unique needs of our students and providing them with the best possible resources to achieve a top-notch education at an affordable cost. In addition to emphasizing academic excellence, our college is committed to fostering creativity among our students. We actively engage in extension activities and involve students in various programs aimed at instilling strong human values and nurturing leadership qualities.

College conducted Yog Vighyn Camp for Senior Citizens, Teachers and Students. Through this Yog Vighyn Camp, Yog asanas, Pranayama, Meditation, Yoganidra, Bandha, Mudra etc practices, a number of people are benefited. Expert Yoga teachers for this camp were invited. Various yoga types were taught in this camp. Practice: This camp was organised from time to time on the occasion of Swami Vivakanand and Jijamata birth anniversary. This practice begins from 5.30 a.m. to 6.45 a.m. in the morning every day. In this activity we teach Yogasana, Pranayama, Meditation, Yogmudra, Bandha, Mudra etc. A lot of people enjoyed this activity. Evidence of Success: This practice increased in the physical, mental and social development of the individual. It also increased the confidence as well as immunity power of the individuals. It created inner peace. It also created fitness in the individuals at all levels of society.

Co-Ordinator IOAC Arts And Com. Mahila Mahavidyalaya,

Ambajogai -431517

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