

Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year

Mask Distribution Programme organized by NSS department

It does not always matter how much you can help others, but the intention is all that counts. Not many people are privileged to help others on a big scale, but still, they do their best. They contribute even the little ways they can and that shows the goodness and humbleness present in their heart. When a disaster occurs, such people stand out from the others. The people who have a golden heart does not care about the circumstances, but still, try to provide help in ways he can. pandemic situation that was very societal vision which inherited in the students towards social development in respect to 360 degree perspectives aspect always keeping in view while organizing such awareness campaign i.e., Mask distribution The sudden outbreak of the Coronavirus Pandemic sent the whole world into a whirlwind. Countries got a high amount of COVID-19 infections and many people died. Keeping this in mind, the Government of India announced a nationwide lockdown. This was a vital step in putting breakeon the infection rate. But this sudden announcement, though necessary, came as a huge burden on the whole nation. All workplaces, except the essential sector, came to a standstill and people were told to stay indoors as the deadly virus started to spread rapidly. Transportations stopped, so people were unable to move from one place to another. So, people were both out of work and were unable to go home. The people who suffered most because of this situation were the migrant workers.

Most of the people in India, who fall under the poverty line, relocate to bigger cities for jobs. While they are already challenged in terms of survival, the lockdown was an add-on to their miseries. Neither were they able to earn to feed their families nor were they able to travel back home for survival, putting them in deep trouble. Seeing their grave situation, and other groups came forward to provide them with free food for survival. Among these groups, several people have disabilities. These people are the flag bearers of humanity.

2. Online Yoga Workshop and International Yoga Day

In order to combat the current Scenario of Covid-19, the department of NSS of CHME Society's Bhonsala Military College, Rambhoomi, Nasik organized Online Yoga Workshop on '01st Sep to 05th Sep 2020 of 05 days this online workshop was started with a purposeful objectives. Our college also celebrated international yoga day every year on 21 June. In which a yoga trainer, Professor Nitin Aherrao Sir of Department of Physical Education highlighted the importance of Yoga in our day to day life .Everday the session was started with the Yoga prayers then they performed various Asanas like Vakrasana, Shalabhasana ,Naukasana, Shashankasana, Gomukhasana, om chanting ,Kapalbharti, Anulom –Velom, various general exercises. Contraindications and discussed about that how these asanas can help us to boost our immunity and made our mental power strong in current situation.After they gave us the instructions about the righteous way to perform various breathing Pranayama and meditations which provides us the relaxedness. All e. But this sudden announcement, though necessary, came as a huge burden on the whole nation. All workplaces, except the essential sector, came to a standstill and people were told to stay indoors as the deadly virus started to spread rapidly. Transportations stopped, so people were unable to move from one place to another. So, people were both out of work and