

National festivals observed at VIT include Marathi Bhasha Divas, Independence Day and Republic Day. Also, institute celebrates international yoga day.

Following event details are attached in the document: -

| <b>Sr. No.</b> | <b>Event Title</b>     |
|----------------|------------------------|
| 1              | International Yoga Day |
| 2              | Republic Day           |
| 3              | Independence Day       |

|                |   |
|----------------|---|
| Event Name     | <b>International Yoga Day, 2023</b>                       |
| Event Schedule | 21 <sup>st</sup> June 2023, Wednesday (9:00am to 10:00am) |
| Event Venue    | M501  |
| Written by     | Nishita Worlikar  |
| Edited by      | Freny Babaria   |

*"Yoga is the journey of the Self, to the Self, through the Self."*



The Student Council of VIT organized an International Yoga Day which was celebrated with great enthusiasm and fervor. This exciting event commenced by a quick warm up session, filling up zeal in the the participants mentally and physically for the fun activities ahead. It mainly featured a series of invigorating yoga sessions led by the instructors and core, guiding participants through the various forms of Yoga.



The highlight of the session was the meticulously curated series of yoga sessions, skillfully conducted by instructors who adeptly guided participants through a tapestry of graceful asanas and rhythmic pranayama techniques. The sessions seamlessly intertwined physical postures, breath control, and meditative practices, cultivating a profound union of mind, body, and spirit. Participants, including students, faculty, and staff, actively engaged in the sessions, immersing themselves in the practice and embracing the profound benefits of yoga.



The collective energy and enthusiasm were palpable, as the participants embraced the practice, immersing themselves in the transformative power of yoga. From beginners to seasoned practitioners, each participant was encouraged and supported, ensuring inclusivity and a safe space for exploration and growth.

This event not only promoted physical well-being but also fostered a sense of unity and collective consciousness within the college, leaving an indelible impact on all who participated.



Ultimately, the successive event of the International Yoga Day at VIT was an exquisite tapestry of mindful movement, introspection, and enlightenment. The commemoration left an indelible impression, fostering a lasting commitment to embrace yoga to nurture the mind, body, and spirit.

Documentation and VPress  
Head

General Secretary

Council Convenor

Student Council Convenor

## Republic Day , 26 January 2023 Flag unfurling Ceremony

Principal <principal@vit.edu.in>

Wed 1/25/2023 5:08 PM

To: VIT Teaching <VITTeaching@vit.edu.in>; VIT Non-Teaching <VITNon-Teaching@vit.edu.in>

Dear All,

On the occasion of Republic Day, 26 January 2023, Flag unfurling ceremony shall take place at the campus at 9.00 am. All are requested to attend.

Principal



Vidyalankar Educational Campus  
Vidyalankar College Marg, Wadala East,  
Mumbai - 400 037.

Tel No. 022 - 2416 1126  
www.vit.edu.in

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On occasion of Independence Day, 15<sup>th</sup> August, 2022, flag hoisting ceremony shall take place in the campus at 9.00 am. All are requested to attend.

  
Director

Copy to : ✓ Principal, VIT with request to communicate to all  
Principal, VP with request to communicate to all  
Principal, VSIT with request to communicate to all  
Security Officers  
Manager, FM

ACTIVITY REPORT

Report on Skit Play (Independence Day) Activity

| Event Details  |  |
|--|--|
| Activity Title   | Skit Play (Independence Day)   |
| Date   | 15/08/2022   |
| Venue  | VIT, Wadala  |
| Time   |  |
| Number of Volunteers   | Total=13 Volunteers<br>Male: 11, Female: 2   |
| Activity Coordinator   | Prof. Pravin Gharge, VIT NSS coordinator<br>Assistant Professor, Department of First Year Engineering, VIT |
| Objectives   |  |
| <ul style="list-style-type: none"> <li>• To understand the importance of freedom fighter.</li> <li>• To understand the independence.</li> <li>• To develop our country.</li> </ul>   |  |
| Description  |  |
| <p>The event was organized by NSSVolunteers ,In vit, Mumbai, India.</p> <p>The contributions of Madan Lal Dhingra, a revolutionary freedom fighter, Udham Singh, alias Ram Muhammed Singh Azad, who killed the Punjab governor for supporting the Jallianwala Bagh massacre, Madame Cama, who hoisted the Indian flag for the first time in a foreign land, in Germany, and other unheard stories will be depicted in the drama.</p> <p>With special focus on the major chapters of the freedom struggle, from 1498 to 1948, the drama aims to make the younger generation realise the value of freedom.</p> <p>“We have included sensitive portions of the freedom movement to show the struggle involved in getting freedom. All the major events, from Vasco da Gama's arrival in the country in 1498 to Mahatma Gandhi's assassination in 1948 will be discussed in the drama,” . “By being a part of the drama, we came to know a lot about the freedom struggle and we aim to spread the knowledge to other children too. A message prompting us to do good things for society will also be shared along with the drama, who will be performing the role of Vasco da Gama, Bhagat Singh and Jawaharlal Nehru in the drama.</p> <p>Events such as the Sepoy Mutiny of 1857, showing the involvement of Mangal Pandey, the formation of the Indian National Congress in 1885, Gandhiji's first involvement in a farmer's satyagraha, etc will be discussed in the drama. Various freedom fighters, including Mahatma Gandhi, Jawaharlal Nehru, Bhagat Singh, Kunjali Marakkar, Velu Thampi Dalawa, Pazhassi Raja, Mangal Pandey, Rani Lakshmi Bai and others will be portrayed by the students in the 40-minute drama. Songs will play an important part in the drama, that will use less number of background objects and light make-up for the performers in unfolding the events. Various coloured shawls will also be important elements of the drama. “We will be using the poems of Subrahmanya Bharati as the background music during the performance and ‘Eka Chalo Re,’ a Bengali patriotic song by Rabindranath Tagore, one of the favourite songs of Mahatma Gandhi, while showing Gandhiji's travel to Naokhali.</p> |  |
| Conclusion   |  |
| <p>Everyone was pleased with the event's success. People learn about our freedom fighters and the costs they incurred. For everyone present, it is a truly proud occasion.</p>   |  |

Photos







Prof. Pravin Gharge,  
Program Officer,  
NSS-VIT