

D.Y.PATIL EDUCATION SOCIETY, KOLHAPUR

Institution Deemed to be University

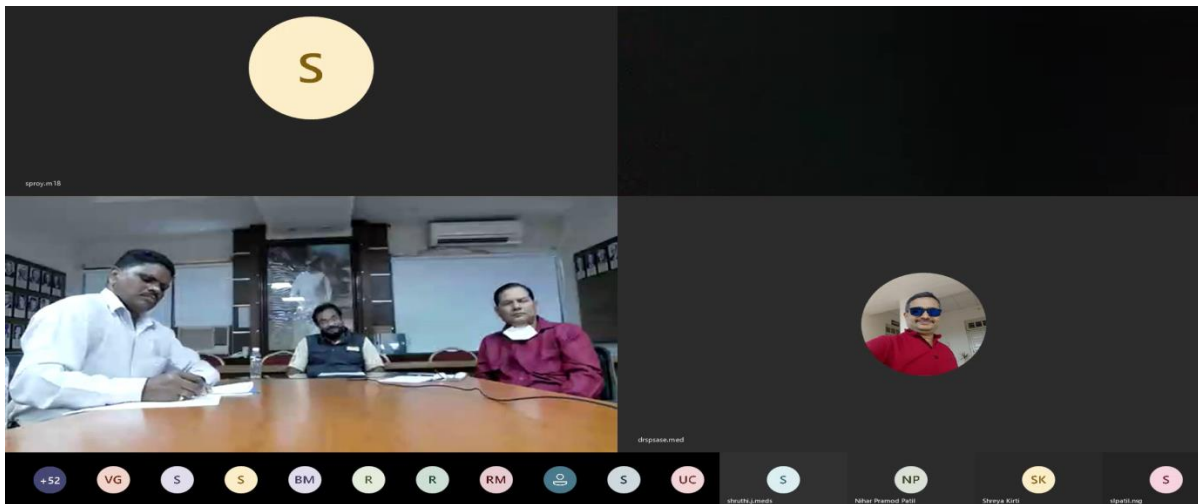
NSS UNIT

The Joy of Trekking

Date & Time	Topic	Speakers	Monitor	Chair Person
30.09.2020 4 to 5 pm	The Joy of Trekking	Dr. Amar Adke President, Maitrey Pratishthan, Kolhapur	Mr. R. S. Pawar NSS Coordinator & Sports director	Dr. V. V. Bhosale Registrar, D.Y. Patil Education Society, Kolhapur

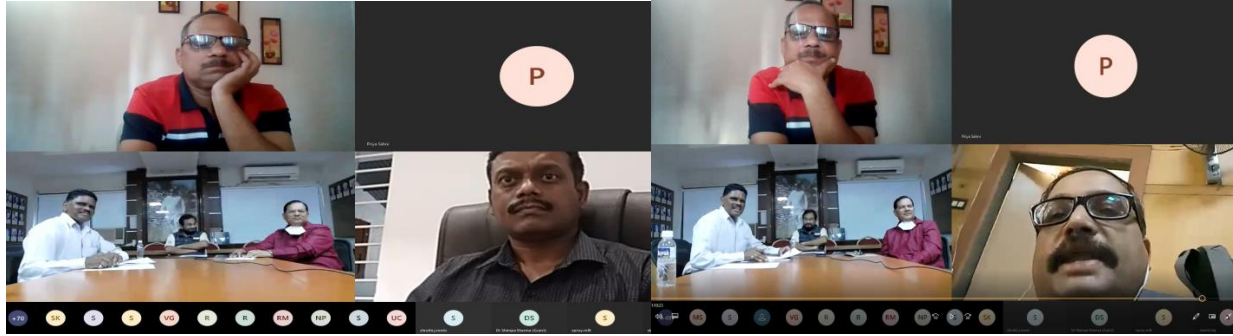
The webinar was conducted on topic of **The Joy of Trekking**, by **Dr Amar Adake** which briefs about benefits of trekking and improvement in physical health immensely. Spending multiple hours on the trail, climbing around boulders, rock climbing and ascending hills gives your whole body a workout, improving your **strength, agility**, and cardio fitness. 110 students and the staff attended this webinar.

SCREEN SHOT: 01



SCREEN SHOT: 02

SCREEN SHOT: 03



Mr. Ram Powar

NSS Coordinator
D.Y. Patil Education Society
(Institution Deemed to be University, Kolhapur)