



REPORT

International Yoga Day celebration

Date: 21st June 2016

Place : Room 206-207

No of Students: 35

2nd Floor

Yoga is a holistic approach to health and well-being. It is not only about exercise but to discover the sense of oneness with this objective yoga day was celebrated in the institute. All faculty and students participated in yoga day. Yoga trainer Mr.Manoj Warade was invited .He explained to students about the importance of Yoga .He guided students and faculty to do asanas.

He requested everyone at the end to incorporate Yoga in lifestyle for wellbeing.

Ms. Rajashri Sonavane

(Asst. Professor)

