



REPORT

International Yoga Day celebration

Date: 21st June 2019

Place : Room 206-207

No of Students: 28

2nd Floor

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; a holistic approach to health and well-being. By changing our lifestyle and creating consciousness, it can help in well-being."

International Yoga Day was celebrated by the students and Faculty in the institute with great enthusiasm warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously by Mr. Manoj Warade. The celebration concluded with the speech by our Director. She encouraged students to practice regular yoga to remain fit and improve concentration.

Ms. Rajashri Sonavane

(Asst. Professor)

