

Report On International Yoga Day

The 2nd International Yoga Day was celebrated on 21st June 2016 to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. The Yoga Day was conducted by Prof.Dheeraj Patil and Mr.Babasaheb Khavale between 12 noon -2.00pm.

All students and faculties performed Yoga on International Yoga Day. Different yoga postures like Vrikshasana, Uttanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme.



