



### Report on International Yoga Day

**Date:** 21<sup>st</sup> June 2017

**Venue:** Seminar Hall, MMIT

**Time:** 12 noon -2.00pm

The 3<sup>rd</sup> International Yoga Day was celebrated on 21st June 2017 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 Mr. Babasaheb Khavale between 9.30 am to 11.00 am at seminar hall in MMIT Lohgaon campus.

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



**Glimpse of Yoga Day**





**"Techno – Social Excellence"**  
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**Glimpse of Yoga Day**



  
**NSS Coordinator**