



“Techno – Social Excellence”  
Marathwada Mitra Mandal’s  
**INSTITUTE OF TECHNOLOGY (MMIT)**  
Lohgaon, Pune-411047  
Accredited with “A Grade” by NAAC



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## Report On International Day of Yoga

**Date: 21<sup>st</sup> June 2019**

**Venue: Seminar Hall, MMIT**

**Time: 8:45 am to 10 am**

The 5<sup>th</sup> International Yoga Day has been celebrated on 21st June 2019 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 (Yoga Instructor) at seminar hall in MMIT Lohgaon campus Pune.

All students, teaching and non teaching faculties have performed Yoga on International Yoga Day. Different Yoga Asnas like Vrikshasana, Dandasana, Shishuarnas, Uttanaasana, Trikonasana, Bhadrasana, Shashankasana, Bhujangasana, Pawan Muktasana, finally ended with Pranayama like Kapalhati, Anulom Vilom, Bhramri Pranayam and meditation. Prayers were recited before and after the programme.

This Program is jointly conducted by Physical Education & Sports Department, Social Welfare Department and NSS Department under the guidance of Dr. R. V. Bhortake, Principal MMIT, Lohgaon, Pune. During the program all departmental heads, staff and students were present.



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**Introduction of Dignitaries**



**Importance of Yoga**



**Yoga Session started with Prarthana**



**Warm up**



**Aanter Dhyam**



**Aanter Dhyam**





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**Sooryanamskar**




**Bhujangasana**



**Conclusion of Yoga Session**

  
**Sports  
Coordinator**

  
**Student Development  
Officer**

  
**NSS  
Program Officer**

  
**Principal**