

Report of International Yoga Day

22nd June, 2019

Yoga workshop “Yoga for Healthy living” was organized to celebrate 5th International Yoga Day. The Yoga workshop was organized in college gymkhana for teaching, non-teaching staff and students, on 21st June, 2019 from 10.30. a.m. to 12.30 p.m. The workshop was inaugurated by Principal Dr. Shamim Sayed with opening speech emphasizing necessity of yoga practices in daily life. Dr. Sumita Shankar, Dr Amar Sontakke, Ms. Neha Patange demonstrated breathing techniques and yoga asana to students and faculties. Students, teaching and non-teaching staff practiced the Yoga Asana. There were 18 Male students (NSS Volunteers) 15 Female Students (NSS Volunteers), 10 (6 M, 4 F) Non-NSS students and 11 teaching non teaching staff members. (5 F, 6 M) . The workshop was ended with prayer and National Anthem.

Our 8 students (4F , 4 M) participated in 5 days Yoga workshop(common Protocol) from 17th June to 21st June, 2019 organized by Mumbai university





