



Date: 21st June 2016

Report on Celebration of International Yoga Day

The Institute had celebrated the International Yoga Day on 21st June 2016. The institute had invited Mr. Mandekar Baban Dashrath Yoga expert to conduct a live practice session on Yoga. The session started at 8.30am and continued till 10.15am. Asanas, Pranayam and other exercises were performed during this session. At the end, prayer for peace was also recited.

To increase awareness regarding health and yoga, the Institute had put up posters in the institute about Suryanamaskar and other Asanas. Dr. Surya Ramdas Director, teaching, non-teaching staff and Students had participated in this session. Breakfast was served in the end.

The Executive Director, Wing Cdr. (Retd.) P.V.C.Patil, Managing Director (Operations), Mr. Bharat Chavan Patil, Managing Director (Quality Assurance), Mrs. Richa Chavan Patil, Consultant Director, Prof. D. R. Karnure Director, Dr. Surya Ramdas guided and supported to make this event a grand success.

Glimpses of the function are as follows:



Teaching and non-teaching staff while performing asanas.



Mr. Mandekar B.D. teaching yoga asanas to the staff



Director Dr. Surya Ramdas felicitating Mrs. Madhumati Mandekar