



## Report on International Yoga Day

The Institute had marked the International Yoga Day on 23<sup>rd</sup> June 2015. The institute had invited Mr. Maruti Padekar, Yoga expert to practice Yoga. The session started at 8.30am and was continued till 10.00am.

Mr. Padekar said that, Yoga is a gift given by our country to the whole world. He said that Yoga is an ancient art and scientifically proved Vidya for the betterment of all human beings. It is a perfect exercise for Mind, body and soul. It builds resistance power of body and enhances concentration power of the mind. He emphasized on the relevance of Suryanamaskar, Pranayam and Asanas. Further, he added that Yoga is a perfect solution on each and every disease. Asanas like Vajrasan, Padmasan, Shavasana, Bhujangasana, Pranayam and other exercises were also performed during this session. He practiced yoga along with the participants. At the end of the session "shantipath" was performed.

To increase awareness regarding health and yoga, the Institute had put up posters in the institute premises informing about Suryanamaskar and other Asanas. Prof. D.R.Karnure, Consultant Director, Prof. (Dr.) Rajesh Arora, Director actively participated in this session. Teaching, Non teaching staff and Students had also participated in this session. Breakfast was served in the end.

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

### **Glimpses of International Yoga Day:**



Mr. Maruti Padekar and his Collogues while practicing yoga



Consultant Director, Prof. D.R.Karnure, Director Prof. (Dr.) Rajesh Arora and others are seen



Mr. Maruti Padekar Yogabhasacharya giving instructions to the participants