

Celebration of International Yoga Day

Theme: 'Yoga for Humanity'

21st June 2022 on 9.00 am

Objectives:

1. To celebrate International Yoga Day
1. To create awareness about practicing yoga for healthy lifestyle

Details:

The theme of this year's Yoga Day celebrations is 'Yoga for Humanity' and around 25 crore people across the world are expected to take part in various events, doing yoga in unison towards better health and wellness for all.

With this view celebration of international yoga day has been executed in the auspicious presence of Mrs. Uma Khairnar from Harmony Yoga Classes. She delivered thought provoking information and took workout session. Principal Dr. Vilas Deshmukh, All the respected faculty members and non teaching staff actively participated in the session.

Photos

