



"Techno – Social Excellence"  
Marathwada Mitra Mandal's  
**INSTITUTE OF TECHNOLOGY (MMIT)**  
Lohgaon, Pune-411047



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## **Report on International Yoga Day**

**Date: 21<sup>st</sup> June 2018**

**Venue: Seminar Hall, MMIT**

**Time: 10 am to 11:30 am**

The 4<sup>th</sup> International Yoga Day was celebrated on 21st June 2018 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 Mrs. Minakshi Ayyer, Mrs. Seema Goves, Mrs. Babita, Mrs. Manisha Kulkarni and Mr. Anand Ayyer between 10 am to 11:30 am at seminar hall in MMIT Lohgaon campus Pune-47.

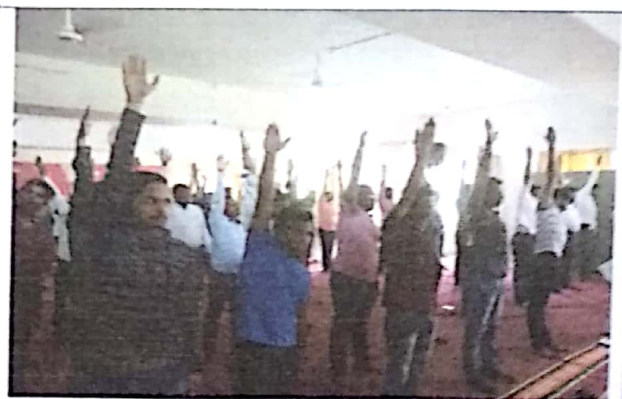
All students, teaching and non teaching faculties have performed Yoga on International Yoga Day. Different Yoga Asnas like Vrikshasana, Dandasana, Shishuasnas, Uttanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama like Kapalbhati, Anulom Vilom, Bhamri Pranayam and meditation. Prayers were recited before and after the programme.

This Programme was jointly conducted by Physical Education & Sports Department and NSS Department under the guidance of Dr. R. V. Bhortake, Principal MMIT, Lohgaon, Pune-47. During the programme all departmental heads, staff and students were present.





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