



"Techno - Social Excellence"

# Marathwada Mitramandal's Institute of Technology (MMIT)

Accredited with "A" Grade by NAAC

Survey No. 35, Vadgaon Shinde Road, Lohgaon, Pune - 411 047

Approved by AICTE, New Delhi, Recognised by DTE, M.S.Mumbai, Affiliated to Savitribai Phule Pune University

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DTE Institute Code : 6203

Report of

INTERNATIONAL YOGA DAY

Report Submitted By

Mrs. Aishwarya Dattatray Pawar

Director Physical Education & Sports

Marathwada Mitra Mandals Institute of Technology.

Dr. R.V.Bhortake

Principal

Marathwada Mitra Mandals Institute of Technology.

Report Submitted To

Board of Sports & Physical Education,

Savitribai Phule Pune University.



*Aishwarya Dattatray Pawar*  
24/6/2023  
Director

Physical Education & Sports  
MMIT, Lohgaon, Pune-47

*[Signature]*  
Principal

Marathwada Mitra Mandal's  
Institute of Technology  
Lohgaon, Pune-47

### Objective of the event:

1. To encourage the college youths to practice yoga & Keep them away from diseases.
2. To develop the yogic culture among the college youths lead a healthy lifestyle.
3. To keep the Indian Yogic culture alive.

### Summary:

Savitribai Phule Pune University, Department of Physical Education & Sports proposed that 21<sup>st</sup> June 2023 is to be celebrated as **INTERNATIONAL YOGA DAY**. Marathwada Mitra Mandal's Institute of Technology, Department of Physical Education & Sports celebrated International Yoga Day for Engineering Students, Teaching, Non-Teaching, and rest all the staff at Mitra Mandal's Institute of Technology indoor & Yoga Hall.

Mr. Babsaheb Khawale & Ms. Aishwarya Pawar conducted the yoga session from 8:30 Am to 10:00 Am. The session consisted of Suryanamaskar, Yogasana, Pranayama & Meditation.

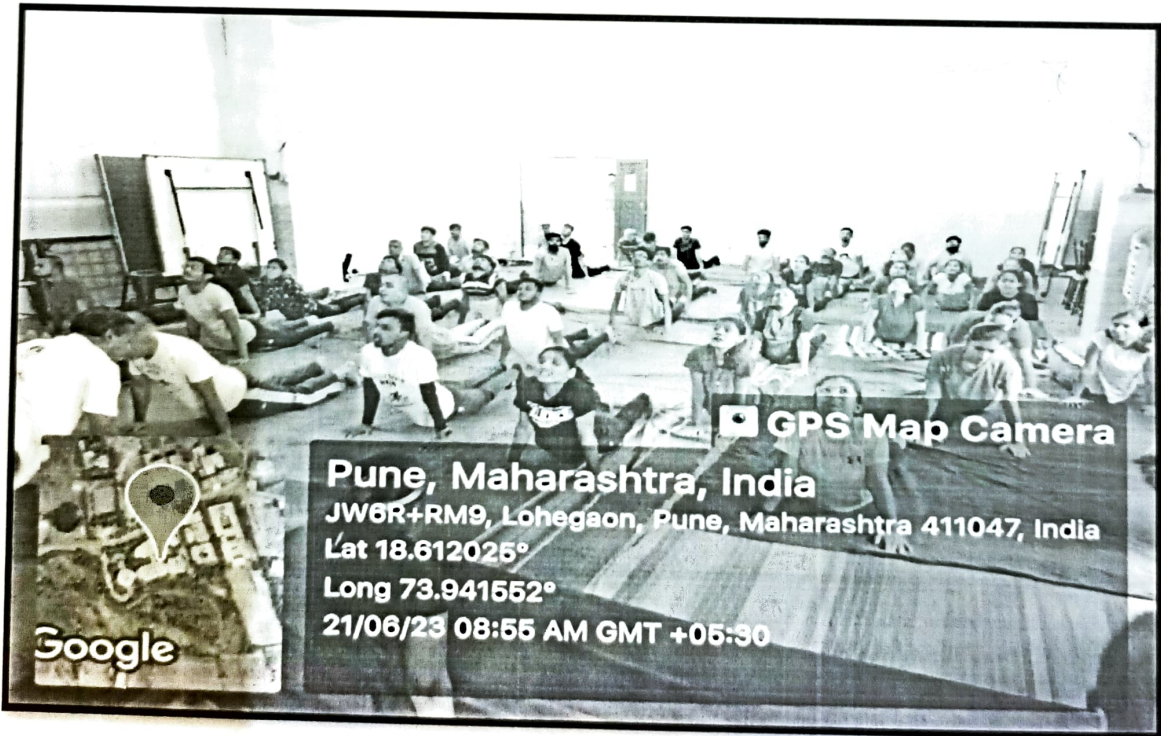


Photos of the Event:

1. Set up:



2. Warm up (Suryanamaskar):

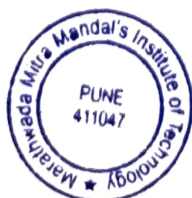




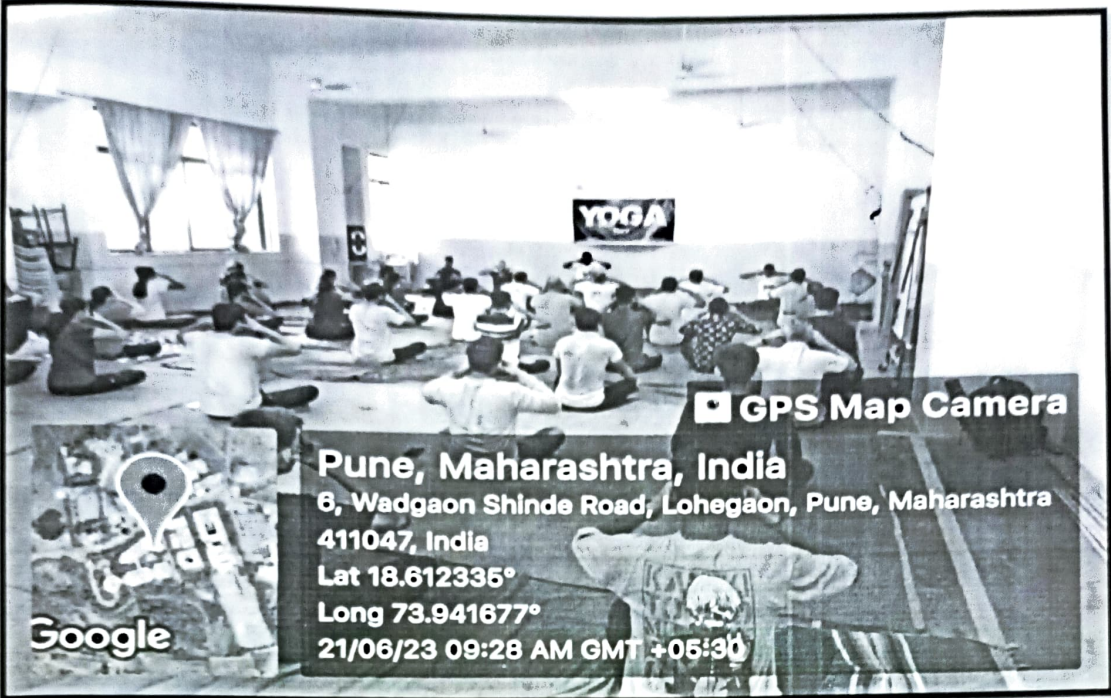
### 3. Yogasana: (Trikonasana)



### (Bhujangasana)



4. Pranayama: (Bhramari)



5. Meditation:





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Lohgaon, Pune- 411047  
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Ref No.:- MMIT/Admin/Sports/2023-24/

Date: 16/06/2023

### NOTICE

According to the circular received from Savitribai Phule Pune University, Dated: 08/06/2023. Every year we conduct 21<sup>st</sup> June as International Yoga Day. It is mandatory to conduct 9<sup>th</sup> International Yoga Day this year as well.

Marathwada Mitra Mandal's Institute will be conducting International Yoga Day on 21<sup>st</sup> June 2023 at sharp 8:30 am to 9:30 pm at MMIT Indoor Hall. Please report 10 minutes before the time. Dress code will be T-Shirt & Trackpant.

Director Physical Education & Sports  
MMIT, Lohgaon.



Principal  
MMIT, Lohgaon.

Copy to:

1. All teaching & Non-Teaching Staff.
2. All the students.

# सावित्रीबाई फुले पुणे विद्यापीठ (पूर्वीचे पुणे विद्यापीठ)



## क्रीडा व शारीरिक शिक्षण मंडळ

आयुकाजवळ, गणेशखिंड, पुणे - ४११ ००७

दूरध्वनी क्र. ०२०-२५६२२६६४, २५६२२६६६ ईमेल [directorsports@unipune.ac.in](mailto:directorsports@unipune.ac.in)  
संदर्भ: विक्रीम/योगदिन/६५७९

दिनांक: ०८ जून, २०२३

प्रति,  
मा. प्राचार्य/मा. संचालक/मा. विभागप्रमुख,  
सावित्रीबाई फुले पुणे विद्यापीठ संलग्न असलेली सर्व  
महाविद्यालये व मान्यताप्राप्त संस्था  
सावित्रीबाई फुले पुणे विद्यापीठातील सर्व पदव्युत्तर विभाग.

विषय : ९ वा आंतरराष्ट्रीय योग दिनाबाबत.....

महोदय/महोदया,

उपरोक्त विषयास अनुसरून आपणांस या पत्राद्वारे कळविण्यात येते की, दरवर्षी २१ जून हा दिवस आंतरराष्ट्रीय योग दिन म्हणून साजरा करण्यात येतो. त्यास अनुसरून दि. २१ जून, २०२३ रोजी सकाळी ७.३० वा. आंतरराष्ट्रीय योग दिन साजरा करण्यात यावा.

सबब याद्वारे आपणांस विनंती की, सदर योग दिनाची माहिती आपण आपल्या महाविद्यालयातील/मान्यताप्राप्त संस्थेतील/विद्यापीठातील पदव्युत्तर विभागातील विद्यार्थ्यांना द्यावी व २१ जून हा दिवस "आंतरराष्ट्रीय योग दिन" म्हणून साजरा करावा. योग दिन साजरा केल्याचा अहवाल फोटोसह संचालक, क्रीडा व शारीरिक शिक्षण मंडळ, सावित्रीबाई फुले पुणे विद्यापीठ कार्यालयाकडे [directorsports@unipune.ac.in](mailto:directorsports@unipune.ac.in) या ई-मेलवर तातडीने पाठवावा, ही विनंती.

कळावे,

5 h 54 11

डॉ. दिपक माने

संचालक,

क्रीडा व शारीरिक शिक्षण मंडळ