



**"Techno – Social Excellence"**  
**Marathwada Mitra Mandal's**  
**INSTITUTE OF TECHNOLOGY (MMIT)**  
Lohgaon, Pune-411047  
Accredited with "A Grade" by NAAC



## Report

### On

### International Day of yoga

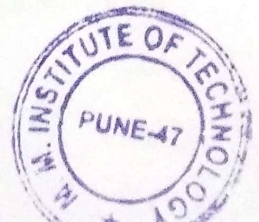
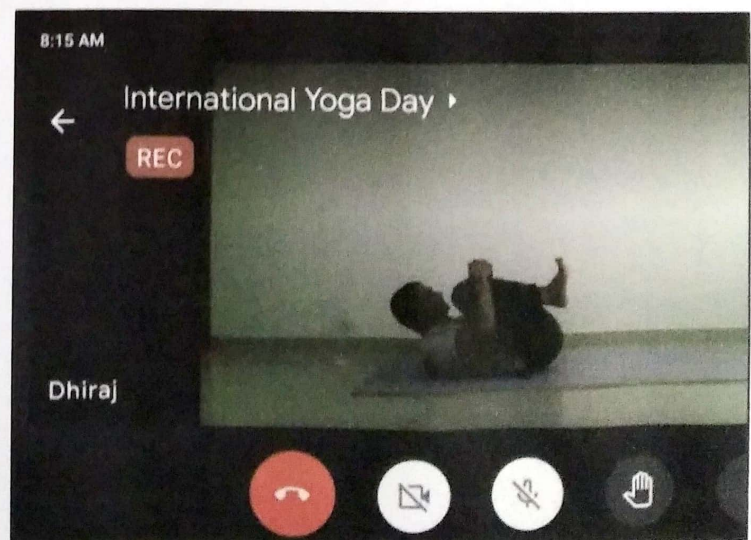
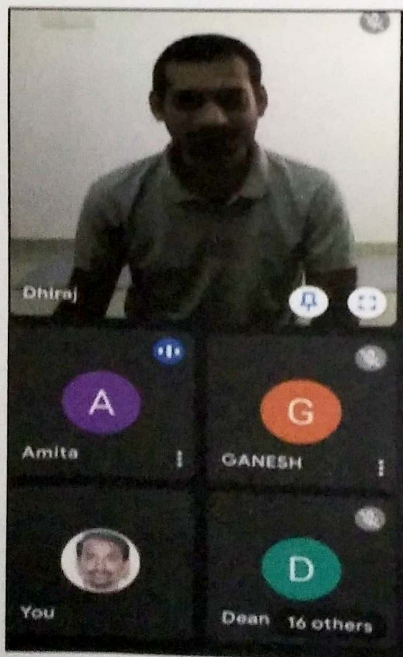
**Date: 21<sup>st</sup> June 2021**

**Platform: Google Meet (Online)**

**Time: 7:45 am to 8:45 am**

The 7<sup>th</sup> International Day of yoga has been celebrated on 21st June 2021 through Google Meet platform 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. International Day of yoga has been conducted under guidance of Principal Dr. R. V. Bhortake and instructed by Mr. Dheeraj Patil (Art of living Yoga Teacher). Session has been conducted with COVID-19 Rules and Regulation given by State Government. Session organized by MMIT NSS Unit. Prof. Jagdale & Dr. Amita Pal has coordinated the event.

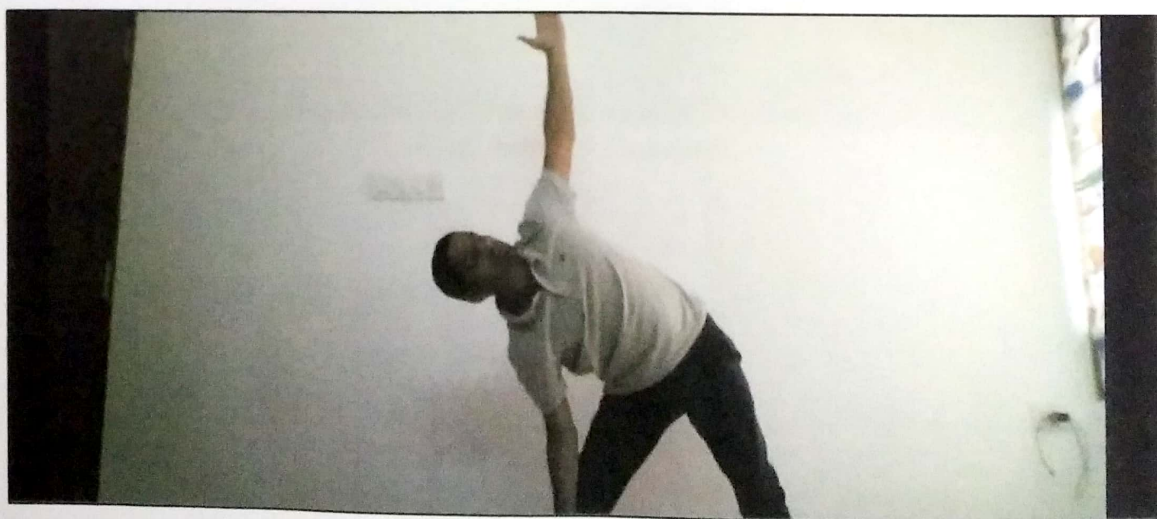
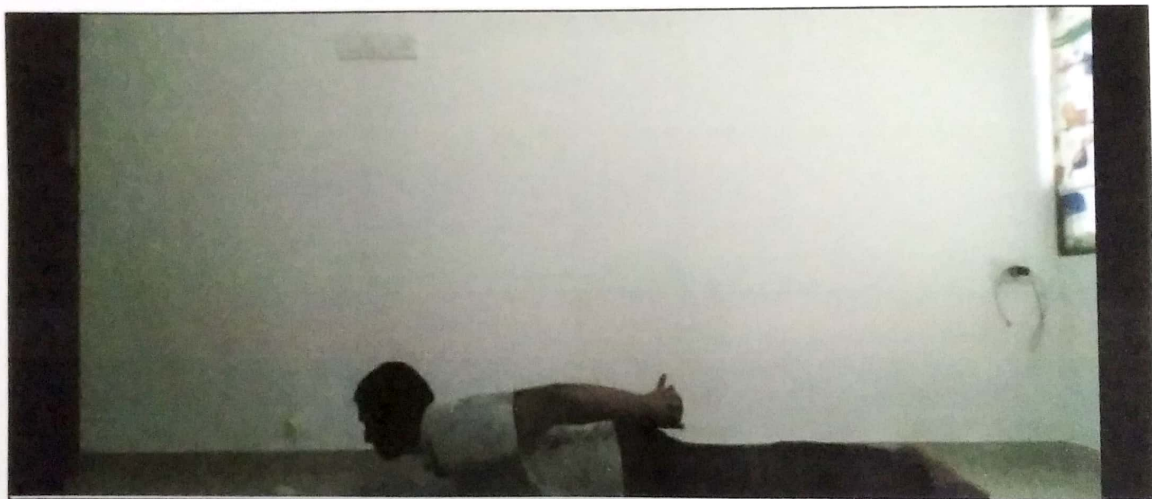
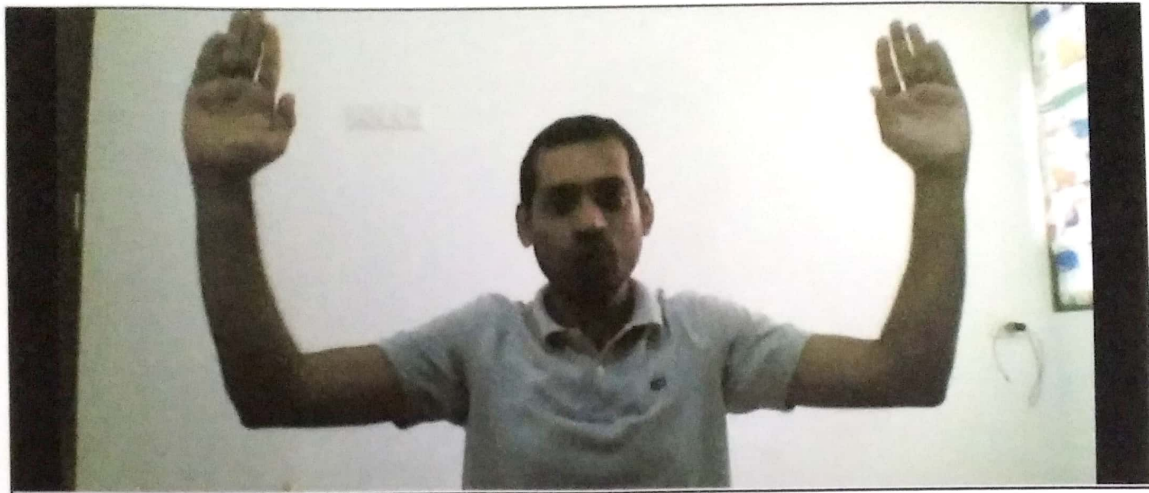
All students, teaching and non-teaching faculties have performed Yoga on International Day of yoga. Different yoga postures like Vrikshasana, Uttanaasana, Trikonasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, Different breath in and out techniques and finally ended with Pranayama and meditation. Prayers were recited before and after the programme.



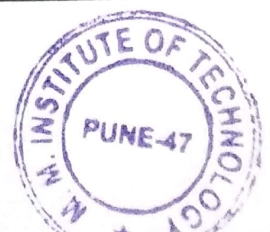




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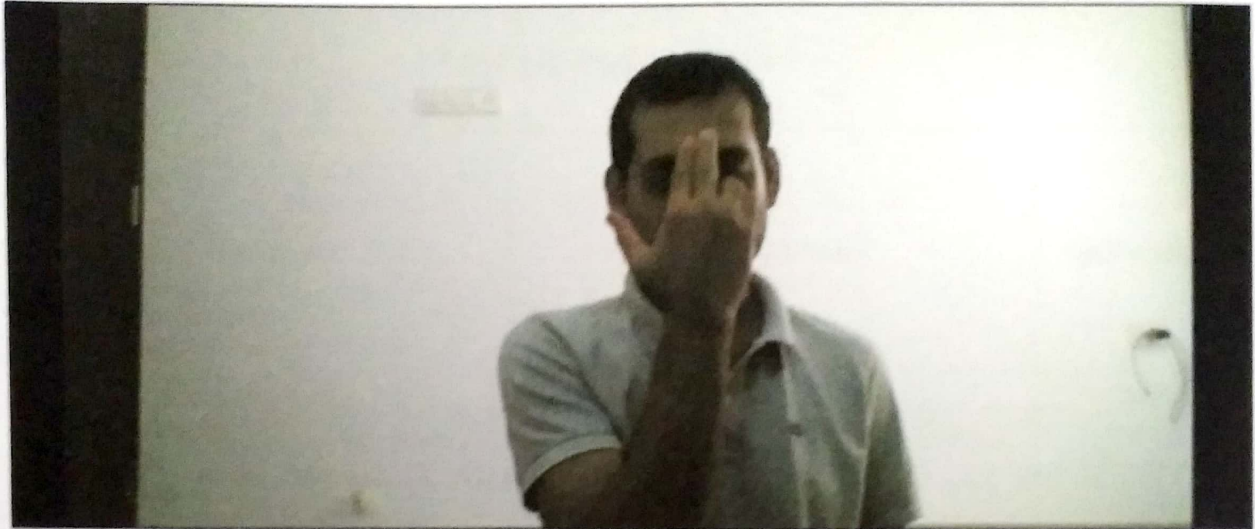


**Breath In Techniques**

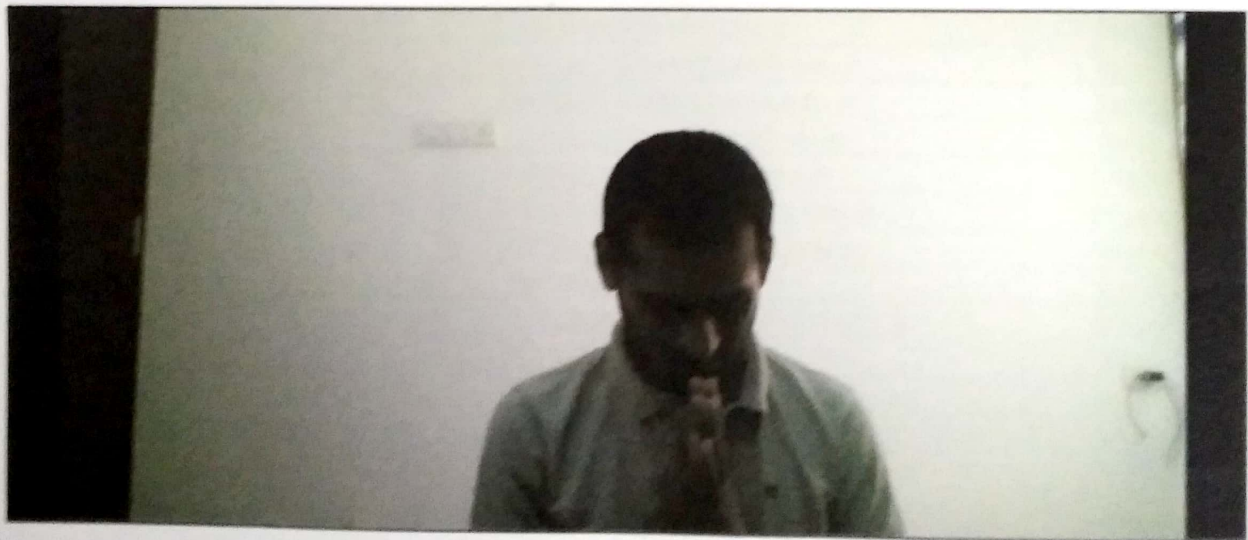





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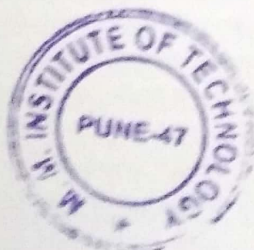



Anulom Vilom



Yoga Session Conclude

  
NSS Programme Officer



  
Principal