



“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
(YOGA FOR HUMANITY)

Date: 21st June 2022

Venue: Seminar Hall, MMIT

Time: 8:30 am to 9:30 am

The 8th International Day of yoga has been celebrated on 21st June 2022 to bring peace, harmony, happiness and success to every soul in the world. All students, teaching and non-teaching faculties have performed Yoga on International Day of yoga. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, 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.

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 the Principal and instructed by Mr. Babasaheb Khavale (Yoga Teacher). Session has been conducted with COVID-19 Rules and Regulation given by the State Government. Session organized by MMIT NSS Unit. Prof. Manisha Bhise has coordinated the event.





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NSS Programme Officer

Dean, Student Affairs

Principal

