



"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

Email : principal@mmmit.edu.in

Website : www.mmmit.edu.in

Tel No. : +91 7447786623 / +91 7447786624

DTE Institute Code : 6203



Yoga & Meditation Session Report

Date of session : 17/02/2019

Place of session : Antariksha Hall B. U. Bhandari Society, Dighi, Pune

Time slot : 6:30 am to 8:30 am

No. of Participants : 25

Staff Involved : Mr. Babasaheb Khavale, Mr. R. P. Polas, Mr. A. G. Whatte
and Mr. S. A. Agrawal

Yoga session started with introduction of Marathwada Mitramandal Group and institute information. Discussion on Golden Jubilee of Marathwada Mitramandal followed by different asana and pranayams.



**Introduction of Marathwada
Mitramandal Group and Institute
Information.**



Prarthana



'येथे बहुतांचे हित'
(Welfare of Masses)

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Soorya Namaskar



Bhujangaasan



Refreshment



Conclusion of Session