

Maharashtra Education Society
Night College of Arts and Commerce, Karve Road, Pune
Report on 5th International Yoga Day
21st June 2019

5th International Yoga day was celebrated by the students and the teachers of MES night college of Arts and Commerce on 21st June 2019 with great enthusiasm. Principal Dr. Charusheela Birajdar and Prof. Shailesh Apte also participated in the celebration.

The function began with a brief introduction of Yoga Day by Prof. Jayshree Chavan. A brief introduction of the guests, Smt. Sushmita Nande, Certified Yoga trainer with SwasthyaSiddhi Yoga Kendra, Bangalore and Assistant Coordinator at MES Garware College of Commerce and Smt. Medha Kulkarni, Coordinator of Manasa Foundation, Bangalore, Maharashtra division, and a counsellor with Dr. Sanjay Watwe, was given by Prof. Shinde. The chief guests were felicitated by Prof. Shri. Shailesh Apte and Principal Dr. Charusheela Birajdar respectively.

Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. Two lectures organised to explain the importance of Yoga.

Smt. Susmita Nande explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will help the students achieve better mental and physical health. Smt. Nande started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously by Smt. Nande.

Smt. Medha Kulkarni spoke about 'The Positive Framework of Meditation'. She began by explaining how negative thoughts disturb a person. Negativity she said increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress. She also spoke about her experience as a counsellor where she has patients ranging from the age group 3 years to 90 years. She emphasized the fact that purity of thought increases positivity in a person. Purity of thought increases mentally and physically strong people, which further create a positive nation leading to positive world. She emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students. She conducted a 3 minute meditation session with the students and teachers and professed the regular use of meditation in one's life.

Prof. Shri. Shailesh Apte told the students that the International Yoga Day is a gift to the world by PM Modi, who put forward proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations. 21st June is since been celebrated as International Yoga day.

Principal Dr. Charusheela Birajdar explained the importance of breath in meditation. She told the students they should read ancient Indian texts like Patanjali Maharishi's 'AshtangYog' along with personality development books by International writers. She encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind.

The function ended with a vote of thanks by Prof. Amol Nikale. The function was organised by Prof. Rohit Ingavale, Prof. Jayashree Chavan, Prof. Gurme, Prof. Shinde, Prof. Pradnya Adhav along with all the Professors and office staff who put in a lot of effort to make the function a success.



Principal Dr. Charusheela Birajdar guiding the students on 21st June 2019, International Yoga Day.



Students Performing YogAsanas on 21st June 2019, International Yoga Day.



Students performing YogAsanas on the 5th International Yoga Day.