

Maharashtra Education Society's
MES Night College of Arts and Commerce
Karve Road, Pune-41104

International Yoga Day

Date: 21 June 2023

Time: 9.00 to 10.00

Venue: Assembly hall

Objective of the Program:

1. To promote the importance of International Yoga Day,
2. Exercising the Mind with the Body Tools from Yoga Sadhana.
3. Motivating college staff to practice yoga. Convincing the importance and benefits of yoga in daily life.

Program Format Proceedings:

MES Night College of Arts and Commerce and Abasaheb Garware College jointly organized on 21st June 2023, Assembly Hall time 9.00 to 10.00 to celebrate International Day of Yoga.

The program was organized by Dr. Abasaheb Garware College, Director of Physical Education Dr. Asha Bengale. Shri. Manoj Sali explained the importance of yoga to all the employees present and imparted knowledge of yoga science through demonstration. When the day begins with yoga, one can experience all the qualities of enthusiasm, joy, and peace in human life.

The program was attended by the teaching staff and non-teaching staff of the college.

Conclusion:

1. Helped college staff to understand the importance of yoga.
2. How college employees can adopt a stress-free lifestyle through yoga. This information helped.
3. Starting the routine with yoga will guide you to spend the whole day happy, calm, and energetic.

Photo:



Teachers Doing Yoga on International Yoga Day



Teachers & Non-Teaching Staff Doing Yoga on International Yoga Day