



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

Affiliated to Savitribai Phule Pune University, Pune
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REPORT ON YOGA DAY AND COMMUNITY ENGAGEMENT PROGRAMME

MES Night College of Arts & Commerce under the guidance of the Principal Dr. Sujata Adamuthe have celebrated International Yoga Day at Shri Khandobajibaba Vitthal Mandir, Deccan Corner, Pune on 21st June 2025 at 7 a.m. with Varkaris. The objective of the programme was to inculcate the habit of yoga amongst the college students, staff and the varkaris (Varakri Sampraday Samaj Taluka Mulshi, Dindi number 96), who have arrived in Pune for the Ashadhi Vaari Sohla. The programme also aimed at developing community engagement of the college students and make the students aware about various local traditions prominent in the Pune district.

The college students and staff have arrived at Shri Khandobajibaba Vitthal Mandir. Ms. Sangeeta Shah was invited as the Yoga Trainer for the programme. Ms. Shah has motivated the varkaris and the college students & staff to participate in yoga session. She made the participants to do various yoga aasanas & enlightened about benefits of doing each of these yoga aasana. The participant have enthusiastically participated during the session and they have interacted with the trainer. The overall session was highly interactive and energetic. Mr. Amardeep Gurme has offered vote of thanks for the session.

The students have also volunteered for distributing traditional caps and shawls to the varkari community at the roadside. Around more than 20 students and staff participated in the programme actively.

Date: 21st June 2025
Time: 7 a.m. to 10 a.m.
Venue: Shri
Khandobajibaba
Vitthal Mandir



