

Rayat Shikshan Sanstha's
Yashavantrao Chavan Institute of Science, Satara
Third International Day of Yoga on 21st June 2018
Report

The fourth International Day of Yoga was observed in the institute on 21st June 2018 as per the directives given by Hon. Governor, Maharashtra State, and University Grants Commission, New Delhi. Department of Sports, NCC and NSS organized following activities to celebrate Yoga Day:

1. Yoga Demonstration and training for the Teaching and Non teaching staff.

The session was organized in the morning from 6.15 am to 7.30 am. Mrs. Nilima Khandke, Mrs. Shabana Shaikh, Mr. Ghanshyam Seth, Mr. Sachin Puranik , Yoga Teachers, Yogvidyadham, Satara demonstrated various yoga poses including pranayam and asanas.

Altogether 256 teachers and non teaching staff actively participated in the sessions.

2. Lecture on benefits of Yoga for healthy life.

Mrs. Nilima Khandke, Yoga Teacher, Yogvidyadham, Satara gave detailed information about the benefits of yoga for healthy life.

3. Yoga Demonstration and training for students:

The session was organized from 7.30 to 8.30 am. 175 students including NCC cadets and NSS students actively participated in the session. Mrs. Nilima Khandke, Mrs. Shabana Shaikh, Mr. Ghanshyam Seth, Mr. Sachin Puranik , Yoga Teachers, Yogvidyadham, Satara taught various asanas,

The activities were organized by the Department of Sports , NCC, and NSS to promote yoga among the students and staff.

Yoga Demonstration :



256 teaching and non teaching faculty participated in the yoga sessions:



Mrs. Nilima Khandke , Yoga Teacher, Yogvidyadham, Satara gave detailed information about the benefits of yoga for healthy life



175 students including NCC cadets and NSS volunteers participated in the yoga sessions.





Principal

Yashwantrao Chavan Institute of Science, Satara