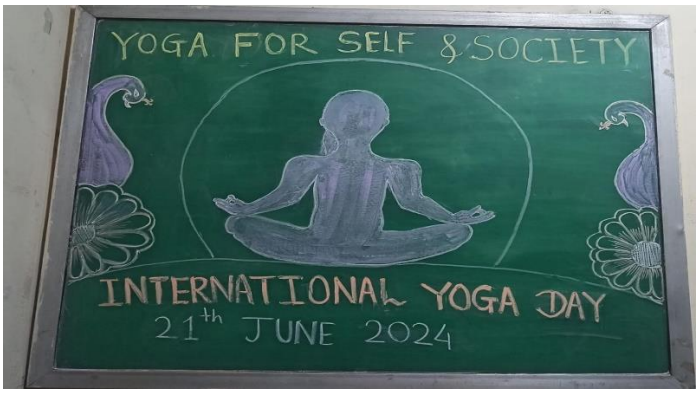
INTERNATIONAL YOGA DAY

Date : 21st June 2024

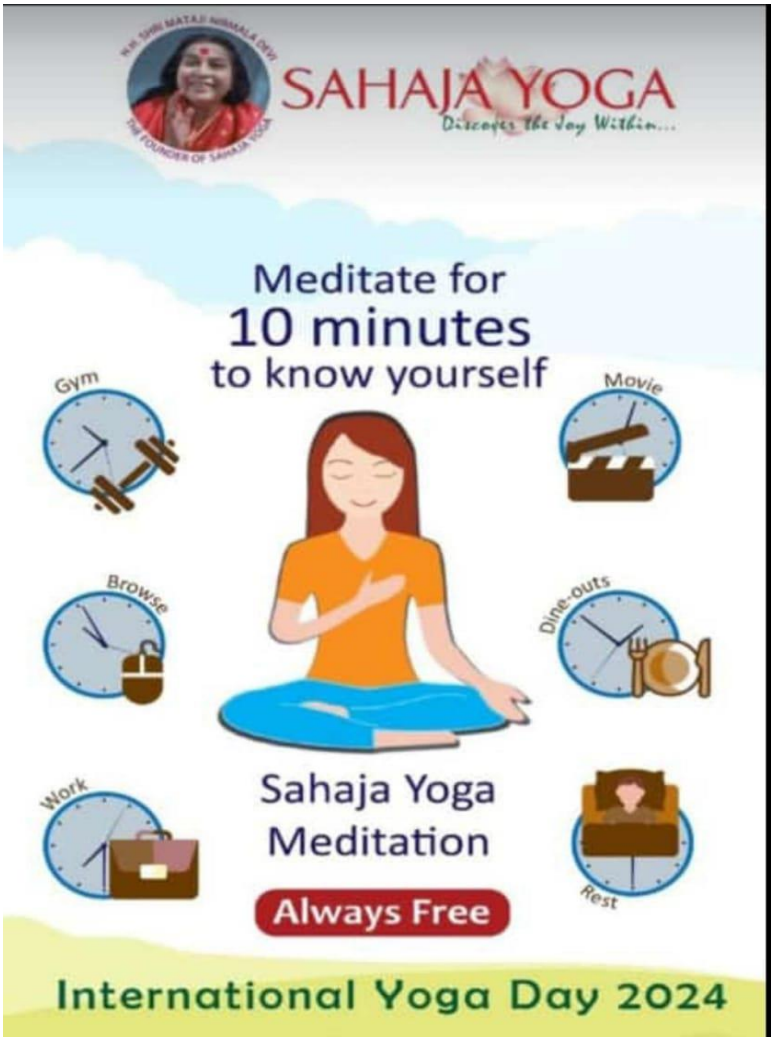


On 21st June 2024 we all celebrated International Yoga Day. Everyone we have been celebrating yoga with exercise or various Aasana but this year we celebrated yoga day with Sahaj Yoga Meditation as well this year theme is "Yoga for self and Society"

All the students, faculty & staff was present in multipurpose hall at 9:00 AM. Speaker was came sharp 9:00 AM and started the programme with Sarswati Pujan, felicitation and theme opened by Administrative officer Mr. Prakash Pandya who is invited by Principal Dr. Pravin Gholap invitation letter. In our college celebrated International Yoga Day with musical session, Introduction speech and self-realization as per below.

Firstly Mr. Nishikant Pathak who is musical teacher, he was gave detail information and meditation with music therapy.

Mr. Girish Aher who is Engineer and he gave self-realization to everyone present in the hall. Mr. Chetan Pagare who is chemistry lecturer in Govt. Polytechnical college, Mrs. Anuja Aher, Ms. Sayali Dode in MBBS student Samangaon. Thirty exercise on all : video presented for Raghavendra N S who is Associated Professor in GACON. Presented about yoga home theme and history by Mrs. Sunita Chalse then wind up the programme with vote of thanks and refreshment.


SAHAJA YOGA
Discover the Joy Within...
Meditate for
10 minutes
to know yourself
Gym
Movie
Browse
Dine-outs
Work
Rest
Sahaja Yoga
Meditation
Always Free
International Yoga Day 2024


INTERNATIONAL YOGA DAY 21 JUNE 2024
Yoga for Self & Society